

*Radix*

*One&Only*

NYUNGWE HOUSE

*Rwanda*

*x*







# IMMERSE

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discover inner joy  
where you can truly  
relax, unplug and  
recharge... enter  
our spa and truly  
immerse and  
spoil your soul

*One&Only*

NYUNGWE HOUSE

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## ONE&ONLY SPA

*Feel your cares sail away with nature when you experience our exquisite immersive treatments at One&Only spa. In partnership with Africology, each unique treatment combines the wisdom from traditional holistic therapies with the scientific power of the purest natural ingredients. It is a journey into experiencing the essence of Africa, captured in bespoke spa offerings.*

### ONLY HERE

*One&Only Nyungwe House signature treatments.*

### ONLY FACE

*Facial treatments that deliver visible results.*

### ONLY BODY

*Massage treatments for total body relaxation.*

### ONLY BEAUTY

*Treatments designed specifically for your hands and feet.*

### ONLY VITALITY

*Africology<sup>®</sup> rituals to boost your energy.*



## ONLY HERE

*In the heart of a working tea farm, surrounded by verdant green and alongside ancient forest lies One&Only Nyungwe House. A place filled with serenity and wisdom, where the spa decks reach into the rain forest, and the rich smokiness of fireplaces mingles with the freshness of the rain. Where the rain and the smoke meets, let your heart and spirit unwind.*

### INTONGA AMASATCHI

(75 MINS)

#### **Full body treatment**

We know that the body has a memory of all emotional experiences. An inability to let go often expresses itself in the body, and leads to low immunity. Intonga Amasatchi is a deep tissue and stress-relieving treatment. Skilful movements are performed with the hands, and differently sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress. Symbolically, the stick or staff represented wisdom and direction to the healer. Created from yellow wood, the traditional healer knew that the energy of earth was a valuable tool.

### BESPOKE INTUITIVE HERBAL OIL MASSAGE®

(60 MINS)

#### **Full body treatment**

Choose from a range of Africology aromatherapy-infused massage oils, which are warmly applied and massaged deeply onto the body. This therapy works on tight muscles and lymph drainage, combating tension in stiff aching bodies. Massage is combined with herbal bags to improve circulation and absorption of essential oils. Your therapist will assist you in choosing the oil best suited for you from one of the following blends: Relaxing, Slimming Detox, Muscle Relaxing and Energising.

### MAJESTIC AWAKENING®

(35 MINS)

#### **Neck, shoulders and scalp**

Easy-melting Shea from Ghana creates a sublime, beautiful body experience. Once applied to the skin, it melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The Shea is combined with your sensory selection of exotic jasmine, neroli and geranium, or black pepper and rosemary for a deep tissue treatment, or calming chamomile to relax. Your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

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### DEVOTION JOURNEY®

(60 MINS)

#### **Couple's experience**

We have created a sacred space filled with divine intention, shared between you and the one you share a spiritual journey with. Sit back, relax and allow the alluring fragrances of pure essential oils to transport you to a place once known but forgotten, only to be remembered once again. Then celebrate the essence of your divinity with a bubbly glass of champagne and chocolates before returning to the world outside.

### HOT STONE MASSAGE

(60/90 MINS)

#### **Full body treatment**

Applying warm volcanic stones to the skin heats your muscle tissue, allowing the therapist to work deeper to relieve tension. The warmth of the stones and the therapeutic scent of Marula oil make for a hydrating and intoxicating combination, while infusing the skin with powerful anti-oxidants and essential oils. You won't want to leave One&Only Spa.

# ONLY FACE

*Find radiance and revitalisation from deep within. Our experts combine traditional holistic techniques with the latest skincare innovations to create the perfect bespoke facial treatment for you.*

## AFRICAN IMANA FACIAL®

(90 MINS)

### **Facial and massage**

Capturing the essence of Imana allows us to connect with the God within. A facial so divine, starting with the relaxing notes created by sound therapy. The Imana facial is a treatment designed to honour the sacred energy within. Our de-stressing, anti-aging, renewing facial is rich in natural plant oils. Deeply hydrating, it restores elasticity and stimulates new cell growth. The back is scrubbed before a Shea balm-infused back massage. Only once the back has been restored to its relaxed state does the facial begin. This treatment is a wonderful ritual that involves cleansing, massage and sound therapy, making it a beautiful and sensory way to celebrate the Sacred Self.

## AFRICOLOGY BESPOKE FACIAL®

(60 MINS)

### **Facial**

Our Bespoke facials are designed specifically with each client's needs in mind. We offer a variety of serums that will address particular skin issues. Depending on which serum you choose (with the guidance of your trained therapist), each facial is specially made for you. Like the phases of the moon, we would like to keep the hormonal phases of the body in natural rhythm. Just as your eyes are the windows to your soul, your face is the mirror of your inner feelings, the image which you present to the world. No two faces are the same, and so here at Africology, we acknowledge the need for treatments that are designed with your skin's needs in mind.



# ONLY BODY

*Wave goodbye to aches and pains and cast away your cares. Soothe body and soul with the therapeutic power of massage. Your bespoke relaxing total-body experience awaits. You need to feel it to believe it.*

## COFFEE AND MINT BODY WRAP

(120 MINS)

**Suitable for pregnant women and clients with high blood pressure**

Once the body has been prepared with our walnut and marula shell exfoliator, our proven combination of coffee extract combined with spearmint is applied as a mud wrap, which sets on the body to stimulate lymph drainage and blood flow, together with toxin elimination. This wrap is particularly helpful in water retention and cellulite reduction. It is highly recommended as part of a Lymph Draining Treatment.

## SLIMMING DETOX BODY WRAP

(120 MINS)

**Not suitable for pregnant clients**

We use an African plant combination infused into a natural mud to help with circulation and lymph. This very effective clay contains L-carnitine and caffeine, which act as fat strippers and mobilisers to stimulate lipolysis. This invigorating wrap begins with stimulating and exfoliating, working on circulation and lymph before the warm wrap is applied and heated. This wrap works particularly well for bodies in need of a detox owing to acidic conditions, arthritis and oedema. Completed with a circulatory massage and energy balancing.

## AFRICAN POTATO BODY EXPERIENCE®

(120 MINS)

**Full body wrap**

Our pure and natural Hypoxis Body Wrap is formulated with African potato and marula oil, warmly applied to soften, soothe and improve skin hydration while also fighting free radical damage. This herbal blend relaxes you on application, while the rich background sounds of Africa help the mind focus on the holistic experience. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. Finally, there is a soothing massage with body-conditioning marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin, to complete the experience.

# ONLY BEAUTY

*A visit to our spa isn't just about relaxation – you'll glow physically and mentally, too. If you simply want to get your sparkle back, look no further than our beauty treatments.*

## COPPER AND HOT STONE TREATMENT®

(60/80 MINS)

**Manicure: 60 mins / Pedicure: 80 mins**

This luxurious African ritual begins by soaking the feet in an energy-balancing copper bath, followed by a warm massage of the arms or legs, reducing water retention and improving circulation. Hot stones are used to massage, which helps penetrate and relax. An African potato masque is applied to the skin to soften rough areas and lock in moisture. The treatment includes a shoulder massage.

## EXPRESS

(30/40 MINS)

**Manicure: 30 mins / Pedicure: 40 mins**

Your hands or feet will be massaged, your nails shaped and your skin richly hydrated with our all-natural products designed to undo environmental damage to your skin.



# ONLY VITALITY

*It is our honour to embrace your presence, as it is our wish for you to experience a sense of belonging, healing, and nurturing whilst in our space. Being cared for is a sacred act – it is that place where giver and receiver are beautifully aligned, serving one another in trust and care. Allow our rituals to guide you into a space of peace, restoring body and spirit.*

## FIRE RITUAL

### **Flames ignite faith and inspire the mind**

A symbolic treatment ritual that works deep into the muscular system to release stiffness and pain. This is followed by a fire visualisation coupled with breath work, which is a powerful activation process in transforming pain into healing energy. Pyriscence is when seeds are germinated through fire. Fire has long symbolised rebirth in human culture. This is our inspiration for this rejuvenating treatment. Listen more to the fire than to the noise in your head. In your own silence see the fire's voice, as it has much to tell our hearts.

## ORIGINS: TEA RITUALS

### **A tribal gathering centred on grooming**

Tea plays a central role in social rituals across the continent, whether served as a refreshment or offered as a show of hospitality to guests. In our spa, we serve Africology tea to celebrate beauty, purification and self-care. All Africology teas are made with antioxidant-rich rooibos, delicately fragranced with pure plant extracts.







## AFRICOLOGY

### *African Rituals: New dimensions in spa experiences*

In Africa, the initiation process is sacred and is a passage into the new: we can conceptualise a guest spa initiation upon entering the spa. The spa invites the guest to be part of the spa journey, and so the African sense of belonging is honoured. We all have something in common: the craving for intimacy. Intimacy is a sacred thing - it is that place where giver and receiver are beautifully aligned with serving one another, in trust and care. In many ways, its message is: I care.



