

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.”

B | Together (90 min)

R 1 800 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 | 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.

Please note: Treatment time includes consultation and welcoming touch.

The spa treatment menu is valid from 01 Feb 2021 – 31 March 2022 • Seasonal rates apply from 15 December 2021 – 16 January 2022
All prices are quoted in South African Rand (ZAR) • All prices are quoted per person, per treatment unless specified otherwise.