

JAO SPA

THE OKAVANGO'S BEST KEPT SECRET





Tucked into the palm forest for utmost privacy and surrounded by water for added tranquillity the Jao Spa provides a unique setting for relaxation and restoration.

Signature Terres d'Afrique spa treatments are based on Africa's unique botanical heritage with organic baobab and sausage tree (kigelia) infused skincare products that nourish skin and soul.

JAO SIGNATURE TREATMENTS

The Spirit of Togetherness (Price per couple)

140 min P4000

Ubuntu is an African philosophical concept that we exist because others exist, it represents the idea that “I am because we are”. The purpose of this couple journey is to reignite or celebrate togetherness and love in a mindful, playful and romantic way combining a full body exfoliation and mask, a full body massage to awaken the senses and a romantic bath ritual. A fun tasting ritual completes the treatment.

African Botanicals

120 min P2000

This treatment starts with a relaxing bath followed by an express facial and a massage, with many possible add-ons to enhance the experience. The facial makes use of the natural anti-ageing properties of kigelia and baobab, while the massage is a baobab pinda massage which is deeply relaxing yet detoxing using heated baobab seeds (pindas) and coconut oil.



SUPERFOOD FOR YOUR SKIN

SUPERFOOD FOR YOUR SOUL



MASSAGES

Hot Pinda Massage

60 min P1000

90 min P1300

Through deep pressure and lymphatic drainage movements heated pindas made of baobab seeds and spices increase blood flow and drain lymph, helping eliminate toxins accumulated in the body.

Sleep Improvement Massage

75 min P1100

A deeply relaxing sleep-improvement massage that uses acupressure to stimulate the pineal gland, the body's sleep centre and includes an all-seeing, dreamlike bliss. This treatment is followed by sound therapy to help induce a deep state of relaxation. Great for sleep conditions, jetlag or restlessness.

Aromatherapy Massage

60 min P1000

90 min P1300

Combines the natural therapeutic properties of essential oils and the healing power of massage therapy using your choice of our pre-blended African essential oils.

Tension Release Massage

60 min P1000

90 min P1300

Using a combination of hand techniques and wooden balls with a menthol spray spritz, this treatment aims to release lactic acid in muscles, reduce inflammation and loosen up the tension that causes pain and discomfort.

Revitalizing Crystal Massage

60 min P1000

90 min P1300

This treatment focuses on boosting energy levels and stimulating the immune system using a combination of aromatherapy with hot massage techniques. Hot crystal balls are used to massage the body to revitalise and energise including a crystal placement.

Body Treatment

90 min P1300

A full body exfoliation with myrrh body scrub, followed by a full body mask application with a choice of detoxing, anti-aging or firming body masks and then an application of omumbiri body butter.

Back & Neck Massage

30 min P400

Head & Feet Massage

30 min P400



FACIALS

Sun Kissed Hydrating Facial 90 min P1300

This facial helps to repair or prevent sun damage and is based around aloe ferox gel to rehydrate the skin followed by a soothing anti-inflammatory clay mask with baobab and kigelia extracts.

Radiance 60 min P1000

This detoxing facial aims to eliminate toxins through stimulating lymph drainage. A deep cleansing mask extracts heavy metals and toxins leaving the skin ready to soak in omega oil-rich botanicals achieving a naturally radiant look.

Rejuvenating 90 min P1300

This age-defying treatment focuses on repairing and preventing damage caused by free radicals using powerful antioxidants from rooibos, kigelia and baobab preventing premature signs of aging.

TREATMENT ADD-ONS

Full Body Scrub	45 min P700
Back Scrub	20 min P350
Head/Scalp Massage	30 min P500
Bath Ritual	20 min P300
Express Massage	30 min P500
Express facial	30 min P500

PRODUCT ADD-ONS

Menthol Spray Spritz	15 min P200
Cooling Gel Application	15 min P200
Aloe Gel Application	15 min P200





JAO SPA GROOMING

African Manicure
African Pedicure

60 min P450
60 min P550

We pride ourselves in our African manicure and pedicure techniques. We thoroughly cleanse, groom and restore the condition of your hands and feet. This includes an exfoliation, soak and scrub, nail shaping, hand or foot massage, nourishing cuticle cream loaded with essential oils, as well as a rich hand or foot mask. Polish application is optional.

(Please allow for 15 minutes drying time)

KIDS AND TEENS

Kid's Pamper **45 min P600**

(12 years old & younger)

Gentle touch massage strokes are applied to the back and neck area using warm oil. Combining playful calabash musical massage tools with warm river stones as well as light feather strokes.

This delightful treatment ends with an African story. This therapeutic treatment helps to support good circulation, peaceful sleep and promotes calmness.





SPA ESSENTIALS

Appointments can be made with any of the Jao Spa team or with the Jao Management team members. You are most welcome to call in at the Jao Spa to discuss your Spa Journey with us. Should you so wish we can also schedule in-room treatments, and out of hours appointments..

Kindly arrive 15 minutes prior to your scheduled appointment.

Please inform your therapist of the following health conditions:

- High blood pressure or heart conditions
- Recent surgery, muscle or joint injuries
- Allergy to any products
- Pregnancy, epilepsy or diabetes