

# Singita

## Wholeness at Singita

We believe in wellness as a state of being – and in experiences that achieve wholeness on every level.

Throughout the continent, healing forms an integral part of Africa's rich cultures and different regions – and it is woven into the fabric of life through meaningful celebrations and meals, inspired storytelling, natural ingredients, as well as authentic warmth and caring.

From the intimacy of our handwashing ceremony on arrival to the heartfelt ways in which we say our goodbyes, Wholeness at Singita starts with connection – and the sense of belonging our guests feel when they are finally able to just be still, in the moment, and at ease.







## FREE FROM RIGIDITY & BEING TRULY RESTORED

Because our Wholeness journey is not limited to fleeting treatments and short-lived escapes, every moment is designed to allow guests the space and time to completely unwind – from spending an entire day on your private deck simply listening to the sounds of the bush, and perhaps pausing for an in-room massage; to a long picnic stop while on a game drive to lie down and connect with the energy of the earth.



## AWAKENING THE SENSES

Wholeness at Singita is a mindset – and we intuitively translate each guest's needs into tangible terms as soon as they step into our world. This mindset is the result of a sincere wish to share the beauty, simplicity, and therapeutic value of the incredible natural spaces that surround us – and to create opportunities for their bodies and minds to be nurtured, calmed, comforted and eased.

Throughout their stay, they will experience a deep-seated sense of grounding, and personalised activities that rekindle their connections with themselves, their loved ones, and nature. Inspiring new perspectives and embracing them with warmth, they'll also forge authentic connections with Africa, its people and its cultures.

## SOULFUL ACTIVITIES THAT RESET & RESTORE

From lodge-specific excursions like sunset cruises and fishing on Zimbabwe's Malilangwe Dam to exploring Rwanda's breathtaking landscapes by bicycle, our Wholeness journey also includes quietly making your way through the wilderness and stilling your mind on bush walks; experiencing seasonal abundance on strolls through our food gardens; and being awed by the beauty of delicate orchids on special excursions with our expert conservationists.

It includes opportunities to engage with the continent's most coveted art, to be moved by choir song and dance that bring ancient traditions to life, learning to cook alongside a new generation of promising young chefs, and delighting in new tastes, traditions and the flavours of centuries-old African recipes.

It's all part of disconnecting from the ties that bind; and reconnecting with what matters the most.





"Inspired by the ancient wisdom of the continent and celebrating the profound sense of place of each of our unique lodges and camps, Singita's Wholeness journey is about grounding guests in their preferred level of mental, emotional and physical calm."

– GEORGINA PENNINGTON,  
SINGITA GROUP CREATIVE DIRECTION MANAGER



Highlights among the wholeness elements that are woven into guests' days include:

## TREATMENTS HARNESSING LOCAL INGREDIENTS

From using sand from the river banks in a foot scrub ritual at Singita Sabi Sand, to therapies featuring the benefits of coffee grounds at Singita Volcanoes National Park, and sadza (maize meal) at Singita Malilangwe – our approach celebrates a sense of place, allows guests to personalise their experiences without the restrictions of set spa menus, and encourages true healing through nature's innate intelligence.





"Mirroring our African roots, our wellness journey also strives for inner wholeness, and re-engages the body's energetic and physical responses through meditation, movement and more. By making the elements part of each moment, it also maximises connections with Singita's incredible settings."

- RENÉE ROSETTENSTEIN,  
SINGITA GROUP WELLNESS COORDINATOR

## A FOOD JOURNEY THAT'S ALL ABOUT ENJOYMENT, NOURISHMENT & TOGETHERNESS

Opening the door to experience the real flavours and most-loved recipes of each region, every menu and meal are inspired by age-old traditions – and offers the wholesome simplicity of authentic African dishes.

## AN EMPHASIS ON CALMING MOMENTS & INNER PEACE

From guiding guests to feel the immense value of breathwork, to meditation, personalised yoga sessions in nature and the power of sound, all of our gentle relaxation experiences are based on the belief that true wellness is an act of kindness – to others and to oneself.

## ROOTED IN OUR PASSION TO RESTORE & TRANSFORM

Singita's Wholeness journey tells the story of harmony – and the spirit of community with those who helped to shape our path alongside their own.

Inspired by their wisdom, warmth and care, our guests are immersed in experiences that stir their hearts, inspire their souls, and restore their bodies. From being touched by the profound power of a fireside choir to the bliss of therapeutic rituals with insights about local traditions and ingredients that heal – the overall sensation is one of true wellbeing and peace.

Ultimately, the generosity of spirit, joy, and gentle kindness that knits all of these moments together is the essence that sets Wholeness at Singita apart.

