

# Wellness Spa Menu

&Beyond has partnered with Healing Earth, a leading natural, eco-friendly, and holistic spa and skincare company, to produce a truly authentic African experience for the mind, body, and soul. Therapeutic in its approach, Healing wisdom of Africa's traditional healers and celebrate the continent's vibrant heritage, communities, and plant life.

Each lovingly created product harnesses the restorative powers of Africa's rich natural resources and is made from only the purest ingredients sourced from the continent's powerful minerals, oceans, flowers, herbs, fruit, seeds, and oils. Healing Earth's wellness journeys

all begin with a traditional African foot cleansing ritual, a symbolic practice to centre the mind and soul. The experience culminates in a soothing rainstick therapy, designed to echo the calming sounds of the African rainforest

Please reach out to any of our team members should you wish to book any of the following Healing Earth wellness



# Signature Journeys

## Spirit of the Samburu

Celebrate the vibrant fusion of Samburu passion and culture with this indulgent treatment. Begin with a traditional Samburu cleansing foot ritual using mineral salt crystals infused with indigenous plant extracts. Next, enjoy a full body and facial cleanse with a specially prepared cleansing polish blended with rejuvenating herbs and spices, followed by a traditional Samburu wellness wrap infused with clay minerals from the Great Rift Valley. A rhythmic full body massage follows to complete your spiritual escape. To signify the end of your journey and bring the promise of new beginnings, we call on the rains of Africa with an ancient Samburu Gratitude Celebration using singing bowls and traditional African rainsticks

120 min | USD 225 Quiet mind journey

Create a personal affirmation to reclaim an unconditional acceptance and love for yourself, reconnecting with your soul to release negative energy from within A special blend of indigenous oils, infused with essential oils and healing herbs, creates a uniquely relaxing treatment These oils are combined with deep tissue massage techniques to bring relaxation to tired, aching muscles, allowing body and soul to return to equilibrium. 90 min | USD 140

60 min | USD 110 45 min | USD 80

Together with your partner, become immersed in the restorative ambience of our steam room. Kept at an optimal temperature, the steam room generates a gentle mist that promotes deep cleansing while a subtle hint of herbal aromatherapy stimulates the senses, restoring mind-body balance. Next, enjoy a rejuvenating shower, followed by a couples massage. Complete your 'couples escape' with a cold plunge and a refreshing beverage overlooking the conservancy's boundless expanse. 120 min | USD 300

Sacred me time

Couples escape

## This holistic, self-nurturing experience

includes a remineralising Himalayan crystal salt full body scrub for deep detoxification, followed by a holistic cleansing ceremony and nurturing Abhyanga hot oil massage. Using a bespoke blend of uniquely prepared aromatherapy and botanical oils, your 'me time' will encourage you to reconnect with your soul, release negative energy, and emerge reset and refreshed. 90 min | USD 170

## **Body Ceremonies** Body exfoliation

#### Enjoy a full body exfoliation using one of Healing Earth's luxurious body

polishes, combining indigenous exfoliants with the nourishing power of shea butter and botanical oils to leave your skin feeling refined, nourished, and illuminated. Complete your treatment with a rejuvenating warm shower and gentle application of body butter. 30 min | USD 65

#### Indulge in a full body wrap to either detox, firm, tone and illuminate, or repair and heal your precious skin.

Body wrap

• Mongongo nut: Detox • Coffee, cinnamon and orange:

- Firm, tone and illuminate • Aloe vera and African potato:
- Sun damage repair 30 min | USD 65

#### African shea butter: Swedish 90 min | USD 150 60 min | USD 100

Massages

Aroma soul relaxation: Aromatherapy

90 min | USD 150 60 min | USD 100

Muscle ease deep release: Deep tissue 90 min | USD 150

Back, neck and shoulder 90 min | USD 150

Soul of the earth: Hot stone

45 min | USD 80 Jet lag leg relief

30 min | USD 60

90 min | USD 150

60 min | USD 100

African head massage 30 min | USD 60

# 60 min | USD 100

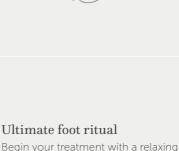
#### address all skin concerns, harnessing the nourishing powers of indigenous plants to rejuvenate, restoring the skin to its natural

**Facials** 

#### state and revealing a radiant glow. These treatments are specifically designed to complement your time in the bush and skincare regime, feeding and nourishing

Tailored facial journey Our facials are gently adapted to

your precious skin Calm and soothe facial 60 min | USD 110 Refreshing taster facial 30 min | USD 60



foot soak using peppermint and tea tree

salt crystals. Next, enjoy an invigorating

foot polish with an indigenous Samburu

scrub. Lastly, indulge in a shea butter foot mask, followed by a foot massage

using indigenous oils and a specially

## Hands and Feet Ultimate hand ritual

Your treatment begins with a nourishing hand soak using mineral-rich salts mixed with indigenous essential oils. You will then be treated to an antioxidant-rich indigenous hand exfoliation, followed by a luxurious shea butter hand mask and a hand massage using a unique hand serum

tailored to your skin type, leaving your hands feeling soft and rejuvenated. 60 min | USD 45

Add on: Nail polish | USD 15

An express hands and feet treatment to refresh and nourish tired travellers, leaving you feeling revived and renewed. 30 min | USD 45

Express hands and feet combo

#### prepared cooling aloe vera foot gel and spray, leaving your feet feeling light and rejuvenated

Earth Child Treatments

Specially curated for children between

the ages of six and 12 years. 30 min | USD 50

# Relaxation massage

A soothing full body massage ideal for little ones. Gentle pressure aids with improving circulation and boosts the body's immune system.

Fun facial with African mud A refreshing mini facial using indigenous mud, marula oil and aloe vera to treat and protect our young explorers' delicate skin.

### Mini pamper manicure An indulgent hand treatment for tiny

fingers. Mini pamper pedicure

A luxurious foot treatment for tired toes.

60 min | USD 65 Add on: Nail polish | USD 15

