

# B | AFRICA

A unique range of exclusive body care products and professional spa treatments, prepared by blending native African plant extracts, the natural goodness of the sea and eco-friendly production technologies.

The B | Africa product line 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.”

B | Africa will now be the signature product range in the ultra-luxurious Spas at The Twelve Apostles Hotel and Spa in Cape Town, The Oyster Box in Durban and Bushmans Kloof Wilderness Reserve & Wellness Retreat in the Cederberg Mountains. Journey to our properties to enjoy the particular and unique combinations of the natural and indigenous elements in each habitat, the inspiration for B | Africa. In addition to the three Spas, B | Africa will be used for in-room amenities such as shampoo, conditioner and bath salts, allowing hotel guests to experience these refreshing and restorative spa products in the comfort of their rooms.

## Nature’s Active Ingredients Include

- Baobab Tree Oil
- Ximenia Kernal Oil
- Shea Butter
- Marula Oil
- Mafura Butter
- Avocado Butter
- African Sausage Tree – Kigelia Africana
- Mongongo Nut
- Honey
- Cape Aloe (Aloe Ferox)
- Cape Chamomile
- Cedarwood
- Rooibos (Redbush)
- Honeybush
- West Coast Atlantic Sea Salts

## Product Integrity

- We use renewable indigenous species
- No use of synthetic pesticides, fertilizers and mono-cultural plantation agriculture
- Sustainable harvesting practices
- No solvents or irradiation used in the organic certified process of extraction
- Not tested on animals
- Our credible suppliers, specialist South African plant extract manufacturers, provide the best selection and quality of African plant extracts
- Our suppliers support organic certification (where applicable), sustainability and Fair Trade

## **B | Africa Spa Body**

### **B | Africa Hydrating Milk Bath Wrap** (60 min)

**R 1 235**

Herbal exfoliation is followed by a penetrating wrap featuring a blend of essential oils and moisture retaining ingredients, providing total hydration and nutrients to re-mineralise the skin. Included with this wrap, you will also receive a relaxing foot or scalp massage.

### **B | Africa Herbal Salt or Sugar Body Exfoliation** (30 min)

**R 630**

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

## **B | Africa Signature Treatments**

### **B | Together** (90 min)

**R 1 800**

Rose quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness and balance the upper four chakras, easing emotional imbalance. B | Together will nourish your body, heart and soul. With the assistance of rose quartz crystals and B | Africa massage oil infused with rose quartz, our therapists perfectly craft a massage for you to B | Together with your mind and soul. This treatment can be enjoyed by yourself or with a loved one.

### **B | Purified** (120 min)

**R 2 475**

Using the healing properties of water, this treatment incorporates touches from the individual locations of our spas. The journey begins with a relaxing stimulating full body skin renewal exfoliation using Honeybush and Kigelia Atlantic salt scrub, adding steam to enhance your treatment with either a session in the Hammam at The Oyster Box, the Rasul at The Twelve Apostles or the Crystal Steam Room at Bushmans Kloof. Follow this exfoliation with a moisture-infusing full body massage using one of our aromatherapy shea balms.

### **B | Harmonised** (60 min)

**R 1 150**

From the heart of the ocean to the soul of the mountains, surrender yourself in a treatment designed to remove stress from the back, feet and scalp to once again align your mind and body in harmony. This unique massage incorporates meditation breathing, targeting the main areas of the body which hold stress and works to release and relax not only the body but also the mind.

**Please note:** Treatment time includes consultation and welcoming foot ritual.