

WELLNESS BROCHURE



EAGLE ISLAND LODGE

EAGLE ISLAND LODGE SPA  
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## CONTENTS

- 8 SIGNATURE INDULGENCES
- 10 CLASSIC MESSAGES
- 12 FACIAL TREATMENTS

## SIGNATURE INDULGENCES

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### INTONGA AMASATCHI

45 MINUTES

Treat yourself to this soothing local ritual, in which your therapist uses wooden sticks to gently relieve tension in stiff muscles and encourage elimination of toxins through deep tissue massage.

### AFRICAN POTATO BODY EXPERIENCE

90 MINUTES

Indulge in a multi-layered treatment to leave you totally relaxed, rebalanced and rejuvenated. We begin with a full body scrub to eliminate toxins, smooth skin and renew skin cells. Next, we apply a traditional African potato wrap to soften and hydrate your skin while fending off free radicals. Part of the lily family, the African wild potato has been prized for its antioxidant and anti-inflammatory properties for centuries among healers and herbalists. The wrap leaves a beneficial coating, rich in marula oil, on the skin. This supports the production of collagen and elastin and aids anti-ageing. Your ritual culminates in either a foot massage or a facial, followed by a pressure point massage using our enriching serum.

## CLASSIC MESSAGES

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### SAFARI QUICK FIX 60 MINUTES

Create your own tailor-made massage by selecting three of the following options:

Back, neck and shoulder massage

Back and full leg massage

Arm and leg massage

Scalp and facial massage

### FOOT AND SCALP RITUAL 35 MINUTES

Restore your energy balance with this massage treatment focusing on pressure points of the scalp and feet. Tension is relieved, calm is re-established.

## FACIAL TREATMENTS



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### SAFARI REFRESHER FACIAL 45 MINUTES

*Including head massage*

Let us give your face a natural lift. We begin by gently massaging the pressure points in your face and scalp to help relax your muscles. We then continue with a rejuvenating facial to leave your skin radiantly clean and silky smooth.

