



Surround yourself with nature's colors, soothing waters and gardens, hints of the essence of tribal Africa, and gather your mind, body, heart and soul to be renewed and refreshed.

"Indaba" means "gathering" in Zulu, the language of one of the oldest indigenous South African people. For centuries, the African people have used rituals and ceremonies to honor the body and mind and restore the body's natural healing properties by using elements of nature.

welcome

to indaba™ spa at innisbrook®

experience

the best of western treatments + african rituals



Designed to complement the extensive menu of Western treatments, Indaba offers African-inspired rituals using African natural oils, herbs, extracts, flower essences, plants and spices. These rejuvenating and relaxing treatments are provided in specially decorated rooms designed for an experience unlike any other.

Indaba's Western treatments are familiar and include skin exfoliation, gentle to deep-tissue massages with choices of aromatherapy and accompanying music to enhance your session.



JANUARY – START AT THE HEAD

The New Year honors the head. Resolve to pay attention to your whole body, heart, mind and spirit this year.

Western Treatment:
Head massage and hair treatment.

Shingo Ritual:

In ancient tribal councils, the Chief received an exotic oil head massage, stimulating circulation to improve clarity of thought for crucial decisions. We gently massage warm nut oils on your head while soft melodic tribal music calms the mind.

FEBRUARY – LOVE OTHERS, LOVE YOURSELF

February allows us to be in love with all around us.

Western Treatment:
Peppermint and chocolate, favorite scents of winter Western treatments, enhance body scrubs and massage oils to re-energize our love of life. Enjoy as a single or a couples massage.

Bokata Ritual:

Our heart center responds to all five senses. This ritual includes a cleansing cinnamon and coffee bean full-body exfoliation, a hydrating warm honey and yogurt body wrap, plus a hot towel citrus foot and hand wrap. You will leave with a renewed love of life.

MARCH – PUT ON A NEW FACE

“Putting on a new face” restores our skin from drying winter elements, preparing us for spring.

Western Treatment:
A purifying mask of minerals followed by gentle moisturizers will remove old skin cells and reveal a fresh, brighter skin tone.

Kumeso Ritual:

African Kings and Queens were originally the only ones entitled to the rare indulgence of a medicinal mud mask. Today, it is believed that recipients of this purifying mask will be blessed with good fortune by removing traces of weariness and past tribulations.

APRIL – NECKS UNCOVERED, ADORNED

We shed heavy wraps in the warming sun, and our necks emerge as the focal point for fashion or jewelry. This is the month to nourish the delicate skin and treat stresses of a harsh winter.

Western Treatment:
Gentle exfoliation with apricot scrub and moisturizers plus a relaxing neck massage will release tensions and stress and prepare this delicate area for Spring fashions.

Aloe Vera Ritual:

The neck is a place for adornment as well as the area of the body that receives continuous movement as we refocus from one point to another. In Africa, Aloe Vera is valued as a skin purifier, enhancer and nutritional healing compound. This ritual rejuvenates the skin and relieves stress carried through the neck region.

MAY – MY MOTHER, MY SOUL MATE

May is when we show appreciation to our Mother and Mother figures in our lives. We gather to honor our family matriarch, share our lives and restore our souls.

Western Treatment:
A gentle, aromatherapy Swedish body massage, reflecting a mother's touch. Relaxing, nourishing and bringing warm thoughts to mind.

Geranium Ritual:

Geranium oil has long been used in Africa as a soothing, calming balm for fussy infants and anyone feeling out of sorts. This Geranium massage ritual helps balance the emotions and regenerate one's soul, bringing feelings of happiness, positivity and restfulness.

JUNE – THE RIGHT TO BARE ARMS

With strong arms and shoulders, we carry children, harvest the fields or do the multitude of daily chores no matter where in the world we live. Soothing muscle treatments and skin softeners will give you the right to bare arms in the summer.

Western Treatment:
Relieve the minor aches and pains of everyday use with this gentle, thorough massage enhanced with essential oils.

Traditional Royal African Arm Ritual:
Known for its healing properties, African Argan and Acacia Cream is used in this pressure point massage to ease stiff, sore muscles.

JULY – HANDS UP

Hands are our blessings, allowing us to receive and give to others. We show appreciation with treatments for our hard-working hands.

Western Treatment:

Paraffin wax softens skin and locks in moisture while a gentle hand massage will loosen stiff joints.

Xandia Ritual:

Africans value this ritual for improving sense of touch and circulation. We include exfoliation and Shea butter massage, leaving you thoroughly relaxed with well hydrated and nourished hands.

AUGUST – BACK IN CIRCULATION

The back is our platform for what we physically carry, prone to the most stress and tension of any area of our body. Spine massage has long been used to reduce minor aches and pains and increase flexibility.

Western Treatment:

Deep tissue massage is a time-honored treatment for athletes and others with tight back muscles. We offer a choice of dry or oil treatments and use long, smooth strokes to loosen muscles and improve circulation.

Marula Ritual:

This conditioning ritual using valued marula oil relieves daily minor discomforts, improves hydration and relaxes and uplifts the senses.

SEPTEMBER – PEACE OF MIND

Our mind is a supreme state where we connect with our inner spirit and with those of a higher state. Peace of mind equates to a relaxed body.

Western Treatment:

Warm oil massaged on the temples and scalp relaxes and calms stressed minds. Finish with a session in the whirlpool or steam room to further melt away tensions.

Rooibos Ritual:

With clarity of mind, we accomplish much. Rooibos tea extract is known for both its internal and external medicinal qualities. When sipped, it enhances essential mineral absorption; its dried leaves are used as a body scrub to exfoliate the skin, refreshing one's frame of mind.

OCTOBER – SHAKE A LEG

Strong legs that carry one through life's journey require a respite. Now we revitalize stressed, overworked muscles from the summer and fall activities, as we prepare for the colder months ahead.

Western Treatment:

Deep tissue leg massage provides a welcome relief to weary muscles.

Mabwana Ritual:

Legs receive a firm massage using spicy turmeric and hibiscus. Then the feet are relaxed with a hot citrus towel wrap.

NOVEMBER – YOUR BEST FOOT FORWARD

The holiday bustle and the start of cooler weather mean our feet are constrained by boots and heavier shoes. This is the time to get those feet ready for party shoes.

Western Treatment:

Invigorating peppermint foot scrubs are a favorite in Western spas, and ours leaves your feet both pampered and energized.

Zuberi Ritual:

Meaning "strong" in Swahili, the Zuberi ritual begins with a slow, gentle rhythmic exfoliation massage, removing all dead skins cells as well as all evidence of the path one has already traveled. After this, the feet are caressed with Shea butter, the ultimate in indulgent relaxation.

DECEMBER – BODYFUL

The celebration of a year completed. Now is the time to focus on your whole body and prepare for a New Year.

Western Treatment:

Rushing around to meet deadlines, wanting to show appreciation for those important to you. Enjoy a full body massage and receive special savings on gift certificates.

Ukunhlamba Ritual:

Appreciating all our body has done for us throughout the year, we celebrate with a time-honored African exfoliation ritual, cleansing all impurities and rejuvenating the skin with a blend of aromatic therapeutic herbs and oils.



Take a meditative walk in the labyrinth, where Nature meets Nurture. Contemplate a treatment or a ritual to honor your body, mind and spirit. Indaba's Western treatments and African rituals represent the best of both worlds.

Let us customize a treatment or ritual combination just for you.

treatments

of distinction

rituals

of kindness

