



LONDOLOZI HEALING HOUSE



# WELCOME

*“Home is where the heart is”*... years of meticulous attention to the healing power of wilderness and “bushveld living” went into the collaboration of this holistic, nature-based experience by Shan Varty and her daughter, Bronwyn. The Healing House sits on the confluence of an ancient healing pathway where the Sand River meets a deeply energized band of smooth granite.

The space is designed to facilitate deep rest, rejuvenation and reconnection. Inspired by ancient wisdom and supported by modern technology, Shan and Bronwyn created a new safari offering, steeped in stillness and harmony, inspired by nature, deeply grounded in balancing mind, body, spirit and heart.

Every detail of The Healing House has been thoughtfully created. Mother and daughter combined classic design and contemporary style founded in indigenous knowledge and natural healing to create an experiential space which brings you into a transcendent state of connection, and a return to your own body and true nature.

# PREPARATION

When you arrive at the Healing House you will be provided with one of our gowns, but you are welcome to arrive in the gown provided in your room. If you would like to shower before your treatment we recommend that you do this in your room before you arrive to make sure you receive your full treatment time. Before your treatment one of our therapists will have a brief consultation with you so that they understand your specific requirements and so that you get the most out of your time with us.

Should you have any other questions before you arrive please speak to your Camp Manager.

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# BODY WORK

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## SIGNATURE TREATMENTS

### Healing House Signature Treatment

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Working with the principle of contrast therapy, during this hot/cold temperature balanced treatment, the body is gently exfoliated and warmed using heated Himalayan salt stones, while simultaneously cooled with ice cold marble. Integrated into the treatment is classic aromatherapy massage using our bespoke 1926 essential oil blend of Grapefruit, Bergamot, Rose Geranium and Wild Basil. At the extremities, your feet will be soothed and cleansed with a sugar, beeswax and rosehip foot exfoliation, while elements of the Rose Gold Face Ritual will be used on your head and face.

*90min | R3000*

### Rose Gold Face Ritual

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The combination of facial and scalp massage encourages lymph to move along its natural pathway. Ancient eastern tools such as hand carved jade gua-sha and rose quartz rollers are used to release muscle tension in the face, neck and jaw. Tension is also released over the decollate and shoulders using Himalayan salt crystals, while a bespoke blend of hydrating facial oils from Africology is used to rejuvenate the skin.

*60min | R1650*

## Londolozi Foot Ritual

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Here we work specifically on relieving tension in the feet and toes. The treatment begins with an Africology Pedi Scrub combining Rosehip, Jojoba and Wheatgerm oils to provide hydration, while sugar granules are added to gently exfoliate the skin. The second part of the treatment includes a reflexology-based foot massage to relieve any tension in the extremities and to bring the body into balance.

*60min | R1650*

## Signature Body Activation & Exfoliation Treatment

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The Africology Body Exfoliation followed by the contrasting therapy Body Activation routine in the Healing House River Room is wonderfully synergistic combination.

*90min | R2250*



# BESPOKE TREATMENTS

## Stone Therapies

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### Hot Basalt Stones

Heated basalt stones are used to improve blood flow and warm the muscles in the body, inviting rest and relaxation.

*60/90min | R1750/R2250*

### Cold Marble Stones

Inflammation is reduced through cold marble application, and swelling leaves the body leaving you feeling refreshed and energised. This treatment is recommended for those with high blood pressure, sports injuries or looking for full body recovery.

*60/90min | R1750/R2250*

### Himalayan Salt Crystal Stones

A warm, gently exfoliating and skin-nourishing treatment that combines therapeutic massage and the use of warm salt crystal stones to soothe away tension and other pains.

*60/90min | R1750/R2250*

## Thai Yoga Therapy

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Thai massage is an ancient therapeutic art which incorporates assisted yoga stretches and breathing. In this treatment our therapist will assist you in adjusting key areas in your body and will work with pressure points and energy lines. This treatment is recommended for those wanting to improve mobility or invite space into their body.

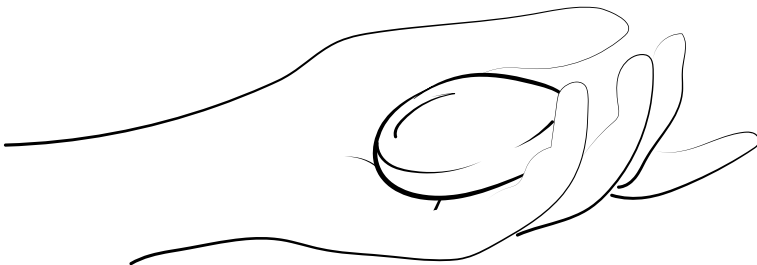
*90min/120min | R2250/R2500*

## Africology Body Exfoliation

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The entire body is massaged and exfoliated using a blend of Walnut and Marula shell, Aloe Ferox extract and Marula oil, leaving the skin feeling smooth, soft and refreshed. The treatment ends with a rain shower in the Healing House River Room.

*45min | R1500*





# CLASSIC TREATMENTS

## Aromatherapy

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This classic treatment is a wonderful natural therapy which embraces the body, mind and spirit. In this gentle and deeply relaxing treatment a bespoke blend of essential oils are tailored to your specific requirements.

*60/90min | R1650/R2000*

## Swedish Massage

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During the treatment our therapist will use her hands, elbows and forearms to help release specific areas of tension in the body, as well as long gliding movements to knead and relieve the 12 fascial lines.

*60/90min | R1500/R2000*

## Maternity Treatment

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This treatment is recommended for pregnant mothers after their first trimester of pregnancy. The intention of the massage is to relieve mental and physical fatigue, as well as reduce stress on the joints of the body. Our therapist will help you to lie on your side using bolsters and pillows to support you during the treatment and a soothing facial massage is included at the end to leave you feeling rejuvenated and pampered.

*60/90min | R1500/R2000*

## Deep Tissue

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This intense pressure treatment builds on the fundamentals of a Swedish Massage, but provides deeper more penetrating pressure. The pressure in this treatment will be tailored to your specific needs as the massage focuses predominantly on the 12 fascial lines of the body.

*60/90min | R1650/R2000*

\*CBD Oil may be added to the oil blend in any of the above treatments  
at an additional cost of R100.



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# ALTERNATIVE WORK

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## Biophony

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Our Biophony Machine uses neuroscience technology to stimulate a pre-sleep state in the body, leading to a feeling of deep relaxation and rest. The machine uses frequencies to balance and harmonise the electromagnetic frequency patterns in the body. The process allows for regeneration and rejuvenation to occur in our physical and mental bodies.

*45min | R850*

## Body Activation Routine

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Designed to create an intense reconnection to the human body and to leave you feeling refreshed and enlivened, this routine is one of contrast therapy combining heat from the Infrared Himalayan-Salt Heat Cabin and cold immersion with a plunge into an 8-degree chiller pool. The treatment reduces inflammation in the body and profoundly improves circulation and muscle recovery. The routine takes place in our River Room; a sacred corner in the Healing House with beautiful views over the Sand River.

*60min | R1250*



## Plant Medicine Treatment

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This alternative healing experience combines therapeutic massage with the healing power of plant-based CBD oil. This deeply stress relieving treatment culminates with a CBD infused tea ritual beneath the Ebony tree on the outside deck of the Healing House. Each treatment includes a new bottle (30ml) of CBD oil which is used during the experience. The balance of the oil will be included for you to take away for a future dose of wellness.

\*This CBD oil may also be added to any other oil-based treatment at an additional cost of R100.

*60min/90min | R3000/R4000*

## Guided Meditation & Breathwork

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This experience offers personalised guided breathwork and meditation. It offers a subtle way to educate the body to calm and recharge, and enhances clarity and focus in the mind. The experience will allow you to deepen your connection with the wilderness and will introduce simple breath disciplines to incorporate into your daily life.

*60min | R750*

## Private Yoga

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A privately tutored yoga session for you and your partner (or family) on our yoga deck or on your private room deck.

*60/90min | R350/R500*

# HEALING HOUSE JOURNEYS

The immersive Healing House Journeys combine more than one treatment, offering you an indulgent and deeply relaxing experience at our Healing House.

The Healing House Journeys are recommended for those wishing to enjoy an extended experience at the Healing House.

Healing House Signature Journey —————

Healing House Signature Treatment + Signature Body Activation and Exfoliation Treatment + Biophony

*4hours | R5000*

Healing House Retreat Journey —————

Thai Yoga Therapy + Signature Body Activation and Exfoliation Treatment + Biophony

*4hours | R5000*

Duo Journey —————

Classic Treatment (60 min) + Biophony or Body Activation

*2hours | R2500*

