

Tarifs imbattables
Services sur mesure
Expertise unique



LITTLE GUEST

présente

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Singita



Offering the luxury of unfiltered time and space, the African wilderness is the ultimate setting for complete unwinding, while the continent's healing energies are encapsulated in rituals that nourish and nurture.

At Singita, our enduring purpose to restore the land and its wildlife extends to offering healing experiences to our guests at every touchpoint.

The dedicated treatments in our massage spaces tap into the profound benefits of indigenous wisdoms and essential oils that relax, replenish and revive. Each tailor-made therapy can be customised and timed to preference, ensuring a completely personalised experience.



Massage Menu & price list

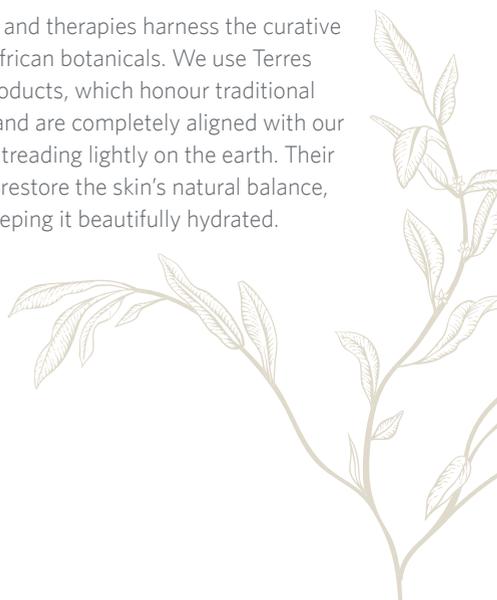
The power of touch

From easing physical, mental and spiritual tension to targeting pain and assisting the body with detoxification, massage therapy is a potent remedy to help the body heal itself. Our expertly trained therapists focus on minimising the ravages of stress and demanding daily routines.

Duration	Cost
45 minutes	USD 90
60 minutes	USD 110
90 minutes	USD 140

Terres d'Afrique

Our massages and therapies harness the curative effects of African botanicals. We use Terres d'Afrique products, which honour traditional healing elixirs and are completely aligned with our philosophy of treading lightly on the earth. Their formulations restore the skin's natural balance, while keeping it beautifully hydrated.



Our Signature Treatments

TENSION RELEASE MASSAGE

A targeted therapy using essential oils, stretches, wooden balls and cooling gels to relieve sore muscles and aid detoxification.

AROMATHERAPY MASSAGE

Hand-blended oils with therapeutic benefits are used for this massage, which improves the appearance of the skin and balances body and mind.

ENERGY BALANCING CRYSTAL MASSAGE

Heated crystal balls unlock energy pathways and activate blood flow, while flat crystals placed on the body stimulate its natural ability to heal itself.

PINDA KUPUMZIKA MASSAGE

Aromatic African oils and local herbs are used in this relaxing treatment that eases stress and anxiety. The calming effects are heightened through micro-massage and lymphatic drainage movements.

DEEP SLEEP MASSAGE

This deeply relaxing massage incorporates aromatherapy, crystal therapy, sound therapy and acupressure. It helps to reconnect body and mind, fights jetlag and enhances sleep.

UMOJA TRI-TOUCH MASSAGE

Creating harmony in the body, this treatment is detoxifying and involves the use of a hand-carved wooden TriTouch massage tool. Pressure points are stimulated along the body's meridians, activating its natural healing abilities.





TARGETED TREATMENTS

- **Relaxing head massage** an effective treatment for headaches, sinus congestion, eyestrain, and neck and facial tension
- **Grounding foot massage** releasing all the energy channels in the body, this calming experience also soothes aching feet
- **Soothing leg & foot massage** relieving fatigue and stiff, sore muscles, this revitalising treatment restores tired legs and feet

*“Time and silence are the most luxurious things today”
– Tom Ford*

SPECIALISED TREATMENTS

Mwili wa kiafrika scrub and mask

A full-body exfoliation that leaves you feeling revived and transformed. This holistic experience is cleansing, hydrating and beneficial or both body and mind. Add optional crystal and/or sound therapy to enhance the effects.

Uzoefu wa Singita

An indulgent and deeply relaxing sensory journey that includes various forms of heat treatments. Soothing away muscle tension, it's also a potent antidote for stress and exhaustion. Add sound therapy to increase the sense of calm experienced.

Sound therapy

Combined with any other treatment or enjoyed as a standalone experience, sound therapy is a profound way to trigger the body's innate healing responses. The sounds of chimes, rain sticks, kalimbas and vibrational singing bowls invite complete relaxation.

CHILDREN'S TREATMENTS

(under 12 years old)

30-minute massage	USD 55
45-minute massage	USD 65
60-minute massage	USD 80