

WELCOME TO THE BUSH-SPA

indulge in a truly unique spa experience whilst visiting stunning
South Luangwa National Park.

TOUCHING FULL BODY MESSAGES

Available as 60 or 90 minute sessions

STRESS RELIEF FULL BODY MASSAGE

a combination of deep-tissue, Swedish and lymph drainage

HEART OF AFRICA ENERGISING BALM MASSAGE

using a deeply hydrating body balm, containing a unique African blend

DRY CUPPING DETOX MASSAGE THERAPY

a detoxifying and intensive massage therapy not for the faint hearted!

HOT STONE MASSAGE THERAPY

the healing power of nature, a massage with various types of hot stones

HOLISTIC BODY MASSAGE WITH HERBAL OILS

using pure aromatic plant oils to envelop the senses

ULTRA – RELAXING BODY CREAM MASSAGE

a very gentle massage well-being massage using luxurious body cream

MAMMA AFRICA BODY MASSAGE

a signature treatment for mothers to be

THAI YOGA FULL BODY MASSAGE

available in 90 or 120 minutes, following a slow, methodical routine of
pressure and stretches along energy lines (meridians)

IN BETWEEN THE HEAD AND FEET MESSAGES

NATURAL, MONGONGO INFUSED BACK MASSAGE, 30 minutes
a conditioning back, neck and shoulder treatment

AFRICAN HEAD MASSAGE, 60 minutes

Africa's version of the ancient art of head, neck and shoulder massage

MENDOSANA COMBI; BACK & LEGS, 60 minutes

favourite after walking safaris, easing back and leg muscles

TENSION COMBO; BACK AND FOOT, 60 minutes

combination therapy focusing on your back, shoulders, neck and feet

messages

Pricing per person on treatments, all prices are listed in US dollar;

30 minutes treatment	\$ 55	90 minutes combi treatment	\$ 120
60 minutes treatment	\$ 85	120 minutes combi treatment	\$ 155
90 minutes massage	\$ 110	any additional 30 minutes	\$ 40

face & foot care

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
refreshing facial cleanses and rehydrates the skin

KIGELIA AFRICANA FACIAL
allows for deep hydration, healing, firming and toning of the skin

AFRICAN GODDESS FACIAL
a de-stressing, anti-aging facial treatment for the more mature skin

ILLUMINATING PINK CLAY
improves lymph circulation for a healing and brighter complexion

PURIFYING DETOX MORINGA
vitamin-rich facial that extracts impurities, eliminates toxins and tightens the pores



BUSH PEDICURES & FOOTWORK

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 nail tidy, plus a buff or polish

PAMPERING EXPERIENCE, 60min
includes removal of excessive skin, a gentle exfoliation of feet and lower legs, foot massage to finish with a nice buff or polish

ZAMBIAN REFLEXOLOGY, 60min
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

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AFRICAN BODY RITUALS

individual 30 minute sessions

following African traditions our body rituals are best combined

MACADAMIA & ORANGE CREAM GLOW

an invigorating body exfoliating using indigenous macadamia & orange

CRANBERRY & POMEGRANATE CREAM GLOW

clears dead cells & nourishes with high contents of anti-oxidants

ENERGIZING ESPRESSO CREAM GLOW

an invigorating blend of firming, exfoliating and anti-oxidizing ingredients

KIGELIA AFRICANA HEALING & FIRMING WRAP

signature extract from African sausage tree improves firmness and elasticity

REHYDRATING & REFRESHING CUCUMBER WRAP

signature refreshing wrap, infused with lavender, lemongrass, geranium & lime oils, soothing and moisturizing the skin on those hot Luangwa days

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

oats cleanses the skin and gently exfoliates with a fresh, lemony scent

COCO & CHANEL

generous scoop of coconut and milk, add a touch of essential oil

CLEOPATRA'S WILD HONEY

antibacterial properties and hefty serving of skin-saving antioxidants

aqua skin therapy only is \$25, but best combined with big five packages!

BIG FIVE AQUA SKIN PACKAGES

a selection of our favorites, but any combination on our menu is possible

LEOPARD, *for Mfuwe Lodge guests only for 2 people maximum* \$ 25
30 minutes of your choice of Aqua package, may be shared with a friend

LION, 1 hour, 30 minutes \$ 100
a session of Aqua package followed by a relaxing 60 minute massage

BUFFALO, 2 hours \$ 130
refreshing exfoliation or wrap, Aqua package and an hour hydrating massage

RHINO, 2 hours \$ 130
revitalizing Aqua package, massage and facial combination

ELEPHANT, 2-1/2 hours of ultimate bliss \$ 170
exfoliation, Aqua package, body wrap, bush-shower, back & neck massage, only to end with a heavenly 30 minute facial... pure heaven!

body rituals