



THE WHITE ORCHID DAY SPA

Professionals in Health & Beauty

AFRICOLOGY® BODY EXPERIENCE

Africology® Majestic Awakening Shoulder, Neck & Scalp 60M / E520

When your body needs rejuvenation after a long hard working day, the healing essence of our Neroli balm will disperse all the tension and make you feel renewed within a few minutes of working your shoulders, neck and finishing off with a scalp massage.

Soul of Africa Body Conditioning Massage 90M / E820 **Full Body Experience**

Africology® admires Africa's miracle Marula oil blended with Neroli to soften signs of aging through its anti-stress action. In Africa, Marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals. The rooibos extract blended into our oil is a special way of helping the skin to rejuvenate itself through increased antioxidant and mineral intake. This treatment starts with the application of warm, soothing mud to release negativity stored in the muscles. This is gently removed in preparation for your intuitive body and scalp massage.

Hot Stone Massage 30M / E400 - 60M / E660 - 90M / E790

Mother Nature's clay and quartz rocks are used to penetrate deep into stressed muscles. Stones are placed on pressure points to soothe the nerve endings and balance energy. This comforting Africology® massage allows the therapist to select the appropriate premixed herbal oil best suited to be in harmony with you and to nourish, protect and hydrate the skin. This treatment works on the entire body including the face to distress and uses the power of heat and basalt stones to draw pent up energy from muscles.

Bespoke Intuitive Herbal Oil Body Massage 60M / E600 - 90M / E690

You may choose from a range of Africology® aromatherapy-infused massage oils, which are warmly applied and massaged deeply into the body. This therapy works on tight muscles and lymph drainage, combating tension in stiff aching bodies. Choose from one of the following Africology® blends: relaxing, detox, muscle relaxing or energizing oils. Africology® Shea Aroma Therapeutics Body Massage.

Africology® Shea Aroma Therapeutics Body Massage

45M / E500 - 60M / E600 - 90M / E700

Easy-melting Shea from Ghana blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Shea, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition. This therapeutic experience is finished off with sound therapy to calm and enhance the mind.

Balancing Scalp & Leg Ritual Frequent Fliers

60M / E500

A balancing massage treatment helping to relax, relieve tension in the scalp and feet, as well as calming and relaxing pressure points to help restore energy balance. This treatment works on the head, legs (including wrap) and feet but as a whole help to relax and relieve tension in areas that are often neglected.



AFRICOLOGY®

STANDARD SPA MASSAGES

Swedish Back Massage	30M E360 45M E450 60M E500	Foot Scrub & Massage	30M E280
		Foot Scrub & Reflexology	45M E350
Swedish Full Body Massage	60M E500 90M E660	Foot Scrub, Reflexology & Massage	60M E380
Aromatherapy	30M E400 60M E560 90M E690	Infant & Child Massage	30M E360
		Prenatal & Postnatal Massage	60M E500
Deep Tissue Massage	30M E430 60M E550 90M E680	Indian Scalp Treatment	30M E380
		Additional Stones	E80

** ALL PRICES ARE INCLUSIVE OF VAT*

AFRICOLOGY® BODY ADORATION WRAPS

Inkomfi Full Body Ex-foliation*

(With shower) **60M E430**

Traditionally before any ceremony takes place there is a preparatory process, and the Inkomfi sloughing process reveals a bright new you underneath. This application gently ex-foliates lifeless skin cells with a natural walnut and Marula shell grain, whilst hydrating living skin.

Immune-Boosting Body Mud Wrap*

(Additional massage) **60M E730 120M E950**

Our Africology® vitamin and mineral cocktail, enriched with grape seed extract, calendula and arnica to promote a healthy immune system, is applied as a mud wrap and left to set on the body to stimulate lymph, collagen and toxin elimination.

Coffee & Mint Body Wrap

(Additional massage) **60M E730 120M E950**

Once the body has been prepared with our walnut and Marula shell ex-foliator, our proven combination of coffee extract combined with spearmint is applied as a mud wrap, which sets on the body to stimulate lymph drainage and blood flow together with toxin elimination. This wrap is particularly helpful in water retention and cellulite reduction. It is highly recommended as part of a Lymph Draining Treatment.

African Potato Body Experience Anti-Aging Wrap

60M E780 120M E980

Our pure and natural Hypoxis Body Wrap is formulated with African potato and Marula oil, warmly applied to soften, soothe and improve skin hydration while also fighting free radical damage. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. Finally, there is a soothing massage with body-conditioning Marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin, to complete the experience.

African Slimming Detox Mud Wrap*

(Additional massage) **60M E7380 120M E980**

We use an African plant combination infused into a natural mud to help with circulation and lymph. It contains L-carnitine and caffeine, which act as fat strippers and mobilizes to stimulate lipolysis. This invigorating wrap begins with stimulating and ex-foliating, working on circulation and lymph before the warm wrap is applied and heated. This wrap works particularly well for bodies in need of a detoxifying with acidic conditions, arthritis and edema.

* *Not suitable for pregnant clients*

SPA PACKAGES*

Express Package

90M E1000

To busy for treatments? Our express package is designed just for you! Our express package will treat you with all the necessities without taking the whole day. This package includes a 30min mini facial and ex-foliation, mini manicure and mini pedicure (no varnish).

Anti Stress Package

180M E1500

This package is specifically designed to help you relax and unwind. Start your treatments with an invigorating Imkofi body ex-foliation and relaxing Shea Aroma therapeutic massage. Followed by Foot reflexology to help ease all your stress away.

Ultimate Package

270M E1980

Indulge in the ultimate pampering session from "Top to Toe". Spoil yourself with an Nimue® Hydrating therapeutic facial to nourish the skin. Followed by the Intuitive Herbal oil massage to break down all the tension in the body. End off your treatment with a Shellac Manicure and Shellac Pedicure Experience. This full treatment will leave you feeling as good as new!

**These packages can be broken down or specifically designed for your needs. Please let us know in advance if you would like to order any refreshments during your treatments (additional cost and time).*

AFRICOLOGY® MANI & PEDI

African Potato Experience

Manicure 90M E450

Pedicure 90M E550

This relaxing treatment is about treating the skin and nails naturally to keep them hydrated and therefore flexible and strong. An intensely hydrating African Potato Masque, blended with rooibos, aloe and Marula antioxidants is applied to ensure continued skin health and to rejuvenate the feet/hands. Whilst the wrap sinks into the skin, the shoulders are massaged while you relax in a comfortable couch, followed by your choice of a Spa Manicure or Spa Pedicure.

* ALL PRICES ARE INCLUSIVE OF VAT

STANDARD SPA MANI & PEDI TREATMENTS

MANICURES

Express Manicure	30M E190
Spa Manicure (No Varnish)	45M E230
Spa Manicure	60M E280
French Manicure	75M E310
Spa Manicure & Paraffin	90M E350

SHELLAC POWER GEL POLISH (Taken Away Fill)

Polish off/on	40M E290
Shellac Spa Manicure	60M E320
Shellac Spa Pedicure	60M E370
French Additional	E20

PEDICURES

Express Pedicure	30M E210
Spa Pedicure (No Varnish)	45M E280
Spa Pedicure	60M E320
French Pedicure	75M E350
Spa Pedicure & Paraffin	90M E400

EVO 2 BIO SCULPTURE GEL POLISH (Taken Away Fill)

Polish On/Off	40M E290
Evo2 Spa Manicure	60M E320
Evo2 Spa Pedicure	60M E370
French Additional	E20

TIPS / SILK / MAINTENANCE / REMOVAL

Full Set Tips & Manicure	90M E450
Full French Set Tips & Manicure	90M E450
BIO / Tip Nail Repair	<i>p/n</i> E 50
Shellac / Silk Nail Repair	<i>p/n</i> E50
Nail Art	<i>from p/n</i> E10-20
Varnish Only	E75
Soak Only	E60
Soak, Buff, Clear Polish	E80
Soak Only from Another Product	E100
Paraffin Only	E100

BEAUTY & GROOMING CARE

WAXING

Eyebrows or Lip or Chin	E80
Eyebrows & Lip	E130
Eyebrow Wax & Shape	E110
Full Face Wax	<i>From</i> E230
Half Leg Wax	E190
Full Leg Wax	E250

Three Quarter Wax	E210
Bikini or Underarm Wax	E110
Brazilian wax	E200
Hollywood wax	E230
Half Arm Wax	E150
Full Arm Wax	E180
Back or Chest Wax	<i>From</i> E350
** Extra Wax	E50

SMILE

Teeth Whitening & Kit	E700
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BRILLIANT TAN

Self Tan	E380
Self Tan & Exfoliation	E480

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LASH/BROW EXTENSIONS

New Set Full Lashes	E770
2/3 Week Fill	E640
Eyelash Perm	E190
Lash Removal	E150
Eye Lash & Brow Tinting	E150
Eye Lash Tinting	E90
Brow Tinting	E90

TWEENS & TEENS

(UNDER 14)	
Deep Cleanse	45M E350
Back Massage	30M E350
Manicure	45M E180
Pedicure	45M E200

NIMUE® SKIN TECHNOLOGY FACIAL CARE

BASIC REJUVENATION & MAINTENANCE

Peel Only	E350
Basic Nimue® Deep Cleanse	60M E500
Nimue® Deep Cleanse & Peel	60M E550
Nimue® Hydrating Facial <i>(no peel)</i>	60M E550
Purifying Deep Cleanse	90M E700
Arm Peel	60M E400

ADVANCED REJUVENATION

Nimue® Boosting Treatment	60M E700
Hydrating Facial & Peel	60M E700
Nimue® Anti-aging & Collagen Rx	60M E700
Nimue® Anti-oxidant Rx	60M E700
Thermal Detox Mask	60M E700

ADDITIONAL TREATMENTS

Hydrating Treatment or Algae mask	E200
Revitalizing Eye Treatment & mask	E250
Collagen Mask & Serum	E250
Decollete & Neck Treatment	E300
Decollete, Neck & Bust Treatment	E700
Super Fluids	E100

SPECIALIZED REJUVENATION

Nimue® BIO Lacto Rejuvenation	90M E750
Nimue® BIO Penta Acne	90M E750
Nimue® Skin Resurfacing	90M E750
Nimue® Rescue Treatment	90M E750
Micro-needling*	45M E450

*Order needles in advance



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CANCELLATION POLICY Due to high demand for appointments, we are compelled to charge a 30% cancellation fee of the total of your treatments booked, if your appointment is not canceled at least six (6) hours prior to your appointment.

CORPORATE OR GROUP BOOKINGS Bookings can be made in advance with a 50% deposit. Please email Management for more info.

GRATUITIES Please feel free to leave a gratuity for your therapist (in their individual tip boxes), as these are not included in the service price and are solely given at the clients discretion.

HOME CARE To continue your Spa experience at home, all our products used in the treatments are available for home care. Your therapist will recommend which products are best suited for your needs.

CLIENT LOYALTY CARD Our loyalty card is available for you. Book and pay for six (6) treatments in advance and you will receive one (1) "FREE" treatment!!

GIFT VOUCHERS Gift vouchers are available for purchase and may be exchanged for other treatments at the same value (excluding retail products). Please inquire about our Gift boxes and Specialized packages available.



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"THE PLACE" | RAMBLA'S RESTAURANT

GOLF COURSE ROAD, MBABANE SWAZILAND

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