

B | AFRICA

Spa Body By B|Africa

A unique range of exclusive body care products and professional spa treatments, prepared by blending native African plant extracts, the natural goodness of the sea and eco-friendly production technologies. The B|Africa product line has been created in honour of Bea Tollman, founder and president of The Red Carnation Hotel Collection, who says: “The unique natural locations of each of the Red Carnation properties are encapsulated in our B | Africa products and treatments, which harness the essential, life-giving properties of Mother Nature’s rich bounty to calm, detoxify, nourish and energise body, mind and spirit.”

Traditional Arabic Rasul (45 min)

R 950 per person

Traditional Arabic Rasul for Two including a bottle of bubbly (45 min)

R 1 650 per couple

The traditional Rasul treatment has been updated to create a luxurious skin smoothing self treatment which blends mineral rich mud, gentle steam and heat to provide an experience that cleanses, releases toxins and rejuvenates. The mud is self applied to the body, hair and face. Dry heat dries the mud and allows the skin to draw out impurities from the body. As the mud softens, its beneficial ingredients and natural minerals are absorbed by the body. A gentle rain shower signals the end of the programme.

B | Africa Hydrating Milk Bath Wrap (60 min)

R 1 250 per person

Herbal Exfoliation is followed by a penetrating wrap featuring a blend of essential oils and moisture retaining ingredients, providing total hydration and nutrients to re-mineralise the skin.

B | Africa Herbal Salt or Sugar Body Exfoliation (30 min)

R 660 per person

Invigorate your skin with a Full Body Exfoliation eliminating excess surface skin cells. Skin is left soft, nourished and ready to absorb.

Please note: Treatment time includes consultation and welcoming touch.

The spa treatment menu is valid from 01 April 2022 – 31 March 2023 • Seasonal rates apply from 15 December 2022 – 16 January 2023
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B | Together (90 min)

R 1 895 per person

Rose quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness and balance the upper four chakras, easing emotional imbalance. B | Together will nourish your body, heart and soul. With the assistance of rose quartz crystals and B | Africa massage oil infused with rose quartz, our therapists perfectly craft a massage for you to B | Together with your mind and soul. This treatment can be enjoyed by yourself or with a loved one.

B | Purified (120 min)

R 2 600

Using the healing properties of water, this treatment incorporates touches from the individual locations of our spas. The journey begins with a relaxing a stimulating full body skin renewal Exfoliation using Honeybush and Kigelia Atlantic salt scrub, adding steam to enhance your treatment with either a session in The Hammam at The Oyster Box, The Rasul at The Twelve Apostles or The Crystal Steam Room at Bushmans Kloof. Follow this exfoliation with a moisture-infusing Full Body Massage using one of our Aromatherapy shea balms.

B | Harmonised (60 min)

R 1 200

From the heart of the ocean to the soul of the mountains, surrender yourself in a treatment designed to remove stress from the back, feet and scalp to once again align your mind and body in harmony. This unique massage incorporates meditation breathing, targeting the main areas of the body which hold stress and works to release and relax not only the body but also the mind.

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