



LONDOLOZI HEALING HOUSE

WELCOME

“Home is where the heart is”... years of meticulous attention to the healing power of wilderness and “bushveld living” went into the collaboration of this holistic, nature-based experience by Shan Varty and her children Bronwyn and Boyd.

The space is designed to facilitate deep rest, rejuvenation and reconnection. Inspired by ancient wisdom, Shan, Bronwyn and Boyd created a new safari offering guided by nature, yet deeply grounded in mind, body, spirit and heart.

Every detail of The Healing House has been intentionally crafted. The Family has combined classic design and contemporary style to create a space that provides connection and a return to your own body and true nature.

PREPARATION

The Healing House is a private space for adult guests over the age 16 and booked by appointment only. Please liaise with your camp manager early on during your stay to secure a treatment.

We encourage you to arrive in your gown. Gowns are also available at The Healing House. Please note that we do not have a dedicated change room with showers. If you wish to shower, please be sure to allow for that time, before and after your treatment in the privacy of your own room.

To better understand your specific requirements and preferences, your therapist will conduct a brief verbal consultation with you at the beginning of your treatment so that you get the most out of your time with us.

We look forward to welcoming you.

SIGNATURE TREATMENTS

These treatments, crafted exclusively at Londoloji, are unlike anything found elsewhere in the world. Inspired by the unique creative energy of the Land of Londoloji, they blend special elements of wilderness and spirit. Each treatment is thoughtfully designed to nurture the human spirit, body, and mind, drawing from two decades of therapeutic practice and experience.

This offering is uniquely intended to foster an ongoing journey of healing and well-being, deeply connected to the essence of nature.

Healing House Signature Treatment

This Londoloji original treatment is a complete sensory indulgence which combines a full body massage with heated Himalayan salt crystals and an aromatherapy blend customised to your needs.

Your feet will be soothed and cleansed with an Africology hydrating beeswax based pedi-scrub; while elements of the Royal Africa Face Ritual are incorporated to complete this indulgent Signature Experience.

90min | R6000

Londoloji Foot Ritual

This grounding treatment works specifically on relieving tension through reflexology points in the feet. Included is a hydrating Africology Pedi Scrub to gently exfoliate the skin. Please note that this is not a classic or traditional reflexology treatment.

60min | R2500

Royal Africa Face Ritual

This award-winning face ritual from Philosophia Botanica incorporates elements of traditional Chinese face mapping, acupressure points and traditional Gua Sha techniques which are applied to the face, neck and décolleté. This ritual encourages the flow of Qi, internal balance and wellbeing; while simultaneously stimulating and revitalising the skin and soothing away jaw and facial muscle tension.

60min/90min | R3000/R5000

Plant Medicine

This healing experience combines a full body therapeutic massage with the soothing power of plant-based CBD oil. We complete the treatment with a CBD infused tea ritual beneath the Ebony trees on the outside deck of The Healing House. Each treatment includes a 30ml bottle of Goodleaf CBD oil which is used during your experience - the balance of the oil may be taken home for a future dose of wellness.

90min | R5000

Four Hands Infinity Experience

This mesmerizing treatment has you held by two therapists in an energetic infinity loop. Four hands will be working on you simultaneously as we combine the Londolozzi Foot Ritual and Royal Africa Face Ritual.

75min | R6000



CLASSIC TREATMENTS

Aromatherapy

This classic treatment is a wonderful natural therapy embracing body, mind and spirit. In this gentle full body massage, your therapist uses a carefully selected blend of essential oils tailored to your specific needs. Choose from our Africology range of Relaxing, Energizing or Muscle Relaxing blends. Alternatively, you may ask your therapist to create a unique blend tailored for you.

60min/90min | R3000/R4000

Swedish

This traditional treatment focuses on releasing muscle tension in the body. This treatment uses a base of either coconut or grapeseed oil and is best recommended for those looking for firmer pressure.

60min/90min | R3000/R4000

Maternity

This treatment is recommended for pregnant mothers after their first trimester. It begins with you lying on your side, cocooned by bolsters and pillows, and the treatment ends with you fully supported, but lying on your back with your legs comfortably elevated. This nurturing treatment will relieve mental and physical fatigue.

60min/90min | R3000/R4000

Africology Body Exfoliation

In this truly enlivening treatment, the entire back body is first dry brushed. This is followed by a full body massage using our exfoliating Africology body scrub. Walnut shell powder exfoliates, and a blend of soft velvety African potato with rooibos leaves macerated in olive oil hydrate, smooth and refresh the skin. This treatment is completed with a rain shower to rejuvenate the body.

45min/60min | R3000/R4000

Stone Therapies

- Hot Basalt Stones

Heated smooth basalt stones are used to improve circulation. By warming the muscles, this treatment invites deep rest throughout the whole body.

60min/90min | R3500/R4500

- Himalayan Salt Crystal Stones

Heated Himalayan salt crystal stones are used to warm specific areas of the body. These crystal stones have a slightly rougher texture to the basalt stones and are best used for easing tension, while gently exfoliating the skin.

60min/90min | R3500/R4500

- Cold Marble Stones

Ice cold, smooth marble stones are used in this wonderfully invigorating treatment. By using cold stones, your therapist works towards reducing inflammation in the body.

60min/90min | R3500/R4500

- Contrast Treatment

In this full body massage, we weave together the warm Himalayan salt stones and the ice cold marble stones. This reviving treatment is an indulgence to the senses.

60min/90min | R3500/R4500

*CBD Oil may be added to the oil blend in any of the treatments
at an additional cost of R300.



ALTERNATIVE TREATMENTS

Body Activation Routine

By alternating between the infrared Himalayan salt cabin, cold plunge pool and rain shower; this contrast therapy encourages blood circulation, muscle recovery and reduces inflammation in the body.

60min | R2000

Body Exfoliation and Activation

Enjoy extended time in the River Room experiencing the classic Africology exfoliation combined with the alternative Body Activation.

2hrs | R4000

Guided Meditation & Breathwork

This experience offers personalized guided breathwork and meditation. This experience allows you to deepen your connection with the wilderness and introduces simple breath disciplines that may be incorporated into your daily life.

60min | R2000

Private Yoga

A privately tutored yoga session for you and your partner or family. The class may be held on the Londoloji yoga deck or on the private deck of your room.

60min/90min | R2000/R2500

INTENTIONAL RESTING

BEMER Therapy - Bio Electro Magnetic Energy Regulation

As humans we are electromagnetic beings. BEMER therapy simply optimizes our energy body. The Physiology of the human body is the phenomenon. BEMER simply supports and optimizes the function of our circulation system.

Enjoy the following therapies while lying comfortably on the BEMER mat.

Rest – Yoga Nidra

In this experience your therapist will guide you through a spoken somatic meditation. Yoga Nidra translated directly from Sanskrit, literally means yogic sleep. It is an ancient technique where you will enter a deep state of conscious relaxation through the systematic practice of moving awareness from your external world to the inner world - allowing your senses, intellect and mind to relax.

30min | R1500

Breath – Breathwork

In this experience your therapist will guide you through 30 minutes of basic breathwork which will provide the foundation of a daily breathwork practice.

30min | R1500

Touch – Foot Ritual

In this experience you will receive a grounding foot ritual, whilst enjoying all the benefits of the BEMER mat.

60min | R3000

Classic – Sound

In this experience, soundscapes and meditations from the Londolzi Healing Library will guide you through this journey of uninterrupted rest whilst on the BEMER mat.

30min | R1000

HEALING HOUSE JOURNEYS

The immersive Healing House Journeys combine a sequence of treatments which offer you a transformative and deeply relaxing experience. These Journeys are recommended for those wishing to enjoy an extended experience at The Healing House.

Signature Journey _____

Healing House Signature Treatment (90min) + Africology Body Exfoliation (45min)
+ Body Activation (60min)

3hrs 30min | R9000

Classic Journey _____

Aromatherapy Treatment (90min) + Body Activation (60min)

2hrs 45min | R7000

Infinity Journey _____

Infinity Treatment (75min) + Africology Body Exfoliation (45min)
+ Body Activation (60min)

3hrs 15min | R8500

Alternative Journey _____

Plant Medicine Treatment (90min) + Intentional Rest (30min) + Body Activation (60min)

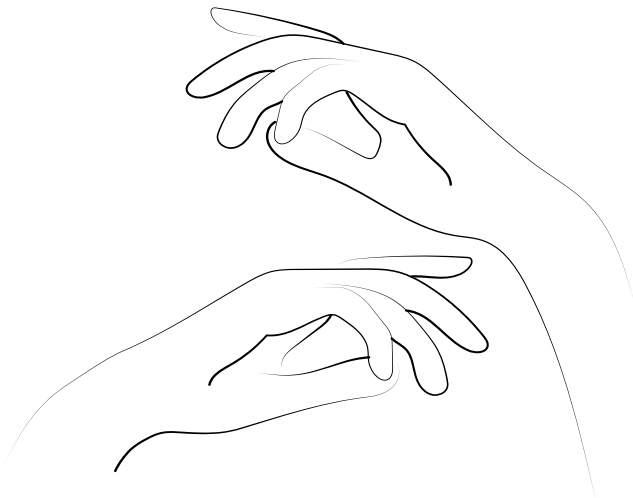
3hrs | R8500

Southern Cross Starlit Journey _____

The Southern Cross Starlit Journey invites couples to experience the Healing House during the magical light transition from day to night. Treatments are both indoors and others are outside, under the setting sun and arriving stars.

With exclusive use of the Healing House, a carefully curated series of our Classic, Signature and Alternative treatments are tailored to each guest's unique needs, creating a profoundly peaceful and reflective journey.

4hrs | R20 000





ESTABLISHED 1926

LONDOLZI

September 2024