



**TEAM DR JOSEPH**

## **FACE TREATMENT MENU**

### **FACE: TOUCH / SKIN SOLUTIONS**

#### **INTENSE PURIFYING FACE TREATMENT | 60 min R750**

In-depth cleansing specific to your skin type based on the method of TEAM DR JOSEPH: Your skin? Bright and soft. Your face? Radiant. Your feeling? Clear and energetic. Beginning with warm herbal compresses; a gentle massage stimulating the lymphatic system; peeling; cleansing with cupping glasses and deep cleansing – followed by a tonifying facial pack, a peel-off mask and the daily care specific to your skin. For a visibly fresher complexion and vital radiance.

#### **CELLULAR RECREATION FACE TREATMENT | 80 min R1,000**

A wonderfully natural treatment with active ingredients, specifically tailored to the needs of your skin, with immediate effect and a deeply relaxing, pampering program based on the method of TEAM DR JOSEPH: Skin diagnostics; contouring your eyebrows; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing with cupping glasses; special serum; a modulated facial massage; an intensive facial mask and finally, individual daily skin care. With highly effective, naturally active ingredients for healthy and thoroughly cared-for skin.

#### **EXPRESS POWER LIFT FOR MEN | 50min R650**

The TEAM DR JOSEPH method for men. Powerful, natural, effective: Skin diagnostics; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing; special serum; an intensive mask with facial massage, and finally, individual daily skin care. Natural high-tech power for a powerful and well-groomed appearance.

#### **ADVANCED BIO LIFTING FACE TREATMENT | 110 min R1,500**

The holistic maximum program based on the method of TEAM DR JOSEPH: Intensive treatment with a biodynamic lifting massage specifically tailored to the needs of your skin. Experience a truly unique beauty treatment with skin diagnostics; contouring your eyebrows; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing with cupping glasses; special serum; a bio-energetic lifting massage; an intensive facial mask, and finally, individual daily skin care and stabilization. Nature's high-tech solution for a sustained impact, immediate visibility and maximum effect.



**MOSAIC**  
LAGOON LODGE

*Milkwood Spa*

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## PACKAGES

### **BOTANICAL BUFFET JOURNEY | 90 min R950**

Create your own unique body experience by combining lingering fragrances from Africa with organic plant extracts, botanical oils and unrefined earth mediums. Choose your distinctive ingredient favourites and fragrances to combine a personal treatment preparation that buffs away all the dull skin, detoxes the body and leaves your skin soft and nourished. A treatment shaped by you- for you.

### **AFRICAN REJUVENATION RITUAL | 120 min R1,500**

This invigorating experience starts with gentle back cleanse, exfoliation and massage before your therapeutic facial. The lifting massage is nature's solution to reactivate your being and bring it into harmony. While you absorb your restorative mask enjoy the scalp, foot and hand massage.

### **DAY IN THE MILKWOODS | 240 min R2,500**

When you need the best of both worlds. Begin with a stress relieving full body massage and signature skin treatment followed by your luxurious Hand and Foot treatments. Complete your experience with a healthy Milkwood Spa lunch.

## BODY | MESSAGES

### **AFRICAN AWAKENING/HEAD AND NECK MASSAGE | 30 min R450**

Fragrant botanical oils are gently poured over your scalp and then massaged into your head and neck. This treatment takes you on a journey of deep relaxation while leaving your scalp hydrated, nourished and your mind cleared. The African Head Massage is sheer relaxation.

### **KHOI-KHOI DECADENCE/NECK AND BACK 45 min R500**

Let the stress and worries flow away as we massage your tense neck, shoulders and back. The heated stones will release muscle stiffness and leave you relaxed and refreshed.

### **MAJESTIC ROLLING SANDS /MASSAGE | 60 min R750**

Experience a deeply relaxing massage with rolling, arm movement over your complete body. The invigorating massage will leave your body refreshed while the fragrant massage oil will calm your senses and leave your body nourished, hydrated and deeply relaxed. Choose between our luxurious scented oils or a warm soybean candle.

### **BALANCING SOUL | 60 min R750**

A balancing massage treatment helping to relax, relieve tension in the scalp and feet as well as working on calming and relaxing pressure points to help restore energy balance. Perfect for frequent flyers and to reduce swelling and water retention in the feet.

### **KALAHARI COUPLES EXPERIENCE | 75min R1,500**

Made with African Shea butter, sustainable Palm oil and Soybean extracts, this botanical candle massage will leave your skin ultra-hydrated and nourished. Enjoy a deeply relaxing couples massage after your couples Koi San Red Bush Tea Ritual.

## BODY | SCRUBS & WRAPS

### **DESERT GLOW BODY BUFF/EXFOLIATION | 45 min R500**

A bespoke, stimulating and refreshing full body exfoliation that will stimulate blood circulation while unwanted rough skin will be buffed away with botanicals from the plains of the Kalahari. Your skin will feel smooth and deeply nourished.

### **AFRICAN BALANCE COCOON WRAP | 60 min R700**

After gently exfoliating the whole body you will be wrapped in a bespoke nourishing fragrant oil and botanical clay that improves lymphatic flow, removes toxins from skin and refreshes your whole body. When unveiled after the treatment, your skin will be silky smooth, invigorated and moisturised.



## FACE | THERAPEUTIC SKIN TREATMENTS

(a must for Signature Kalahari journey packages)

### **AFRICAN METAMORPHOSIS | 60 min R750**

Hydrate even the most dry and dehydrated skin with natural lipids from African Shea butter, Jojoba oil and Rosemary oil this treatment leaves the skin deeply moisturized and repairs the natural skin barrier, bringing life back to dry, dull skin. Suitable for all skin conditions, excluding oily and acne-prone skin.

### **BAOBAB TREE SKIN TREATMENT | 75 min R900**

This is an ultra-firming, anti-ageing treatment, rich in natural, organic Vitamin C and essential antioxidants. Extracted directly from the African Baobab fruit, our Vitamin C boosts collagen and elastin regeneration, making your skin appear visibly firmed, brightened and tightened. Suitable for all skin conditions.

## HANDS & FEET | MANICURES & PEDICURES

### **CALABASH DANCE | 30 min R400**

For a beautiful breather from the high-energy nature of everyday life, join us for an experience with a difference. Buff away the dry skin with salt from the saltpans of the Kalahari Desert. Enjoy the soothing experience where your hands and arms/legs and feet will be exfoliated and luxuriously massaged to leave your skin refreshed, smooth and nourished with a subtle bronze glow. Your hands/feet will feel ready for another journey.

*Additional:*

PAINT | 30MIN - R100

GEL | 60 MIN - R150

GEL OFF SOAK | 45MIN - R80