



COTTAR'S
SAFARIS

EST. 1919



SPA MENU

COTTAR’S SPA

The healing powers of African plant life, the pureness of essential oils, the wisdom of Africa’s vibrant heritage and traditional healers form the basis of our Spa products and services.

We use only organic African ingredients and allow the guests to choose the ingredients to make their spa experience truly bespoke.

Additional treatments are listed here.

HOW COTTAR’S SPA WORKS

All our treatments are listed and priced in this pamphlet. Please come 10 minutes prior to your spa appointment.

YOUR SPA THERAPIST WILL ASK YOU 4 QUESTIONS:

- 1. What kind of massage or spa service would you like?
- 2. What kind of organic African base oils would you like?
- 3. What kind of aromatherapy essential oils would you like?
- 4. And lastly whether you have any injuries or allergies that we need to know about.

Your spa therapist will then get you comfortable and prepare the bespoke ingredients.

OTHER TREATMENTS TO CHOOSE FROM

AFTERSUN SOOTHER

After a day spent in the harsh African sun, sometimes skins need a little help to heal and prevent permanent damage. Our natural aloe ferox, collected from the hills surrounding the camp, are hand cut and squeezed to provide a treatment to soothe hot, red skin. Following a shower to remove the aloe, a generous slathering of shea butter is applied.

45 mins \$50

JETLAG / HANGOVER REVIVAL

Macadamia hair oil is massaged onto your hair for a nourishing 20 minute head massage. Whilst the oil continues to smooth and nourish your scalp and hair, a 20 minute foot massage is provided using cooling and invigorating mint, combined with avocado oil. Best combined with a Bloody Mary or a Virgin Mary drink if you wish, followed by a shower.

45 mins \$60

AFRICAN BODY SCRUB A scrub is specially prepared for you using coconut oil, salts and Sudanese shea butter to provide a full body exfoliation, followed by a shower and a 15 minute massage.	45 mins	\$75
MANICURE	30 mins	\$20
PEDICURE	30 mins	\$30

PLEASE CHOOSE A TYPE OF MASSAGE

RELAXING MESSAGE Works to erase tension within the body. You'll be 100% relaxed in minutes.	60 mins 90 mins	\$70 \$105
ENERGIZING MESSAGE Helps to restore energy levels and is valuable during times of exhaustion, when you need that little lift.	60 mins 90 mins	\$80 \$120
DEEP TISSUE MESSAGE For tired muscles - to increase the flow of oxygen to your muscles and promote well being.	60 mins 90 mins	\$100 \$125
DEEP TISSUE AND STRETCHING MESSAGE For treating deep muscle pain, aches & knots - focusing on specific problem areas to improve flexibility and pain relief.	60 mins 90 mins	\$125 \$150
HOT STONE MESSAGE Deeply relaxing - good for relieving muscle tension and pain.	60 mins 90 mins	\$100 \$150
REFLEXOLOGY MESSAGE Helps to improve circulation, reduces stress and restores your body's natural balance.	60 mins	\$100



ORGANIC AFRICAN OIL

Please choose 1 type of base oil

HIBISCUS OIL

Excellent for sensitive skin and wrinkles, the magical hibiscus seed improves the level of skin moisture, decreases visibility of fine lines as it improves elasticity and helps skin to regenerate.

AVOCADO OIL

Avocado oil is renowned for its healing, anti-bacterial, and anti-wrinkle properties. It has powerful antioxidants, high concentrations of nutrients and essential fatty acids that help reverse photo-damage, hydrate and repair the skin.

COCONUT OIL

Coconut oil is an excellent carrier of oil for dry skin and helps in treating various skin problems including psoriasis, dermatitis and eczema

ESSENTIAL OIL

Please choose 3 essential oils

ENERGIZING OILS

Basil, eucalyptus, mint and rosemary

CALMING OILS

Lavender, geranium and bergamot

DEEP RELAXATION

Lavender, sweet orange and chamomile

**Important notice: All of our ingredients are organic.
We do not use toxic chemicals or preservatives.
Some natural ingredients may cause a skin reaction.**



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