



From its secluded position within the camp, Xigera Safari Lodge Spa looks out over the Okavango Delta's expansive floodplains. Silent, but for the sounds of wildlife that surround it, the spa immerses guests in a restorative experience like no other. Everything has been designed to meet each guest's unique needs in a setting of superlative comfort and tranquillity.

Our therapists work in harmony with the natural world, using only the purest products from our natural skincare partner, Tata Harper, and our own Xigera B|Africa line. Soul-soothing, individually customised treatments focus on the senses, re-energising and nurturing body and mind.

Each treatment, utilising specially sourced natural ingredients, incorporates three pillars of wellness:

**Restore** - to revert to our natural essence  
**Calm** - to soothe away stress and anxiety  
**Purify** - to reveal our inherent purity and find inner peace

Let us take you on this journey of relaxation and wellness in the heart of the largest oasis in Africa.



TATA HARPER®

Uncompromising beauty and absolute purity are the hallmarks of the Tata Harper skincare range. A pioneer in natural luxury skincare, founder Tata couldn't find 100% natural products that were up to her impeccable standards of efficacy, quality, and purity. So she started to make them – for herself, and for women like her who refuse to risk their health for beauty.

Tata Harper packs the most ingredients at the highest levels of concentration to deliver maximum results – without a single drop of artificial chemicals. More than 300 ingredients sourced from 68 countries are grown on Tata Harper's organic farm in the Champlain Valley of Vermont.

All its products are formulated in its on-site lab and manufactured in small batches. They are 100% free from GMOs, toxins, fillers, artificial colours and fragrances, and synthetic chemicals.

**THE HAND-SELECTED INGREDIENTS INCLUDE:**

- AFRICAN WILD GRAPE
- EDDELWEISS STEM CELLS
- INCA INCHI
- POMEGRANATE HYDROSPHERES
- NARCISSUS BULB EXTRACT
- GRAPE POLYPHENOLS
- FERMENTED GIANT BAMBOO

The brand's crown of flowers is its stamp of approval that its products are of the highest quality and freshness possible. Its products are certified as Peta Cruelty-Free and Vegan, and are endorsed by the Leaping Bunny Association, Ecocert and the American Vegetarian Association.

Tata Harper products are made for those who expect the best and want the most results from their skincare.

## TATA HARPER FACE RITUALS

BWP

### CALMING HYDRATION BOOSTER

1900

60 MIN

A deeply hydrating regimen uses the plumping power of hyaluronic acid to nourish dry, irritated skin. This treatment is effective at restoring the skin's natural hydration while protecting it from environmental aggressors. An oxygenic face massage and warm honey mask leave your skin plumped and nourished, while the thermal eye therapy and refreshing hand and foot ritual complete the sensory journey.

### THE PURIFYING CUSTOM SOLUTION

1900

60 MIN

This fully customisable treatment starts with a thorough complexion analysis to determine the specific needs of your skin. The tailored regimen paired with individualised techniques leaves skin balanced and glowing.

### RESTORING BRIGHTENING FACE PEEL

2400

75 MIN

Your skin will be instantly brighter, refined and glowing with the use of natural acid peel in this facial treatment. The peel's effective formulas treat hyperpigmentation, even out skin texture and illuminate skin tone.

### RESTORING REMODELAGE FACIAL

2400

75 MIN

This facial is focused on activating collagen production to help fight premature signs of aging. The treatment pairs intra-epidermal micro-stimulation with the potent power of Tata Harper's Supernatural collection for age-defying results. Using singing bowl ritual and face mapping therapy this treatment encourages positive and calming emotions to soothe your busy mind. A combination of remodelage and cupping face massage reinforces the skin's natural defense system, maintains a long-lasting hydration level and improves elasticity. Its spectacular lifting effect acts from within the deeper layers of the skin.

## TATA HARPER GENTLEMAN'S RITUAL

BWP

### THE PURIFYING MEN'S SKIN SOLUTION

1900

60 MIN

This treatment addresses the specific needs of men's skin. The regimen focuses on reducing congestion and shaving irritation, leaving skin refined and nourished.

## TATA HARPER BODY RITUALS

BWP

### RESTORING HONEY COCOON BODY RITUAL

2400

90 MIN

This indulgent and uplifting treatment includes a body envelopment, full body scrub to soften and revitalize the skin, and a body wrap rich in honey and pomegranate enzymes to nature the skin. A relaxing body massage completes this unique pampering experience.

### PURIFYING SERENITY BODY RITUAL

1900

60 MIN

This ritual is focused on polishing the body. An exfoliating scrub and nourishing body oil application leave your skin smooth and refreshed.

## TATA HARPER MASSAGE RITUALS

BWP

### CALMING ORGANIC BODY MASSAGE

1800/2400

60 MIN / 90 MIN

Experience total relaxation during this soothing massage, reducing bodily tension from the inside out. Using a customised blend of herbs and botanicals straight from Tata Harper's Vermont farm, this massage focuses on problematic areas for ultimate stress relief.

## TATA HARPER COMBINED TREATMENTS

BWP

The following treatments can be combined to give a deeper, more indulgent spa experience:

### CALMING ORGANIC BODY MASSAGE AND HYDRATION BOOSTER FACIAL

3400

60 MIN + 60 MIN

### PURIFYING SERENITY BODY RITUAL AND PURIFYING CUSTOM SOLUTION FACIAL

3400

60 MIN + 60 MIN

### PURIFYING SERENITY BODY RITUAL AND PURIFYING MEN'S SKIN SOLUTION

3400

60 MIN + 60 MIN

### RESTORING HONEY COCOON BODY RITUAL AND RESTORING REMODELAGE FACIAL

3900

90 MIN + 75 MIN

# B | AFRICA

Soak up the natural healing properties of African botanicals and minerals in Xigera's own range of exclusive body care products and professional spa treatments. Prepared especially for us, the B|Africa product line is formulated from the very best quality indigenous plant extracts using eco-friendly production technologies.

B|Africa 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."

## **ACTIVE INGREDIENTS INCLUDE MANY ANCIENT PLANT EXTRACTS FOUND ONLY IN SOUTHERN AFRICA, SUCH AS:**

- BAOBAB TREE OIL
- AVOCADO BUTTER
- CAPE CHAMOMILE
- XIMENIA KERNAL OIL
- AFRICAN SAUSAGE TREE (KIGELIA AFRICANA)
- CEDARWOOD
- SHEA BUTTER
- ROOIBOS (REDBUSH)
- MARULA OIL
- HONEY
- HONEYBUSH
- MAFURA BUTTER
- CAPE ALOE (ALOE FEROX)
- WEST COAST ATLANTIC SEA SALTS
- MONGONGO NUT

## **PRODUCT INTEGRITY**

- WE USE RENEWABLE INDIGENOUS SPECIES
- NO USE OF SYNTHETIC PESTICIDES, FERTILIZERS AND MONOCULTURAL PLANTATION AGRICULTURE
- SUSTAINABLE HARVESTING PRACTICES
- NO SOLVENTS OR IRRADIATION USED IN THE ORGANIC CERTIFIED PROCESS OF EXTRACTION
- NOT TESTED ON ANIMALS
- OUR SPECIALIST SOUTH AFRICAN MANUFACTURERS PROVIDE THE BEST QUALITY AFRICAN PLANT EXTRACTS
- OUR SUPPLIERS SUPPORT ORGANIC CERTIFICATION (WHERE APPLICABLE), SUSTAINABILITY AND FAIR TRADE

**XIGERA B | AFRICA SPA** BWP  
**BODY TREATMENTS**

**PURIFYING CLAY BODY WRAP WITH HERBAL SALT**  
**BODY EXFOLIATION** 900  
60 MIN

Invalidate your skin with a full body exfoliation eliminating excess surface skin cells. Skin is left soft, radiant and ready to absorb nutrients. Next, a cleansing clay body wrap featuring a blend of essential oils and purifying ingredients detoxifies and re-mineralises the skin, followed by a foot or scalp massage.

**PURIFYING HERBAL SALT OR RESTORING SUGAR**  
**BODY EXFOLIATION** 500  
30 MIN

Invalidate your skin with a full body exfoliation eliminating excess surface skin cells. Skin is left soft, radiant and ready to absorb nutrients.

**XIGERA B | AFRICA SIGNATURE** BWP  
**TREATMENTS**

**B | TOGETHER CALMING FULL BODY MASSAGE** 1500  
90 MIN

Rose quartz is used to add positive energy to relationships, enhance compassion and forgiveness, and balance the upper four chakras, easing emotional imbalance. This calming treatment, designed around the stone of love, will nourish your body, heart and soul. Using Xigera B|Africa massage oil infused with rose quartz, our therapists will perfectly craft a massage to calm your mind and soul.

**B | HARMONISED RESTORING MASSAGE** 900  
60 MIN

Release tensions in your body and mind in this holistic treatment focusing on the back, feet and scalp. This unique massage incorporates meditation and breathing, targeting the main areas of the body which hold stress.

**PURIFYING REFLEXOLOGY** 900  
60 MIN

Our therapists are trained in the age-old practice of pressure point stimulation of the feet, which are divided into zones that represent the whole body. Thorough stimulation of all reflex areas of the feet reduces stress and creates a space in the recipient's body for healing to take place.

**RESTORING RUNGU MASSAGE** 900  
60 MIN

A unique full body massage administered with a Rungu, a wooden throwing club or baton that carries special symbolism in East African tribal cultures. This massage will deeply relax the muscles, stimulate blood flow, soothe soreness, and reduce stress.

**ADD-ON TOUCHES** BWP

The following additional treatments can be added on to any of the treatments you choose. They are intended to round off your experience and make your overall treatment completely tailored to your personal needs.

**RESTORING SCALP, NECK AND SHOULDER**  
**MASSAGE** 500  
60 MIN

This massage helps relieve areas of tension, concentrating on the head, shoulders, upper and lower back.

**CALMING HAIR MASQUE WITH OIL SCALP**  
**MASSAGE** 600  
45 MIN

Treatment starts with warm oil drizzled into the scalp which is then calmly massaged to invigorate the skin, after which a nourishing hair mask is applied while you enjoy a décolleté, neck and shoulder massage.

**PURIFYING REFLEXOLOGY** 500  
30 MIN

Our therapists are trained in the age-old practice of pressure point stimulation of the feet, which are divided into zones that represent the whole body. The massage of nerve endings situated underneath the feet triggers off a response in a corresponding part of the body. Thorough stimulation of all reflex areas of the feet reduces stress and tension and creates a space in the recipient's body for healing to take place.

*Please note these treatments are to be added-on to any other treatment and cannot be booked on their own.*

## PERFECT FINISH

BWP

### OPI SPA MANICURE / PEDICURE SERVICES

OPI SIGNATURE MANICURE 60 MIN	500
OPI SIGNATURE PEDICURE 60 MIN	500
OPI SIGNATURE GENT'S MANICURE 60 MIN	450
OPI SIGNATURE GENT'S SOLE THERAPY 60 MIN	450
OPI RE-VARNISH NAIL LACQUER 20 MIN	150
GEL SOAK-OFF 20 MIN	150

## IN-SUITE SPA TREATMENT MENU

BWP

(For a full explanation of the in-suite treatments, please refer to the preceding pages of this menu).

### XIGERA B | AFRICA SIGNATURE TREATMENTS

XIGERA B   HARMONISED RESTORING MASSAGE 60 MIN	1100
PURIFYING REFLEXOLOGY 60 MIN	1100
RESTORING RUNGU MASSAGE 60 MIN	1100

### TATA HARPER MASSAGE RITUAL

ORGANIC BODY MASSAGE 60 MIN	2000
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## PERFECT FINISH

BWP

### OPI SPA MANICURE / PEDICURE SERVICES

OPI SIGNATURE MANICURE 60 MIN	700
OPI SIGNATURE PEDICURE 60 MIN	700
OPI SIGNATURE GENT'S MANICURE 60 MIN	650
OPI SIGNATURE GENT'S SOLE THERAPY 60 MIN	650
OPI RE-VARNISH NAIL LACQUER 20 MIN	200
GEL SOAK-OFF 20 MIN	200

### ADD-ON TOUCHES

BWP

RESTORING SCALP, NECK & SHOULDER MASSAGE 30 MIN	700
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## **SPA ETIQUETTE**

### **SPA ARRIVAL**

Please arrive at least 15 minutes early to check in and prepare for your treatment. If you are late for your appointment, your treatment may be shorter. You are welcome to arrive wearing the gown and slippers in your suite.

### **SPA ENVIRONMENT**

The spa environment is one of tranquility and relaxation. Please respect all guests' right to privacy and serenity. All family members under 16 years of age must be accompanied by an adult. Please turn off cellular phones on your arrival.

### **HEALTH MATTERS**

Please share any health conditions such as high blood pressure, allergies, pregnancy or any other health-related concerns you have when making your appointment. Please consult your doctor before using the water facilities or exercise equipment if under medical supervision or if you are taking medication. We do not recommend the consumption of alcohol before or directly after spa treatments. We encourage you to drink lots of water afterwards to help accelerate the elimination of toxins.

### **SPA ATTIRE**

We provide spa attire including disposable underwear, if you choose. Our therapists use draping techniques to respect your privacy.

### **VALUABLES**

We recommend you leave valuables in the safe in your suite as we do not provide individual lockers at the spa.

### **CANCELLATION POLICY**

Appointments cancelled less than 24 hours in advance will be charged for.

### **REFUNDS AND RETURNS**

Treatments and packages are non-refundable, non-transferable and may not be exchanged for other treatments. For hygiene reasons, products may not be returned or exchanged.

### **RESERVATIONS & ENQUIRIES**

Please call us on the 'anything anytime' button on your in-room phone. Alternatively, our front-of-house managers can assist you with a booking and answer any queries.

## **HOURS OF SERVICE**

SPA: 08H00 – 18H00

GYM & YOGA DECK: SUNRISE TO SUNSET



