

Red

One&Only
NYUNGWE HOUSE
Rwanda



IMMERSE

enter our spa
and discover
deep relaxation,
a sense of renewal
and inner joy
through the revival
of your soul

One&Only

NYUNGWE HOUSE

Rwanda



ONE&ONLY SPA

Feel your cares drift naturally away when you experience our exquisite, immersive treatments at One&Only Spa. Designed by Africology, each unique treatment combines the wisdom from traditional holistic therapies with the scientific power of the purest natural ingredients. Discover the essence of Africa, a journey that is captured through our bespoke spa therapies.

ONLY HERE

One&Only Nyungwe House signature treatments.

ONLY BODY

Massage treatments for total body relaxation.

ONLY FACE

Facial treatments that deliver visible results.

ONLY SECLUSION

Intimate experiences for you and your loved one.

ONLY VITALITY

Treatments designed specifically for your hands and feet.



ONLY HERE

In the heart of a working tea farm, surrounded by ancient, verdant forest, lies One&Only Nyungwe House. A place filled with serenity and wisdom, where the spa reaches right into the rainforest. Here, where the rich aroma of wood smoke mingles with the freshness of the rain, let your heart and spirit unwind.

FIRE RITUAL - \$170 (90 MINS)

Full body scrub and massage

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. Fire has long symbolised rebirth in human culture, and is our inspiration for this rejuvenating full body treatment.

INTONGA AMASATCHI - \$130 (60 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 toxins arising from daily stresses. Symbolically, the stick or staff represented wisdom and direction to the healer.

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.

BESPOKE INTUITIVE HERBAL OIL MASSAGE® - \$120/\$160 (60/90 MINS)

Choose from a collection 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.

*Hot stones can be added to this treatment on request.

RWANDAN COFFEE AND MINT BODY WRAP - \$120 (60 MINS)

Once the body has been prepared with our walnut and marula shell exfoliator, our proven combination of coffee extract 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. Suitable for pregnant women and clients with high blood pressure.

AFRICAN POTATO EXPERIENCE® - \$220 (120 MINS)

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. Listen as the rich background sounds of Africa help the mind to focus on the holistic experience. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. Finally, a soothing full massage with body-conditioning marula oil completes this holistic experience.

RECLINE REFLEX - \$85 (45 MINS)

Ideal for reconnection and grounding

A reviving therapy for travellers experiencing jet lag and fatigue. A copper foot bowl ritual starts your journey with a cleansing scrub, before a deep pressure point massage brings you back to centre. This treatment can be performed in our forest swings, on our armadillo day beds or in our treatment suites.

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[®] - \$170 (90 MINS)

Capturing the essence of Imana meaning...

The African Imana facial is a treatment designed to honour the sacred energy within. Our de-stressing, anti-ageing 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. This treatment is a wonderful ritual that involves cleansing, massage and sound therapy, allowing you to rediscover the essence of you.

AFRICOLOGY BESPOKE FACIAL[®] - \$130 (60 MINS)

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. We offer a variety of serums that will address particular skin issues, and each facial is different, specially tailored to 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.

ONLY SECLUSION

Enjoy the natural splendour of our spa exclusively with your loved one when you indulge in a private escape. A bespoke private pampering experience is the ultimate way to refresh and unwind in this magical rainforest. Complete tranquility guaranteed.

DEVOTION JOURNEY® - \$395 (120 MINS)

Couples' experience

We have created a sacred space filled with divine intention, shared between you and your loved one. Sit back, relax in our forest swings and allow the alluring fragrances of pure essential oils to transport you to a place that re-inspires devotion. To reconnect, start with an African Mud and Invigorating Couples' Scrub in the outdoor shower before a side-by-side moment of connection with a bespoke full body massage. Then celebrate the essence of your togetherness with a bubbly glass of champagne and chocolates before returning to the world outside.



ONLY BEAUTY

A visit to our spa isn't just about relaxation – you'll feel renewed physically and mentally, too. If you simply want to get your sparkle back, entrust your hands and feet to the care of our therapists for a relief from the high-energy nature of everyday life.

COPPER AND HOT STONE TREATMENT®

Hand Ritual - \$60 (45 MINS)

Foot Ritual - \$80 (60 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 help penetrate and relax. An African potato masque is applied to the skin to soften rough areas and lock in moisture. Both treatments include a shoulder massage.

EXPRESS

Manicure - \$35 (30 MINS)

Pedicure - \$45 (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.

*Please note that colour touch is not included.



AFRICOLOGY®

African Rituals: New dimensions in spa experiences

In Africa, the initiation process is a sacred passage into the new. Upon entering the spa, you will embark on a similar journey of renewal, in this way honouring the African sense of belonging. We all crave intimacy: that place where giver and receiver are beautifully aligned in trust and care. In many ways, our message is: I care.



