

# 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



Please scan the menu here

Pricing per person on treatments, all prices are listed in US dollar;			
30 minutes treatment	\$ 60	90 minutes combi treatment	\$ 125
60 minutes treatment	\$ 90	120 minutes combi treatment	\$ 170
90 minutes massage	\$ 115	any additional 30 minutes	\$ 45

# 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.

### QUICK SAFARI FRESH UP

30 minutes only  
refreshing facial cleanses and rehydrates the skin, based on your skin type

### KIGELIA AFRICANA FACIAL

allows for deep hydration, healing, firming and toning of the skin, using our Vitamin boost Kigelia serum

### AFRICAN GODDESS FACIAL

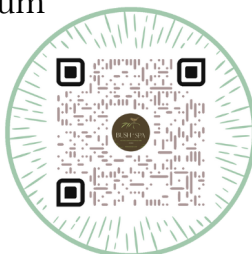
a de-stressing, anti-aging facial treatment for the more mature skin, using a Fountain of Youth Serum

### ILLUMINATING PINK CLAY

improves lymph circulation for a healing and brighter complexion, the Glow or Vitamin Serum boosts radiance

### PURIFYING DETOX MORINGA

vitamin-rich facial that extracts impurities, eliminates toxins and tightens the pores, the Vitamin boost Kigelia serum brightens and makes for a non-greasy hydration



*Please scan the menu here*

## 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

Spafoot 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

### 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 THERAPY, BOTANICAL BATH SOAKS

Handcrafted in Zambia, using 100% natural ingredients, Buiketo bath soaks!

All botanical soaks contain Epsom salts, providing a range of health benefits, such as muscle relaxation, pain relief and gentle exfoliate dead skin cells

### SOOTHING

infused with peppermint and lemon balm herbs, along with essential oils such as eucalyptus and lemongrass, offering a refreshing minty-citrus aroma

### CALMING

infused with bay leaves, rose buds and rose petals, complemented by essential oils like frankincense and cedar wood, offering an earthy-woody aroma

### UNWIND

infused with chamomile and hibiscus herbs, combined with essential oils like rose geranium and lavender for a soothing floral-fresh scent

*Aqua therapy only is \$27, 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 \$ 27  
30 minutes of your choice of Aqua therapy, may be shared with a friend

LION, 1 hour, 30 minutes \$ 110  
a session of Aqua therapy followed by a relaxing 60 minute massage

BUFFALO, 2 hours \$ 145  
refreshing exfoliation or wrap, Aqua therapy and an hour hydrating massage

RHINO, 2 hours \$ 145  
revitalizing Aqua therapy, massage and facial combination

ELEPHANT, 2-1/2 hours of ultimate bliss \$ 185  
exfoliation, Aqua therapy, body wrap, bush-shower, back & neck massage, only to end with a heavenly 30 minute facial... pure heaven!

body rituals