



&BEYOND

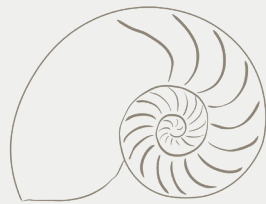
## Wellness Spa Menu

&Beyond has partnered with Healing Earth, a leading natural, eco-friendly and holistic spa and skincare company, to create an authentic African experience for the mind, body and soul. Therapeutic in its approach, Healing Earth's treatments are inspired by the 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.

Each Healing Earth wellness journey begins with a traditional African foot cleansing ritual, a symbolic practice designed to centre the mind and soul before your treatment begins. The experience concludes with soothing rainstick therapy, echoing 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 spa treatments.



### Wellness Journeys

#### Quiet mind journey

Create a personal affirmation to reclaim acceptance and love for yourself, reconnect with your soul and release negative energy from within. This full body treatment uses a unique aromatherapy blend of personally selected plant oils, combined with deep tissue massage techniques to ease tired, aching muscles and bring body and soul back into balance.

Choose from Healing Earth's Pinotage range, a blend of aromatherapy oils rich in antioxidants, to either de-stress, hydrate, relax or detox.

90 min | **USD 150**

60 min | **USD 100**

Body exfoliation, added to a 90-min massage

45 min | **USD 75**

#### Healing Earth African shea butter ritual

African shea butter has long been cherished for its powerful healing and nourishing properties. This restorative massage targets specific areas of tension and muscular discomfort, using deep tissue techniques to help ease pain, restore comfort and leave the body feeling relaxed, nourished and energised.

Full body and scalp

75 min | **USD 110**

Back, neck and scalp

45 min | **USD 75**

### Signature Journeys

#### Soul of the Earth celebration

Reawaken your senses with a combination of African aromatherapy oils, botanical body balms, traditional calabash and bamboo tools, and rhythmic massage techniques. This indulgent ritual brings together human touch, natural ingredients and vibrational sound therapy to restore balance to the mind, body and soul.

Choose African potato for its healing properties, marula neroli for sensory indulgence, Kalahari melon for hydration, mongongo nut to detox, or cinnamon and orange to firm and tone.

Full body and scalp

90 min | **USD 160**

Back, neck and scalp

60 min | **USD 100**

### Facials

#### Tailored facial journey

Our facials are gently tailored to address your skin concerns, harnessing the nourishing powers of indigenous plants to rejuvenate and restore your skin's natural radiance. These treatments are designed to complement your time on the island and your unique skincare needs.

Calm and soothe facial

60 min | **USD 95**

Refreshing taster facial

30 min | **USD 50**

### Body Treatments

#### Healing Earth after-sun treatment

Ideal after a day in the sun, this soothing treatment uses an aloe vera body mask to cool and calm the skin, followed by nourishing African potato balm to help repair and restore.

45 min | **USD 75**

### Hands and Feet

#### African footprint ritual

Melt away stress and restore tired legs and feet with this deeply refreshing foot ritual. Your feet are soaked in African Joy energising salt crystals, polished with a rejuvenating peppermint and eucalyptus scrub, and nourished with African shea butter. Relax with a shoulder and scalp massage before the treatment concludes with a cooling foot gel, leaving your feet feeling hydrated, softened and ready for your next island adventure.

45 min | **USD 75**

#### African handprint ritual

This nourishing hand ritual begins with a pure peppermint and aloe vera polish, followed by cuticle restoration using indigenous healing oils. Your hands are then treated with African shea butter, while a shoulder and scalp massage encourages deep relaxation. The ritual ends with a nourishing Pinotage hand oil massage, leaving your hands feeling soft and rejuvenated.

45 min | **USD 75**

### WILDchild Treatments

Specially curated for children between the ages of 6 and 12.

#### WILDchild beauties and buddies

A WILDchild deserves a little pampering too. This gentle treatment begins with a lavender and jasmine bubble bath foot soak, followed by a mango-orange scrub, toenail care and a mini foot tickle and rub.

A 15-minute back, neck and shoulder massage using pure aloe vera gel will leave young adventurers refreshed and ready for their next island discovery.

45 min | **USD 75**

