



ANANTARA

SPA

SPA BLISS IN BREATHTAKING SURROUNDINGS

WELCOME TO ANATARA SPA

Recharge and beautify in the heavenly surrounds of a national park. 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

- Three outdoor treatment gazebos
- Lush garden and river views
- Beauty salon
- Massages on the banks of the Zambezi River

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ANANTARA SIGNATURE EXPERIENCES

Anantara Signature Massage | 90 Minutes | USD 130

Combining revered Eastern and Western techniques in purpose-designed movements with our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Meanwhile, reflexology clears energy blockages and promotes overall wellbeing.

Welcome Drink | Anantara Foot Cleansing Ritual |
Anantara Signature Massage | Refreshments

Zambezi Signature Massage | 90 Minutes | USD 130

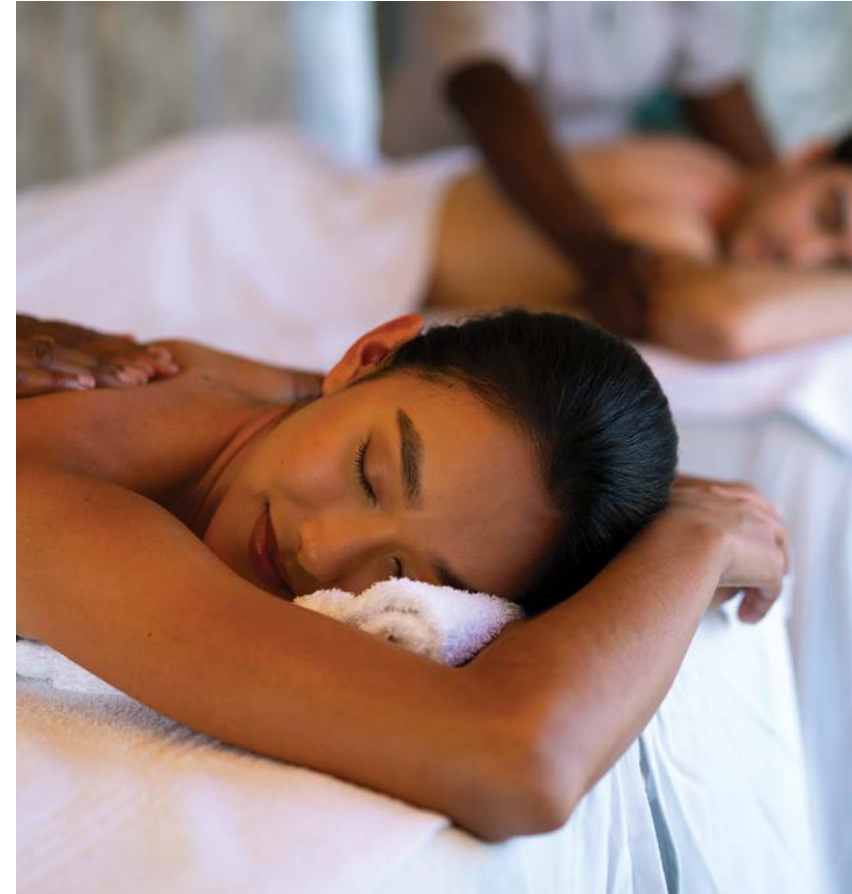
“Flow like water” in this unique massage influenced by ageless local traditions. Your spa therapist uses an African floral oil together with palm pressure and warm compress techniques to relieve tension, improve blood flow and create waves of muscle relief.

Welcome Drink | Anantara Foot Cleansing Ritual |
Zambezi Signature Massage | Refreshments

The Royal Livingstone Spa Ritual | 120 Minutes | USD 220

Indulge yourself from top to toe. Starting on the soles of the feet, your spa therapist works up to the back of the body using five different techniques before a full facial complete with a face and scalp pressure point massage. A serene ritual for all the senses.

Welcome Drink | Anantara Foot Cleansing Ritual | Facial
Stress Release Massage | Refreshments



COUPLES EXPERIENCES

Romantic Escapade | 75 Minutes | USD 220

Make it a special occasion with your loved one and retreat to a state of aromatic bliss in our luxurious riverside gazebo with stress-relieving massages.

Welcome Drink | Anantara Foot Cleansing Ritual |
Stress Release Massage | Foot Massage | Refreshments

Zambezi Couples Retreat | 90 Minutes | USD 280

Let the world slip away by indulging in a tranquil experience with your loved one. Ease in with a foot bath. Then enjoy one of four massages of your choice, followed by a 30-minute express facial.

Welcome Drink | Anantara Foot Cleansing Ritual |
Facial | Massage | Refreshments



MASSAGES

Stress Release Massage | 60 Minutes | USD 94

Using a combination of strokes and acupressure techniques, and the signature aromatherapy oil blend of your choice, this gentle massage delivers pure pleasure and deep relaxation.

Welcome Drink | Anantara Foot Cleansing Ritual |
Aroma Stone Massage | Refreshments

Deep Tissue Massage | 60 Minutes | USD 100

Unwind during this powerful, customised massage. Deep rhythmic pressure and your choice of essential oils combine to alleviate stress, ease aching muscles and target individual needs.

Welcome Drink | Anantara Foot Cleansing Ritual |
Aroma Stone Massage | Refreshments

Pinda Massage 60 Minutes | 60 Minutes | USD 110

A detoxing massage using Terres d' Afrique detoxing oil (buchu, black pepper, pink pepper), is conducted using heated pinda for lymphatic drainage and increased blood circulation. The diuretic properties of the African plant buchu help eliminate toxins from the body.

Welcome Drink | Anantara Foot Cleansing Ritual |
Aroma Stone Massage | Refreshments

BODY TREATMENTS

Nourishing Scrub and Wrap | 60 Minutes | USD 80

A body exfoliation ritual to invigorate and revitalise. Dead skin is lightly brushed away before warm oils are dripped luxuriously over the body and a sublime coconut scrub is applied. Skin-enriching oil nourishes the body during a comforting cocoon wrap. Emerge deeply cleansed and moisturised, feeling vibrant.

Welcome Drink | Anantara Foot Cleansing Ritual |
Scrub and Wrap | Refreshments

Revitalising Aloe Vera Scrub and Wrap | 60 Minutes | USD 80

Let Aloe Vera nourish and renew you from head to toe. The perfect combination of extracts that increase hydration and contribute to replacing earthly vitamins and minerals such as Vitamins A, B, C, D, E, magnesium, potassium and zinc. This treatment starts with a full-body scrub and is followed by a nourishing cocoon wrap.

Welcome Drink | Anantara Foot Cleansing Ritual |
Scrub and Wrap | Refreshments

Detoxifying Scrub and Wrap | 60 Minutes | USD 90

This treatment begins with either a sugar scrub or a dry-body brush exfoliation. It is then followed by a body wrap in a white Terres d'Afrique mask which draws out impurities and detoxifies, leaving you energised and free of toxins. Followed by a soothing forehead, ear, and pressure point scalp massage to complete the cleansing experience.

Welcome Drink | Anantara Foot Cleansing Ritual |
Scrub and Wrap | Refreshments





FACIALS

Detoxifying Cleansing Facial | 60 Minutes | USD 115

Eliminate toxins accumulated in the skin due to unhealthy living, urban pollution and stress. The detox process begins with a relaxing massage and stimulation of facial pressure points using Shiatsu massage and Terres d’Afrique signature Lymph Wands. Then a deep cleansing mask extracts heavy metals and toxins from deep within the epidermis leaving the skin ready to soak in omega oil-rich botanicals for a naturally radiant look.

Welcome Drink | Skin Analysis | Facial | Scalp Massage | Refreshments

Age-Defying Lifting and Firming | 60 Minutes | USD 140

This treatment focuses on damage repair using powerful antioxidants and collagen-boosting botanicals. An age-defying facial smooths out fine lines and wrinkles by literally straightening the damaged collagen using Terres d’Afrique signature Lymph Wands. At the same time, a wealth of potent African ingredients stimulate the skin’s collagen and elastin production, while omegas help restructure and regenerate skin cells.

Welcome Drink | Skin Analysis | Facial | Scalp Massage | Refreshments

Blemish | 60 Minutes | USD 140

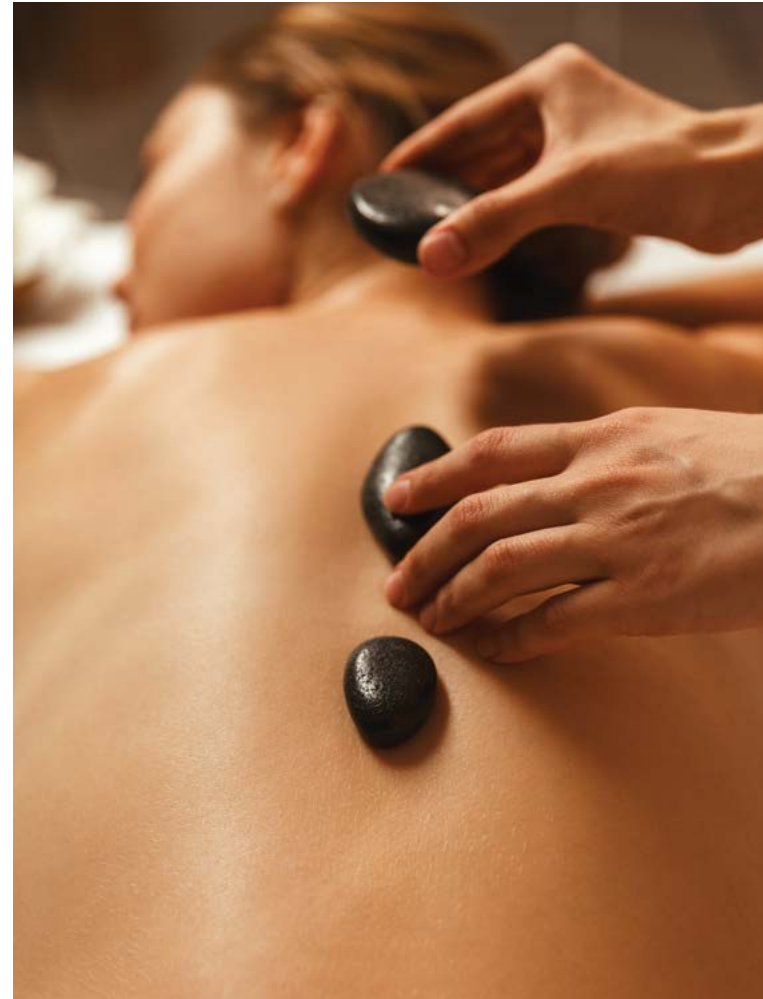
For dehydrated skin, pigmentation and after-sun repair. This facial fights the negative impact of excessive sun exposure, repairs blemishes and prevents sun damage using natural elements such as aloe vera, baobab and kigelia.

Welcome Drink | Skin Analysis | Facial | Scalp Massage | Refreshments

Skin Energising Deep Cleanse for Men | 60 Minutes | USD 110

Designed for gentlemen. Tailored to individual needs to detox skin and restore radiance through exfoliation and massage. A straightforward facial for first-timers.

Welcome Drink | Skin Analysis | Facial | Scalp Massage | Refreshments



ADD-ONS

To complete your experience at Anantara Spa, the following 30-minute add-ons have been carefully selected to complement your spa treatments.

These treatments cannot be booked separately and must be added to one of your receiving treatments.

For only USD 15

- Scalp Massage
- Hot Stones
- Eye Rejuvenating Treatment
- Foot Exfoliation
- Paraffin Hands or Foot Dip

EXPRESS TREATMENTS

Back, Neck and Shoulder Massage | 30 Minutes | USD 40

Safari Foot Massage | 30 Minutes | USD 40

Express Facial | 30 Minutes | USD 40



MANICURES AND PEDICURES

Zambezi Spa Manicure | 60 Minutes | USD 40

More than just a manicure. Aromatherapy oils nourish and condition during a hand exfoliation and massage. Sublime milk cream lavishes and restores moisture to the skin. Finishes with a coat of polish.

Add: Gel Polish USD 15 |
Welcome Drink | Exotic Hand Ritual Manicure

Express Gel Manicure | 60 Minutes | USD 50

Nail Preparation | Cuticle Care | Gel Polish | Moisturiser

Exotic Sole Delight Spa Pedicure | 60 Minutes | USD 50

Superlative foot therapy. Begin with an aromatherapy foot bath in the followed by a massage and exfoliation on the lower legs. Finishes off with a full pedicure and nail polish.

Add: Gel Polish USD 15 |
Welcome Drink | Exotic Sole Delight Pedicure

Express Gel pedicure | 60 Minutes | USD 60

Nail Preparation | Cuticle Care | Gel Polish | Moisturiser

File and Polish | 30 min | USD 18

Gel Soak Off 15 min | USD 15



WAXING AND TINTING

We offer a full range of waxing treatments using premier brand products. Menu available on request.



TEEN SPA

Twice as Nice Massage | 60 Minutes | USD 180

The ultimate spa indulgence for moms and daughters or dads and sons. Working at side-by-side tables, two therapists treat you both to a Stress Release Massage.

Teen Wellness Massage | 30 Minutes | USD 45

Relax during a 30-minute back, neck and shoulder massage based on Swedish techniques using aromatherapy oil.

Healthy Glow Facial | 30 Minutes | USD 50

Take your first step on the journey to lifelong luminous skin. Learn basic skincare steps and develop a facial routine. Gentle exfoliation and polishing will leave your complexion looking and feeling its finest.

Teen Express Tips and Toes Experience | 30 min | USD 40

Sip on a refreshing juice on the banks of the Zambezi as we take care of your nails and toes to get you selfie-ready.



SPA ETIQUETTE

Please arrive 15 minutes before your treatment to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.

Under 16 years of age parental supervision is required.

Please note that the spa is unsuitable for small children and babies as we try to ensure that all our guests 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 give at least 4 hours' cancellation notice on any treatment booked, otherwise, 50% of the price will be charged to your account.

Group bookings subjected 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.



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To make an appointment contact us
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