



TERRES D'AFRIQUE SPA MENU



The
Delta Training
Academy
EMPOWERING TOMORROW

INTRODUCTION

The treatments proposed remain the intellectual property of Terres d'Afrique. Names of treatments can be changed.

Before each treatment guests will receive a foot ritual using our Terres d' Afrique scrub scented with our signature blend of rare African essential oils.

Each treatment then starts with a grounding scent ritual and a body walk to establish physical contact and relax the guest.

The kalimba (thumb piano), an ancient traditional African instrument will be played at the end of each treatment to gently bring the guest back to reality.



A SENSE OF PLACE – INDIGENOUS BOTANICALS

Terres d' Afrique captures the scientifically proven benefits of African indigenous plants into organic formulations to boost skin's health and natural radiance.

KIGELIA AFRICANA /SAUSAGE TREE

A powerful anti-inflammatory plant which also increases skin firmness and elasticity.

MARULA

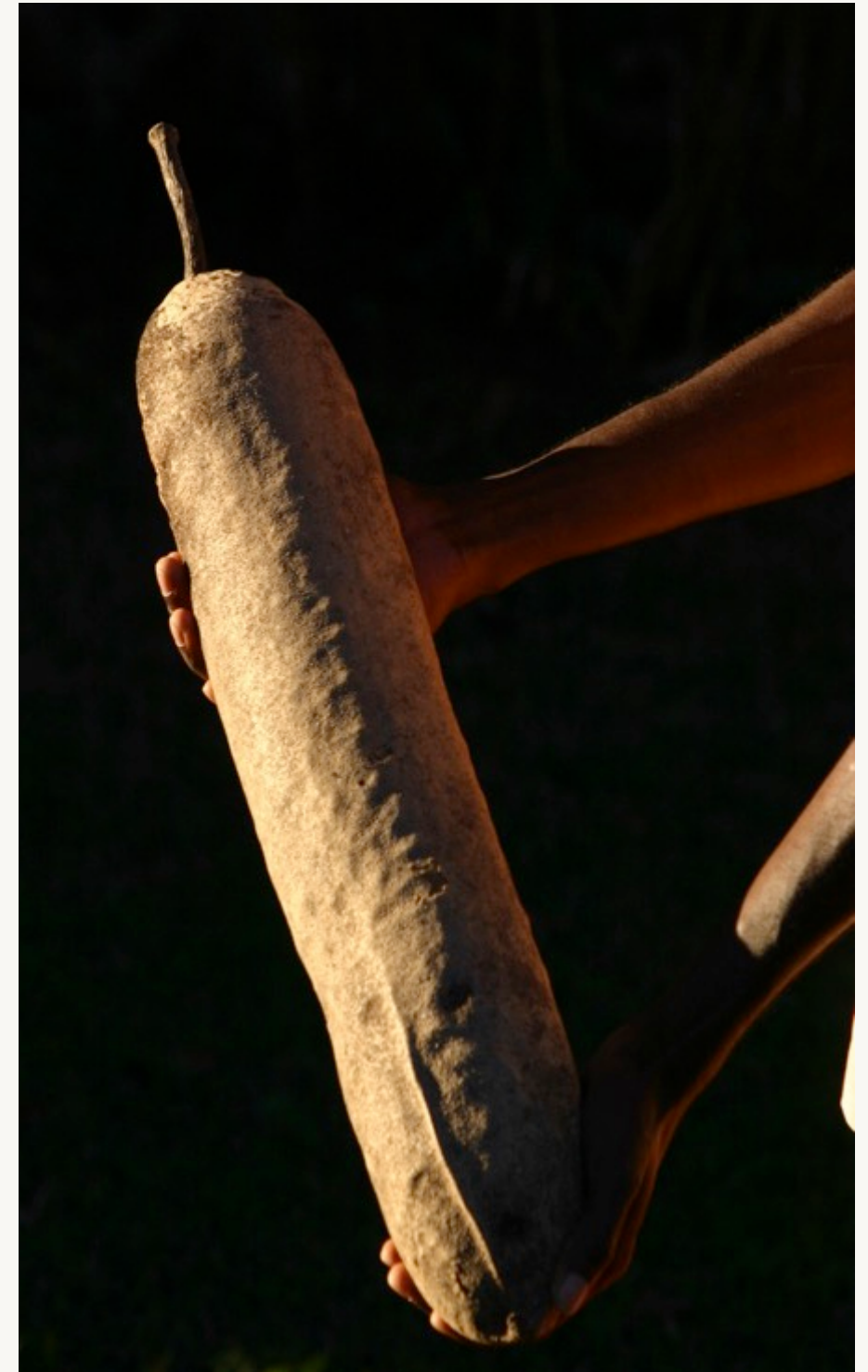
An omega rich oil with powerful antioxidants to reduce the negative impact of oxidative stress and restore the lipid barrier.

BAOBAB

Packed with vitamins, minerals and prebiotic fibres, baobab powder is the ideal anti-ageing ingredient and the most powerful antioxidant the natural world has to offer.

MAFURA

A nourishing and revitalizing butter, rich in essential fatty acids and with strong antioxidant and anti-inflammatory properties to soothe, protect and heal.



DISCOVERIES (standard treatments)

MASSAGES:

- Afrique Gold/ Deeply Relaxing Massage 60- 90 min
- Scents of Africa/ Aromatherapy Massage 60- 90 min
- Sensory Crystal Massage 60- 90 min
- Detoxing Pinda Massage/African Botanicals 60-90 min
- Tension Release Massage/ Deep Tissue 60- 90 min
- Tri-Touch Massage/ Lymphatic Drainage Massage 60- 90 min

FACIALS:

- Radiance 60 min (detoxing)
- Sun-Kissed 60 min (hydrating & firming)
- Eternal Crystal Light 90 min (anti-ageing)

BODY TREATMENTS:

- Restorative Black Earth 90 min (ideal post sun body mask)
- Cleansing White Earth 90 min
- Anti-Ageing Red Earth 90 min
- Myrrh Body Polish 60 -90 min (full body scrub + body butter massage)

SENSORY ADD-ONS: 15-20 min

Expand your sensory experience by adding one or more of the following to your treatment:

- African Head Massage (warm coconut oil & cooling gel to stimulate blood flow)
- Back Scrub
- Full body scrub
- Menthol Spray (Release muscle spasms and tensions in neck, shoulder and back)
- After Sun Soother 20 min (pure aloe gel)



MASSAGES

AFRIQUE GOLD MASSAGE

A deeply moisturizing and relaxing massage using hands only to infuse the goodness of shea butter into the skin. Rich in fatty acids, the butter is a perfect emollient to soften the skin and help restore the lipid barrier.

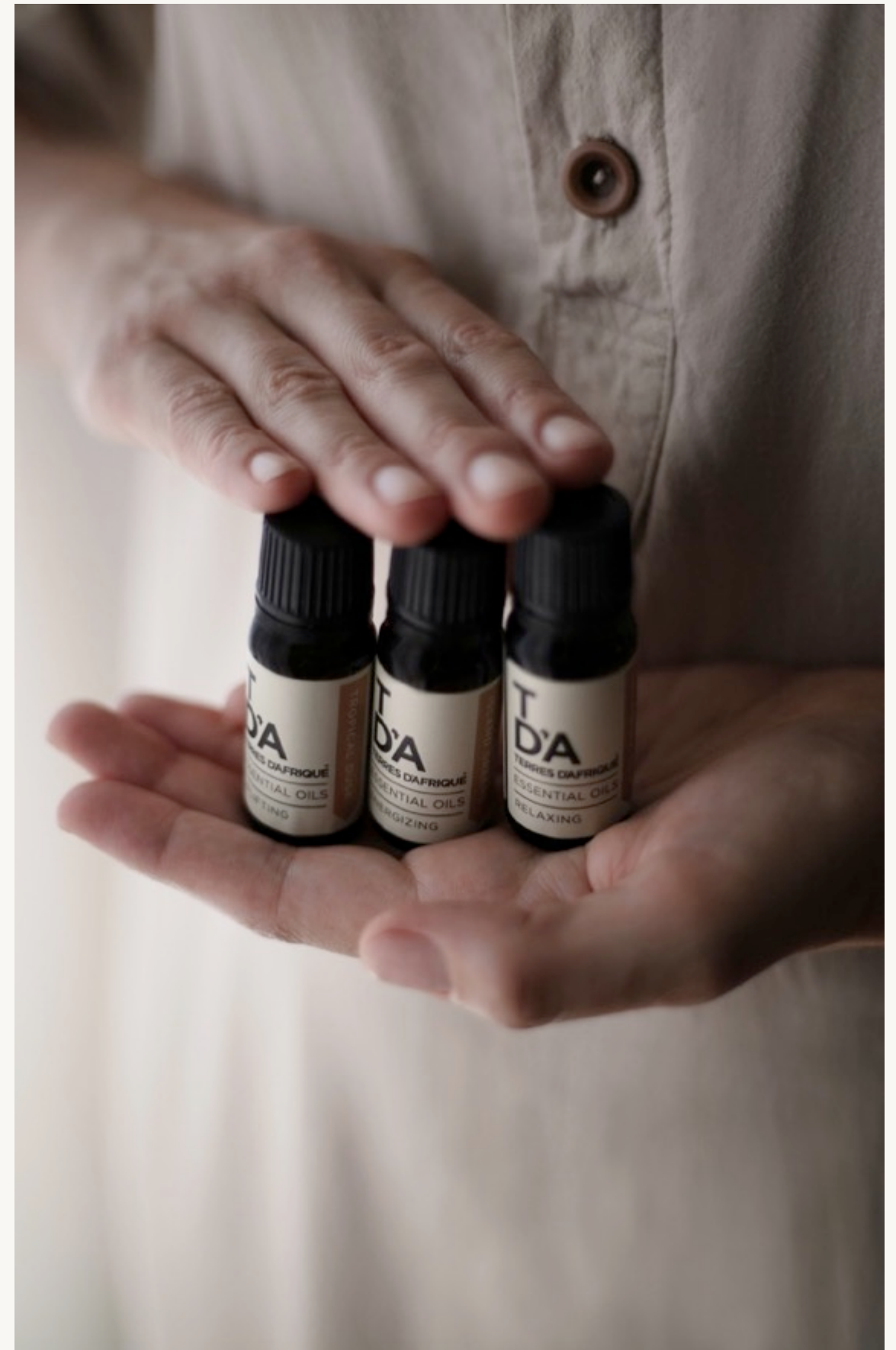
This treatment can be customized with a unique scent created by the guest through our scent bar experience.

PRODUCTS USED:

- Organic Shea butter
- Aromatherapy blends or bespoke scent/ scent bar

TOOLS: none

TEA: Okavango Star.



MASSAGES

SCENTS OF AFRICA MASSAGE

An aroma therapeutic massage featuring our pre-blended selection of 5 Terres d' Afrique aromatherapy blends made with pure African essential oils (uplifting, invigorating, energizing, calming, detoxing)

PRODUCTS USED:

- Tropical Dusk (Uplifting)
- Island Greens (Energizing)
- Fynbos Crush (Detoxing)
- Moroccan Gardens (Invigorating)
- Savannah Dew (Calming)

TEA: Will be matched to the properties of the blends chosen by the guest.



MASSAGES

SENSORY CRYSTAL MASSAGE

An invigorating and immune-boosting treatment featuring our signature hot crystal balls to revitalise body, senses and stimulate the immune system.

PRODUCTS USED:

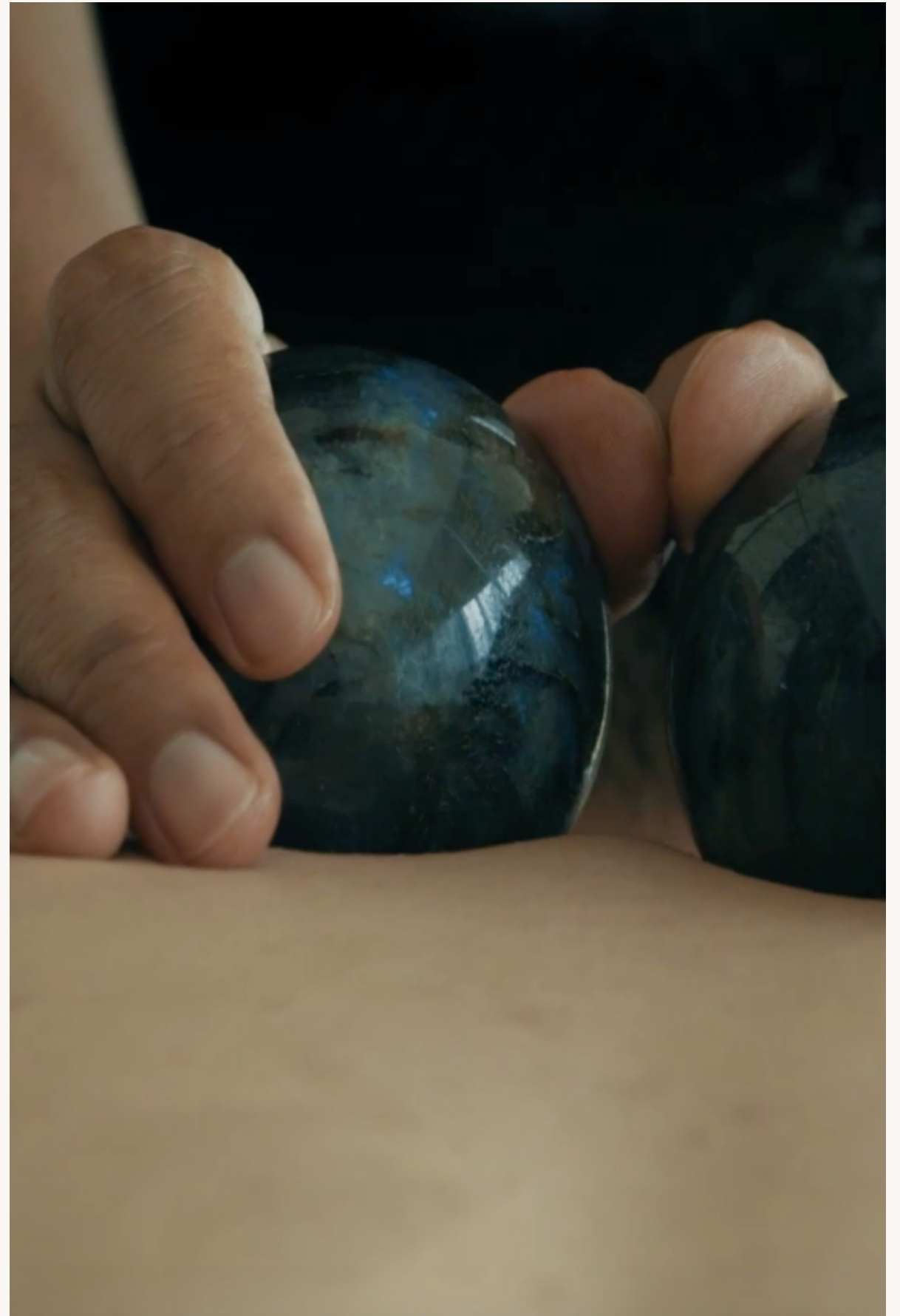
- Crystal massage oil (ylang, tropical basil and vetiver)

TOOLS:

- 4 crystal balls
- TriTouch massage tool

TEA: Isalo Comet.

<https://www.youtube.com/watch?v=uoRmS2ECEpY&t=49s>



MASSAGES

DETOXING PINDA MASSAGE

A detoxing massage using TDA detoxing oil (buchu, black & pink pepper) and heated botanical pindas made of baobab seeds and indigenous botanicals. The combination of heat, deep & micro pressure and lymphatic drainage movements, increases blood flow and drains lymph to the lymph nodes, helping eliminate toxins.

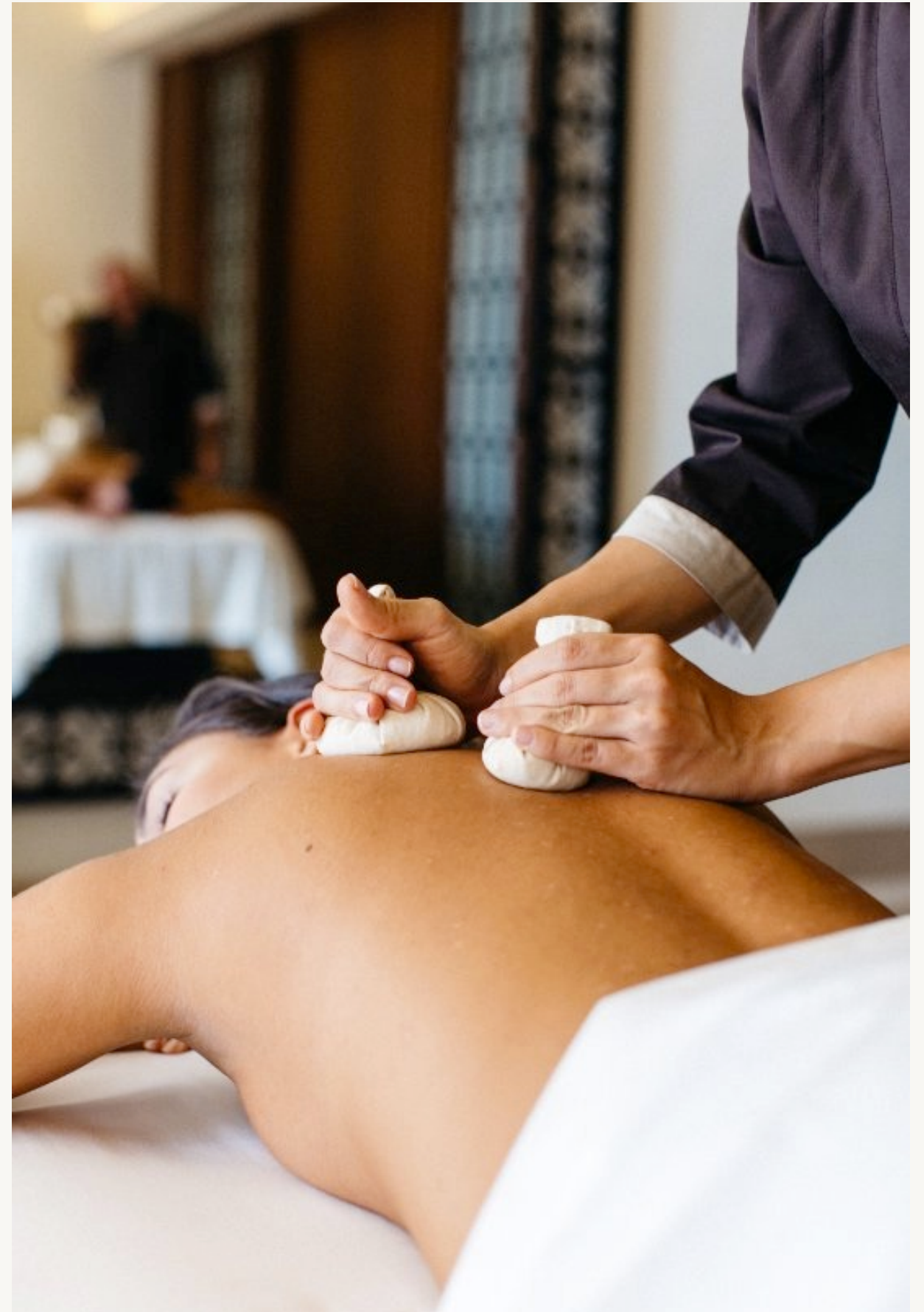
PRODUCTS USED:

- Detoxing aromatherapy massage oil

TOOLS:

- Baobab seeds pinda
- African botanicals either locally sourced or provided by TDA (buchu and helichrysum leaves)

TEA: Comoe Sky.



MASSAGES

TENSION RELEASE

A combination of stretching & pulling, trigger points therapy and cross muscle fibre techniques are used alongside heat, arnica gel and menthol spray to release tension. Essential oils of Katrafay, Ravensara, and Ravintsara are used for their analgesic and anti-inflammatory properties.

PRODUCTS USED:

- Deep Tissue massage oil
- Deep tissue gel & Menthol spray

TOOLS: Optional. Wooden balls & heated pindas

TEA: Comoe Sky



MASSAGES

TRI-TOUCH MASSAGE

A lymphatic drainage treatment using Terres d'Afrique proprietary Tri-Touch massage tool helps the body eliminate toxins and boost immunity, while pressure points therapy helps release energy blockages in the body.

PRODUCTS USED: Virgin organic coconut oil

TOOLS:

- Tri-Touch

TEA: Okavango Star.



FACIALS

RADIANCE (cleansing & detoxing)

A refreshing and detoxifying combination of mineral mask, lymphatic drainage techniques and indigenous African botanicals help eliminate toxins and leave skin glowing with health and vitality.

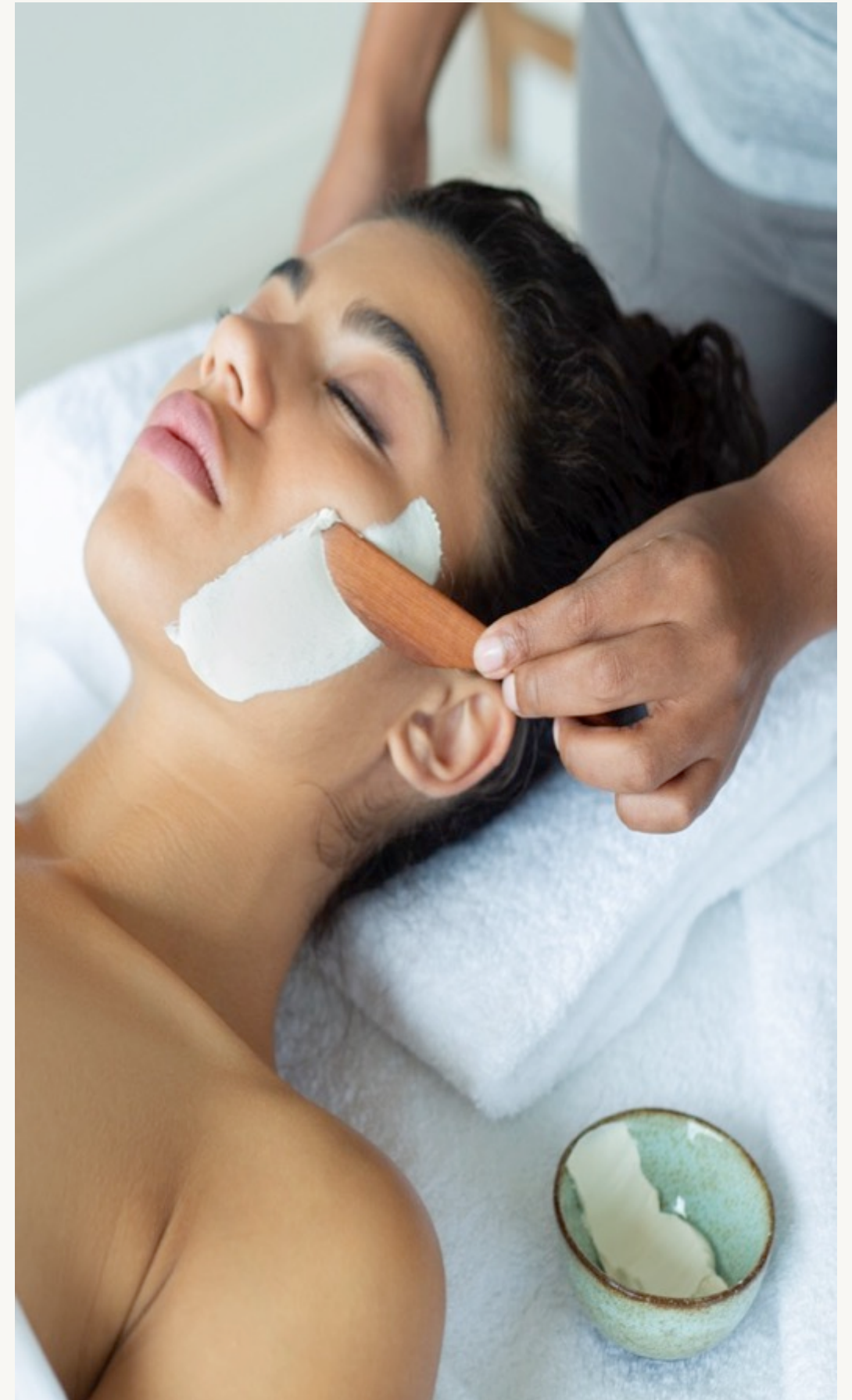
PRODUCTS USED:

- All 7 face products

TOOLS:

- Reflexology wooden sticks
- Lymphatic drainage stick
- African indigenous pindas

TEA: Comoe Sky or Okavango Star.



FACIALS

SUN KISSED (Hydrating & firming)

Packed with photo-protective botanicals, this treatment helps to offset the negative effect of the sun's UV radiation by reducing inflammation, protecting cells DNA, stimulating the cells endogenous repair mechanism & reducing the negative effects of oxidative stress.

PRODUCTS USED:

- All 7 face products (replace deep cleansing mask by Terre Noire).
- Pure Aloe ferox gel.

TOOLS:

- Polychrome jasper facial crystal balls
- Lymphatic drainage stick

TEA: Quirimba Sun



FACIALS

ETERNAL CRYSTAL LIGHT (Anti-ageing)

Illuminate your face and rediscover the light that shines within with this age-defying facial: A combination of icy cold jasper crystal wands, warm spice pindas and potent active ingredients to boost skin elasticity & firmness and reduce inflammation. Specific massage techniques reduce fine lines by literally 'straightening' the damaged collagen, while omegas help restructure and regenerate skin barrier.

PRODUCTS USED:

- All 7 face products
- Pure Aloe ferox gel

TOOLS:

- Crystal wands
- Facial spice pindas

TEA: Aldabra Nebula



BODY TREATMENTS

BODY MASKS

Our mud masks dig deep into nature's bounty of mineral rich clays and potent botanicals to smooth, soothe, moisturise, firm and restore skin.

CLEANSING WHITE EARTH MASK

Remove toxins, soothe irritation and hydrate all skin types with this potent combination of high-mineral-content white clay and gently calming Aloe Ferox, Buchu and Kigelia. Recommended for all skin types, including sensitive.

RESTORATIVE BLACK EARTH MASK

Soothe sensitivities, lighten sun spots, even and firm skin tone, and encourage the natural synthesis of collagen with this calming skin-lifting blend of naturally active Kigelia and Baobab. Great for dry, sensitive or sun-damaged skin.



BODY TREATMENTS

ANTI-AGEING RED EARTH MASK

Counter the effects of ageing, pollution and stress with this elasticity-boosting super mask, packed with flavonoids, polyphenols, vitamins A, B, E and C and antioxidant-rich plant extracts and oils from Rooibos to Baobab. Great for stressed or mature skin.

<https://www.youtube.com/watch?v=weOLF5qgmPw>

PRODUCTS USED:

- Myrrh Body Scrub
- Body Mask
- Pure Aloe ferox gel (optional)
- Omumbiri Body Butter

TOOLS:

- African comb
- Crystals

TEA: Comoe Sky, Aldabra Nebula, Meru Moon



BODY TREATMENTS

MYRRRH BODY POLISH

Sugar, coconut shell and rooibos flakes combined with Namibian myrrh and baobab oil softens and refresh the skin by eliminating dead skin cells.

Followed by a rich, creamy body butter, which diffuses powerful anti-inflammatory and firming botanical extracts from kigelia & Mafura to soothe and firm the skin.

PRODUCTS USED:

- Omumbiri body butter
- Myrrh body scrub

TEAS: Aldabra Nebula



SENSORY CONNECTIONS (Advanced rituals)

TREE OF LIFE

A deeply nourishing treatment drawing on the healing & restorative properties of baobab. The tree is a symbol of life in the African savannah and produce a nutrient rich super fruit, hence its name “The Tree of Life”.

SOOTHING RITUAL

A physical sensory experience designed to improve feelings of wellbeing, reduce stress and boost the body’s own ability to heal itself.

DREAMSIGHT

A sleep improvement ritual to improve sleep quality and fight off jet-lag.

A MINDFUL RITUAL FOR TWO

A mindful connection of energies through ancient holistic rituals.

PERSONALIZATION

- SCRUB BAR: Create your own scrub from a selection of African minerals and botanicals
- SCENT BAR: Create your unique scent through a blind exploration of African essential oils



TREE OF LIFE RITUAL

Baobab is called a superfruit for its incredibly high content in vitamins, minerals and prebiotic fibers. It is one of the most powerful antioxidant of the natural world.

The treatment start with a bespoke exofliating mask, with baoba powder, Kigelia extract, crushed baobab seeds and baobab oil to gently exfoliate, reduce oxidative stress and restore skin barrier. A soothing and deeply hydrating pure aloe gel is then applied before a detoxing pinda massage with heated baobab seeds.

TEA: Isalo Comet (with baobab)

PRODUCTS USED:

- Baobab powder, baobab crushed seeds, sugar, Terre Noire Body Mask, baobab oil.
- Pure aloe gel
- Deep tissue massage oil

TOOLS:

- Baobab pindas



SOOTHING RITUAL

A soothing ritual designed to boost production of Oxytocin, a hypothalamic nano peptide, linked with increased wellbeing, anti-stressed effects and health promotion. Oxytocin is released in response to low intensity stimulation of the skin such as touch, stroking and warm temperature.

The treatment uses techniques of effleurage with ostrich feathers combined with warm ostrich eggs filled with heated baobab seeds placed on key parts of the body as well as a unique rolling massage technique (using eggs filled with heated baobab seeds).

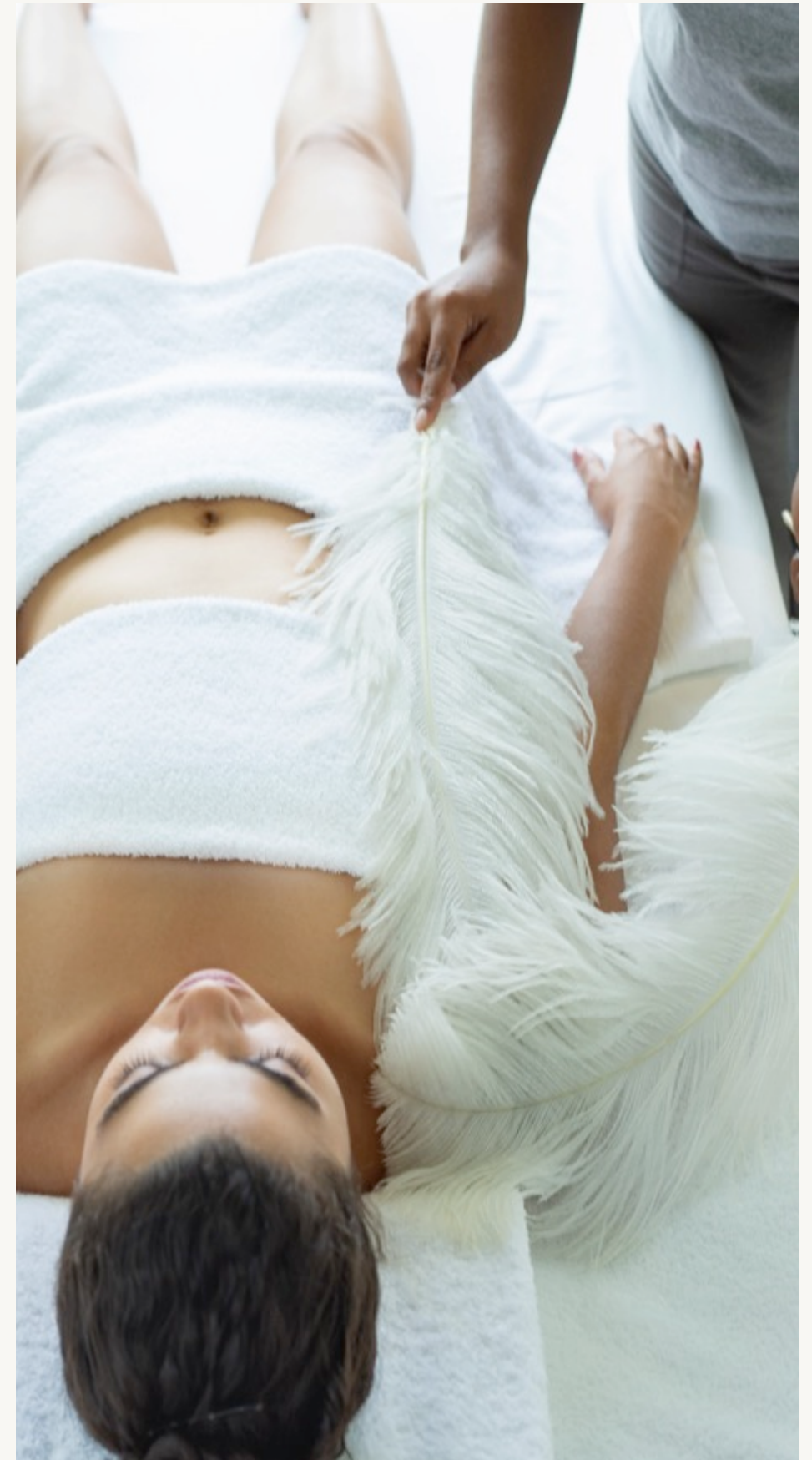
TEA: Meru Moon

PRODUCTS USED:

- Relaxing aromatherapy massage oil

TOOLS:

- Ostrich eggs & feathers
- Baobab seeds



DREAMSIGHT

A deeply relaxing sleep-improvement massage that uses acupressure to stimulate the pineal gland, the body's sleep centre, and induce an all-seeing, dreamlike bliss. Great for sleep conditions, jetlag or restlessness.

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

TEA: Meru Moon

PRODUCTS USED:

- Relaxing aromatherapy massage oil
- Essential oils

TOOLS:

- Ostrich feathers (optional)
- Tibetan singing bowls (Ideally a set of 5 bowls)
- Chime



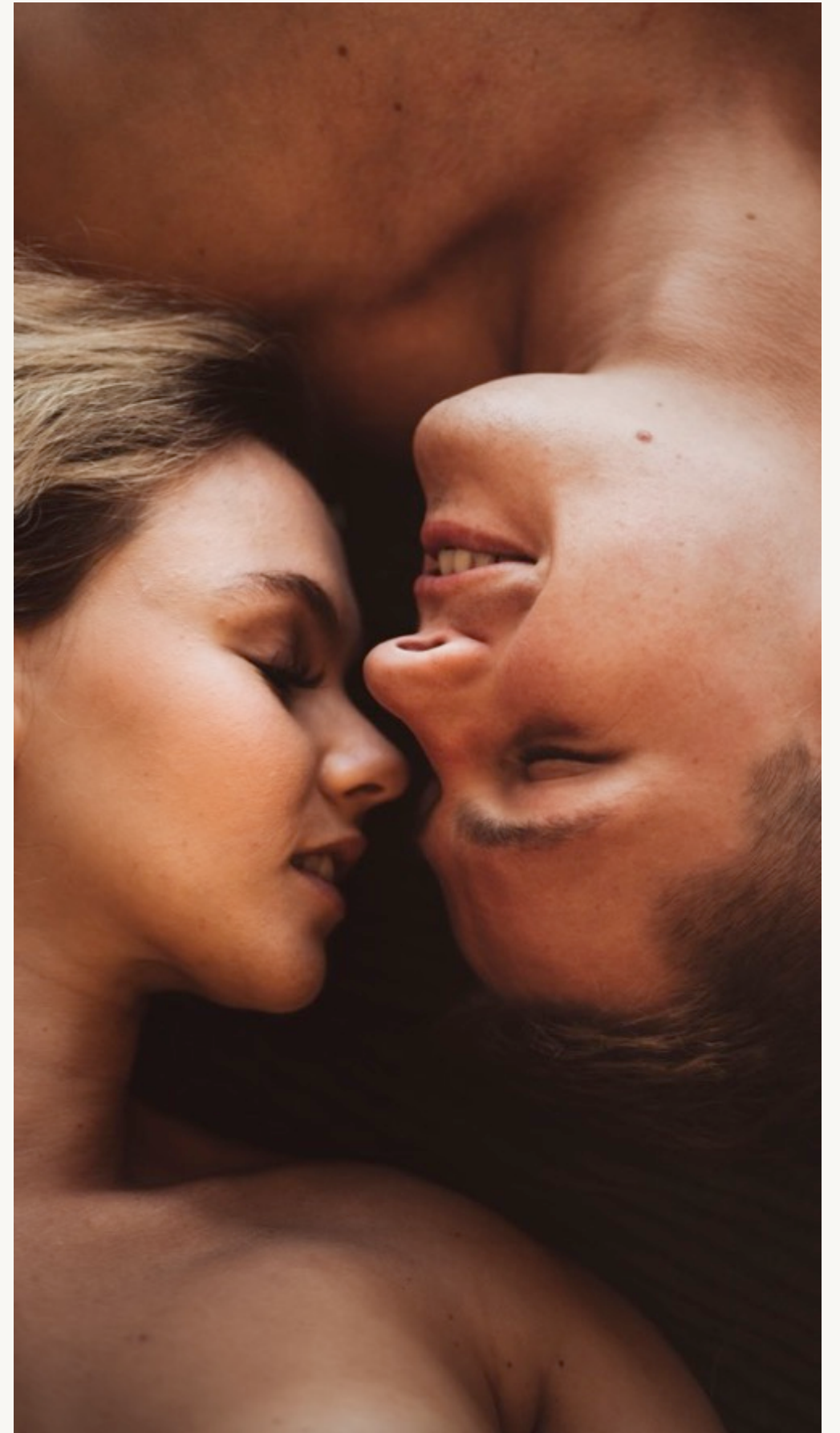
A MINDFULL RITUAL FOR TWO

CONNECTING ENERGIES THROUGH ANCIENT RITUALS.

Using ancient holistic ritual like smudging, meditation, sound and crystals this ritual aims to deepen the energy connection between two souls.

The couple sit on yoga matts on the floor in the middle of a crystal nomad circle, crossed legs, facing each other. A mixture of omumbiri resin and helichrysum leaves is used for smudging and placed in between the couple, while a short guided meditation or breathing exercise is performed to synchronize energies.

After the body and/or face treatment of their choice has been performed, the couple sits again in the nomad circle, facing each other, this time holding hands, while a sound ceremony is performed using chimes and singing bowls.



PERSONALIZATION – THE SCRUB BAR

The scrub bar is a tactile and olfactory experience, where the guest smells and touches different ingredients while their benefits are being explained by the therapist. They can create their own scrub by choosing their own ingredients. Following a recipe, the therapist will then make the scrub in front of the guest.

INGREDIENTS

Coarse small:

- River sand
- Sea salt
- Brown sugar

Coarse big:

- Rooibos leaves
- Baobab crush seeds
- Coconut beads
- Buchu leaves or other dried botanicals & flowers

Powders:

- Baobab
- Kigelia
- Aloe
- Clay (black or red)



PERSONALIZATION – THE SCENT BAR

BESPOKE AROMATHERAPY EXPERIENCE.

A selection of 9 essential oils grouped in 3 groups of 3 are presented to the guest, who must choose 1 essential oil per group through a blind scent tasting experience. The bottles are coded so the guests do not know what they are smelling. They chose purely on the olfactory experience and not preconceived ideas about the oils. Based on the 3 oils chosen the therapist will follow a recipe to create the blend to be used in the guest's treatment.



OUR TEA COLLECTION (SPA & FOOD AND BEVERAGE)



Our teas have been crafted by hand, heart and soul with respect for the environment and the communities. Our ingredients are of the highest quality and ethically sourced in Africa.

OKAVANGO STAR /DIGESTION: Organic red hibiscus, peppermint, aloe ferox & marula

COMOE SKY /DETOX: Green tea, buchu & lemongrass

ISHALO COMMET /IMMUNITY: Green rooibos, baobab, pineapple & mango.

ALDABRA NEBULA /RESTORE: Lemon verbena, green rooibos, rose, jasmine flowers.

MERU MOON /CALMING: Honeybush, rooibos, lavender, chamomile, lemon balm

QUIRIMBAS SUN /ENERGIZE: White tea, peach, marula, pomegranate flowers.



SPA GIFTS & TURN DOWN AMENITIES

TO BOOST SPA REVENUES

A special touch to incite exploration of the wellness offering – A mini Terres d' Afrique facial or body/bath oil.

A small pack of Terres d' Afrique skincare samples for the guest to try on the day of arrival.

Aluminium tubs: 10ml

- Gentle face scrub
- Deep Cleansing Mask
- Light facial cream

Sachets: 1.5ml

- Deep Cleansing Mask
- Uplifting Serum
- Light Facial Cream
- Facial Glow

Aromatherapy body/bath oil 100ml



IN ROOM AMENITIES

BOOST SPA REVENUES WITH IN ROOM AMENITIES

A special touch to incite exploration of the wellness offering – Our clean, sustainable and ethical amenity range, not only enhance your guest experience with high quality products and transformative scents but invite for a deeper exploration of Terres d' Afrique wellness offering .





THANK YOU



The
Delta Training
Academy
EMPOWERING TOMORROW