

RZL SAFARI BUSH SPA TREATMENT LIST



Traditional Zambian Ukuchina

For stress, tension, depression and post natal recovery, you will never go wrong with this kind of treatment. It is one of the oldest massage techniques, which originated in the central Africa.

Booking time: 90 minutes

\$90

Ginger Oil Massage

Ginger oil stimulates blood and lymphatic circulation. Combined with the stimulation of massage, this treatment will leave you feeling refreshed and energized.

Booking time: 75 minutes

\$80

Deep Tissue Massage

A massage that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff neck, low back tightness, and sore shoulders.

Booking time: 75 minutes

\$90

Hot Stone Massage

This massage combines warm oil and hot volcanic stones, which help to relax tired and weary bodies by rebalancing key chakra points in the body.

Booking time: 90 minutes

\$90

Royal Recovery Massage

Allow your mind to drift away to the peace and serenity of your surroundings. This massage is flowing and the oils are warm. By combining Thai and Swedish massage, this massage allows complete rebalance of mind, body and soul.

Booking time: 75 minutes

\$80

Swedish massage

This is exceptionally beneficial for increasing the level of oxygen in the blood, circulation and flexibility while easing tension.

Booking time: 60 minutes

\$70

Back, Neck & Shoulder Massage

Neck, Back & Shoulder is the most common areas of the body that are prone to stiffness and tension. This massage will relax muscles and improve flexibility, relieves tension, headaches, and strengthens immune system.

Booking time: 40 minutes

\$60

Indian Head Massage

This massage is based on the ayurvedic system of healing which has been practiced in India for over a thousand years. The aim of Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. Indian head massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue, and aids in the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of stress and tension.

Booking time: 45 minutes

\$45

DERMALOGICA BODY TREATMENTS:

Nourishing Sea Mud Therapy

Rest in a warming wrap that promotes blood circulation and all the while encourages absorption of nourishing botanicals.

Recommended for all skin conditions (not for pregnant women)

Booking time: 60 minutes

\$80

(Add an hour full body massage and get it at only **\$130**)

Power Recovery Therapy

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves! A unique blend of wheat protein and honey act as maximum hydrators while wasabi, ginger and white tea stimulate blood circulation to promote healthier skin.

Booking time: 60 minutes

\$80

(Add an hour full body massage and get it at only **\$130**)

Body Microfoliant Therapy

Body Microfoliant gently exfoliates skin with beta hydroxy acids, enzymes and physical exfoliants, removing dead, dulling cells and polishing skin to a smooth finish.

Booking time: 45 minutes

\$60

(Add an hour full body massage and get it at **\$110**)

Hydro-active Mineral Salts Body Scrub

This scrub therapy polishes the skin to a soft glow while providing hydration and nourishment that the skin needs. (Not for pregnant women)

Booking time: 45 minutes

\$60

(Add an hour full massage and get it at only **\$110**)

Kindly note; Moisturizer is applied to the body after the scrub has been removed.

FACIALS:

When Dermalogica meets skin, skin health is redefined. Dermalogica is the number one choice of skin care professionals and consumers worldwide. Over 25 years' experience, Dermalogica has delivered innovation through real research, real ingredients, and real results. Truly understanding your skin is the first step towards a lifetime of skin health.

Deep cleansing facial

This is an exfoliating treatment that helps your skin to go free from dead skin cells and other impurities. It targets problems like fine lines, dehydration and breakouts. The process includes cleansing, steam, extractions, facial massage and facial masks. It boosts the blood circulation within the skin which helps in repairing the damaged cells, toning, strengthening and tightening of the skin cells. This treatment can be availed for anyone looking for cleaner and glowing skin. This can be adapted to all skin types.
Booking time: 75 mins
\$80

Anti-ageing - Age smart facial

The most Powerful Dermalogica treatment for prematurely ageing, dry, sun damaged skin, providing nourishment and regeneration. Skin will be noticeably firmer, smoother and revived.
Booking time: 75 mins
\$95

Express Microzone Facial

Perfect for a quick fix. This condensed version of the classic facial gives healthy glowing skin in thirty minutes! Dermalogica mini treatment can be adapted to all skin types. \$30

HANDS AND FEET:

The Bush Spa takes caring of your hands and feet to a new level – a necessity when on safari. Our Therapists pride themselves on giving you the best service possible with long-lasting and beautiful results.

Manicure

These are treatments for both your nails and your hands. Not only are there aesthetic benefits but it can actually improve the overall health and appearance of your hands and nails. This includes filing and shaping the free edge, cuticle work, hand and arm massage, buff and polish.
Booking time: 45 minutes
\$30

Revarnish

Nail tidy and varnish
Booking time: 30 minutes
\$10

Paraffin Dip Extra

Add a paraffin dip to your manicure
Booking time: 15 minutes
\$15

Pedicure

This treatment includes a foot soak and scrub, nail and cuticle tidy and a luxurious foot massage and revarnish.
Booking time: 60 minutes
\$35

Relaxing Foot and Leg Massage

Float away on a cloud; an invigorating massage that stimulates sluggish circulation in the legs, whilst relaxing the feet.
Booking time: 30 minutes
\$30

All prices include 16% VAT