

Exotic Essential Oils, Herbs, and Scents with Healing Properties Provided at Sanbona Wildlife Reserve and Lake Pleasant Living Spas in the Western Cape of South Africa

PORT ELIZABETH, SOUTH AFRICA (01/08) – The Spas at Sanbona Wildlife Reserve and Lake Pleasant Living in South Africa, members of the Mantis Collection, are introducing indigenous treatments that have offered healing synergies for Africans for generations. The ingredients act as an African antidote to everyday life issues such as stress, fatigue, PMS, sinusitis, flu and skin afflictions while they nurture, pamper and indulge.

The **Avocado and Sheabutter Nugget Massage**. Avocado and sheabutter are placed on different areas to melt with the body's heat. A deep massage combined with trigger point therapy leaves you relaxed and your skin nourished. Sheabutter is extracted from a Sheanut tree kernal. A staple in the food of local people, it has the consistency of butter and is known for anti-inflammatory properties. Avocado butter has been found to significantly increase the water soluble collagen content in the skin to reduce roughness and retard fine wrinkles. The rate is approximately \$60 for 60 minutes.

The **African Wood Massage** consists of a warm olive and sheabutter massage combined with specially designed wooden dumbbells rolled over the body for absolute relaxation and rejuvenation. The rate is approximately \$60 for 60 minutes.

Reflexology takes on new meaning with a warm **African foot soak** of juniper, tangerine and baobab oils, followed by a cool aloe gel mask and an invigorating scrub. Pressure point stimulation and hot paraffin wax completes the treatment. Baobab oil, nourishing and moisturizing to the skin, is extracted from the Baobab tree, and is noted in Africa for healing powers. The rate is approximately \$50 for 60 minutes.

Ultra Deluxe Muscle Melt. Here, warm lavender infused bean bags are placed on different parts of the body while a marula and mongongo nut oil massage releases tension. The treatment ends of the relaxing rhythm of an African rain stick to balance body and mind. The rate is approximately \$60 for 60 minutes.

Crystal Hot Stone. This treatment begins with exfoliation, then a combination of aromatherapy and gentle massage with South African crystals. It is complimented by a hair and scalp mask for a deeply relaxing, nourishing experience. Approximately \$60 for 60 minutes. The crystals include Snowflake Obsidian (volcanic glass), Blue Sodalite to encourage creative and self-expression, Yellow Tiger's Eye to help balance stress, anxiety and emotions and Purple Fluorite to balance negative energy.

Chamomile Hair and Scalp Mask. Cape Chamomile, found in the remote mountains of the Cape, boasts highly sought-after Azulene compounds with excellent anti-inflammatory properties. It has a positive impact in the treatment of depression and stress alleviation. It also helps improve blood circulation and PMS.

Lake Pleasant Living is situated between the towns of Knysna and Sedgefield on South Africa's beautiful Garden Route. All of the suites offer breathtaking views of Groenvlei Lake and a landscaped garden. The suites have their own kitchenettes and there is a restaurant. The Mantis Collection Spa and Gym features sauna and steam rooms, an indoor heated pool and body and facial treatments.

Sanbona Wildlife Reserve is situated in the Western Cape of South Africa, approximately three hours from Cape Town, in a malaria-free zone. It is the first privately owned reserve in the area to have the Big Five Wildlife roaming on 54,000 hectares. In 2006, three white lions were released at Sanbona, the only white lions living in the wild anywhere in the world. There are two luxury lodges on the reserve.

Tilney Manor offers six large suites and a fully equipped wellness center and infinity pool. Khanni Lodge offer four suites and guests may visit Tilney Manor to use the spa.

For additional information or reservations, contact reservations@mantiscollection.com or visit the web site at www.mantiscollection.com.

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