



## Welcome to the Bush-Spa!

We invite you to indulge in a truly unique Spa experience whilst visiting the stunning South Luangwa National Park. For your pleasure a selection of treatments, be sure to discuss any wishes you might have with our therapists, as any combination is possible.

### TOUCHING FULL BODY MESSAGES TREATMENTS

*Available as 60 or 90 minute sessions*

A range of high quality massages, some are traditional favourites, whilst others are original fusions of them. All Signature therapies designed and adapted for use in the bush area of South Luangwa. Please feel free to ask about each treatment to ensure choosing the right massage just for you!...

#### **S**TRESS RELIEF FULL BODY MASSAGE

A combination of deep-tissue, Swedish and lymph drainage. Relieves tensions, body aches and relaxes the muscles. A medium to firm massage

#### **H**EART OF AFRICA ENERGISING BALM MASSAGE

Using a deeply hydrating body balm, containing a unique African blend of sophisticated oils of Marula and Macadamia butter, this vigorous massage leaves you energised and your skin hydrated

#### **D**RY CUPPING DETOX MASSAGE THERAPY

A detoxifying and intensive massage therapy not for the faint hearted! Our Cup therapy is performed with medical cups, which have vacuum-sucking and thermo chemical impact on the skin and muscles and is accompanied with the feeling of warmth as cups are moved. It can be slightly uncomfortable, may leave some marks as the massaged area can become slightly red

#### **H**OT STONE MASSAGE THERAPY

Enjoy the healing power of Mother Nature with various types and sizes of hot stones, combined with traditional massage

#### **H**OLISTIC BODY MASSAGE WITH HERBAL OILS

Using pure aromatic plant oils to envelop the senses. A gentle massage with a holistic touch, balancing body and mind

#### **U**LTRA – RELAXING BODY CREAM MASSAGE

A very gentle massage well-being massage with luxurious body cream infused with Macadamia and Orange blossom. Leaving your skin nourished and relaxed

#### **M**AMMA AFRICA BODY MASSAGE

A signature treatment for mothers to be. This very gentle massage relieves all the discomfort associated with pregnancy

#### **T**HAI YOGA FULL BODY MASSAGE

Available in 90 or 120 minutes only. A vigorous massage, following a slow, methodical routine of pressure and stretches along energy lines (meridians)





## IN BETWEEN THE HEAD & FEET

**ALL NATURAL, MONGONGO INFUSED BACK MASSAGE**, 30 minutes

A conditioning back, neck and shoulder treatment that improves hydration and relaxation whilst uplifting the senses, using a blend of indigenous Mongongo oil

**AFRICAN HEAD MASSAGE**, 60 minutes

Africa's version of the ancient art of head massage, includes the head, neck and shoulders. Using nourishing coconut oil based hair treatment

**MENDOSANA COMBI; BACK & LEGS**, 60 minutes

A favourite after walking safaris! Loosening the leg muscles and easing the tight muscles of back, neck and shoulders

**TENSION COMBO; BACK AND FOOT**, 60 minutes

A combination therapy focusing on main areas prone to tension; Your back, shoulders, neck and feet

## BUSH PEDICURES & FOOT WORK

All our therapies are complemented by our Herbal Flora Foot bath; however our therapist can focus a bit more on your feet and ease those air-plane ankles or tight muscles after your walking safaris. Have a relaxing seat and enjoy the view, while we take care of your feet

**FOOT TOUCH UP**, 30 minutes

Spa foot treatment including and nail tidy, plus a buff or polish

**PAMPER FOOT EXPERIENCE**, 60 minutes

A relaxing session, including our natural foot wash, removal of excessive skin, a gentle exfoliation of both feet and lower legs, a relaxing foot massage, finishing of with a nice buff or polish. Resulting in smooth and ever relaxed feet and legs. Our most favourite for obvious reasons!

**ZAMBIAN FOOT REFLEXOLOGY**, 60 minutes

A firm massage where besides the highly trained hands of the therapist, small tools are used to focus on the reflex points of your feet

## NATURAL FACE CARE

*available as 30, 60 or 90 minute sessions*

Our facials focus on achieving optimum skin health by use of natural products.. Infused with essential oils to calm the mind and natural products to pamper the skin, you will be left feeling tranquil and rejuvenated. A touching and relaxing experience, all what you expected it to be and more!

**QUICK SAFARI FRESH UP**, 30 minutes only

Just got back from a game drive and don't have the time to experience a whole facial? This refreshing facial cleanses and rehydrates the skin using either our mineral rich green, or illuminating pink clay

**KIGELIA AFRICANA RE-AWAKENING FACIAL**

A healing facial using pure Kigelia Africana paste. The power of nature in our Kigelia allows for deep hydration, healing, restoration and toning of the skin. A moisturising & firming treatment for all skin types

**AFRICAN GODDESS ANTI-AGEING FACIAL**

This de-stressing, anti-ageing facial care treatment is ideal for the more mature skin types. Using our velvet Kigelia Cream Mask, this is packed with anti-inflammatory to reduce the appearance of puffiness to give your face a natural radiance while providing a rich and nourishing treatment

**ILLUMINATING PINK CLAY FACIAL**

This Illuminating clay facial improves lymph circulation for a brighter complexion. The zinc heals imperfections as the vitamin-rich pineapple powder and rosehip oils regenerate and rejuvenate your skin. Great for all skin types, except highly acneic skin

**PURIFYING DETOX GREEN CLAY FACIAL**

A mineral-rich green clay facial that extracts impurities, eliminates toxins and tightens the pores, without causing dryness. Especially good for the more oily skin types, but can be used for all young skins



## AFRICAN BODY RITUALS

*Individual 30 minute session, or better as combination!*

Following African traditions our body rituals are best combined with our Aqua Skin Therapy overlooking the lagoon ... you are ensured of a special treat!

### MACADAMIA & ORANGE CREAM GLOW

An invigorating body exfoliation ritual using indigenous Macadamia & Orange blossom promoting collagen formation to firm the skin

### CRANBERRY & POMEGRANATE CREAM GLOW

Diminishes dead skin cells, and nourishes with high contents of Vitamin C and Anti-Oxidants. Leaving you with a perfectly smooth and soft skin

### ENERGIZING ESPRESSO CREAM GLOW

A deliciously invigorating blend of firming, exfoliating and ant oxidizing ingredients for smooth and supple skin

### KIGELIA AFRICANA HEALING & FIRMING WRAP

Our signature extract from the African Sausage Tree improves firmness and elasticity of the skin. It not only improves the skin tone, but is also ideal for blemished or Tsetse fly troubled skin

### REHYDRATING & REFRESHING CUCUMBER WRAP

Embraced worldwide for its cooling properties and natural source of vitamins, our signature refreshing Cucumber wrap is infused with lavender, lemongrass, geranium and lime essential oils, ideal for soothing and moisturizing the skin on those hot Luangwa days..

### LUANGWA VALLEY MUD WRAP

A rich African body mud found only in the Luangwa Valley. Detoxifying, rich in Vitamins and Minerals, leaving your skin velvety soft



## AQUA SKIN THERAPY

Nothing is more relaxing than a warm bath... except perhaps a relaxing warm detox bath that also helps cleanse the body..... while you relax!

### MELISSA & OATS AQUA SKIN THERAPY

A heavenly scented oats package, cleanses the skin and gently exfoliates. A light, fresh, lemony scent that is strengthening and revitalizing, yet soothing & calming

### CLEOPATRA'S WILD HONEY AQUA THERAPY

The buzz of honey...Honey is incredible thanks to its antibacterial properties and hefty serving of skin-saving antioxidants, helping you regain your glow. We have created a body-smoothing bliss worthwhile soaking up!

### COCO & CHANEL AQUA SKIN THERAPY

Literally soak in its moisturizing benefits! A generous scoop of coconut and milk to make your bath time even better. Add your personal touch of essential oil to fully nurture your skin and senses.

*Aqua Skin Therapy is best combined with other treatments in our Big Five Aqua packages!!*

## BIG FIVE AQUA PACKAGES

A selection of our favourites, although any combination on our menu is possible, here some suggestions!

**LEOPARD**, 30 minutes of your choice of Aqua package, may be shared with a friend -

**LION**, 1 hour, 30 minutes -

A session of Aqua Skin Therapy followed by a relaxing sixty minute full body massage

**BUFFALO**, 2 hours -

A full body refreshing exfoliation or wrap, followed by 30 minutes Aqua Skin Therapy and an hour relaxing massage therapy

**RHINO**, 2 hours -

Revitalizing Massage and Face Combi; Aqua Skin Therapy, followed by an hour's massage of choice and a cleansing 30 minutes touching facial treatment

**ELEPHANT**, 2-1/2 of ultimate bliss -

A creamy glow followed by a relaxing Aqua soak, a 25 minutes body wrap, bush-shower, a back & neck massage, only to end with a heavenly 30 minute facial. Leaving you completely revitalized!