

Welcome to Anantara Spa

Discover an intimate spa experience shaped by the calm flow of the Kafue River and the untouched beauty of the Zambian wilderness. Every treatment is enjoyed in the privacy of your villa's dedicated wellness space, allowing you to unwind completely in an atmosphere of total seclusion. Inspired by Zambia's natural elements and traditional healing practices, our therapies blend nature's tranquillity with Anantara's signature touch to restore balance and ease.

As the sounds of the river, rustling leaves, and distant wildlife surround you, each treatment becomes a sensory journey that deepens relaxation. Whether you are pausing between safari adventures or seeking a quiet moment to reconnect, your spa experience is designed to soothe, rejuvenate, and immerse you in the serenity of Kafue's wild landscape.

SPA FACILITIES

- Private treatment rooms in every Villas
- Bespoke therapies delivered in complete privacy
- Riverside ambience and natural wilderness soundscape
- Personalised treatment journeys tailored to your needs

Please contact your dedicated Villa Host for any spa reservation enquiries.

Couple's quality time

Reconnect, relax, and rejuvenate together in the serenity of the bush. Spend blissful moments together with a series of restorative treatments designed to deepen relaxation, connection, and harmony between you both.

ANANTARA COUPLES ESCAPE

90 MINUTES

Treat your partner to a relaxing full-body massage, enhanced with an extended foot massage for ultimate balance and harmony.

USD 430

BEMBA HARMONY COUPLES RITUAL

120 MINUTES

Inspired by the Bemba philosophy of ukupampamina mutual support and unity this shared ritual celebrates connection. Begin with a full-body exfoliation and wrap, followed by a 60-minute synchronized couples massage with assisted stretching. Conclude with a side-by-side facial, leaving both partners emotionally grounded, harmonized, and blissfully restored amid the serene bush setting.

USD 570

Indigenous signature treatments

Experience treatments inspired by Zambia's heritage, healing traditions, and natural landscapes. Each ritual blends indigenous techniques, botanical oils, and cultural wisdom to restore balance, calm, and a sense of connection to Kafue's wild beauty.

ILA FOREST REBALANCING RITUAL

Inspired by the Ila people, who have lived in harmony with the Kafue wilderness for generations, this grounding ritual begins with a refreshing natural body exfoliation to cleanse and revitalise the skin. A deeply restorative full-body massage follows, using long rebalancing strokes, warm herbal compresses, and forest-infused oils. Heated stones placed on key energy points promote alignment and calm, leaving you centred, steady, and renewed.

90 MINUTES

USD 250

TONGA EARTH & EMBER HEALING

Rooted in ancient Tonga traditions, this warming treatment combines natural clay, earth minerals, and heated stones to ease deep muscular tension. The grounding elements strengthen resilience and centre your energy reflecting the spirit of Zambia's land and its people.

60/90 MINUTES

USD 190/
250

ANANTARA KAFUE SUNSET EMBER COUPLE RITUAL

Celebrate the beauty of the Kafue sunset from a private treetop deck with chilled champagne. Begin with a soothing foot ritual, followed by a calming head, scalp, and shoulder massage. Drift into a full-body massage as the colours fade and the river's gentle sounds surround you. A sensory journey that blends wilderness, intimacy, and pure relaxation under the vast African sky.

90 MINUTES

USD 470

Anantara

signature massages

Crafted to restore balance and elevate well-being, our massage collection blends Anantara's Eastern wellness heritage with the healing spirit of the Kafue wilderness. From signature meridian-line techniques to traditional Zambian compress work, each treatment uses purposeful movements and aromatic oils to soothe tension, enhance circulation, and guide you into deep, effortless relaxation.

ANANTARA SIGNATURE MASSAGE

A harmonious blend of Eastern and Western techniques with our signature oil. Expert movements stimulate circulation, deeply relax muscles, and restore energy flow along meridian lines.

60/90 MINUTES

USD 170/
230

ZAMBEZI MASSAGE (FULL BODY)

Inspired by Zambian traditions, this massage uses a hot compress to stimulate circulation, followed by a soothing full-body massage with ginger and lemon essential oils. Perfect for a true local wellness experience.

90 MINUTES

USD 230



SWEDISH MASSAGE

A classic reimagined in the serenity of the Kafue wilderness. Long, graceful strokes and gentle kneading melt away tension, ease tired muscles, and restore balance with warm, aromatic oils for deep relaxation.

60/90 MINUTES

USD 170/
230

DEEP TISSUE MASSAGE

Targeting deep layers of muscle and connective tissue, this massage releases tension and knots. Ideal for those familiar with therapeutic or sports massages. Firm techniques and selected oils improve circulation, ease stiffness, and restore mobility. Intense treatment; not for the faint of heart.

60/90 MINUTES

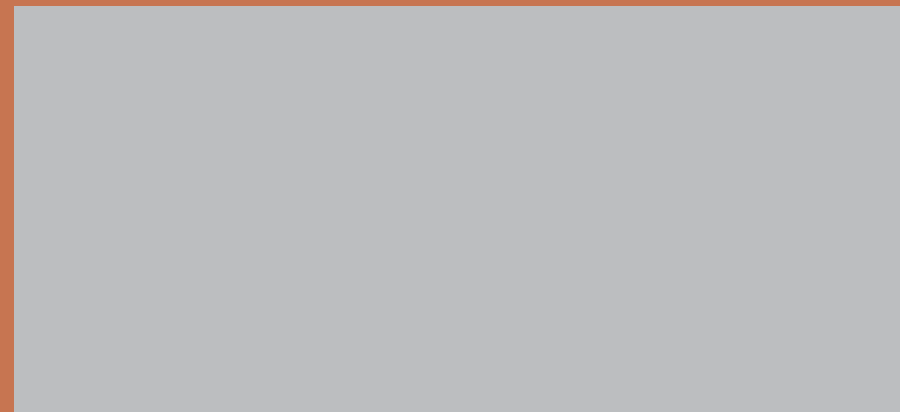
USD 170/
230

LYMPHATIC DRAINAGE (FULL BODY)

A gentle, rhythmic massage using the renowned Vodder technique to encourage healthy lymph flow, boost immunity, and support the body's natural self-healing processes.

90 MINUTES

USD 230

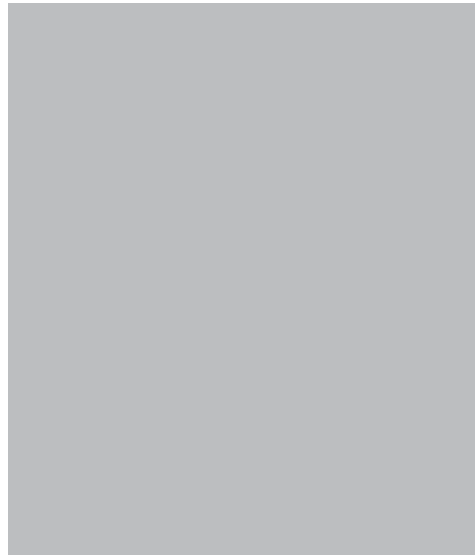


Facials

Targeted treatments designed to revitalise, hydrate, and restore your skin's natural radiance.

AGE-DEFYING FACIAL

A rejuvenating treatment that smooths fine lines, boosts collagen, and enhances firmness. Featuring exfoliation, a lifting massage, and a firming mask, this facial leaves the skin renewed, hydrated, and beautifully radiant.



Bath ritual

ROMANTIC MILK BATH RITUAL

Deep relaxation | Stress relief | Romantic unwind

A warm milk bath infused with romantic milk oil, honey, and gentle rose essence to calm the mind and body after a day on safari. Served with lavender tranquility tea.

Upgrades: Pop Mask | Prosecco Bubbly

60 MINUTES

USD 90

LAVENDER BUBBLE FOAMING BATH

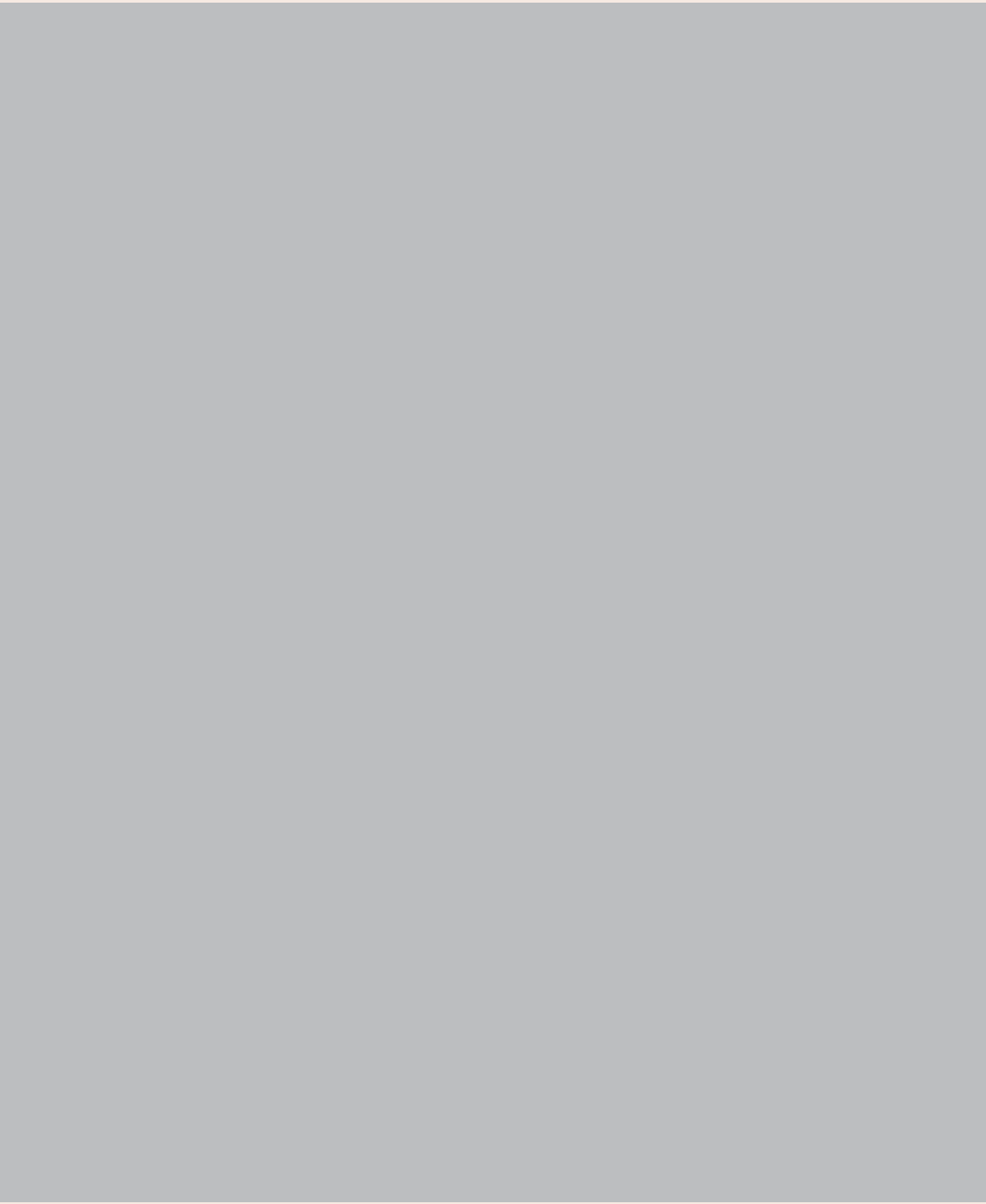
Hydration | Stress relief | Circulation boost & Restful Sleep

A soothing foaming bath enriched with calming lavender bath oil to ease tired muscles, promote circulation, and gently prepare the body for deep rest. Served with rose tea.

Upgrades: Pop Mask | Prosecco Bubbly

60 MINUTES

USD 70



Yoga

ACCOMPANIED YOGA (COMPLIMENTARY)

60 MINUTES

Begin your day with calm and clarity. Join our complimentary group guided yoga session on the yoga deck, designed to energise the body and relax the mind. For timing details, please contact your Villa Host.

PRIVATE YOGA SESSION

60/90 MINUTES

A personalised traditional Hatha yoga experience focusing on breath, gentle stretching, and mindful movement to restore balance and clarity.

**USD 150/
210**

An expert yoga guru can be arranged upon request for a fully tailored yoga programme throughout your stay.

Spa etiquette

To make your spa experience as relaxing as possible, we kindly ask:

- Anantara Spa treatments are available daily, with flexible timings arranged around your activities.
- Your Villa Host will be happy to assist with bookings.
- Daily group yoga is offered to all guests who wish to participate.
- Advance booking is recommended to secure your preferred time.
- All treatments take place in the comfort of your villa. Your therapist will arrive 15 minutes prior for setup and your consultation.
- Spa services are exclusively for Anantara Tented Camp Kafue River guests.
- Please inform us of any health conditions, allergies, pregnancy, or medical concerns when booking. We advise avoiding alcohol before or after treatments.
- Spa attire, including disposable underwear, robes, or sarongs, will be provided. You may also wear what is most comfortable for you.
- Please avoid sunbathing after oil treatments.
- Additional treatments or retail products outside your package will be charged.

