

Sediko

BUSH SPA

PALALA BOUTIQUE GAME LODGE

Hidden away on the banks of the majestic Limpopo river lies the one of a kind Sediko Bush Spa. Here, in the African bush, time stands still and every experience is dedicated to pure bliss, calmness and serenity.

Aptly named after the Northern Sotho word "circle", Sediko Bush Spa invites you to immerse in this African oasis offering an idyllic retreat from the demands of city life. Enthused by the soothing backdrops of nature, Sediko Bush Spa offers a haven to unwind, relax and revive the senses.

Recreate the circle of wellbeing with holistic facial and body treatments that will transport you into Sediko Bush Spa's world of reinvigoration and renewal. Our carefully selected African and international facial and body treatments, performed by world-class therapists, will guide you to find your true African wellness Sediko, whilst our signature beauty services will provide you with flawless finishing touches.

Sediko Bush Spa offers a wide variety of hydrotherapy spoils such as Hammam, Vichy and Razul chambers, Milk baths, flotation pools, sensation showers, outdoor natural stone baths, saunas and steam rooms. Put your feet up and be pampered with Sediko Bush Spa's food and beverage services on offer during your spa journey

Our Sediko philosophy to craft a circular sense of relaxation and spoil with a gracious culture steeped in hospitality, where elevated levels of service and attention to detail guarantee a sense of revival and renewal of body and soul, we look forward to welcoming you.

Cross the threshold of Sediko Bush Spa and experience every sensation luring you to unwind and relax.
Take a journey of discovery and reconnect to your Sediko of mind, body and spirit



Sediko Signature TREATMENTS

Indulge your senses with our hand selected signature Sediko Bush Spa treatments. Our signature spa experiences present unique and lavish treatments, creating the perfect Sediko of indulgence and well-being.

Sediko Merlot Bath for Two

R 1200 | 60 min

Soaking in red wine may be the only thing more heavenly than drinking it. No need for compromises as the Sediko Merlot bath offers both. Baths have a profound effect on mind body and soul. The signature outdoor Sediko Merlot bath enjoyed on your own or with the special person in your life, will leave you drifting in pure bliss while enjoying a glass of Merlot, creating a tranquil nurturing environment away from the rest of the world. This Merlot bath comprises an abundance of nature's relaxing and rejuvenating botanicals and will be one of the most austere and effective body rituals that will become sacrosanct for your total relaxation

Cleopatra Milk and Honey Bath for Two

R 950 | 60 min

This spiritual cleansing bath is an opulent must do spa treatment

Lounging in our signature milk and honey bath, is the perfect couple relaxing and unwinding treatment. Milk baths have been enjoyed for centuries, from ancient Romans to the fabled Cleopatra who gained her renowned complexion by bathing in milk and honey.

Sip a glass of bubbly in your milk cocoon and join the rich and famous in this ultra-luxurious beauty trend. Experience the benefits of a softer smoother skin while snacking with your partner on a milk inspired canape platter.



Sediko Signature TREATMENTS

Sediko Himalayan Pink Salt Massage

R 1100 | 60 min

This unique signature treatment where no spoken words are used, brings the ancient spiritual magical techniques of Tibet to the shores of the Limpopo river, through sound, rhythm, chanting and drumming. Heighten your massage experience in a Himalayan Pink Salt room, with a calming hot Pink Salt stone massage. Eighty trace minerals are absorbed by the body during this signature thermal massage replacing minerals lost during intensive workouts or ongoing stress. Soothe away stress and tension and experience an increased sense of wellbeing with ground properties promoting healthy respiratory systems, lowered blood pressure, improved circulation, light exfoliation and relief of insomnia

Sediko Hammam Treatment

R 1600 | 90 min

While resting on a heated marble formation, the Sediko Hammam treatment takes you on a journey of profound relaxation. Hammam is an extraordinary ceremony of purification. This ritual initiate with a black olive soap body wash and exfoliation to polish skin texture and remove dead skin layers. Continue your anti-aging body ritual with a full body massage and self-application of Turkish Delight body butter, nourishing the skin with vitamins and minerals enhancing deep relaxation and rejuvenation. Experience rehydrated skin, balanced skin oil secretion, improved skin color, refined skin texture as well as reduced stress and anxiety. This relaxing treatment utilises the irrefutable health benefits of steam and warmth leaving you in a total state of relaxation



Sediko Signature

TREATMENTS

Sediko Razul Treatment

R 600 | 30 min

The Sediko signature Razul cleansing treatment, based on a traditional Arabian bathing ritual that exfoliates the skin, pampers you under the light of a thousand stars. The combination of heat, steam and mud allow for an all-embracing relaxing skin pampering treatment in a magical and sensual private Razul chamber. Different therapeutic muds are self-applied to various areas of the body, steamed and washed off with warm tropical rain water falling from the starry sky.

Relaxing in the controlled exposure to warm and moist air, relieves tension through muscle relaxation and as a result, eliminates toxins via opened pores that advances the circulatory system. This ideal treatment for couples or groups of friends promises a heightened sense of relaxation and well-being.

Vichy Shower Massage Therapy

R 1600 | 60 min

This treatment, simulating free floating on water, originated in France and offers a full body luxury exfoliation and body mask pamper, merging the healing properties of clear running water. Experience a relaxing shower massage, lie down whilst water is pulsated onto the skin through a set of seven shower heads. Relax as the cascading water bathes you and alleviates sore and tired muscles. The Vichy shower massage aids in lymphatic circulation, detoxifying the body, helping it fight infection. Experience enhanced blood circulation, body hydration, reduction of stress and improved vitality and suppleness of the skin.



Sediko Signature

TREATMENTS

Sediko Flotation Therapy

R 400 | 30 min

Sediko Flotation therapy is an excellent yet incredibly effortless technique to boost total health and happiness. Absolute sensory deprivation is achieved by floating under the stars in an enclosed dark flotation pool that eliminates all sensory experiences such as sight, smell, touch and sound. Body temperature water allow the typical sensation of weightlessness. Without any effort to stay afloat, continue peacefully float while immersed in stillness and tranquillity

Experience ultimate stress reduction, relief of anxiety, increased circulation and total relaxation with this exceptional therapy



Facial Therapy

Sediko facial THERAPIES

A Sediko Bush Spa facial therapy offers a multi-step skin treatment that significantly delays the onset of ageing and promotion of overall skin health by using facial products that optimise the long-term health of your skin. We offer a range of facials that have been specially developed to deeply cleanse, exfoliate, moisturise, treat and nourish the skin, promoting a vibrant, well-hydrated complexion with a discernibly youthful glow. The Sediko Bush Spa skin care therapists are highly qualified to recommend a treatment best suited to your facial needs ensuring the achievement of optimum results.

Sediko Facial Treatments

Sediko Bush Spa Facial treatments are so much more than just an hour of indulgent pampering. Experience enormous benefits to the health and wellness of your skin, both in the short and long term with our Theravine facial treatments. Theravine combines the powerful anti-oxidants found in grape derivatives with the latest scientific actives, providing a result driven skin care experience

Theravine Classic Facial

R 950 | 60 min

A facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

This Classic Sediko Theravine Facial involves light facial massage techniques which aid in blood circulation and lymphatic drainage. The facial massage also helps to relax facial muscles which can slow the onset of wrinkles on the face. Puffiness reduction, sagging in the face and skin cell renewal are additional benefits from these massage techniques

Ultravine Advance Gold Cellular Facial Treatment

R 1650 | 90 min

The embodiment of science and opulence. Based on the TheraVine breakthrough anti-oxidant technology, the UltraVine Advance anti-ageing concept promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal and serenity. Our anti-ageing jewel, a collagen film mask imbedded with pure, soft 24K gold and sparkling diamond dust coupled with a concentrated serum infused with super-charged actives, will visibly tone, polish and brighten the skin leaving it glowing with illumination.



Sediko facial THERAPIES

Melanovine pro-brilliance mattifying facial

R 1300 | 60 min

Advanced technology combined with the latest skin brightening research advances, results in a unique facial treatment using specialized skin care techniques to provide effective and visible brightening results. Ideal for a dull, devitalized skin with discoloration concerns, this treatment is specifically aimed at diminishing uneven skin tone while also minimizing the appearance of fine lines and wrinkles. Targeting hyper pigmentation at various levels with scientifically advanced actives and natural lightening plant extracts, this treatment will aid in a rehydrated complexion, leaving your skin looking luminous and feeling radiant.

ELEMIS TOUCH FACIAL TREATMENTS

Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing Sediko Elemis Touch facials treatments for instant results.

Touch facials are hands-on therapies, solely using the highly effective ELEMIS Touch for product application. Combining ancient and modern massage techniques from around the world, the expertly trained hands of ELEMIS facial therapists, massage the face, neck and shoulders, and scalp.

ELEMIS Superfood Pro-Radiance facial

R 1550 | 60 min

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump-start tired and exhausted skin. An amino active mask restores lost moisture, deeply nourish, detox and pack the skin with powerful, energizing nutrients. Experience a fresh, healthy and vibrant appearance, oxygenated skin cells and maximized cell regeneration. Clinically proven to leave skin plumper, radiant and lit up with good health.

ELEMIS Dynamic Resurfacing Precision Peel

R 1650 | 60 min

Clinically proven to target the signs of ageing, lackluster, dull and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. With this deep cleansing facial treatment, experience a reduction in fine lines, stimulation of cell regeneration, reduction in pigmentation, acne scarring and a resurfacing of the skin to reveal a healthy and smooth complexion. A fresh start for smoother, younger-looking skin.



Sediko facial THERAPIES

ELEMIS Pro-Collagen Age Defy Touch Facial

R 2000 | 60 min

Challenge fine lines, wrinkles and dull skin tone with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Experience improved appearance and firmness of the skin, increased skin hydration and moisture levels, a progressing lifting effect, promotion of healthy cell renewal and protection against environmental skin damage. This targeted Pro-Collagen massage prevents ageing and encourages optimum cellular function for nourished, younger looking skin

ELEMIS Men's High Performance Skin Energiser

R 1650 | 60 min

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

ELEMIS BIOTEC FACIAL TREATMENTS

Elemis Bio Tech Facial treatments use a specialized combination of concentrated serums with a 5-in-1 Biotec facial device that offers a combination of ultrasonic, micro-current, oxygen and light therapy to lift, smooth, brighten or purify your skin, for instant results. Experience brighter, smoother, more even-looking skin that feels pleasingly plump.

ELEMIS BIOTEC Radiance Renew Facial

R 2220 | 60 min

A powerful antidote for dull and tired skin. This cellular-boosting treatment targets sluggish complexions for a radiant and visibly brighter skin. The ultrasonic peel, pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, whilst the galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Experience brighter skin, even skin tone, minimization of discoloration, reduction of dark circles under the eyes and an increased protection against urban pollution and environmental damage

ELEMIS BIOTEC Line Eraser Facial

R 1900 | 60 min

A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines caused by aging. The BIOTEC Line Eraser facial treatment targets wrinkles and energize the skin towards optimum performance with micro-current pulses and red and blue light therapy. Experience a smooth complexion, improved circulation, a distressed skin as well as vigorous rejuvenation



Sediko facial THERAPIES

BLACK PEARL FACIAL TREATMENTS

Black Pearl is a luxury skincare collection developed for healing and immunity of the skin. This is attributed to it's origination, the science in the collection and the ingredients.

The 27 Dead Sea minerals in the collections are crucial for re-mineralisation of the skin and to reinforce the barrier function of the skin. 24 carat gold and pearl are significant anti-oxidants that protect the skin from environmental damage and the impact of stress.

Vitamins A, C and E as well as other vitamins rejuvenate the skin and prevent ageing together with collagen and sodium hyaluronate. The healing properties of the ingredients is further amplified by the presence of nanotechnology which allows excellent penetration of these precious and valuable ingredients

BLACK PEARL 24 Carat gold Queen Cleopatra Facial
Age Prevention | Flawless Skin Tone

R 2300 | 60 min

Indulge your skin with the most advanced in 24 carat gold skincare formulations. This remarkable treatment combines anti-inflammatory plant essence minerals, 24 carat gold, vitamins, and collagen induction technology. This rare and powerful combination of ingredients assures flawless skin tone and significantly minimizes imperfections. The journey to flawless skin includes sensorial healing by way of multiple touch modalities, technology to enhance results and a lymphatic drainage massage with a precious rose quartz stone.

BLACK PEARL Thermal Toning Facial
Purification | Even Skin Tone | Brightening

R 1700 | 60 min

This facial will harness the power of a thermal mask to gently peel away surface layers. The mask contains antioxidant algae, sea buck-thorn and zeolite which purifies and energizes the skin.

White pearl and a brightening complex are incorporated into this treatment to provide iridescence, brightening and a new generation of nanotechnology to ensure deeper penetration of active ingredients for superior results. The experience is enhanced with alternating temperature modalities to reduce inflammation.



Sediko facial THERAPIES

BLACK PEARL Intense Moisture Facial

R 1450 | 60 min

Hydration | Rejuvenation

This treatment is based on the restorative and hydrating power of rare black pearl. Black pearl is paired with minerals, amino acids, zinc, and seaweed to restore the skin's natural moisture level which can often be compromised due to ageing and our environment. Dead Sea minerals are powerful in rejuvenation which brings healthier cells to the surface layers of the skin and black pearl technology maintains the skin's lipid equilibrium to achieve skin that is plump and youthful. A rose quartz massage clears the face of toxins, stimulates blood flow, and aids the work of rare and powerful ingredients.

BLACK PEARL Bespoke for Men Facial

R 1200 | 60 min

Purification | Anti-inflammatory

This treatment has been conceptualized with the needs of male skin in mind. Black pearl mineral mud envelops your skin with the ultimate in healing, natural ingredients, and advanced technology. This mineral mud from the Dead Sea infuses the skin with vitamins and plant extracts to purify and re-balance. An intensive exfoliation and renewal of the skin occurs through the massage of this rich and exquisite mud and the power of magnetism is engaged to intensify the treatment. Your skin emerges re-energized and replenished and your body indulged post a physiotherapy inspired head and neck massage.



Sediko Massage THERAPIES

CLASSICAL MASSAGE THERAPIES

Sediko Spa massage therapies revitalise your body and refresh your mind. Our specialised World Class massage therapists will effectively ease your tension, improve blood and lymph circulation, release toxins and enhance your overall sense of emotional and physical well-being.

Swedish Massage

R 850 | 60 min

R 1200 | 90 min

R 1650 | 120 min

Achieve an overall sense of relaxation and wellbeing with this traditional massage. The world-famous Swedish massage follows medium-pressure massage techniques with long gliding strokes to stimulate blood circulation, increase oxygen in the blood, diminish muscle toxins and recover circulation. This body treatment will dissolve away areas of tension and leave you feeling rejuvenated.

Deep tissue massage

R 850 | 60 min

R 1160 | 90 min

R 1650 | 120 min

This classic Sediko massage focuses on realigning deeper layers of muscles and connective tissue leaving you feeling destressed, rejuvenated and relaxed. The Deep Tissue Massage uses firm and soothing pressure with slow strokes that releases toxin build up from within the muscle and relieves muscle tension.

Hot stone massage

R 850 | 60 min

R 1200 | 90 min

R 1650 | 120 min

A Sediko Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. This therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body combined with deep tissue manipulation and pressure.

Back, neck and shoulder massage

R 700 | 45 min

This massage entirely focuses on the back and shoulder areas to relieve tension of these commonly over stressed muscles. Experience a quick release from stress, tension, discomfort and pain in these muscle groups



Sediko Massage THERAPIES

SEDIKO MASSAGE THERAPIES

Sediko Bush Spa offers a range of specialized massage treatments for total relaxation. Enjoy the benefits of increased circulation of blood and lymph fluids in the body, relief from generalized tension, acute stress relief, enhanced immunity, regulation of blood pressure and a marked decrease in muscular tension and pain.

Sediko Cupping Massage

R 950 | 60 min

Experience Sediko's cupping massage, a modified and simplified version of the ancient cupping therapy. Silicone vacuum cups are utilized to create negative pressure through suction on the body surface by way of slow relaxing massage techniques.

Experience the advantages of excess fluids and toxin drainage, reduction in the appearance of cellulite, anti-aging, increased circulation and improved muscle tone. Sediko's cupping massage promotes overall health and wellness

African Rungu Massage

R 1200 | 90 min

Experience Sediko's deepest form of massage using an African wooden baton called the Rungu. Smooth, vigorous and stimulating massage movements are used to ease muscle tension, discharge toxins and enhance circulation. This massage treatment targets tired and painful muscles leading to lymph drainage and the release of endorphins. The gentle stretching movement alternated with light touches brings about a heightened sense of relaxation.

Lemon Zest Candle Massage

R 1600 | 90 min

A synergistic blend of plant waxes and butters, infused with plant botanicals of lime, sweet orange and lemon grass, are used in this massage therapy treatment to relax and offer great moisturizing and protective skin care benefits. The candle envelops the massage area with refreshing citrus aromas which rejuvenate, uplift, smooth and promises a complete body and wellbeing massage experience. The remaining candle is gifted to you to try this treatment at home.



Sediko Massage THERAPIES

Tri Scented Shea Body Massage

R 1250 | 90 min

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

Sediko Prenatal Massage

R 1600 | 90 min

The Sediko Prenatal Massage is a nurturing massage that gives attention to the special needs of mothers-to-be during pregnancy. Positioning, pillows, and cushions are used to improve support, decrease pressure and increase relaxation for both body and mind. Mother and baby take part in the benefits as stress and tension melt away, leaving you feeling balanced and energized. Relief of stress on feet, ankles, lower back, and neck, as well as reducing swelling, are all benefits of a Prenatal Massage

24 Carat Golden Hands Massage

R 1300 | 60 min

Prepare for the ultimate in body spoils, only fit for kings and queens. This magnificent massage uses anti-ageing 24 carat gold massage oil to stimulate muscle circulation and release tension. Feel the benefit of muscle release, through stretching and pressure point techniques, as your therapist extends the main body axes. Experience total relaxation and a softer, radiant and refreshed skin. This realignment 24 carat gold spoil is enhanced by a blissful head massage.

Cannabidiol Infused Relaxing Massage

R 950 | 60 min

Melt away the troubles of life as gentle stroking massage movements using a heated pure CBD infused balm combined with Ylang Ylang, Geranium and Lavender. The warmth of the balm, the calming effect of CBD helps to relax the body leaving your skin nourished with natural shea butter as all your aches and pains melt away.



Sediko Scrub THERAPIES

SEDIKO SCRUB THERAPY

A Sediko Bush Spa scrub treatment exfoliates the skin on your body leaving it feeling fresh, smooth, moisturised and soft. An abrasive product is rubbed vigorously, and massaged across and into your skin, and is then rinsed away to reveal a moisturised layer of fresh, clean and smooth skin

24 Carat Golden Body Illumination **R 1300 | 60 min**

Enjoy the ultimate facial for your body.....Envelop your body in the healing power of a mineral salt and rich scrub of the highest quality ensuring full body iridescence and vital skin rejuvenation. The application of 24 carat gold Devine Body Butter provides intense nourishment to the skin and provides the body with an extraordinary anti-ageing treatment usually reserved only for the face.

Sediko Express Scrub **R 500 | 30 min**

Refresh, renew and revitalize your skin with a full body exfoliation followed by a nourishing bath to soak it all off. Do this as a treatment on its own or as a preparation to your treatments to come. The Sediko Scrub will leave your skin feeling smooth and nourished. Experience the removal of dead skin cells, a refreshed and glowing appearance and reduced stress, all with one body treatment



Hand and Foot THERAPIES

Sediko Bush Spa offers a full range of manicure and pedicure treatments for your beautiful hands and pampered feet including a glass of Sediko Red or White wine.

HAND THERAPIES

A Sediko Bush Spa manicure includes the buffing and shaping of fingernails and incorporates a fresh coat of nail polish. Aestheticians will push back and trim the cuticles while buffing down any ridges leaving nails looking glossy and sleek before the colour is added.

Sediko Classic Manicure R 350 | 30 min

This classic hand treatment cleans and shapes your nails. Nails and cuticles are treated and moisturized to ensure strong and nourished nails leaving your nails and hands looking polished and perfect. Choose your classic manicure treatment and enjoy this feel good and relaxing pressure point hand treatment

Sediko French Manicure R 450 | 30 min

A classic manicure, with a square nail cut, using clear or ivory colored polish on the body of the nail, with white at the tip.

Hot Stone add on R 200 | 15 min

This add on manicure features a hand massage using hot stone therapy to soothe and relax your hand.

Intensive Paraffin Wax R 200 | 15 min

Add this treatment to your choice of manicure. Warm wax rubbed into your nails, hands and wrists to moisturize and soften.

Sediko Luxury Manicure R 850 | 60 min

Indulge your hands to a spa therapy treatment. Spoil your hands to a hand mask, gentle exfoliation treatment and a moisturizing hot stone hand massage with pressure points. The combination of heat and moisturizing agents warms and soothes your hands, and softens and hydrates your nails. A moisturizing mask is applied to soften and smooth the epidermis. This treatment includes nail and cuticle attention, followed by a nail color of your choice for your rejuvenated younger-looking hands.

Hands/Feet exfoliation R 380 | 15 min



Hand and Foot THERAPIES

GELISH Nail Treatment

Gelish is a combination of both a polish and a gel and applies like a polish but wears like a gel, making it particularly favourable for those who suffer from weaker nails and last up to three weeks. Gelish is a Superior nail product making nails beautiful, flexible and durable. Clear or colored gel is bonded to your nails with LED light for a long-lasting glossy finish

Gelish tips with overlay	R 570
Acrylic tips with overlay	R 570
Acrylic overlay	R 470
Acrylic fill	R 350
Gelish toe nail treatment	R 330
Soak off	R 200
Evo overlay	R 420
Gelish overlay	R 330
Bio sculpture overlay	R 480
Gelish/Evo add on	R 150
Stick on gel tips	R 500
Gelish soft gel tips	R 520



Hand and Foot THERAPIES

FOOT THERAPIES

A Sediko Bush Spa pedicure is a relaxing treatment for your feet that eradicates dead skin, softens hard skin and shapes and treats your toenails. Indulge with this heavenly and relaxing treatment

Sediko Classic Pedicure

R 400 | 30 min

This classic foot treatment cleans and shapes your nails. Nail cuticles are treated and moisturized to ensure strong and nourished nails leaving your nails and feet looking polished and perfect. Choose your classic pedicure treatment and enjoy this feel good and relaxing feet treatment

Sediko French Pedicure

R 450 | 30 min

A classic pedicure, with a square nail cut, using clear or ivory colored polish on the body of the nail, with white at the tip.

Intensive Paraffin Wax

R 200 | 15 min

Add this treatment to your choice of pedicure. Warm wax rubbed into your nails, feet and lower legs to moisturize and soften.



Hand and Foot THERAPIES

African Ginger Luxury Pedicure

R850 | 60 min

Indulge your feet to a luxurious spa therapy treatment. Spoil with an African Ginger fizz soak followed by a gentle exfoliation treatment with African Ginger foot scrub. Experience the black magic of an activated charcoal mask leaving your feet detoxified and smooth. This magic mixture stimulates your lymphatic flow and circulation, and absorbs odours leaving your feet clean and fresh

Slow touch and mini hot stone massage movements is applied with moisturizing cream butter to soften and smooth the epidermis. This treatment includes nail and cuticle attention, followed by a Morgan Taylor nail color of your choice for your rejuvenated younger-looking feet.

Hand/ Foot massage

R380 | 30 min

Gelish Toe Nail Treatment

R 330

Gelish is a combination of both a polish and a gel and applies like a polish but wears like a gel, making it particularly favourable for those who suffer from weaker nails and last up to three weeks. Gelish is a Superior nail product making nails beautiful, flexible and durable. Clear or colored gel is bonded to your nails with LED light for a long-lasting glossy finish

Soak off

R 200



Hair and Beauty THERAPIES

HAIR THERAPIES

There is nothing more glamorous than beautifully styled and treated hair. Allow Moriri's professional hair stylists to take care of your hair's wellbeing with highly specialised Goldwell treatments to suit your specific needs and tailored to your specific hair condition.

Keratin Treatment

Goldwell's smoothing Keratin treatments aids to de-frizz hair and add shine. This formaldehyde-free smoothing treatment deeply penetrates the cortex of the hair.

Short | R 1260

Medium | R 1850

Long | R 2340

Indian Head Massage

R 660 | 45 min

The Sediko Spa Indian head massage is a relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders aiming to rebalance your body's energies. This treatment will leave you feeling detached and serene, sighing and wordless, but also alert and clear-headed, alleviating brain-fog and stress. Your Indian head massage will leave your hair softer, shinier and in much better condition

Hair Serums and Masks

Moriri at Sediko Bush Spa carefully hand picked a range of Goldwell hair masks as nourishing treatments for your hair, containing oils, butters and other hydrating ingredients to supercharge hair conditioning efforts. These high-powered hair conditioning treatments are the perfect therapy to reduce hair breakage and rejuvenate your hair.

Hair serums work wonders with providing the nourishment your locks deserve. The serums on offer by Moriri will ensure healthy, shiny appearance, as well as calming down the frizz factor and repairing any breakages.

60 Second Mask | R 110

Serum | R 270



Hair and Beauty THERAPIES

SALON TREATMENTS

Moriri, the hair salon at Sediko Spa, offers a range of hair care services including cutting and styling to keep you groomed and glamorous for every occasion.

Shampoo, cut & style

Short	R470
Medium	R600
Long	R740
Men's	R270

Shampoo & style

Short	R340
Medium	R400
Long	R530

Goldwell color services

Short	R600
Medium	R800
Long	R1200
Extra long	R1720
Roots	R660

High lights

Half short	R680
Full short	R800
Half medium	R820
Full Medium	R930
Half Long	R950
Full Long	R1200
Toner Cost	R660

Updo

Up Style trial	R530
Up Style	R740
Curls	R740
Plait only	R270



Hair and Beauty THERAPIES

BEAUTY TREATMENTS

Beauty may only be skin deep, but when you look good on the outside, you can't help but feel content and confident from the inside. Sediko Bush Spa Beauty treatments include waxing and tinting treatments for your effortless beauty

Waxing

A temporary hair removal using diverse types of wax for different areas of the body.

Half leg	R320
Full leg	R600
Bikini	R450
Brazilian	R600
Hollywood	R720
Under arm	R380
Full arm	R600
Stomach	R360
Chest	R420
Back	R600
Eyebrow	R200
Chin	R250
Lip	R190
Full Face	R600

Tinting

Brow tint	R150
Lash tint	R200



Sediko Spa

JOURNEYS

We offer a choice of spa packages that have been carefully designed, over and above the standard spa treatments, to allow you to get the most out of pamper time at Sediko Bush Spa. Sediko Spa packages are designed to take our guests on a deep sense of tranquility for the ultimate in spa experience. Should our current packages not suit your needs, allow us to personalize an exclusive package according to your specific requirements.

SEDIKO SPA JOURNEYS

Sediko Spa packages relieve stress, detoxify, purify and cleanse leaving you refreshed and rejuvenated.

Sediko Escape

R 2500 | 3.5 hours

Realign your body's natural balance, and experience the ultimate escape with Sediko Spa's healing touch. Start your relaxation journey with a water massage in our indoor Tonga bath. Enjoy millions of soothing warm bubbles rushing all over your body while sipping a glass of bubbly, preparing your inner soul for a supreme escape. Relish the leisure afforded to you through a Sediko Cupping massage easing mental stress and tension, allowing for total muscle relaxation. Continue your journey of escape with a mood lifting TheraVine classic facial leaving your skin feeling fresh and radiant. Conclude the pamper passage with a luxury Sediko pedicure.

Package includes: Tonga and Glass of Bubbly, Theravine Classic Facial, Sediko Cupping Massage, Luxury pedicure

Sediko Me Time

R 3820 | 4 hours

Give priority to yourself with the Sediko Me time package. Be the King or Queen of your own life. Indulge in a Milk and Honey Bath like the ancient Romans and the fabled Cleopatra. Sip a glass of bubbly while snacking on a milk inspired canape platter. Continue the blissfulness with a unique Lemon Zest Candle massage ritual. The candle envelops the massage area with refreshing citrus aromas which rejuvenate, uplift, smooth and promises a complete body and wellbeing massage experience leading to ultimate relaxation and offers great moisturizing and protective skin care benefits. Your massage will be followed by an Elemis Superfood Facial, enhancing a fresh, healthy and vibrant appearance, whilst oxygenated skin cells and maximized cell leads to heightened regeneration. Your journey will conclude with a classic pedicure leaving you not only looking good but feeling like royalty.

Package includes: Cleopatra Milk & Honey Bath, Lemon Zest Candle Massage, Elemis Superfood Facial, Classic Pedicure



Journeys

Sediko Spa

JOURNEYS

Billionaire's Bath for Two

R 2610 | 2 hours

It is all about the wine... If you love wine and you love baths, and better yet, you love drinking wine while bathing, the Billionaire's Bath will surely be your most relaxing and luxurious treatment yet.

Vinotherapy, the practice of bathing in red wine dates to medieval times, an ancient recipe to feeling and looking younger. Experience this unique spoil bathing treatment with the special person in your life, surrounded by nature. Immerse yourself in a natural stone bath filled with Merlot milk, grapey remnants of Merlot wine production, while sipping a glass of Merlot and enjoying a creamy cheese platter

End your journey by enjoying the full benefits of wine with a grape seed oil deep tissue massage. Grape-seed oil is rich in free-radical-fighting antioxidants and contains linoleic acid, which has anti-inflammatory benefits to help smooth skin and promote circulation, leaving you totally relaxed and rejuvenated

Package includes: Deep Tissue massage with grape seed oil and Merlot bath for 2.

Sediko Romantic Bliss for Two

R 5000 | 3 hours

Spend quality time with your soulmate. Start your romantic journey with a water massage in our indoor Tonga bath. Enjoy millions of soothing warm bubbles rushing all over your body while sipping a glass of bubbly, setting the scene for ultimate togetherness. Retreat to the beautiful candle lit Razul chamber where different therapeutic muds are self-applied to various areas of the body, steamed and washed off with warm tropical rain water falling from the starry sky.

Your journey then moves on to a romantic Lemon Zest Candle Massage. This unique ritual was created to celebrate the circle of life and love. The candle envelops the massage area with refreshing citrus aromas which rejuvenate, uplift, smooth and promises a complete body and wellbeing massage experience leading to ultimate relaxation and offers great moisturizing and protective skin care benefits." Seeing that the explanation used is for the Shea butter massage and not the Lemon Zest Candle Massage. End off with a Cleopatra Milk and Honey Bath to open up your pores to absorb all the nourishing nutrients from the treatments.

Experience the benefits of a softer smoother skin while snacking with your partner on milk inspired canape platter.

Package includes:

Indoor Tonga experience,
Luxury Self-treatment Razul Experience,
Lemon Zest Candle Massage, Cleopatra Milk
& Honey Bath



JOURNEYS

Sediko Spa

JOURNEYS

Sediko Royal 24 Carat Gold Journey for Two R 7240 | 2.5 hours

Journey back in time to the ancient Egyptians where the precious metal, gold, was used as a form of therapy for the skin as it was widely known for its curing and antibacterial properties.

Your journey will start with a water massage in our indoor Tonga bath with a glass of bubbly, preparing you and your partner for the ultimate in spa pampering.

Once your body is relaxed you will follow into our couples treatment room where you will be covered with gold as we do a 24 Carat Gold massage. We will end off your journey with a tradition the Queen herself set in place, you will receive a 24 Carat Cleopatra Facial, where gold flakes will be massaged into your skin, a powerful combination of ingredients that will reawaken your skin and reduce imperfections.

Package includes: Indoor Tonga experience, 24 Carat Golden Hands Massage, 24 Carat Cleopatra Facial

Nepal Journey

R 2250 | 2.0 hours

Start your journey with a full body mud Razul cleanse. Exfoliate the skin, pamper yourself under the light of a thousand stars. Different therapeutic muds are self-applied to various areas of the body, steamed and washed off with warm tropical rainwater falling from the starry sky. From here you will be transformed to another world in our Himalayan Salt room. Experience a silent treatment with Himalayan chants and gongs whilst absorbing the full benefits of the heated Himalayan Salt Stone. Warm salt crystal stones to soothe away stress and tension and promote an increased sense of well-being. End of your Asian journey with a relaxing holistic Indian Head Massage using cupressure massage techniques on the head, face, neck and shoulders aiming to rebalance your body's energies.

Package includes: Luxury Self-treatment Razul Experience, Himalayan Salt Stone Massage, Indian Head Massage



Journeys

Sediko Wedding JOURNEYS

SEDIKO WEDDING PACKAGES

Sediko Bush Spa offers personalised bridal spa packages for a photo-ready bridal party. Packages are designed to relax and rejuvenate the bride and groom and their parties for the special day.

Body, facial and beauty treatments will spoil our brides and bridesmaids from head to toe, allowing for the ultimate bridal pamper

The Bachelorette's Getaway **R 2430 | 3.0 hours**

Sediko Bush Spa created a relaxing and rejuvenating spa experience for your bridal party with a tailored spa package. Get pampered and prepped together for the big day. Start off with a group activity to scrub away the outside world and let some steam off with a Razul mud treatment. Move on to a relaxing 30min massage to set the tempo and transport you to the relaxing atmosphere at Sediko. Followed by a Theravine Facial to make sure everyone is radiant on the special day. End off by polishing tips and toes with a classic manicure and pedicure.

Package includes: Razul treatment, 30 minute Neck and Shoulder Massage or Foot Massage, Theravine Classic Facial, Manicure and Pedicure

Get Ready Bridesmaids **R 1530 | 2.0 hours**

Prepare yourself for your friends' special day.

Relax and unwind with a Back, Neck and Shoulder Massage followed by a Classic Theravine Facial to ensure a "no-stress" look on the big day. End off your preparation with a Classic Pedicure, completing your top to toe pamper session.

Package includes: 30 min Back, Neck and Shoulder Massage or Foot Massage, Theravine Classic Facial, Pedicure

Journeys



Sediko Wedding JOURNEYS

The Luminous Bridal Glow R 4940 | 3.5 hours

All that glitter is gold... The best is yet to come and the planning is done. Time to focus on you, the bride to be. Let us spoil you like the queen you will be on your wedding day with this unique 24 Carat Gold bridal journey. Start off with a glass of bubbly and a water massage in our indoor Tonga bath followed by an illuminating gold body scrub for soft smooth skin. Be renewed with a full body massage infused with gold flakes nourishing your skin. Complete your journey with a gold facial giving you a natural luminous golden glow for your big day.

Package includes: Tonga and bubbly, Illuminating Gold Scrub, 24 Carat Golden Hands Massage, 24 Carat Cleopatra Facial

Man of the Hour R 2200 | 2.0 hours

A special package for the groom to be. Feel refreshed, handsome and relaxed on your wedding day with the Sediko Groom's package. Prepare for the big day with a 20-minute relaxing flotation therapy, rejuvenating full body deep tissue massage and a 60-minute Theravine Classic Facial leaving you ready for the all-important "I do's".

Package includes: Flotation pool, Deep tissue massage, Theravine Classic Facial

Journeys



Sediko Corporate PACKAGES

SEDIKO CORPORATE PACKAGES

Corporate Packages

Sediko Spa's principal undertaking is to spoil with ultimate luxurious relaxation and rejuvenation and therefore we encourage corporate companies to invest in the physical and mental wellness of their employees, executives and clients. We offer an array of tailor-made spa packages designed to facilitate each Corporate client's specific spa requirements. For any enquiries, we would be delighted to assist you directly: T: +27 (0) 14 495 0050 | E: reservations@palala.co.za

Corporate Gold Package

Blissful and serene. There is no time like pamper time with this luxurious escape from the raging noise of the city. Enjoy this tension relieving and beautifying package with 4 hours of ultimate relaxation. Included in this package is complimentary use of the pool areas, steam rooms and saunas.

Package includes: Swedish Massage, Classic Facial, Bubbly Jacuzzi with 2 glasses of bubbly, Lunch with 2 refreshments (Beer/ Wine/ Juice/ Soda/ Cider)

2 Day Corporate Diamond Package

Day 1: Razul chamber with 2 glasses of Bubbly, Classic Facial, Classic Pedicure
Lunch with 2 refreshments (beer/wine/juice/soda/cider)

Day 2: Bubbly jacuzzi with 2 glasses of bubbly, Swedish massage, Classic Manicure
Lunch with 2 refreshments (beer/wine/juice/soda/cider)

Corporate



Sediko Spa FITNESS

SEDIKO FITNESS CENTRE

Our complimentary state-of-the-art, full-service fitness centre, featuring stunning views of the African bush, is available to all adult lodge guests. The Sediko Fitness Centre's selection includes the following:

- Bench press
- Free weights
- Rowing equipment
- Exercise bike
- Stairmaster
- Treadmills

Our outdoor lap swimming pool is available all year-round to all adult guests. Unwind with a relaxing session in the complimentary heated Jacuzzi, steam rooms or saunas.

Sediko Fitness Centre is an adult sanctuary. Fitness Centre Guests must be 18 years or older. The centre is open from 06h00 to 18h00.

Please contact the front desk for more information.

Spa Fitness



Sediko Spa

ETIQUETTE

RESERVATIONS

We recommend scheduling your treatment as far in advance as possible to guarantee availability. To accommodate your desired treatment, a credit card is required at the time of booking to guarantee your reservation. Sediko Bush Spa Gift Certificates may also be used in lieu of a credit card to hold your appointment. We hold this information as part of our cancellation policies and only make necessary charges to your account on the date of your scheduled service. Details of the Sediko Bush Spa cancellation policy are provided below.

Walk-ins are always welcome and will be accommodated subject to availability. Although Sediko Bush Spa offers planned spa packages for your convenience, our guests are welcome to combine any of our spa and salon services for a custom package that meets their needs.

SPA ARRIVALS

We kindly request that you arrive 30 minutes prior to your treatment appointment time. Sediko Bush Spa will endeavour to accommodate late arrivals, but the length of the treatment may be adjusted to not interrupt the scheduled treatments of other guests. Full price of scheduled treatments will apply. Please plan accordingly.

HEALTH MATTERS

Kindly inform Sediko Bush Spa of any health conditions at the time of booking e.g.: high blood pressure, heart condition, allergies or pregnancy.

You will also be required to complete a medical history form upon arrival to allow Sediko Bush Spa to tailor your treatment experience according to your unique health needs.

PRICES AND SERVICES

Prices and services are subject to change without notice. Sediko Bush Spa embark to keep guests up to date with any fluctuations that may arise and encourage all guests to inquire about pricing and available services when booking a treatment

Spa Etiquette



Sediko Spa

ETIQUETTE

SERIES OF TREATMENTS

We are unable to process any returns or reimburse any payment transaction on any purchased spa treatment packages. Sediko Bush Spa will, however, exchange this for other products or spa treatment credits of equal value.

GIFT CERTIFICATE POLICY

Gift Certificates are available on purchase at Sediko Bush Spa. Unfortunately, we are unable to process any returns or reimburse any payment transactions on gift certificates even if lost, misplaced or stolen. Gift Certificates expire 3 months after purchase date and cannot be redeemed as cash. Gift Certificates must be mentioned when making your treatment appointment.

If a treatment service value exceeds the amount listed on the gift certificate, the redeemer is responsible for paying the difference at the time of service. For security purposes, a recipient may be required to show valid identification before he or she can redeem the gift certificate.

SPA PROMOTIONS

Spa specials cannot be used in combination with any other offer, promotions or gift certificates.

CANCELLATION POLICIES AND FEES

Your spa treatments are reserved especially for you. Sediko Bush Spa values your business and request that you respect our scheduling policies. Should you need to cancel or reschedule, please notify us at least 24 hours in advance.

Any cancellations with less than 24 hours of notice are subject to a cancellation fee amounting to the cost of the scheduled service. Guests who miss their appointments without giving any prior notification will be charged in full for the scheduled service.

We recognize the time of our guests and staff is valuable and have implemented this policy for this reason. When you miss a scheduled appointment, Sediko Bush Spa not only lose your business, but also the potential business of other guests who could have scheduled an appointment for the same time.

When scheduling your treatment, you are agreeing to these policies.

All services require a credit card or gift certificate to guarantee a reservation. Please have your credit card and/or gift certificate ready when booking. Billing will not take place unless there is a cancellation or no show. Upon checkout, guests may choose their method of payment.

Sediko Spa

ETIQUETTE

RETURN POLICY

Sediko Bush Spa will provide you with the highest-quality skin and body care products with your treatment services.

Should you purchase any of our spa products for home use and find them to be defective, we will exchange any products within 7 days of purchase, provided a receipt is presented. Unfortunately, Sediko Bush Spa cannot provide cash refunds for returned products. Instead a spa credit will be provided for any returned products to be used on any other products or spa services available at Sediko Bush Spa.

GRATUITY

Gratuities for outstanding service, are appreciated by our highly-qualified staff.

Gratuity is not included in the price of services or spa packages; customary tipping runs 15% to 20% but is at your discretion. You may tip the therapist upon check out at the front desk with cash, or credit card.

CELL PHONES

We pride ourselves on the tranquil and sophisticated environment of our bush spa. During your visit, please be mindful of guests who are having treatments. We request that you please silence, or preferably switch off your cell phone and leave it in your designated locker to respect other guests enjoying the tranquillity of the Sediko Bush Spa.

SPA ATTIRE

For spa treatments, you will be provided with a robe and slippers to wear between treatments, as well as a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy during treatments. For your comfort, undergarments may be worn during treatments. Swimming attire is required in pools and wet areas of the spa

PERSONAL BELONGINGS

Kindly leave all jewellery and valuable items at home or securely locked away in your designated locker. Sediko Bush Spa is not responsible for lost or misplaced items.

CHILDREN & TEENS

Sediko Bush Spa is an adult sanctuary. Spa Guests must be 18 years or older. Children under 18 are not permitted in service areas or treatment rooms. Please arrange for childcare prior to your visit.

Sediko Spa

ETIQUETTE

CONSIDERATION OF FELLOW SPA GUESTS

Sediko Bush Spa is strictly a Zen area. To ensure that you and others enjoy the full atmosphere and experience of Sediko Bush Spa, we request that you keep conversations in common Zen areas to a minimum and kindly speak in a hushed tone in treatment rooms should you wish to talk during your treatment session.

POST-TREATMENT SPA JOURNEY

To further enhance your bush spa experience, we recommend that you make use of our spa facilities after your treatment to unwind and re-awaken your mind and body.

SMOKING POLICY

Kindly note that designated smoking areas will be available. Kindly only use these designated areas for smoking.

INAPPROPRIATE BEHAVIOUR

Sediko Bush Spa reserves the right to terminate any treatment due to inappropriate behaviour of a Spa guest

Spa Etiquette