

The art of *living well*

Welcome to The Sanctuary at Wilderness Mombo, where the soul of the wild meets the art of wellbeing.

Our wellness philosophy is simple: to live well, one must find harmony with nature. To reconnect you with the elements, our spa invites the wild in, allowing you to benefit from the restorative power of the landscape while indulging in a rejuvenating wellness experience.

The perfect complement to your untamed journey, this is your space to allow the sights, sounds and simplicity of the wild to truly sink in.



Journey

back to Earth.



Journey

back to You.

Our *wellness* spaces

A place of rejuvenation, nourishment, sensation and connection, The Sanctuary has been carefully designed to help you find your natural equilibrium, with facilities that allow the pulse to quicken and slow, for an all-encompassing wellness experience.

Move through your body in our gym and lap pool, find stillness at our head spa, in our meditation cocoons, saunas and ice baths, and discover Africa's healing ingredients at our deli and remedy bar. Every space invites you to explore what it truly means to live well – in body, mind, and spirit.



Touching the *Earth* lightly

Here, we tread lightly on the Earth.

Designed to exist in harmony with its surroundings, The Sanctuary was created with a minimal footprint.

Our ice bath and lap pool use water thoughtfully, with only minimal top-ups when needed, and our products were each chosen not only for their restorative properties, but for their conscious commitment to sustainability, responsibility, and ethical production.

Rooted in nature and always respectful of its balance – this is wellbeing, the Wilderness way.



WILDERNESS



THE SANCTUARY
M O M B O

Grounded in nature and guided by a healing touch, our selection of body therapies, skincare treatments and sensory rituals bring you a quiet return to yourself, and to the earth beneath your feet.

Our product range: Inspired by *nature*, backed by *science*

Our wellness experiences are paired with a range of products that harness the power of nature's finest ingredients – backed by scientific methods that bring you lasting results. Grounded in Earth's healing properties and chosen for their sustainable practices, each product represents a deep reverence for the land.

TheraNaka

Rooted in the timeless wisdom of Africa's people, the TheraNaka body and skincare range brings you a sensory journey that utilises the innate healing properties of the continent's botanicals. Discover the indigenous ingredients of Africa's many great countries – sustainably and responsibly harvested – through scent, sound and traditional rituals that rejuvenate and revive.

Esse

Powered by proven biotechnology, Esse's facial skincare range supports the skin's microbiome – its living, protective ecosystem – to restore natural microbial diversity.

Each formula works in harmony with the skin's own systems, rebalancing the microbiome for sustainably healthy, resilient skin.

Signature *body* treatments

Discover TheraNaka's range of bespoke body therapies, using a blend of skincare and massage for full-body replenishment. These unique treatments and rituals were inspired by Africa's rich heritage, reconnecting you with Earth's most healing elements.

Tree of Life Journey

By TheraNaka

Experience the magic of the baobab, Africa's 'Tree of Life', with a nourishing and anti-ageing body exfoliation using a blend of cedarwood, geranium, and baobab oil.

This ritual symbolises renewal and rejuvenation, leaving your skin feeling soft and supple. Pair it with an uplifting massage infused with the invigorating aroma of citrus essential oils, all enveloped in luxurious shea butter blocks.

Welcoming ritual, Body exfoliation, Signature massage

100 min | BWP 1450

Mombo Signature Experience

By TheraNaka

Feel uplifted and refreshed with a geranium-infused full-body exfoliation, followed by a mineral-rich African Mud Mask applied to the back area to replenish and nourish the skin. Melt into relaxation as your therapist eases tension with a back massage enriched with rosemary, black pepper, and pine essential oils. A calming scalp massage and a hydrating, grounding foot massage complete the experience. For added indulgence, opt for the hot stone variation to release tension, ease muscle stiffness, and boost circulation.

Welcome ritual, African body mud, Back, scalp and foot massage

90 min | BWP 1950

With hot stones BWP2100



Couples Connect

By TheraNaka

Unwind together with this uniquely African journey. Inspired by the traditional belief that wood symbolises strength and life, the 'Swarthout' wooden implements used in your massage represent two trees standing strong side by side. This head-to-toe experience blends natural botanical mood enhancers – neroli, mandarin, and sweet orange – with hydrating olive oil and shea butter to deeply nourish and refresh the skin. Personalised facials naturally improve your skin condition, leaving you both feeling renewed and radiant.

Welcoming foot ritual, Individualised full body massage, Couples African facial, Scalp massage

120 min | BWP 3800

African Fusion Body Massage

By TheraNaka

Indulge in the delight of selecting your preferred scent from our collection of marula-herb infused Fusion Body Oils, for a full-body massage or targeted back, neck and shoulders treatment.

These oils are designed to cater to your every need, while also restoring a sense of balance and harmony.

Choice of oils:

African Peace – Relaxing, African Recharge – Uplifting, African Storm – Detoxifying, African Earth – Pregnancy safe

Full body: 60 min | BWP 1350

Back, neck & shoulders: 30 min | BWP 750

Hand & foot treatments

Our hands and feet – in constant connection with the Earth. These rituals, paired with a wealth of natural ingredients, restore strength, care and nourishment through deeply grounding, sensory-rich treatments.

Hand Ritual

By TheraNaka

Experience the healing touch of your hands and forearms being gently exfoliated with remineralising Atlantic sea salts, followed by a relaxing massage that addresses the tired muscles in your hands and arms. The restorative properties of an Aloe gel mask soothe and hydrate, whilst the application of a baobab infused lotion will leave the hands soft to the touch.

Exfoliation, Gel mask, Hand massage

30 min | BWP 650

Foot Ritual

By TheraNaka

This journey will take your feet through a geranium and pine sugar exfoliation whilst soaking in a herbal salt foot bath. Allowing your feet and legs to relax completely, a foot and leg massage with wooden implements then commences, followed by a cool, revitalising mask. Baobab infused lotion will be applied to prepare your feet for their journey ahead.

Exfoliation, Foot soak, Foot & legs massage, Revitalising mask

45 min | BWP 750



Signature *facial* treatments

Choose from a range of enriching facial treatments from TheraNaka and Esse, each promising a restoration of the complexion and a sensory journey that calms and renews. Each treatment nourishes the skin with a unique blend of carefully interwoven ingredients.

Mombo Signature Facial

By Esse

A transformative treatment that cleanses, exfoliates and resets the skin's microbiome, this facial makes use of live probiotics to combat ageing and make the skin less inflammation-prone. These probiotics are sealed in with a second mask to encourage healthy microbes, supporting healthier, cleaner, more resilient skin.

Foot soak, Facial cleansing & lifting massage, Enzyme exfoliation, Probiotic ampoule & exclusion mask, Scalp massage

75 min | BWP 820

Invigorating Facial

By Esse

Using a combination of micro-exfoliation, massage and two targeted masks, this treatment polishes and brightens the skin. While a rescue ampoule soothes and restores the skin's natural barrier, an algae-rich aqua gel mask deeply hydrates and nourishes for a refreshed, radiant complexion.

Foot soak, Facial cleansing & anti-ageing massage, Microderm exfoliation, Rescue ampoule & aqua gel mask, Scalp massage

60 min | BWP 670

Essential Care Facial with lavender poultice

By TheraNaka

Harnessing the wisdom of Mother Nature and the healing power of touch, this results-driven facial renews and revitalises. Warm herbal compresses gently massage the skin, boosting micro-circulation, oxygenating your skin tissues, and leaving your complexion smooth, radiant, and replenished.

Cleansing, toning & exfoliation, Layers of revitalising mist, Lavender herbal facial massage, Scalp & décolletage massage, Moisturising mask & eye care

60 min | BWP 1350