



## Africa's Best Wellness Retreats for 2022

*Go2Africa shares the top destinations to restore and re-energize in the new year*



[Images](#)

**Cape Town, South Africa** (February 1, 2022) The new year is a time to reflect on your personal wellbeing. If you are looking for a wholesome alternative to a regular holiday break, [exploring Africa in 2022](#) gives you the opportunity to enjoy safari, wineland experiences and so much more, while also including top wellness resorts into your experience. At the end of your day in the bush you can kick off your boots and take some time to rejuvenate your mind, body and soul.

Start the new year as the best version of yourself and [explore these wellness destinations with Go2Africa](#).

### **East Africa**

#### **Kenya: Finch Hattons**

After a day of game viewing, kick back and relax at [Finch Hattons](#). This tented camp boasts an infinity pool lined with tropical palms, and a Health & Wellness Centre equipped with two outdoor massage pavilions, a hammam, spa pool, gym and yoga room with views of the Chyulu Hills. All the therapy products used in the spa are organic and in line with Finch Hattons' policy on sustainability. Finch Hattons is a magical place located in a 35-acre concession with 9,000 km of boundless African bush, complete with natural freshwater springs, rainforests and an abundance of fauna and flora, in the south western corner of Kenya's Tsavo National Park.

[Travel to Kenya with Go2Africa](#)

## **Rwanda: One & Only Nyungwe House**

It's an exquisite experience to rejuvenate and relax in this exclusive jungle spa post gorilla trekking in the wild. Designed by eco-friendly skin & body care brand Africology, each treatment is unique and personalized to support your beauty, health and wellness needs. Cocooned in the heart of a working tea farm, One & Only [Nyungwe Houses](#)' intimate spa features two spacious treatment rooms and reflects the best aspects of Nyungwe Forest's impressive beauty. An expansive deck and lounging area connects you to the peaceful and uplifting surroundings of nature where you can rest and soak up the healing energy of the forest with a cup of healing herbal tea before or after your treatment. The lodge has 22 luxury suites in six breath-taking wooden villas – each with in-room fireplaces and exceptional views of the Nyungwe Forest and surrounding mountains.

[Travel to Rwanda with Go2Africa](#)

## **Zanzibar: Zuri Zanzibar**

One of the highlights at [Zuri Zanzibar](#) is its private beach, a 980 foot stretch of soft sand lapped by tranquil turquoise waters, and fringed by nodding palm trees. Guests can unwind and relax beside the hotel's modern infinity pool with incredible ocean views. The hotel's Spice Garden is a lush green oasis with 'private pods' where guests can unwind with a good book or meditate in a wonderfully natural environment. Here you can also enjoy a cooking class with one of Zuri's chefs, a fun and interactive way to discover Swahili cuisine. The [MAUA Wellness Centre](#) has three massage rooms, a salon and a Jacuzzi deck making it the perfect spot for a bit of pampering and indulgence. Inspired by the natural abundance of Zanzibar and its spices, they have created signature treatments that reflect the powerful natural plants, herbs and oils of the island.

[Travel to Zanzibar with Go2Africa](#)

## **Zanzibar: Jafferji Beach Retreat**

Jafferji Beach Retreat's [Cinnamon Spa](#) offers holistic therapies inspired by the rejuvenating practices of local cultures, philosophies and techniques. The white powdery coral beach invites and entices you to indulge in relaxing walks, swim in the azure waters, or perhaps go on a bike ride down to the local village. [Jafferji's](#) refreshing swimming pool offers a welcome respite during low tide when the ocean retracts and exposes the reef that protects the beach. [Private yoga classes](#) are available with magnificent views of Mnemba Island. For complete privacy, guests can enjoy spa treatments in their own room.

[Travel to Zanzibar with Go2Africa](#)

## **Southern Africa**

### **Cape Winelands: The Hydro - Stellenbosch**

[The Hydro](#) has been pegged as South Africa's premier natural health destination. Daily activities include guided walks, yoga/pilates, progressive relaxation, meditation, mindfulness classes and aqua aerobics. [Nutritional well-being](#) is a highlight of the Hydro with a range of vegetarian options, featuring local ingredients sourced farm-fresh. Guests can peruse the cultivated gardens, detox with energy-restoring treatments, or take a dip in the freshwater swimming pool. Whenever the mood takes you, be sure to enjoy a quiet walk around the labyrinth.

[Travel to Stellenboch with Go2Africa](#)

### **Cape Winelands: Angala Boutique Hotel**

[Angala Boutique Hotel](#) is a retreat for mind, body and spirit. Make it your base for exploring [the Cape Winelands](#) while indulging in their annual yoga retreats. Choose from a variety of [professional spa](#) and massaging treatments, all enjoyed in the privacy of your room. The eco-pool recreates the natural filtering process found in mountain streams, rivers and ponds, and is inhabited by water plants. The heated plunge pool, infrared sauna, and steam room make for a perfect way to complete your day.

[Travel to Cape Winelands with Go2Africa](#)

### **Off the Stellenbosch Wine Route: Silver Forest Boutique Lodge & Spa**

Nestled in a lush forest setting on the slopes of the Helderberg Mountain, [Silver Forest Boutique Lodge & Spa](#) is located a mere 10 minutes' drive from the start of the renowned Stellenbosch wine route. This hidden gem on the doorstep of the Cape Winelands provides discerning guests with a tranquil and luxurious haven.

The spa's magnificent [Thermal Suite](#) includes a steam room, sauna, Rasul chamber, jacuzzis and a hydro-jet massage pool. In addition, there are four treatment rooms: two single rooms and two for couples. Take a refreshing dip in the outdoor swimming pool, enjoy butler service and a manager to assist you 24/7.

Travel just outside of the [Cape Winelands](#) with Go2Africa

### **Cape Town: Future Found Sanctuary**

[Future Found Sanctuary](#) is in the quaint village of Hout Bay, a short drive from the city centre of [Cape Town](#). It features ultra-luxurious exclusive-use villas and boutique-style private suites where the primary focus is harmoniously blending luxury surroundings with wellness experiences that exceed expectations. Each wellness experience has been designed to reconnect you with nature and its healing elements. From sound journeys and therapeutic forest bathing to farm-to-table foraging and sharing stories fireside, it promises a restorative travel sojourn. Creativity is at the heart of Future Found Sanctuary and you can also partake in painting, photography, drumming, Japanese Raku, Tai Chi and more.

[Travel to Cape Town with Go2Africa](#)

## **Kruger National Park & Surrounding Areas**

### **Sabi Sands:Londolozi Healing House**

[Londolozi Healing House](#) is found within the Londolozi Private Game Reserve in the [Sabi Sands, a region famed for its safari prowess](#). Be nurtured back to harmony by massage treatments, aromatherapy and reflexology, sound therapy, Reiki, crystal healing, shiatsu, halotherapy, yoga, meditation and breathwork. Practitioners at the Healing House will match treatments to your needs. Londolozi's unique position in the heart of the private Sabi Sands Game Reserve adjacent to the [6 million acre Kruger National Park](#), means the Sabi Sands Game Reserve is considered to be one of the best Game Reserves in South Africa.

[Travel to Sabi Sands with Go2Africa](#)

### **Kruger National Park Area: Kapama Karula**

This beautifully designed contemporary lodge sits on the banks of the Klaserie River. Its lazy flowing waters impart a sense of tranquility as you stand on the lodge's deck, chilled drink in hand, admiring the stupendous views. The [Kapama Wellness Center](#) has a wide range of health, beauty and wellness treatments to complement your day after a safari or you may just want to simply relax and indulge your senses at a spa that is considered one of the finest of its kind in Africa. Whether you are looking for a holistic shift in wellness, a fitness-focused fusion or a deluxe pampering indulgence, one of the unique custom-made 3-day Karula experiences will whisk you off to a place away from time.

[Travel to Kruger National Park with Go2Africa](#)

### **Kruger National Park: Sabi Sabi Earth Lodge**

Incorporating the lodge's surroundings and natural elements into its design, [Sabi Sabi Earth Lodge](#) has rustic but incredibly stylish sitting areas and verandas as well as a library and an innovative dining area. The lodge's [Earth Nature Spa](#), exercise center and meditation garden are a unique and luxurious part of Sabi Sabi Earth Lodge and offer a variety of relaxing or energizing massages and a host of other traditional therapeutic body, beauty and skincare treatments.

[Travel to Kruger National Park with Go2Africa](#)

### **Botswana: San Camp**

[San Camp](#) is a strikingly beautiful tented camp that is located on Botswana's vast Makgadikgadi Pans. The camp is set on the edge of the Ntwetwe Pan, which covers an area that is about the size of Northern Ireland. In this mysterious landscape, guests can rejuvenate mind, body and soul by retreating to a yoga and meditation pavilion and simply absorb the energy of the surroundings while practicing their

downward dog in the wilds of Africa. This is a refined and remote camp experience, where you can expect to be graciously hosted, and enjoy a range of activities that include night game drives, Meerkat encounters, stargazing and cultural immersions with the local San Bushmen on insightful walks.

### [Travel to Botswana with Go2Africa](#)

For any new bookings until March 31, 2022 affected by COVID-related restrictions and complications, Go2Africa commits to no cancellation fees, trip deferment with no penalties and 100% travel credit if cancelled 65 days before your travel date.

### **About Go2Africa**

Go2Africa is a multi-award-winning tour operator based out of Cape Town that curates exceptional, personalized African vacations, specializing in safaris, plus wineland and gastronomy experiences, city escapes, beach, diving, and golf tours across the continent. Since 1998, the team has been committed to building first-hand knowledge of every destination, lodge and activity they recommend from their 3000+ partners. Working across 15 countries in Africa and the Indian Ocean Islands, 100% of their revenues stay in Africa, supporting local communities and conservation projects, making a difference long after their clients return home. With an entire team of African born and raised specialists, including seven named as Conde Nast Traveler's Top Travel Specialists in 2021, travelers are in expert hands. From spotting the Big 5 to following the Wildebeest Migration, trekking into the rainforests to encounter endangered mountain gorillas, enjoying world-class scuba diving and whale watching or simply enjoying sundowner drinks on an endless savannah, Go2Africa can help create the perfect experience to immerse oneself in the magic of Africa - one of life's most incredible experiences.

### **For more information:**

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