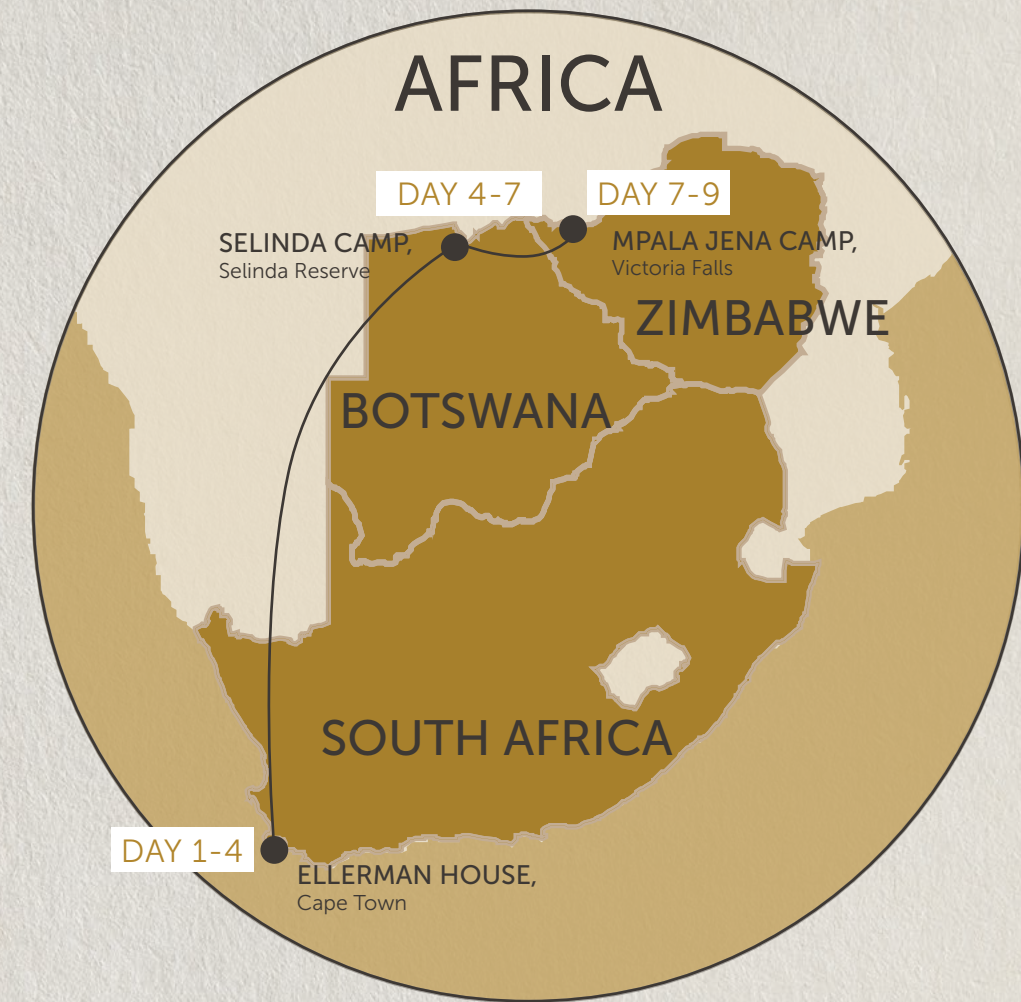


GREAT PLAINS

CONSERVING AND EXPANDING NATURAL HABITATS

EH ELLERMAN HOUSE

African Wellness Safari



SUGGESTED ITINERARY OVERVIEW

ACCOMMODATION	DESTINATION	NIGHTS	BASIS	ROOM TYPE
Ellerman House	Cape Town, South Africa	3	BB	Deluxe Spa Room
Selinda Camp	Selinda Reserve, Botswana	3	FB	Luxury Tent
Mpala Jena Camp	Victoria Falls, Zimbabwe	2	FB	Luxury Tent



AFRICAN WELLNESS SAFARI

We would like to invite you on an African Wellness Journey, one that will enhance your relationship with nature. Unique, natural wellness products formulated from harvested plant actives, capturing their full power of their nutrients, such as phytosterols, vitamins, minerals and anti-oxidants to lift your spirits.

Our aim is to awaken your senses and take you on a deep relaxing experience, beyond the familiar, through these African plant extracts.

At Great Plains Conservation and Ellerman House we believe wellbeing extends through each of us, to the community, to global conservation, and the planet by reconnecting us and re-introducing us to ourselves. Allow us to enhance your journey to total well-being.

At a time when we are more divorced from Nature, that reconnection has to be through Nature's untamed powers that we use to help us revitalise ourselves and stimulate a greater connection with our natural world surroundings.

Recognising this and harnessing this power, we provide our guests dynamic, immersive and culturally expansive wellness experiences to awaken their senses, transforming their mental and physical wellbeing.

Wellness extends way further than thinking of a simple and generic wellness. Our curated wellness experiences aim to help you discover the special interconnectedness between humans and the nature that exists around us: to see the hidden patterns that connect human activity to the larger flows of nature and to understand our true ability to develop meaningful and positive impact all around us.

Through this we explore the joy and harmony of a shared world.

DAYS 1 - 4 ELLERMAN HOUSE, CAPE TOWN

3 nights at Ellerman House in a Deluxe Spa Room on bed and breakfast basis.

Ellerman House Private Chauffeur will meet you on arrival at Cape Town International Airport. Your private transfer to the hotel will allow you time to absorb the beauty of the Mother City that is sheltered by the majestic Table Mountain. Once checked in you can enjoy a light meal on the Terrace overlooking the Atlantic Ocean.

Ellerman House is Cape Town's most luxurious grand hotel. Situated in the prestigious Cape Town neighbourhood of Bantry Bay (only 10min from the bustling city centre), this Cape Edwardian mansion demands your attention with its terraced lawns, outstanding art collection, unparalleled service and unique experiences. For over a quarter century, Ellerman House has been at the forefront hospitality innovation while embracing the classic elegance of the regal building. Prepare to be immersed in the rich South African culture while enjoying a leading South African art collection, tasting local flavours, enjoying the sounds of local musicians in one of countries most exclusive addresses.

This intimate property offers you two lounges, library, dining room, three dining terraces, spa, fitness centre, heated swimming pool, brandy lounge, Wine Gallery, Contemporary Art Gallery and champagne cellar to explore – all exclusive to its guests.



THE ELLERMAN HOUSE SPA

The Ellerman House Spa is a natural extension of the property's commitment to quality and personalised service. The spa is approached through a garden with tranquil water features, lush indigenous plants and ocean views.

A small, highly experienced team of therapists offers a carefully considered menu of skin-care therapy and body treatments designed for relaxation, rejuvenation and self-improvement. Everything is designed to soothe the senses while the body and mind are coaxed into balance.

With three single treatment rooms and one double room designed for couples, the spa specialises in cutting-edge massage techniques and anti-ageing beauty rituals drawing on the wisdom and restorative, healing techniques of different cultures from around the world.

In addition, there is a sensation shower, sauna and steam room for hydrotherapy. Specialised massage techniques on offer include traditional Japanese bodywork, Aromastone, Bellabaci, Aromatherapy, Lymph drainage, Chinese stretch and Deep-tissue massage.

The spa stocks a choice of excellent skin-care ranges for facials, pedicures, manicures, body bronzing and scrubs.

Spa Treatments included at Ellerman House are as follows:

HEALING EARTH

Healing Earth products are pure, containing no artificial colorants, chemicals, parabens, petrochemicals, synthetics or other harmful ingredients. Only pure organic botanicals and indigenous plant extracts are used in our holistic collection of products. We support local organic farming and use only pure, organic essential and indigenous oils and natural active ingredients.

BODY TREATMENTS

HEALING TOUCH BODY RITUAL | 90 minutes

Come to your skin's rescue with our award-winning African Potato Miracle Repair Balm as we submerge you in this decadent 90-minute head and full body massage ritual. Start your massage with a touch therapy, detox cooling gel on your spine, back of body massage followed by a décolleté, face and scalp massage ending this treatment on the legs and feet. This is pure indulgence.

HEALING EARTH MARULA & NEROLI SCRUB & MASSAGE | 90 minutes

This body polish and Marula and Neroli oil combination gives your skin a natural glow. This soft scrub is great for sensitive skins and the balm will nourish and restore your skin.



DAY 4 - 7 SELINDA CAMP, SELINDA RESERVE

3 nights at Selinda Camp in a Luxury Tent on a full board basis.

Set in one of the most pristine wilderness areas left on our planet, the brand new Selinda Camp rests on the banks of the Selinda Spillway, as it enters the Linyanti River. The private 130,000 hectare Selinda Reserve boasts elephants by the thousands, regular sightings of the Selinda pack of African wild dogs as well as the famous Selinda Lion Pride recently feature in the National Geographic film "Birth of a Pride" by Dereck and Beverly Joubert. The area has a sense of remoteness, a true spirit of Africa, and is a great example of Botswana bush embodying a variety of species and rare animals.

The Selinda Camp represents the meeting place of three cultures; European, Mokololo and Bayeiand is themed to resemble that of the thatched village of Sangwali, one that used to house 3,000 warriors and sufficient enough to loan David Livingstone 200 men during his travels. Spears, shields and an African version of Robinson Crusoe is the enduring theme through the camp, and its architectural design elements centre around Water, Air, Earth and Fire, all of which ground the design.

Selinda Camp's design pays homage first and foremost to Water, with splashes of blue and crystal clear swimming pools offering views over the equally immaculate Selinda Spillway to ease your arrival, usually by boat.

Earth is represented in the cornucopia of home-grown meals lovingly prepared in our kitchens, fresh from the earth, and the bright flames of our evening Fire complete the ethos of being in harmony with nature's natural elements.

The camp has three expansive guest tents, each covered under thatch and with large en-suite bathrooms, large private veranda and private swimming pool. Each guest tent is unique, designed with its own colour palette and theme. There is in some cultures a fifth element, 'metal', which is also incorporated into the design. Every space enhances what Livingstone would have had, what he would have travelled with and found. But beyond that, we go back to the Robinson Crusoe feel, including textures of rope, rooms under thatch, hammocks, lots of space, nautical elements and salvaged wood.

In addition to the three main tents, the Selinda Suite (like its fellow Zarafa Dhow Suite and the Duba Plains Suite), consists of a two-bedroom tented villa. The Selinda Suite operates exclusively, as guests enjoy their own private vehicle, safari guide, chef, manager/butler and entrance to their residence.

The safari drives, walks, boating, tracking, birding and other bespoke viewing activities are designed to place you in front of the best wildlife the area has to offer for a unique one on one life changing experience, from leopards to elephants and hippos and aim to tick off as many as the 200 or more bird species in the area.

WELLNESS AT GREAT PLAINS CONSERVATION

Selinda Camp and Mpala Jena Camp, each have wonderful bush wellness areas (spas), located away from guest accommodation, each with well-trained wellness concierges who are there to help you relax, re-connect, recharge and awaken your senses. Our signature wellness treatments are tailor made and allow you to immerse in that magic that is Africa, with our natural, vegan products in a variety of treatments.



Wholesome, nutritious and mindful meals are already part of the Great Plains Conservation philosophy but special dietary requirements are catered for with meals ranging from vegan to gluten and sugar free, for healthier options. Using the freshest ingredients, we create meals with a mouth-watering array of flavours, and steer away from 'tired food' that disguise their wholesomeness behind the usual garlic and onion "asks."

Forget the artificial atmosphere of being in an enclosed, air-conditioned city or home gym and connect to nature while you exercise and simultaneously unwind in the beautiful wilderness surroundings.

Our wellness products that guests are treated with are uniquely African, organic, vegan and sensual. Dereck and Beverly Joubert were integrally involved in the development of these uniquely curated products, exclusive to Great Plains Conservation, right down to testing each product, selecting fragrances and textures, equipment and of course staff, to ensure quality, sustainability and impact on your experience.

This Great Plains Conservation Wellness range is developed by a local South African environmentally aware biochemist with our environment in mind and manufactured to the highest standards.

Our friendly reservations team is available and knowledgeable about this unique offering, to assist in pre-booking your bush wellness experience prior to your arrival at our camps

In camp your dedicated Great Plains Wellness Concierge will assist you and ensure all your wellness needs are met while you are with us. Allow us to take you on a journey of relaxation from daily stress, from jet lag and into a new awakened relationship with Nature with our uniquely crafted Great Plains signature treatments.

Spa Treatments included at Selinda Camp are as follows:

GREAT PLAINS RENEWAL | 70 minutes

This treatment consists of dry body brushing, exfoliation and a beautiful African back massage utilising local African ingredients. Assists with muscle relief, deep relaxation, and a general feeling of well-being.

AFRI-MANI/PEDI | 45 - 60 minutes

A manicure using Aromatherapy oils.

MEGA HYDRATING FACIAL | 60 minutes

A deep cleansing and relaxing facial treatment, with the emphasis on super hydration. Skin is fed, nourished and hydrated with therapeutic Aromatherapy oils, which leaves it silky and soft. This indulgent facial includes either a foot or a hand massage whilst a rich milky masked is applied to nourish your skin.

DAYS 7 - 9

MPALA JENA CAMP, ZAMBEZI NATIONAL PARK

2 nights at Mpala Jena Camp in a luxury tent on a full board basis.

An intimate, traditional space where hearts and spirits find inspiration in a history, rich with extraordinary wildlife stories and views along the evocative Zambezi River.

Mpala Jena Camp is an exclusive canvas tented camp, located on a private concession within the Zambezi National Park, just outside Victoria Falls.



Its four guest tents are positioned under the dappled shade of a mixture of indigenous trees. Each is under beige, flowing canvas, with canopy ceilings and open (yet netted) views of the river frontage, with Moroccan style influences throughout the décor. A lounge area with a desk, and en-suite bathroom facilities which include an impressive bathtub, indoor shower, separate loo and double basins await. Decking in front of the tent leads to a private plunge pool with views of the calming and peaceful lowing waters of the Zambezi River.

The camp is named after the natural spring-line which runs through the centre of the concession, and also means "White Impala", following regular sightings of a "ghost-like" albino impala in the late 1970's. Healthy and ever-increasing population of wildlife species abound, with higher concentrations of buffalo and elephant during the months of June through to October. The area is good for bird watching throughout the year, with a higher diversity during November through to April. This is the most environmentally and innovative camp within Zimbabwe's Zambezi National Park.

The property is conveniently located 16 kilometres inside the Zambezi National Park which make easy access to Victoria Falls town and the wide range of activities there, but far enough from the hustle and bustle that guests can relax and enjoy the incredible setting and wild habitat of the Zambezi National Park.

Spa Treatments included at Mpala Jena Camp are as follows:

AFRICAN HEAD MASSAGE | 30 minutes

This head and hair treatment indulges you with coconut oil, infused with Aromatherapy oils.

DEEP TISSUE | 30 minutes

This treatment will revive and rejuvenate

2020 RECOMMENDED SELLING RATES

RATE PERIOD	USD \$ Per Person Sharing
11 January - 31 March 2020	\$ 11 412
1 April - 14 June 2020	\$ 12 594
15 June - 31 October 2020	\$ 16 839
1 November - 19 December 2020	\$ 12 594
20 December - 10 January 2021	\$ 14 810

*Note that Ellerman House is closed for the following period: 4 May – 6 June 2020

The pricing above is intended to serve as a guide. Pricing may vary based on changes or customizations made to the itinerary. Pricing assumes 2 guests sharing a room (single supplement rates on request).

THE RATES INCLUDE:

ELLERMAN HOUSE

Private Transfers between Cape Town International Airport and hotel, Breakfast, Drinks, Wine Tasting, Mini Bar, Pantry, Daily Sunset Experience, Snack Packs, Laundry, Shoe Cleaning, Art Tours, Zeitz Mocaa Entry, Internet, Gym Access, Parking, Spa Treatments – 2 x 90 minute Healing Touch Body Ritual, 2 x 90 minute Healing Earth Marula & Neroli Scrub & Massage, morning City Tour including a visit to Table Mountain and afternoon tour of the Cape Winelands.

Rates Exclude: Lunch and dinner, wine/Champagne and invited guests' meals and drinks.



SELINDA CAMP

Fully inclusive of accommodation, Great Plains' conservation levy, scheduled wildlife activities, meals, laundry, alcoholic and non-alcoholic beverages (excluding premium brand spirits and champagne), 2 x Signature Mega Hydrate Facials, 2 x Afri Pedi or Manicure Treatments, 2 x Great Plains Conservation Signature Renewal treatment return airstrip road transfers, flights between the camps within Botswana and based on the itinerary starting and ending in Maun.

MPALA JENA CAMP

Fully inclusive of accommodation, wildlife viewing activities, meals, daily laundry, return Victoria Falls International Airport transfers which may be a combination of road and boat transfers or purely road transfers, one return road transfer to Victoria Falls town, one entrance ticket to see the Victoria Falls per guest's stay on a self-guided basis, alcoholic and non-alcoholic beverages (excluding premium brand spirits and champagne), lunch at the Victoria Falls hotel (excluding beverages), 2 x Signature Mega Hydrate Facials 2 x African Head Massage treatments, 2 x Deep Tissue treatments, mandatory nightly conservation levy and park fees.

Great Plains Conservation and Ellerman House reserve the right to review published rates in the event of currency exchange rate fluctuation or increases in costs or taxes, which are beyond our control. Excludes air transfers between Botswana and Zimbabwe.

EXTENDING YOUR STAY WITH US

Great Plains Conservation has a variety of authentic camps and mobile experiences in Botswana, Kenya and Zimbabwe. We would be happy to facilitate and plan any extended stay you might require in Southern and East Africa.

BOTSWANA

Zarafa Camp | Duba Plains Camp | Duba Explorers Camp | Selinda Camp | Selinda Explorers Camp

KENYA

ol Donyo Lodge | Mara Plains Camp | Mara Expedition Camp | Mara Nyika Camp

ZIMBABWE

Mpala Jena Camp | Sapi Explorers Camp

T: +27 87 354 6591 | E: RESERVATIONS@GREATPLAINSCONSERVATION.COM

WWW.GREATPLAINSCONSERVATION.COM

