

# South African Spa Resorts Offer Local Ingredients

African-based treatments can be found in many resorts throughout South Africa. Local African spa procedures are about healing of the body, mind, and soul and they make use of sacred and ancient knowledge to provide users a pleasurable and healthy experience. Recognized spas in the country that focus on African-inspired spa treatments are the Fordoun, the Mangwanani, and the Falaza spas.



**Fordoun Spa** located at Nottingham Road at the Kwa Zulu-Natal Midlands, is not an average spa. Owned by Dr. Elliot Ndlovu, a spiritual and medicinal healer, it has a garden with more than 120 healing plant species. The spa is built in Zulu style and you will find two therapy rooms – using African methods, of course – along with Elliot's consulting office.

Two methods are used, the Red Ranges and the Ndlovu Green, both of them based on traditional healing done with plants. The Umhlonyane massage is a popular treatment similar to the techniques applied in the Swedish massage, the only difference is in the use of the Umhlonyane, also known as Artemesia Afra infused oil.

**The Mangwanani Private African Day Spa** is another spa that offers African treatments. It has several branches all throughout South Africa including the one at the Sibaya Casino and Entertainment Kingdom located on the Kwa Zulu-Natal North Coast.

Treatments offered at Mangwanani Spa include relaxation therapy, Ancient African head and neck healing, the African Royal Hand Gift (which includes a massage from the fingers to the elbows), and a Full Spa Body Works which includes a restful African Mielie Meal Body Exfoliation.



Near the iSimangaliso World Heritage Site, you can find the **Falaza Game Park and Spa**. It is located close to the famous Hluhluwe-Imfolozi Game Reserve and it offers many treatments based on African healing methods. First, every client is invited to the relaxation area where they receive a foot gift known

as the izinyawo cleanse. This treatment involves putting the person's feet in a bowl containing warm water mixed with tangerine, juniper, and blue mountain sage. Afterwards, the feet are clothed in a cool and soft foot mask.

Bush massages are a common offering in African spa resorts and visitors can find plenty bush spas in luxurious private game reserves. Clients have the possibility of either having a massage in a spa or in the verandah of their private suite.

Located in the Limpopo province, the **Shibula Lodge and Bush Spa** offers a full body massage along with a hot stone massage or an aromatherapy based neck and back massage.



At **Sabi Sands Reserve** visitors can find the most amazing bush lodges in all South Africa. Clients can get a massage in their private suite. The most impressive bush spas in this reserve are located in Sabi Sabi Earth Lodge, Sigita, Lion Sands, and Ulusaba.

African bush massages are one of the highlights at **Garonga Safari Camp** found in the Makalali Conervancy in the Limpopo province. It is possible to have a massage in an aroma boma which means an open-air sala in which the clients can enjoy nature's views and sounds. Garonga Indulgence Experience is the name of a complete African spa treatment that includes three types of massages and is an absolute favorite among visitors.

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