



ANANTARA

SPA

# Discovered

THE ROYAL LIVINGSTONE VICTORIA FALLS ZAMBIA HOTEL BY ANANTARA

JULY 2024 - JUNE 2025



# Welcome to Anantara Spa

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THE ROYAL LIVINGSTONE  
VICTORIA FALLS ZAMBIA  
HOTEL BY ANANTARA

Recharge and beautify in the heavenly surrounds of a national park. Enjoy a decidedly unique setting coupled with Anantara Spa expertise. Indulge in outdoor massages on the banks of the Zambezi River. Let the scenes of nature enhance your blissful experience with journeys created for your supreme wellbeing.

Sample an array of authentic African therapies, as well as classic Western treatments that promote wellbeing throughout your body. Revel in carefully crafted packages that bring deep rejuvenation.

## Spa Facilities

- Outdoor treatment area
- Four outdoor treatment gazebos
- Lush garden and river views
- Beauty salon
- Health bar on the banks of the Zambezi River





## Anantara Wellness

Invest in your personal wellbeing with our exclusive treatment collection. Our carefully curated selection of wellness treatments focus on holistic wellness while treating your specific personal needs.

### FROM THE EAST

Heal and invigorate with our selection of Ayurveda treatments.

Discover how ancient Ayurvedic medicines can naturally enhance your wellbeing.

**NASYAM | INDIAN HEAD MASSAGE | 45 minutes**

**USD 90**



**ABHYANGA | FULL BODY MASSAGE | 60 minutes**  
**USD 150**

**SHIRODHARA | BODY THERAPY | 90 minutes**  
**USD 150**

**BAOBAB PINDA MASSAGE | FULL BODY MASSAGE | 90 minutes**  
Incorporating the natural healing properties of baobab seed in a herbal Pinda compress.  
**USD 150**

**CUPPING | FACIAL TREATMENT | 60 minutes**  
**USD 125**

#### **FROM THE WEST**

**LYMPHATIC DRAINAGE | FULL BODY MASSAGE | 75 minutes**  
The timeless Vodder technique (also known as lymphatic drainage), originating from modern medicine, boosts immunity and enhances the body's ability for self-healing.

### **NEW BEGINNING**

These unique body treatments are designed to let go of the past. Embrace the future with healthy, glowing skin through our expert therapy techniques.

### **SOPHROLOGY | HOLISTIC MEDITATION | 30 minutes**

**USD 60**

Created by Colombian Neuropsychiatrist Dr. Alfonso Cayced, Sophrology is a mindful relaxation technique that combines physical and mental exercises to promote health and well-being.

### **NOURISHING BODY SCRUB & WRAP | FOR DRY AND DAMAGED SKIN | 60 minutes**

**USD 80**

### **REVITALISING BODY SCRUB & WRAP | FOR TIRED AND SUN-DAMAGED SKIN | 60 minutes**

**USD 80**

### **DETOXIFYING BODY SCRUB & WRAP | SUPPORTING ANY CLEANSE OR DETOX | 60 minutes**

**USD 80**

### **MEDI SPA**

Our advanced skincare is designed to bestow ageless beauty.

### **THERAVINE MICRO NEEDLING | FOR ALL SKIN TYPES | 75 minutes**

**USD 120**

### **SPA BY DESIGN**

Create your perfect wellness retreat by tailoring a selection of Anantara treatments, training support from a personal trainer, and a meal plan from our chef together. Simply book a consultation or enquire by email.



# Anantara Signature Selection

## **THE TOKA LEYA CLEANSING CEREMONY | 180 minutes**

Rooted in the ancient traditions of the Toka Leya tribe, native to the lands surrounding Victoria Falls, this unique cleansing ritual draws on centuries of wisdom. The Toka Leya, part of the larger Tonga tribe from southern Zambia, use white crushed stones in their traditional purification ceremonies, applying them as a facial mask believed to invite blessings from the ancestors and summon rain. Inspired by this sacred ritual, our Toka Leya Cleansing Ceremony begins with a full body dry buff to gently exfoliate and rejuvenate the skin, encouraging new cell growth. Following this, indulge in a soothing 90-minute full body balancing massage. Just as the Toka Leya cocoon themselves in cleansing materials, you too will be wrapped in a purifying body mask. The ceremony concludes with a refreshing shower, symbolising the life-giving rains blessed by the ancestors.

**USD 320 Per person**

## **THE NALIKWANDA LOZI JOURNEY | 210 minutes**

Inspired by the rich cultural heritage of the Lozi tribe from western Zambia, our Nalikwanda Lozi Journey brings the essence of their renowned Kuomboka ceremony into a revitalising spa experience. The Lozi King moves to higher ground for winter in a magnificent white and black royal barge called the Nalikwanda. Paddled by a team of nearly 100, the royal procession is a symbol of strength and renewal. Your journey reflecting the Lozi Kings' procession from his summer palace to his winter residence begins with a 75-minute massage using hot stones, representing the earth during the dry season. This is followed by a deeply hydrating 75-minute facial, a nod to the Nalikwanda's majestic voyage, as the skin is refreshed and renewed. The experience concludes with a soothing spa pedicure, celebrating your transformation and symbolic return to land with the arrival of the new year.

**USD 370 per person**

## **THE NCWALA BLESSING RITUAL | 210 minutes**

Drawing inspiration from the Ngoni tribe's Ncwala ceremony, which celebrates the blessing of the first harvest, our Ncwala Ritual is a shared experience for two family members. It begins with a cooling scalp and hair treatment, reflecting the ceremony's blessing by the King. Embrace your inner royalty with a 90-minute full body Zambian traditional massage, followed by a revitalizing pressure point foot massage, completing this journey of renewal and connection.

**USD 370 per person**



**THE CHILANGA MULILO COUPLES EXPERIENCE | 180 minutes**

The Bemba tribe of northern Zambia honour the Chilanga Mulilo ceremony, where the bride's family prepares dishes for the groom, showcasing how he will eat in his married life. We've crafted a couple's experience to represent the journey of love and partnership that begins with a full body exfoliation, followed by a wrap. The experience continues with a 90-minute couples massage, featuring assisted limb stretching, and concludes with side-by-side facials, highlighting the shared path to happiness.

**USD 360 per couple**

**THE ANANTARA ROYAL LIVINGSTONE AFRICAN EASTERN FACELIFT | 75 minutes**

Livingstone was originally founded as a trading post on the East Africa trade route. In tribute to this heritage, we have partnered exclusively with Philosophia Botanica to bring a novel approach to age-old therapies in this bespoke ritual. A natural alternative to Botox, it incorporates elements of face mapping, Chinese medicine, acupuncture and lifting and sculpting techniques and is suitable for all skin types.

**USD 360 per couple**



# Anantara Massages

Feel at home with our selection of massages from all over the world that we love and enjoy at any given time of the day.

## **ZAMBEZI MESSAGE | FULL BODY MESSAGE | 90 minutes**

Zambian massage aids in the natural healing of the body. Using a hot compress on your skin, your therapist will stimulate blood circulation, followed by traditional massage. Highly recommended as part of your Zambian journey. Essential oils blend: ginger and lemon.

**USD 170**

## **ESSENTIAL MESSAGE | ESSENTIAL OILS BLEND: ROSE & LAVENDER | 60 minutes**

Enjoy our interpretation of a full body Swedish Massage, enhanced by essential oils and our stunning natural location. **USD 125**

## **DEEP TISSUE MESSAGE | ESSENTIAL OILS BLEND: CINNAMON & CLOVE BUD | 60 minutes**

Highly recommended for clients who benefit from regular sports massages back home. This is not for the faint of heart.

**USD 130**

## **STRESS RELIEF MESSAGE | ESSENTIAL OILS BLEND: LAVENDER & ROSE | 60 minutes**

A massage designed to focus on all areas of stress: the back, the head, the feet and the hands.

**USD 120**

## **IMA MAMA MESSAGE | 75 minutes**

Our unique pregnancy safe massage can be performed at any stage of pregnancy, using specific oils that protect our mothers-to-be.

**USD 130**

## **TUSHA BACK MESSAGE | 30 minutes**

A 30-minute focused massage to relieve muscular aches and pains.

**USD 50**

## **Safari Foot Massage | 30 minutes**

30-minute foot massage which can be performed poolside.

**USD 45**

Enhance any of your spa treatments with one of the following add-on treatments | USD 25

- Scalp massage
- Hot stone massage
- Eye rejuvenating treatment
- Foot exfoliation
- Paraffin dip (hands or feet)



# Anantara Beauty Selection

## FACIALS

### AGE-DEFYING FACIAL | 60 minutes

Our anti-aging facial is designed to address the signs of aging and aid in defying the effects of time.

**USD 150**

### HYDRA GORGEOUS FACIAL | 60 minutes

Revive you skin with our specialised hydrating facial, designed to combat the first signs of aging caused by environmental damage.

**USD 120**

### SKIN DETOX & CLEANSE FACIAL | 60 minutes

This deep cleansing treatment includes steam and extractions, designed especially for younger skin. Our professional therapists will also advise on how to prolong the facial's effects at home.

**USD 105**

### GENTLEMAN'S EXCLUSIVE TOUCH FACIAL | 60 minutes

Invest in your skin with our exclusive gents facial, this complete treatment is designed to purify the skin and leave it with a healthy and manly glow.

**USD 120**

### ON THE RUN FACIAL | 30 minutes

Our express solution for your busy schedule includes cleansing, exfoliation, mask and magical moisturising. This facial is only recommended as an interim solution between facials, should your skin need a little extra TLC.

**USD 55**



## Anantara Teen Selection

Taking care of our future generation is vital, we have taken the time to create a teen safe spa menu to take care of their delicate needs.

### **DOUBLE BLISS MESSAGE | 60 minutes**

Celebrating the powerful bond between mother and child, our double bliss massage is a massage for you and your teen to share the time together.

**USD 220**

### **TEEN BACK MESSAGE | 30 minutes**

**USD 60**

### **TEEN GLOW FACIAL | 30 minutes**

**USD 65**







## SPA ETIQUETTE

- Please arrive 15 minutes before your treatment to complete your health assessment form and take time to relax in our tranquil surroundings beforehand.
- Parental supervision is required for any guests under 16.
- Please note that the spa is unsuitable for small children and babies as we try to ensure that all our guest benefit from the tranquil surroundings.
- We recommend that you wear comfortable clothing and leave all jewellery in your room before coming to the spa.
- Please allow at least four hours' cancellation notice on any treatment booked, otherwise, 50% of the price will be charged to your account.
- Group bookings are subject to 48 hours cancellation period.
- We recommend that you do not sunbathe after oil treatments.
- For men – please shave before all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or suffer from any other medical conditions, are advised to consult a doctor before signing up for any treatments and must notify spa staff at the time of booking.
- Prices are subject to change without prior notice.
- Kindly avoid visiting the Anantara Spa should you have symptoms including: a sore throat, runny nose, dry cough or fever. Please note that all guests on entering our spa, will be required to have their temperature checked with a health & safety form completed prior to their treatment



*The Royal*  
LIVINGSTONE

VICTORIA FALLS ZAMBIA HOTEL  
BY ANANTARA

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