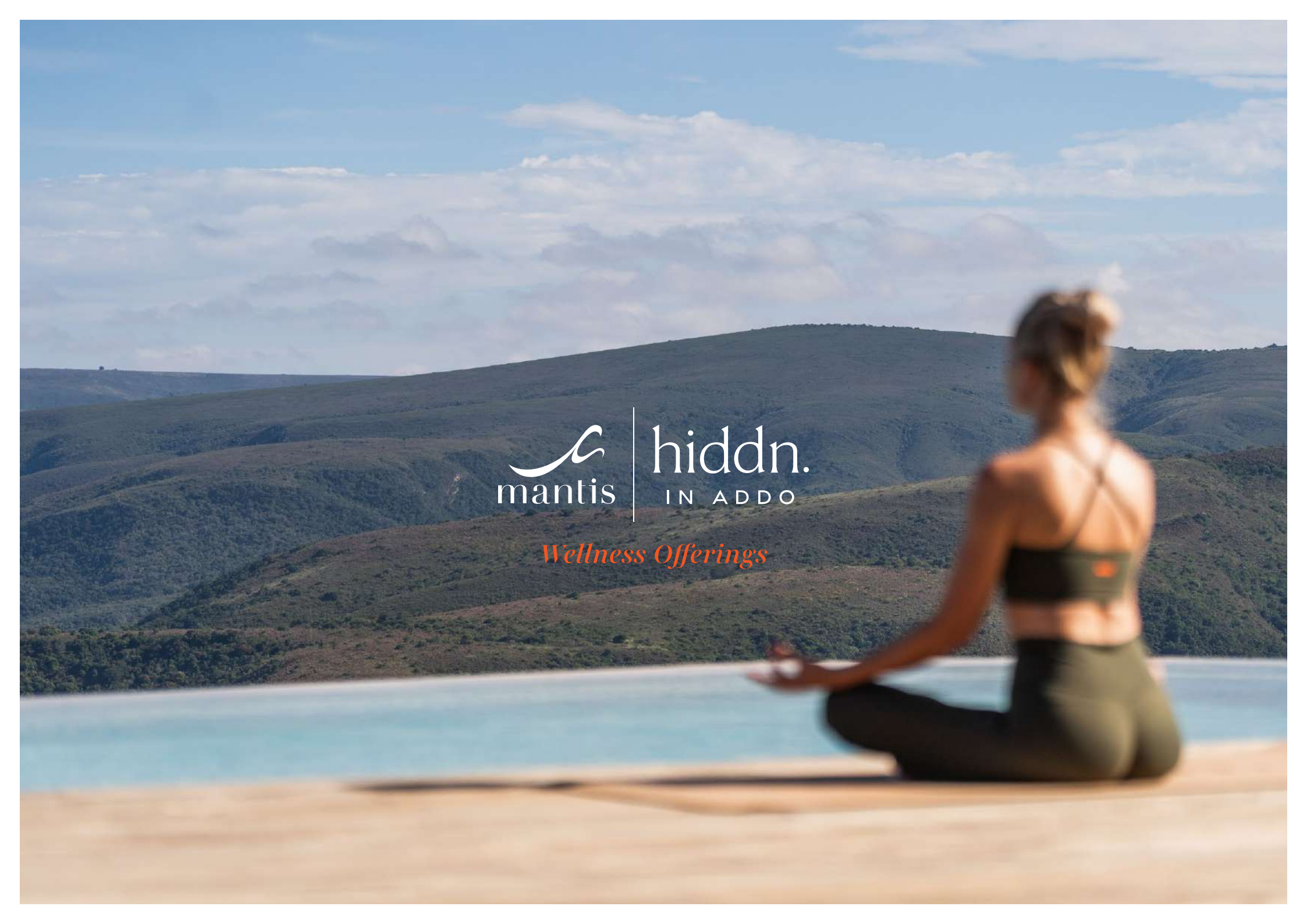




mantis

hiddn.  
IN ADDO

*Wellness Offerings*



Wellness at Mantis Hiddn in Addo goes far beyond the idea of a traditional spa. It is a deeply immersive, personalised healing journey designed to restore the body, regulate the nervous system, and reconnect guests with themselves through nature, ritual, movement, touch, and stillness. Every experience is intentionally crafted around the five dimensions of wellness - physical, emotional, mental, spiritual, and environmental balance.

At the heart of the experience is a team of therapists and wellness practitioners who view healing not simply as a profession, but as a personal calling. Treatments are guided with intuition, presence, and genuine care, creating an experience that feels deeply human rather than clinical or transactional. Drawing from ancestral African healing wisdom, indigenous botanicals, breathwork, sound therapy, mindfulness practices, and restorative body rituals, wellness at Hiddn becomes something guests feel long after they leave.

Rather than following fixed programmes, each wellness journey unfolds naturally according to how guests need to feel - whether that is rest, emotional release, recovery from burnout, clarity, grounding, or reconnection. At Hiddn, healing is woven into every part of the stay, allowing guests to slow down fully and return to a calmer, more balanced state of being.

## The Hiddn Welcome Ritual

**Each arrival is honoured as a meaningful transition.** Rooted in ancient African tradition, our welcome ritual draws from a time when journeys were long, taken on foot across vast landscapes. Upon arrival, guests would be received with the simple yet profound act of washing away the dust of travel, a gesture of care, respect, and belonging. **This ritual is our modern interpretation.**

As you arrive, we gently cleanse your feet, symbolically releasing the weight of the journey behind you. It is an invitation to pause, to arrive fully, and to step into Hiddn as a space that becomes your home, even if only for a moment in time. But the ritual extends beyond welcome.

**Every journey carries intention.** As the water flows, you are invited to set your own, whether it be love, peace, joy, health, wisdom, grounding, or reconnection. These intentions are held within the experience, anchored through the elements and the energy of the moment.

Water, in its quiet power, becomes more than a physical presence. It is a conduit, believed across cultures to carry and shape energy. As your feet are washed and your intentions are spoken or felt, this ritual becomes a gentle imprint, aligning your inner journey with your time at Hiddn.

**It is not simply a welcome. It is a beginning.**

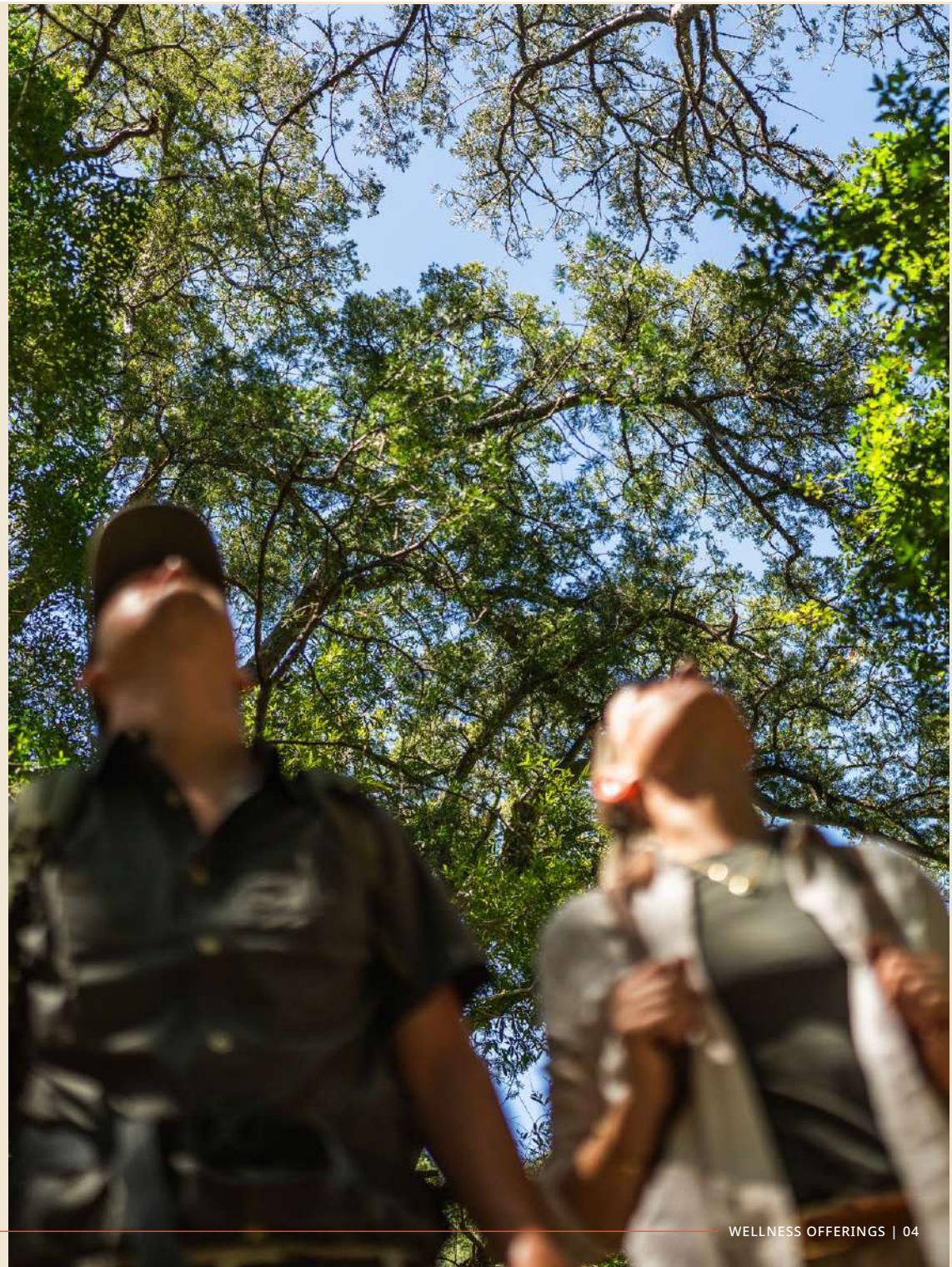
## Nature Grounding Walks

Nature becomes part of the experience itself, guiding each step back to stillness. **Our Nature Grounding Walks are a gentle invitation to slow down and reconnect with the earth beneath you.** Guided by the rhythm of the landscape, these walks are less about distance and more about presence, offering a return to stillness in a world that rarely pauses.

As you move through untouched terrain, you are encouraged to engage your senses fully: the texture of the ground underfoot, the quiet movement of air, and the subtle sounds of life unfolding around you. Along the way, small moments of discovery reveal themselves, often unnoticed, along with the quiet intelligence of the natural world moving in harmony around you.

The journey may also lead you to secluded, natural pools, spaces of stillness carved into the landscape. **Here, guests are invited to immerse themselves,** allowing the water to cool, cleanse, and restore. It is a moment of pause within the journey, where the body softens and the mind quiets.

**Grounding, or “earthing,” is known to support balance within the body by helping to regulate stress, restore energy, and create a deeper sense of calm.** At Hiddn, this is experienced not as a concept but as a feeling, a quiet shift that happens when you allow yourself to simply be. These walks also hold space for personal reflection. Whether in silence or guided intention, they offer a moment to reconnect with yourself, with nature, and with what truly matters.





## KolKol Wellness Experience

Warm water, minerals, and mountain air come together in a ritual designed to restore both body and mind. The KolKol is far more than a hot tub.

Guests immerse themselves in naturally heated water, enhanced with carefully selected infusions tailored to their needs. Choose a soothing blend to relax tired muscles, ease tension, and support restorative sleep, or a revitalizing mix to re-energize and awaken the body after exertion.

Herbal baths, infused with botanicals such as buchu, **gently detoxify and relax**, while mineral-rich salts work to invigorate muscles and refresh the body. Some baths include lactic acid, creating a soft, milky appearance, which provides gentle exfoliation while helping release lactic acid built up from physical activity. The warmth of the KolKol itself **encourages circulation**, bringing oxygen-rich blood to the muscles and promoting deep relaxation throughout.

Every element, including water, heat, herbs, and minerals, works in harmony, turning your soak into a holistic ritual that restores balance, releases tension, and leaves you feeling renewed.

**This is not just a bath.**  
**It is a sanctuary for the body, mind, and senses.**



## Sound Therapy

The body responds not only to touch, but also to vibration, rhythm, and sound. The body is not only physical but also vibrational, a field of energy that responds to sound, intention, and frequency. Our Sound Therapy sessions are designed to harmonise, restore, and release, guiding guests into deep relaxation and energetic alignment.

Using singing bowls and, at times, instruments like the kalimba, we create a curated symphony of tones, each resonating at a unique frequency. Some frequencies carry the vibration of love, while others represent peace, clarity, or grounding. The rhythmic ringing of the bowls allows the body and mind to tune into these vibrations, encouraging the **release of tension, stress, and habitual control**.

Guests may choose to sit or lie down as the experience unfolds. Over thirty minutes, the different frequencies guide the body into states of relaxation, often bringing about surprising responses such as gentle sighs, deep breaths, or even a spontaneous sneeze or nap. These reactions are signs of release and surrender, reflecting a letting go of the mental and physical tightness that daily life imposes. Sound is more than something that is heard. It is felt. Each vibration resonates with the energy of the body, encouraging balance, restoration, and a profound sense of ease.

**This is not just a therapy. It is a journey into the resonance of your own being.**

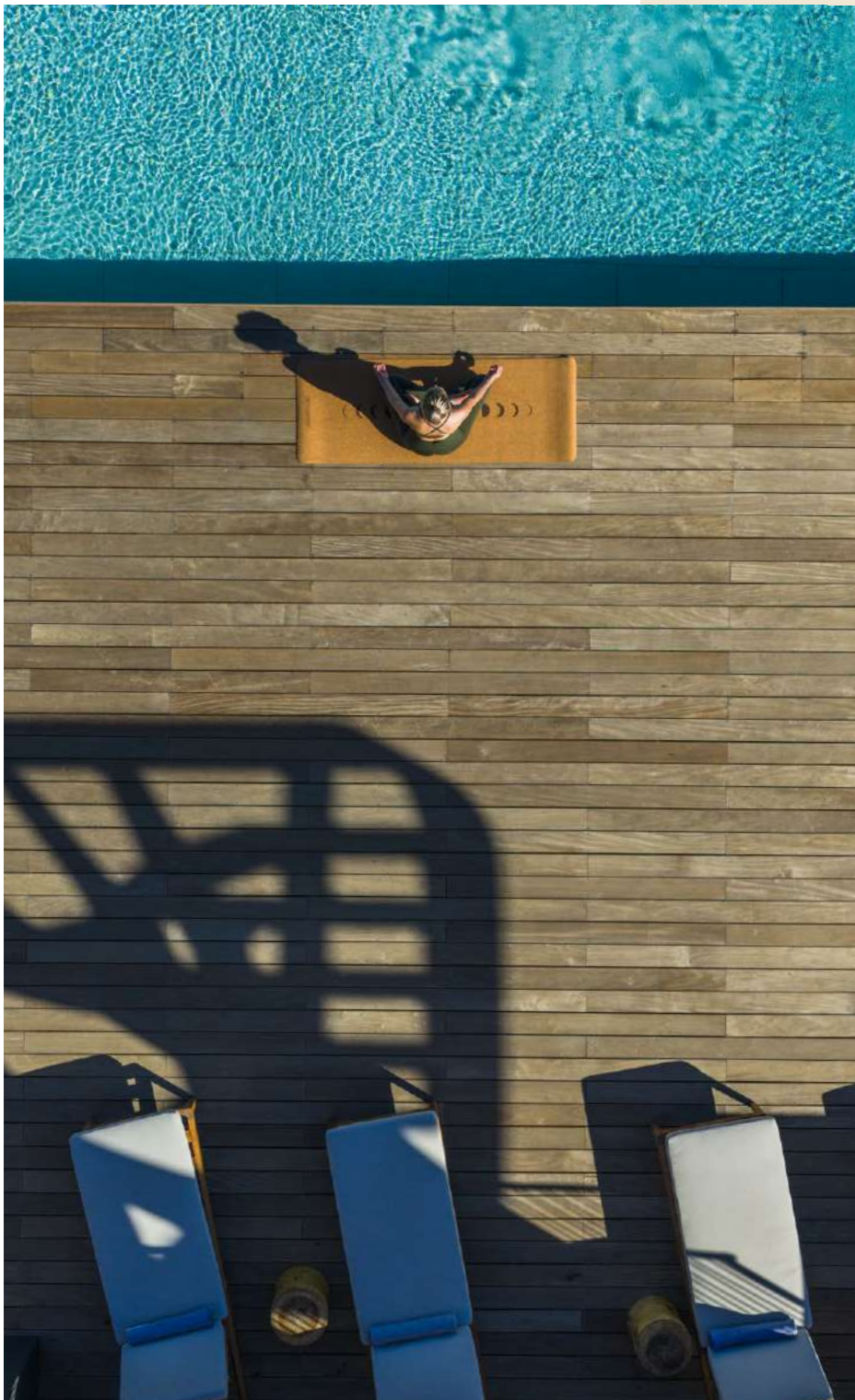
## Art Therapy

Some journeys are remembered not through words, but through colour, texture, and feeling. Our Art Therapy invites guests to translate the richness of their journey, from the sights and sounds of nature to the textures of massage, the tastes of nourishing meals, and the subtle moments of reflection, into colour and form on canvas or through guided colouring exercises.

This is not about technique or perfection. It is about capturing sensation, emotion, and memory. Guests can choose to paint freely on canvas or engage in mindful colouring, using colour to reflect what they have seen, felt, and experienced. Each stroke and hue becomes a reflection of your journey, offering a way to process and celebrate the moments that have touched you.

Once complete, your creation is carefully wrapped and presented to you as a keepsake, a tangible reminder of your journey, your presence, and the moments of connection and discovery that make Hiddn uniquely transformative.

**Art becomes more than expression here.  
It is memory made visible.**



## Meditation

Stillness creates space for clarity, reflection, and reconnection. **It is a doorway to presence, clarity, and inner stillness.** Guided or self-led, our sessions invite guests to pause, breathe, and reconnect with their own rhythm within the serenity.

**Using gentle guidance, breathwork, and mindful focus,** meditation helps to quiet the mind, release tension, and create space for reflection. Guests are encouraged to tune into the subtle sensations of their body, the sounds of the environment, and the rhythm of their own thoughts, observing without judgment.

Whether experienced at sunrise, with the world awakening around you, or in the calm of the evening, meditation at Hiddn is designed to ground, restore, and align your energy. It is a moment to return to yourself, to cultivate awareness, and to carry a sense of calm and balance throughout your journey.

**This is not simply sitting in silence.  
It is a practice of presence, a pause for the soul, and a gift to yourself.**

## Yoga

**Movement becomes a quiet conversation between breath, body, and awareness.** It is a journey of alignment, strength, and inner balance. Our sessions are designed to connect body, mind, and breath, allowing guests to move with intention and awareness within the serenity of the natural surroundings. Guided by experienced instructors, each practice blends gentle stretches, postures, and mindful breathing, tailored to your energy and needs. Yoga at Hiddn **encourages presence, enhances flexibility, and releases tension,** while grounding you in the moment and helping you reconnect with your inner rhythm.

Whether practiced at sunrise, with soft light filtering through the landscape, or in the quiet of the evening, yoga becomes a space to honour your body, calm your mind, and nurture your spirit. Each session is an invitation to move with mindfulness, to listen to your body, and to cultivate harmony from within.

**This is not simply exercise.  
It is a practice of connection, presence, and renewal.**

## Sleep Recovery

Research shows that poor sleep can have a negative effect on your thinking ability, mood, heart health, immune health, and more. It can also increase your chances of developing obesity and diabetes, among other health conditions.

Sleep has become a major issue in our society. Indeed, the frenetic pace of daily life, ubiquitous stress and anxiety have led to an increase in sleep disorders. Insomnia, night-time awakenings and difficulty falling asleep are problems that affect more and more people, affecting not only their physical health, but also their mental well-being.

The key to restful sleep lies in a harmonious combination of essential elements: a soothing environment, a balanced diet and relaxation practices. All rituals in this section include vocal toning, aromatherapy inhalation, foot reflexology and head massage.

|                                              |                  |
|----------------------------------------------|------------------|
| <b>DREAMSIGHT MELATONIN BOOSTING MASSAGE</b> | 60 TO 90 MINUTES |
| <b>HERBAL COMPRESS MASSAGE WITH IMPHEPHO</b> | 60 MINUTES       |
| <b>TENSION RELEASE MASSAGE</b>               | 60 TO 90 MINUTES |

## Crystal Healing Massage

Restoration begins through touch, temperature, and the subtle energy held within natural stone designed to realign, release, and renew.

Our Crystal Healing Massage blends therapeutic technique with the subtle power of natural elements. Using smooth crystal spheres, the body is gently worked with varying temperatures, warm to ease and soften, and cool to invigorate and awaken. This contrast supports circulation, encourages the release of built-up tension, and assists the body in letting go of lactic and uric acid stored within the muscles. Yet, the experience extends beyond the physical.

**Each crystal carries its own energetic frequency**, inviting a deeper level of restoration. As the body unwinds, so too does the energy it holds, creating space for balance, clarity, and renewal. Guests are invited to choose from three distinct crystals, each offering its own intention:

### **ROSE QUARTZ**

*a stone of protection and gentle nurturing, encouraging openness and emotional ease*

### **SERPENTINE**

*known for its ability to clear and release negative energy, restoring a sense of lightness and flow*

### **TIGER'S EYE**

*grounding and strengthening, supporting healing and inner stability*

As the crystals move across the body, **they work in harmony with the body's natural rhythms**, subtly supporting the alignment of energy centres and enhancing an overall sense of wellbeing.

**This is more than a massage.**  
**It is a recalibration of body, mind, and energy.**

## Dream Sight Massage

**Acupressure, combined with sound and aromatherapy.** A deeply relaxing sleep-improvement massage that uses acupressure to stimulate the pineal gland, the body's sleep centre, and induce a **dreamlike state**.

We enhance this acupressure technique with an aromatic sound therapy experience. The combination of **sleep-inducing essential oils and vibrational sound therapy** lowers brainwaves to a deep state of relaxation.

### MAIN COMPONENTS:

#### RELAXING MASSAGE OIL & SEDATIVE ESSENTIAL OILS

*Calming oils (such as Omumbiri, Cape Chamomile, and Silver Everlasting) are used for their known sleep-promoting, soothing and mental clarity effects.*

#### FULL-BODY ACUPRESSURE MASSAGE

*Focusing on pressure points that stimulate the pineal gland.*

#### SOUND THERAPY

*Tibetan vibrational bowls placed on the body and chimes.*

#### TEA RITUAL

*Meru Moon*

# Herbal Compress Massage

An **Eastern-inspired treatment** that uses **warm herbal compresses** to melt away tension and quiet the mind. In this massage, the therapist steams cloth poultices filled with medicinal herbs and then presses or glides them over the body. **The moist heat soothes aching muscles**, and the herbal essences release calming aromas.

This combination induces a profound state of relaxation, easing anxious thoughts and preparing the guest for restful sleep. The treatment's gentle warmth and herbal therapy help calm the nervous system and **relieve insomnia symptoms naturally**.

## MAIN COMPONENTS:

### HEATED HERBAL POULTICES

*Bundles of herbs (commonly including ingredients like Imphepho, lemongrass and lavender or holy basil) are steamed to activate their properties. Imphepho, is traditionally used in Southern African herbal medicine for its calming, clarifying and spiritually protective benefits and notably has a calming effect on stress, anxiety, and insomnia. The aromatics from the compress fill the room with a soothing herbal scent.*

### THAI-STYLE COMPRESS MASSAGE

*The therapist uses the warm, damp compresses, combined with heated baobab oil, in rolling and pressing motions on the back, shoulders, and feet. This manual technique combines heat and acupressure, loosening tight muscles and reducing physical stress. The rhythmic compressions along energy lines promote circulation and sedate an overactive mind.*

### HERBAL OILS OR BALM

*As the compress cools, herbal-infused oils from the pouch may be massaged into the skin, extending the relaxation.*

### RECOMMENDED SESSION DURATION

*60 minutes, often extendable to 90 minutes for full-body coverage. A one-hour session typically focuses on the back, legs, and feet -critical areas for tension relief - while longer sessions address the whole body more slowly for maximal relaxation.*

### TEA RITUAL

*Lalapanzi Tonight.*

## Tension Release Massage

Surrender to deep relaxation with our **calming Swedish massage**, designed to melt away muscle tension and quiet a busy mind. Warm, nutrient-rich organic shea butter glides over the skin, delivering lasting hydration while easing tightness in every stroke.

A **bespoke aromatherapy blend of soothing botanicals** gently envelops the senses, encouraging the release of stress and inviting the body into a state of tranquillity. Through rhythmic, flowing movements, this treatment slows the heart rate, balances the nervous system, and prepares you for restorative, uninterrupted sleep.

**Ideal as an evening ritual**, it leaves you feeling comforted, weightless, and ready to drift into peaceful slumber.

### MAIN COMPONENTS:

#### AROMATHERAPY BLEND

*Create your own unique aromatherapy blend from a selection of 9 calming & grounding African indigenous essential oils, which will be used for an aromatherapy inhalation before the massage and mixed with the shea butter for a prolonged benefit of your unique calming scent. We recommend enhancing this ritual with a 15min sound bath using vibrational bowls and chimes.*

#### RECOMMENDED SESSION DURATION

*60 or 90 minutes. A full hour is recommended to allow time for the body to enter a parasympathetic ("rest and digest") state.*

#### TEA RITUAL

*Aldabra Nebula.*



## Lymphatic Reset/Detox

Cellulite, swelling, and bloating are some of the **most common health and beauty concerns**. Not only do they make us feel self-conscious about our bodies but also, **they can be signs of a congested lymphatic system**.

Lymphatic drainage treatments gently **stimulate the body's lymphatic system**, helping to flush out toxins, reduce water retention, and boost circulation. This detoxifying effect supports immune function, promotes clearer skin, and eases feelings of heaviness or bloating.

By encouraging **the flow of lymph**, the treatment can also relieve tension, reduce inflammation, and enhance nutrient delivery to cells, leaving you feeling lighter, more energised, and deeply relaxed, both physically and mentally.

**BAOBAB LYMPHATIC RENEWAL MASSAGE** | 60 TO 90 MINUTES

**AFRICAN CLAY DETOX BODY WRAP** | 90 MINUTES

**RADIANCE BOOSTER FACIAL** | 60 TO 90 MINUTES

## Pre-Treatment Rituals

TO CUSTOMIZE THE GUEST EXPERIENCE

### DEEP BREATHING EXERCISES

Our bodies have three times more lymph fluid than blood. But while the blood is pumped by the heart, there's no organ to pump our lymph. Deep breathing acts just like a pump, transporting toxins through the system. As well as draining the lymphatic system, deep breathing lowers your blood pressure and reduces stress.

### HYDROTHERAPY (HOT/COLD)

The hot water helps dilate blood vessels while the cold water causes them to shrink. This creates a 'pump' action that pushes the fluids through your body.

### DRY BRUSHING OR SCRUBBING

Scrubbing or dry brushing stimulates the skin's surface and underlying lymph vessels, encouraging the gentle movement of lymph fluid toward the lymph nodes where toxins and waste are processed. The light, sweeping strokes, especially when directed toward the heart, mimic the natural pathways of the lymphatic system, helping to reduce stagnation and improve circulation.

### FAR INFRARED SAUNA

In a far infrared sauna, heat energy penetrates your body, raising its core temperature. The heat increases your heart rate, encourages deeper breathing, and makes you sweat. This boosts lymphatic drainage.

### LYMPHATIC RESET TECHNIQUE

Lymph visceral technique for digestive health. This lymphatic reset technique is an excellent tool for managing chronic gut conditions, autoimmune diseases, and inflammation. Promoting lymphatic drainage supports your body's natural detox pathways and helps reduce swelling and discomfort.



## Lymphatic Renewal Massage

A gentle full-body ritual that uses rhythmic, light-pressure strokes to **stimulate the lymphatic system and flush out toxins.**

This treatment combines **manual lymph drainage techniques with our proprietary Tri-Touch technique** and detoxifying blend of African botanical oils to help reduce inflammation and fluid retention.

This massage boosts immune function by accelerating the removal of waste and excess fluids, reduces puffiness and bloating, and improves overall circulation and oxygenation in the body. The gentle technique also **promotes deep relaxation and stress relief.**

### MAIN COMPONENTS:

#### TRI-TOUCH

*Our Tri-Touch tool and technique have been created for a deeper and more effective lymphatic drainage.*

#### ESSENTIAL OILS

*A proprietary blend of African essential oils combined not only to activate superficial blood circulation but also increase kidney flushing due to diuretic properties.*

#### PINDAS

*Enhance this experience with heated baobab seed pindas applied to key areas, the warmth and micro-pressure further encourage lymph flow and toxin elimination.*

#### TEA RITUAL

*Comoe Sky*



## African Clay Detox Body Wrap

A purifying clay cocoon designed to draw out **impurities and reset the body's natural detox processes**. Helps flush out toxins and excess fluids.

**The clay's high mineral content and botanical extracts** remineralises

the body, improving skin tone and firmness while relieving inflammation in joints and muscles. Skin is deeply cleansed and emerges more hydrated, firm, and glowing. This intensive therapy also helps **boost metabolism and can relieve fatigue**.

### **BODY SCRUB**

*A full body scrub with baobab crushed seeds, rooibos leaves and sugar, blended with organic baobab oil.*

### **MINERAL-RICH CLAY**

*Mineral-rich clay and bentonite absorb impurities, extracts of rooibos tea and kigelia (African sausage tree) soothe and firm the skin. Buchu leaf powder helps with inflammation and flushing out toxins. Add natural caffeine from green coffee to stimulate circulation.*

### **LYMPHATIC DRAINAGE MASSAGE**

*Lymphatic drainage massage with Aloe ferox gel and Marula oil.*

### **TEA RITUAL**

*Okavango star*

# Radiance Booster Facial

This revitalising treatment combines the **deep-cleansing and detoxifying** power of a bentonite clay mask with the nourishing richness of marula oil to replenish skin's moisture and restore its natural glow. Gentle lymphatic drainage techniques encourage healthy circulation, reduce puffiness, and promote a clearer complexion, while Shiatsu pressure points release facial tension, stimulate energy flow, and leave skin visibly brighter and more balanced. The result is a **refreshed, luminous appearance** and an overall sense of wellbeing.

## MAIN COMPONENTS:

### AROMATHERAPY

*Aromatherapy inhalation with our mind cleansing Fynbos Crush scent.*

### DOUBLE CLEANSE

*A double cleanse with a gentle Aloe ferox extracts and Moringa oil cleansing gel, followed with a mild exfoliation.*

### BENTONITE AND ALOE FEROX EXTRACT

*Mineral rich Bentonite and Aloe ferox extract to deeply cleanse and hydrate.*

### WARM COMPRESS STEAM

*Warm compress steeped in buchu, organic green rooibos tea and lemongrass. The steam opens pores and allows the essences of buchu to penetrate.*

### GENTLE LYMPHATIC DRAINAGE

*Gentle lymphatic drainage using cold crystal wands to stimulate circulation and reduce puffiness using our Marula oil based Facial Glow.*

### PRESSUE POINTS

*Relaxing ShiaTsu pressure points to release facial tension.*

### TEA RITUAL

*Comoe Sky*



## Regeneration (Anti-inflammatory)

**Chronic inflammation** is one of the silent accelerators of ageing, contributing to cellular damage, collagen breakdown, and a host of age-related conditions that diminish vitality. In the context of luxury spa treatments, targeting inflammation is not only about soothing visible redness or puffiness, it is about supporting deep cellular renewal, preserving skin elasticity, and protecting long-term health.

**Southern Africa's rich ethnobotanical heritage** offers a wealth of medicinal plants known for promoting skin regeneration and calming inflammation. We are drawing on these indigenous ingredients, backed by modern science and traditional wisdom, to create high-end therapies that target ageing concerns holistically. We encourage the spa to combine these therapies with an anti-inflammatory diet program for the guests and modern enhancement with technology.

|                                  |                  |
|----------------------------------|------------------|
| SKIN RENEWAL FACIAL              | 90 MINUTES       |
| REJUVENATING BODY WRAP           | 90 MINUTES       |
| DEVIL'S CLAW THERAPEUTIC MASSAGE | 60 TO 90 MINUTES |



## Skin Renewal Facial

Packed with **photo-protective botanicals**, this treatment helps counter the effects of UV radiation by reducing inflammation, protecting cellular DNA and supporting the skin's natural repair process. Icy cold crystals, warm compresses infused with anti-inflammatory botanicals and targeted massage techniques help calm inflammation, while omegas restore and strengthen the skin barrier.

### MAIN COMPONENTS:

#### CLEANSE AND EXFOLIATION

*Gentle cleanse and exfoliation using rooibos-infused cleansing gel and scrub, which imparts rooibos tea's antioxidants while removing impurities.*

#### POLISH

*A delicate polishing follows, using baobab fruit and buchu leaf powders blended with honeybush dried leaves. This gently lifts dull cells without aggravating sensitive skin.*

#### COOLING MASK

*A cooling aloe ferox gel, devil's claw extract and cape chamomile essential oil mask hydrates deeply and reduces redness.*

#### LYMPHATIC DRAINAGE MASSAGE

*While the mask works, the therapist performs a lymphatic drainage massage on the face and neck using marula oil and cold crystals. This slow, rhythmic massage reduces puffiness, encourages toxin elimination and helps calm inflammation.*

#### HYDROSOL & TONER

*Once the mask is removed, the skin is spritzed with buchu and Cape chamomile hydrosol, followed by a rooibos antioxidant toner to soothe and restore pH balance.*

#### SERUM

*A potent photo-protective botanical serum is then applied to help protect the skin from free radicals and UV damage while supporting the skin's natural repair functions.*

#### OIL-BASED CREAM

*Finally, a nurturing Marula oil based cream is pressed into the skin, leaving it calm, balanced, and luminous.*

#### TEA RITUAL

*Quirimbas Sun*

## Rejuvenating Body Wrap

**Baobab fruit pulp and rooibos** extract are extremely rich in vitamin C and antioxidants, while Kalahari melon seed oil is packed with omega fatty acids, all ideal for skin rejuvenation. Counter the effects of ageing, pollution and stress with this elasticity-boosting super mask, packed with flavonoids, polyphenols, vitamins A, B, E.

**The Baobab, Aloe and Rooibos Rejuvenating Body Wrap** (Anti-Aging Red Earth) is a luxurious full-body treatment that restores skin elasticity and quenches dryness, ideal for sun-damaged or aging skin. It features baobab, the legendary **"Tree of Life,"** blended with healing aloe ferox to drench the body in nutrients and calm inflammation from head to toe.

### MAIN COMPONENTS:

#### EXFOLIATION

*A full-body exfoliation using a baobab scrub. Finely ground rooibos leaves are mixed with baobab crushed seeds and baobab oil to create a gentle yet effective body polish.*

#### REVITALISING BODY MASK

*After a warm shower rinse, your revitalising body mask, rich in antioxidants and minerals, is generously applied over your body. You are then enveloped in a warm wrap (cotton sheets or foil blanket) to cocoon the body and encourage absorption. While you rest cocooned for 20–30 minutes, the mask's ingredients work synergistically.*

#### HEAD MASSAGE

*A head massage with warm coconut oil and hot facial compress infused with Aldabra Nebula herbal blend. After unwrapping, any excess mask is removed in the shower or with warm, damp towels infused with a few drops of buchu or eucalyptus for an invigorating scent.*

#### OMUMBIRI BODY BUTTER MASSAGE

*The finale is an Omumbiri Body Butter massage. A rich balm of mafura butter, Kalahari melon seed oil and coconut oil is massaged onto the body using long, soothing strokes. This seals in moisture and leaves the skin extraordinarily soft.*

#### TEA RITUAL

*Marimba Hour*

## Devil's Claw Therapeutic Massage

The Devil's Claw Therapeutic Massage is a deep-tissue body massage focusing on relieving inflammation and chronic pain in muscles or joints. It features Devil's Claw (*Harpagophytum procumbens*), a tuber native to the Kalahari Desert, famed for its analgesic and anti-inflammatory potency. Blended with other botanical oils, this treatment soothes aches, improves mobility, and nurtures the body in a holistic manner. The Devil's Claw Therapeutic Massage is especially beneficial for guests with inflammatory conditions (like arthritis or fibromyalgia) or anyone experiencing muscle fatigue and stiffness. The combination of Devil's Claw and *Kigelia* significantly reduces inflammation and pain in treated areas, as supported by clinical evidence of Devil's Claw's efficacy in pain relief.

### MAIN COMPONENTS:

#### AROMATHERAPY

*Aromatherapy inhalation with a proprietary blend of Katrafay, Ravensara and Ravintsara essential oils.*

#### WARM COMPRESS STEAM

*Warm compresses pouch filled with traditional African medicinal plants are placed on various parts of the body based on the guest's specific needs. The rising herb-infused steam prepares the muscles and also evokes the sense of an African bush bath.*

#### DEEP TISSUE MASSAGE

*A deep tissue massage is then performed using Terres d' Afrique proprietary blend of essential oils.*

#### ANTI-INFLAMMATORY

*An anti-inflammatory balm using Devil's Claw and *Kigelia* extracts combined with Arnica oil and our unique blend of therapeutic essential oils is massaged into areas of concern and all joints to alleviate any pain or swelling.*

#### MUSCLE STRETCHING/FLEXION

*The therapist might incorporate muscle stretching and flexion to further relieve stiffness, much like traditional healers would combine massage with movement.*

#### TEA RITUAL

*Comoe Sky*

## Balance and Hormonal Harmony

In a time of constant connectivity, desire for perfection and the experience of permanent stress, more and more people suffer from self-doubt, overload or emotional problems. **Mental stress is often the precursor to burnout.** People often run on high stress levels, which drives cortisol (the stress hormone) up and 'happy' hormones like serotonin and oxytocin down.

The following treatments blend science-backed therapies with holistic ritual to **lower cortisol and boost serotonin & oxytocin.** Each is suitable for both men and women, uses existing spa amenities (preferably outdoors), and can be enhanced with biofeedback, light/sound therapy or guided meditation.

|                                                |                  |
|------------------------------------------------|------------------|
| BIOHACKING RITUAL FOR BURNOUT RECOVERY MASSAGE | 60 TO 90 MINUTES |
| SOOTHING & HYDRATING FACIAL                    | 60 TO 90 MINUTES |
| OXYTOCIN BOOSTER MASSAGE                       | 60 TO 90 MINUTES |



## Biohacking Ritual for Burnout Recovery

**Sceletium tortuosum (Kanna)** is a South African succulent traditionally chewed or brewed to relieve stress and elevate mood. Its **active alkaloids (mesembrine, mesembrenone, etc.)** potentially inhibit serotonin reuptake, boosting brain serotonin (and even dopamine) to promote well-being.

In this luxury spa treatment, Kanna is used in an integrative ritual designed to reset the stress response and invigorate the mind. Gentle mindfulness or sound therapy (e.g. bowls or soft music) is paired with Kanna herb to **maximize its anxiety-relieving effect.**

### MAIN COMPONENTS:

#### KANNA HERBAL INFUSION

*Begin with an adaptogenic tea or tincture of fermented *S. tortuosum*, sipped slowly while practicing deep breathing (increasing bioavailable serotonin).*

#### AROMATHERAPY INHALATION

*Either through vaporisation of our grounding blend (Savannah Dew) or smudging ceremony if treatment is taking place outdoors.*

#### KANNA FOOT SOAK & FULL BODY MASSAGE

*Enjoy a warm footbath infused with ground Kanna and Kalahari mineral salts, followed by a full-body massage using Kanna-infused oil. Human touch from massage alone triggers oxytocin release and parasympathetic relaxation. This phase directly reduces cortisol and raises "bonding" oxytocin, reinforcing calm.*

#### KALAHARI SALT SOLUTION

*Pulverisation of a Kalahari salt solution to remineralise the body with trace minerals.*

#### MINDFUL MEDITATION

*Conclude with a guided meditation or neurofeedback session in a quiet aromatherapy room with our Uplifting blend of Ylang ylang, rose geranium and frankincense, allowing Kanna's mood-elevating effects to integrate.*

#### TEA RITUAL

*Okavango star*

## Soothing and Hydrating Facial

Indulge in a **soothing and deeply hydrating facial powered by Southern African botanicals** to restore comfort and radiance to the skin. Designed for sensitive, dry, and post-sun exposure skin, this luxury treatment calms irritation, replenishes moisture, and helps repair damage using Aloe ferox, Rooibos, hyaluronic acid, and essential oils of Cape geranium, Cape chamomile, and ylang ylang.

### MAIN COMPONENTS:

#### SOOTHING CLEANSE

*The ritual begins with a soothing cleanse using Aloe ferox, Rooibos, and moringa oil to gently remove impurities without drying the skin. Aloe ferox naturally exfoliates dead skin cells while helping to purify and calm the skin with its anti-microbial properties.*

#### STEAM AND HERBAL COMPRESS

*An aromatherapeutic steam and herbal compress with Cape geranium and Cape chamomile helps relax the mind and open the pores. The gentle heat and essential oils stimulate circulation, unclog pores, and enhance absorption of the ingredients that follow.*

#### EXFOLIATION

*A gentle exfoliation with baobab fruit powder and marula oil helps brighten and nourish the skin. Rich in vitamin C, baobab supports collagen production and radiance, while marula oil deeply hydrates and strengthens the skin barrier with essential fatty acids.*

#### FACE MISTS & SOOTHING MASK

*A hydrating face mist with hyaluronic acid, Rooibos, and ylang ylang is applied to deeply soothe, refresh, and balance the skin while uplifting the mood. Soothing Aloe ferox gel & Cape chamomile mask is applied to the skin to boost hydration.*

#### FACIAL MASSAGE & MOISTURISER

*A facial massage using Terres d'Afrique Facial Glow with marula, Kalahari melon, and mongongo oils is performed with cold crystals to soothe the skin, reduce puffiness, and restore the lipid barrier. The ritual is completed with a lightweight moisturiser enriched with hyaluronic acid, kigelia, and DNAge for lasting hydration and skin renewal.*

#### TEA RITUAL

*Marimba Hour*

# Oxytocin Booster

A soothing ritual designed to boost production of oxytocin, a hypothalamic nano peptide, linked with increased wellbeing, stress-relieving effects and health promotion. The treatment melts away stress using a harmonious blend of gentle touch, soothing heat, and indigenous African botanicals. Inspired by traditional African healing wisdom and modern wellness science, the treatment weaves together ostrich feather effleurage, therapeutic heat and Southern African plant extracts to create deep relaxation and well-being.

## MAIN COMPONENTS:

### FOOT CLEANSING RITUAL

*The treatment starts with a warm foot soak (Kalahari Salts and Buchu Leaves) and scrub (Baobab, rooibos and sugar) to ground the guest and symbolise purification.*

### AROMATHERAPY BREATHING WITH INTENTION

*Before the full-body work begins, invite the guest to take a few deep, centering breaths with a calming African aromatherapy blend of Cape Chamomile and Namibian Myrrh.*

### FEATHER EFFLEURAGE

*Using 2 large, soft ostrich feathers, the therapist performs slow, sweeping strokes across the body to calm the nervous system and promote relaxation. The feather-light touch stimulates C-tactile fibers linked to comfort, oxytocin release, and reduced anxiety.*

### WARM OSTRICH EGG MASSAGE

*A full-body massage enhanced with heat therapy uses ostrich eggs filled with heated baobab seeds. The smooth, rolling motion helps relax tight muscles, ease tension, and create a deeply calming effect on the body.*

### SCALP MASSAGE & HEAD RITUAL

*The guest is wrapped in a warm or infrared blanket to enhance absorption and prolong the calming heat therapy. The ritual concludes with a mongongo oil head massage and a Shiatsu face massage using Terres d'Afrique Facial Glow.*

### GROUNDING & TRANSITION RITUAL

*Conclude the treatment with a combination of aromatherapy inhalation and sound therapy.*

### TEA RITUAL

*Ubuntu Rising*

## Muscle Recovery

These muscle and joint recovery treatments draw on the potent healing power of African botanicals to restore mobility, ease pain, and support overall vitality.

Formulated with **anti-inflammatory and circulation-boosting extracts**, these therapies target conditions including rheumatism, arthritis, sports injuries, and chronic pain, while addressing age or stress-related limitations in mobility and immune function.

**Combined with expert massage techniques**, gentle heat, and hydrotherapy, the treatments not only relieve tension and inflammation but also promote tissue regeneration, flexibility, and a renewed sense of physical freedom.

**SPORT/DEEP TISSUE MASSAGE & HERBAL HYDROTHERAPY** | 60 TO 90 MINUTES

**ALOE FEROX & MAGNESIUM HYDRO-MASSAGE THERAPY** | 60 TO 90 MINUTES

**IMMUNE BOOSTING CRYSTAL MASSAGE** | 60 TO 90 MINUTES

# Deep Tissue Massage and Herbal Hydrotherapy

This treatment is designed to **promote muscle and joint recovery and overall wellbeing**. It combines deep tissue massage (with stretching, pulling, trigger-point therapy, and cross-fibre friction techniques) with therapeutic heat and botanical remedies.

The treatment's key benefits include relieving muscle tension and soreness, **reducing inflammation** in joints, improving flexibility and circulation, and inducing a feeling of wellbeing for the guest.

## MAIN COMPONENTS:

### WARM HERBAL SOAK

*Warm up (15 minutes) with a warm herbal soak, Vichy shower or heated moist packs infused with muscle relaxing botanicals and essential oils to pre-loosen tight tissues. The heat improves localized circulation and softens fascia, priming muscles for deeper work. This warm-up phase helps reduce initial stiffness and increases blood flow to muscles, which can enhance the effectiveness of the upcoming deep tissue techniques.*

### STRETCHING & MOBILISATION (5-10 MINUTES)

*The therapist performs gentle assisted stretching and range-of-motion techniques on the major muscle groups and joints, including the shoulders, hips, neck, and limbs. These movements help warm the connective tissues, improve flexibility, release tension, and prepare the body for deeper massage work.*

### DEEP TISSUE MASSAGE WITH HERBAL OILS

*Using a specially blended massage oil containing katrafay, Ravensara, and Ravintsara essential oils, the therapist performs a comprehensive deep tissue massage.*

### FOCUSED THERAPY & HYDRO-ENHANCEMENTS

*During the deep tissue massage, heat therapy and hydrotherapy are used to enhance relaxation and muscle recovery. Heat packs and warm herbal compresses are applied to targeted areas to increase circulation, ease muscle tightness, and support deeper absorption of the herbal oils. The combination of heat and deep pressure helps stimulate oxygen flow and relieve built-up tension in the muscles.*

### DEEP TISSUE GEL APPLICATION

*After the intensive massage work, the therapist applies a cooling herbal gel containing arnica extract, rosemary oil, and ginger oil to the areas that were most heavily worked (or are prone to soreness). This gel is gently massaged or patted into the skin. The gel's cooling base (Aloe ferox) coupled with these ingredients provides a soothing contrast after the deep heat of massage, helping to prevent post-treatment soreness and calm any redness.*

### MENTHOL SPRAY & CONCLUSION

*Finish the treatment with a light misting of menthol spray over the treated areas. The menthol spray provides an immediate cooling, invigorating sensation on the skin. Menthol is a counterirritant that triggers cold receptors and causes a cooling effect which can override deeper pain sensations, essentially it can numb pain by stimulating sensory nerves that mask discomfort. This helps alleviate any residual tenderness from the deep massage. It also closes the pores and "seals" in the previous applications.*

### TEA RITUAL

*Okavango star*

# Aloe Ferox and Magnesium Hydromassage Therapy

In this luxurious therapeutic massage, African botanical extracts and Magnesium Oil provide **deep healing and muscle relaxation benefits**. Aloe ferox extract significantly inhibits inflammation and pain in tissue injury models while **Magnesium oil** helps reduce muscle spasms, tightness and cramp, reduces inflammation, enhances muscle recovery. Guests are guided through a series of restorative treatments, **from a warm herbal soak to a specialized massage**, each designed to relieve tension, stimulate circulation, and hydrate the skin.

## MAIN COMPONENTS:

### HYDROTHERAPY SOAK

*Immerse the client in a warm tub or steam shower infused with mineral salts (Kalahari Salts), Buchu and Imphepho leaves and a few drops of Cape Chamomile essential oil for full-body relaxation. Alternatively, use hot damp infused compresses. This warm-up phase helps reduce initial stiffness and increases blood flow to muscles, which can enhance the effectiveness of the upcoming deep tissue techniques.*

### ROOIBOS & BAOBAB SCRUB

*A creamy scrub made from fine crushed Baobab seeds, Rooibos leaves and Baobab oil is gently massaged into the skin. The Baobab oil nourishes and prevents dryness, while the antioxidants in rooibos calm inflammation. This creamy buff removes impurities and visibly renews the skin. The scrub's citrus or herbal scent is uplifting, and the massage strokes further stimulate circulation, easing muscle stiffness.*

### ALOE FEROX GEL, ENRICHED WITH EXTRACTS OF DEVIL'S CLAW

*African ginger and chamomile is applied liberally over the body. This cooling, healing gel penetrates deeply to reduce inflammation and pain. The guest is wrapped snugly in warm towels during the 15–20-minute wrap. As the guest rests, aided by calming African botanical aromas, the Aloe ferox and ginger work in concert to relax muscles and renew skin.*

### MAGNESIUM OIL MASSAGE

*The therapist begins a full-body massage using a warm blend of magnesium oil and African botanical oils, performing long, gliding massage strokes combined with assisted stretches (especially on the spine, hips and legs) to boost circulation and flexibility. Rinse off in the shower or with a Vichy shower if available.*

### TEA RITUAL

*Ubuntu Rising*

# Immune Boosting Crystal Massage

This revitalising **full-body and facial ritual** begins with an exfoliating African botanical scrub crafted from baobab powder, honeybush leaves, and buchu powder, gently clearing away toxins and stimulating circulation. The body is then soothed and re-energised through a massage performed with hot and cold labradorite crystal balls, harnessing temperature contrast and crystal energy to **activate lymphatic flow and support immune resilience**. The treatment concludes with a calming aromatherapy inhalation of Cape chamomile and imphepho, uplifting the mind, restoring balance, and deepening the body's natural defences.

## MAIN COMPONENTS:

### THERMAL PREPARATION

*10 minutes in a dry infrared sauna or a steam room to increase blood circulation and relax muscles. Improved blood flow delivers oxygen and nutrients, while the heat opens the pores. This thermal primer jump-starts lymphatic drainage and induce mild sweating that helps detoxification.*

### CONTRAST HOT-COLD THERAPY

*Alternating hot and cold exposures acts as a vascular "pump." For example, 2–3 cycles of 3 minutes heat (sauna or hot towels) followed by 30 seconds cold (spray or ice-cold compress/ shower, cold pool) stimulate lymphatic flow. During heat phases, vessels dilate; during cold phases they constrict, flushing fluid to core and then back to extremities. This contrast improves circulation and accelerates waste removal.*

### AFRICAN BOTANICAL EXFOLIATION

*Perform a full-body scrub using an African botanical blend of fine baobab powder, honeybush leaves and buchu leaf powder. Mechanical exfoliation removes dead skin cells and gently stimulates superficial circulation, further promoting lymphatic drainage. Incorporating antioxidant-rich ingredients boosts benefits: baobab and honeybush contain high levels of vitamin C and polyphenols, which neutralise free radicals and reduce skin inflammation. Shea butter (fatty acids with vitamins A and E) soothes irritation. By refreshing the skin barrier and circulation, this step supports immune readiness through reduced inflammation and enhanced nutrient delivery.*

### CRYSTAL BALL FULL BODY MASSAGE

*Using smooth hot and cold labradorite crystal balls, the therapist performs a full body massage (body and face) with Terres d' Afrique Crystal Massage Oil: A blend of ylang ylang, tropical basil and vetiver to uplift the mood. The massage strokes themselves mechanically stimulate lymphatic vessels, enhancing fluid drainage from tissues. This not only reduces swelling and muscle tension but also lowers stress hormones. Stress reduction is well-known to improve immune function, as chronic stress suppresses lymphocyte activity.*

### BOTANICAL COMPRESSES

*Heated botanical poultices can be placed on specific parts of the body during the massage to reduce inflammation and increase lymphatic drainage.*

### IMPHEPHO AND CAPE CHAMOMILE AROMATHERAPY

*Imphepho and Cape chamomile aromatherapy inhalation combined with sound therapy (Chimes) to calm the mind.*

### TEA RITUAL

*Isalo Comet*



## Xhosa Inspired Treatments

Rooted in the traditions of the Eastern Cape, these rituals honour the connection between cultural healing and modern wellbeing. Luxury spa guests will not only enjoy a unique sensory experience rooted in Xhosa culture, but also gain tangible health benefits (from lowered stress hormones and improved skin condition to enhanced mood) validated by science.

This fusion of heritage and science creates meaningful treatments that stand out in the luxury spa market, offering authenticity, efficacy, and a story to tell. **The Eastern Cape's rich flora** – Aloe ferox, imphepho, wild dagga, honeybush, and many more – provides a potent apothecary for holistic wellness, as we have incorporated in these protocols. By delivering these rituals with skill and respect, a luxury hotel spa can give guests a truly transformative experience: detoxifying the body, de-stressing the mind, and uplifting the soul, all **while honouring the living traditions of the Xhosa people.**

Sources: Traditional uses and scientific studies of Eastern Cape plants and practices have been used to ensure authenticity and efficacy. Aloe ferox's skin-healing and anti-inflammatory properties are well-documented. Red ochre and umemezi bark use for sun protection and acne comes from Xhosa heritage sources. Leonotis leonurus and Helichrysum have demonstrated antioxidant and calming effects in research. Sceletium tortuosum has shown anxiolytic benefits in placebo-controlled trials. Ashwagandha's stress-reducing impact is supported by clinical meta-analysis. Massage and reflexology outcomes on cortisol and anxiety are backed by studies and reviews.

Each ritual is not only culturally significant but also delivers real wellness results. Guests can thus fully relax and indulge, knowing their treatment is **grounded in both tradition and science** – the best of both worlds.

|                               |                  |
|-------------------------------|------------------|
| IMBIZA IMMERSION DETOX RITUAL | 60 TO 90 MINUTES |
| IMPHEPHO TRANQUILITY MASSAGE  | 60 TO 90 MINUTES |
| UMOYA MINDFULNESS RITUAL      | 60 TO 90 MINUTES |

# Imbiza Immersion Detox Ritual

Inspired by the **traditional “imbiza” herbal brew** used for internal cleansing, this ritual purifies the body by eliminating toxins and improving circulation. It harnesses powerful Eastern Cape plants known for detoxifying, anti-inflammatory, and antioxidant properties to rejuvenate the body from the inside out.

The treatment combines indigenous steaming and wrapping practices with modern spa elements (like infrared heat) to promote sweating, lymphatic drainage, and skin renewal.

## MAIN COMPONENTS:

### HERBAL STEAM OPENING

*The treatment begins with a traditional herbal steam ritual in a steam tent or sweat lodge, where possible. Fresh Artemisia afra leaves (umhlonyane) are added to steaming water, releasing invigorating camphor-like vapours. The client sits in the aromatic steam for approximately 10 minutes to open the pores, encourage perspiration, and begin detoxification. Traditionally, Xhosa healers use Artemisia afra steam inhalations to promote sweating and help purge impurities from the body.*

*If a steam tent is not available, the ritual begins with an inhalation of Artemisia afra decoction followed by a sweating session. Hot Artemisia afra herbal poultices are placed on and beside the body, which is then wrapped in an infrared blanket to generate heat, encourage perspiration, and open the pores.*

### EXFOLIATING ALOE-SALT SCRUB

*Next, a full-body exfoliation is performed using a coarse salt scrub mixed with wild botanicals. Mineral-rich salt from the Indian Ocean coast is blended with dried, powdered Aloe ferox leaves and a touch of warmed shea butter or baobab oil. Aloe ferox (ikhala), a succulent native to the Eastern Cape, has been used by Xhosa people for generations to treat skin ailments. This step not only leaves the skin smoother, but also promotes blood flow and lymphatic circulation – key for detox.*

### DETOX CLAY WRAP WITH ALOE AND HERBS

*After exfoliation, a warm detoxifying body wrap is applied using Kaolin clay, fresh Aloe ferox gel, and a concentrated herbal decoction of Eastern Cape medicinal plants. This includes Sutherlandia frutescens (unwele or cancer bush), traditionally used to cleanse the blood and support immunity, along with Artemisia afra for its purifying properties.*

*The client is then wrapped in insulating sheets or an infrared sauna blanket for approximately 20 minutes to encourage deep sweating and relaxation. The clay helps draw impurities from the skin, while the aloe gel calms and nourishes with its anti-inflammatory and antioxidant properties. Infrared heat further promotes circulation, muscle relaxation, and detoxification through perspiration.*

### TRADITIONAL COOLING RINSE

*Once the wrap is removed with warm towels or a quick shower, the therapist performs a traditional herbal rinse using cool water infused with lemon bush (Lippia javanica) or African rosemary (Eriocephalus africanus). This refreshing rinse helps close the pores, tighten the skin, and leave the body feeling cleansed and invigorated. Known for its antimicrobial and anti-inflammatory properties, Lippia javanica also leaves behind a subtle uplifting citrus-herb scent.*

### LYMPHATIC MASSAGE & MOISTURISE

*After drying off, a light lymphatic drainage massage is performed using gentle sweeping movements to support detoxification and circulation. A blend of wild olive oil, Aloe ferox gel, and Cape geranium and blue mountain sage essential oils is used to nourish and soothe the skin after the wrap. Traditionally used by Xhosa communities as a healing balm, wild olive helps moisturise and restore the skin, while the calming herbal aroma enhances the feeling of purification and relaxation.*

### HERBAL TONIC & HYDRATION

*To conclude the Imbiza Detox Ritual, the client is served a warm herbal detox tea to cleanse from within. The blend combines antioxidant-rich Honeybush tea with a touch of Artemisia afra and fresh lemon. This soothing infusion helps support liver and kidney function while leaving the body feeling refreshed and balanced.*

# Imphepho Tranquility Massage

**This ritual is centred on Imphepho**, the sacred Xhosa incense herb, to melt away stress and anxiety. It is a deeply relaxing full-body massage that incorporates traditional calming remedies such as **imphepho smudging, wild dagga, and foot soaking, along with soothing massage techniques.**

The goal is to alleviate tension, induce tranquillity, and ground the guest emotionally. From start to finish, the experience is infused with the healing scents of Eastern Cape flora known to promote relaxation.

Modern research confirms that many of these practices, from aromatherapy to therapeutic massage, have measurable stress-reducing effects on the body.

## MAIN COMPONENTS:

### IMPHEPHO SMUDGING CEREMONY

*The session opens with a short cleansing ritual using burning imphepho. Dried Helichrysum (imphepho) leaves and flowers are lit in a fire-safe bowl; the therapist gently fans the smoke around the client's body (who is comfortably seated or standing) and in the room. In Xhosa culture, imphepho is burned to invoke ancestral protection and to "bring good energy" into the space. Traditionally, Helichrysum is used as a sedative and to treat insomnia, and the incense is believed to calm the mind and ward off evil influences. As the client breathes in the aromatic smoke, a feeling of tranquillity and sacredness is established. This smudging signals the client to mentally "let go" of stress, preparing them for the healing to come.*

### UKUNYAWO FOOT SOAK

*Next is the ukunyawo foot bathing ritual, where the feet are immersed in warm water infused with Lippia javanica, also known as lemon bush. This indigenous Eastern Cape plant releases a refreshing lemon-mint aroma that helps relax the body and relieve foot fatigue. Epsom salts may be added to ease muscle tension, while a gentle neck and shoulder press is performed during the soak to encourage relaxation and release built-up stress.*

### WILD DAGGA HERBAL OIL MASSAGE

*After the foot soak, the client receives a full-body massage using a custom blend of indigenous botanical oils. Cold-pressed wild olive oil or mafura butter is infused with extracts of Wild Dagga (Leonotis leonurus) and African lavender to promote deep relaxation and restore balance. Traditionally used in Eastern Cape folk medicine, Wild Dagga is known for its calming and antioxidant properties. The therapist performs slow, rhythmic massage movements across the back, limbs, and neck to ease tension and encourage full-body relaxation.*

### TRADITIONAL "KNOBKIIYA" STRETCH (OPTIONAL)

*As an optional enhancement for guests with stiff muscles, the therapist may incorporate traditional massage tools or assisted stretching inspired by Xhosa healing practices. A smooth calabash gourd or wooden stick may be used in rolling motions along the back to release tension, while gentle stretches help improve flexibility and ease tight joints. Inspired by the use of natural objects in rural wellness traditions, these techniques add a unique local character to the treatment while encouraging circulation, muscle release, and deeper relaxation.*

### IMPHEPHO EYE PILLOW & BREATH-WORK:

*To conclude the massage, the client turns face up and a small eye pillow filled with dried imphepho and Cape chamomile is placed over the eyes. The gentle herbal aroma and soft weight of the pillow help calm the mind and encourage deep relaxation. The therapist then guides the guest through slow, mindful breathing exercises to reduce stress and restore balance, while softly reciting a soothing Xhosa phrase such as "Uxolo," meaning "peace." This grounding ritual leaves the guest in a deeply relaxed, meditative state.*

### CLOSING RITUAL WITH TEA

*The Imphepho Tranquility Ritual ends with a gentle closing ceremony. The therapist softly removes the eye pillow and lightly fans the final traces of imphepho smoke through the room to seal in a sense of peace and calm. The guest is then offered a warm cup of Terres d'Afrique herbal tea and invited to quietly set an intention or release any lingering stress. By the end of the ritual, the body feels deeply relaxed, the mind quiet, and the spirit restored.*

# Umoya Mindfulness Ritual

“Umoya” means “**breath,**” “**air,**” or “**spirit**” in Xhosa. This ritual focuses on emotional balance and mental wellbeing through the combination of breathwork, therapeutic touch, and indigenous plant medicine. Designed for guests experiencing **anxiety, mental fatigue, or emotional burnout**, the Umoya Mindfulness Ritual blends traditional healing practices such as kanna, imphepho, and calming herbal teas with meditation, aromatherapy, and massage therapies.

Rooted in the healing power of Eastern Cape botanicals, the experience is created to **calm the mind, uplift the mood, and restore inner balance.**

## MAIN COMPONENTS:

### SACRED SPACE PREPARATION

The ritual begins in a tranquil space prepared with soft Xhosa instrumental music or calming nature sounds from the Eastern Cape. A grounding ceremony is performed using burning imphepho and wild sage, with the smoke gently wafted around the client and throughout the room to symbolise cleansing and protection. The client is invited to set a personal intention while taking part in a short guided visualisation, imagining stress and negativity leaving with each exhale. Known for its calming qualities, imphepho helps create a mindful atmosphere that encourages emotional release, clarity, and inner healing.

### KANNA ELIXIR INGESTION

A signature element of this ritual is the use of *Sceletium tortuosum* (Kanna), an indigenous succulent traditionally used to elevate mood and ease stress. The client is offered a warm Honeybush tea infused with a small amount of kanna extract and lightly sweetened with honey. Traditionally used by the San and Khoi people, kanna is known for its calming properties and its ability to support emotional wellbeing. As the guest slowly sips the tea, the therapist shares its cultural significance, helping create a deeper sense of relaxation and mindfulness. A caffeine-free Honeybush tea without kanna is available as an alternative if preferred.

### ASHWAGANDHA HEAD MASSAGE

The client then reclines on a comfortable treatment table for a focused head, neck, and shoulder massage designed to relieve mental tension. A warm herbal oil infused with Ashwagandha is used to promote relaxation and restore balance. Known for its adaptogenic and stress-relieving properties, Ashwagandha helps calm the nervous system and ease anxiety. Throughout the treatment, the therapist gently guides the client into mindful breathing and body awareness, encouraging deeper relaxation and emotional release.

### FACIAL ACUPRESSURE & AROMATHERAPY

Next, the therapist performs gentle facial acupressure on key calming points such as the temples, jaw, behind the ears, and the “third eye” between the brows. Using slow, sustained pressure and subtle aromas of Cape chamomile or Cape geranium, this treatment helps ease facial tension, quiet the mind, and encourage deep relaxation. Combined with mindful breathing, the experience helps reduce stress, anxiety, and mental fatigue.

### GUIDED BREATH MEDITATION

Now that the client's upper body is relaxed, we lead them through a guided mindfulness meditation focusing on the breath (umoya). The therapist, in a calm voice, instructs the client in a simple pattern: e.g., “breathe in peace, breathe out stress,” or a counted breath as used earlier. They might introduce a visualisation: “Envision yourself on a hillside in the Eastern Cape at sunrise, breathing the fresh ocean-kissed air, feeling supported by the earth.” This culturally infused imagery helps the guest feel connected to nature and the broader world – reinforcing the African concept of ubuntu (the idea that we are all interconnected and never alone in our struggles).

Such guided imagery and deep breathing activate the parasympathetic nervous system, slowing heart rate and inducing a meditative state.



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