

**THE ROYAL LIVINGSTONE HOTEL BY ANANTARA AT THE VICTORIA FALLS IN ZAMBIA SPA MENU**

 - Wellness     - Immunity Booster     - Relaxation, Stress Relief and Promote Sleep     - Detoxification     - Anti-ageing and Rejuvenation     - Respiratory and Cardiovascular Wellness

## ANANTARA SIGNATURE EXPERIENCES

Anantara Signature Massage | 90 Minutes | USD 170   

Frankincense, Rose & Lavender Essential Oils

These oils assist with healing, pain relief and relaxing when using the complete blend of top, medium and base notes.

Zambezi Signature Massage | 90 Minutes | USD 170  

Lemon & Ginger Essential Oils

These oils assist with skin healing, anti-ageing combined with the fresh and earth tones of Zambia.

The Royal Livingstone Spa Ritual | 120 Minutes | USD 280  

Lavender & Chamomile Essential Oils

These oils assist with reducing stress, anxiety and has the ability to calm nerves.

## COUPLES EXPERIENCES

Romantic Escapade | 75 Minutes | USD 280  

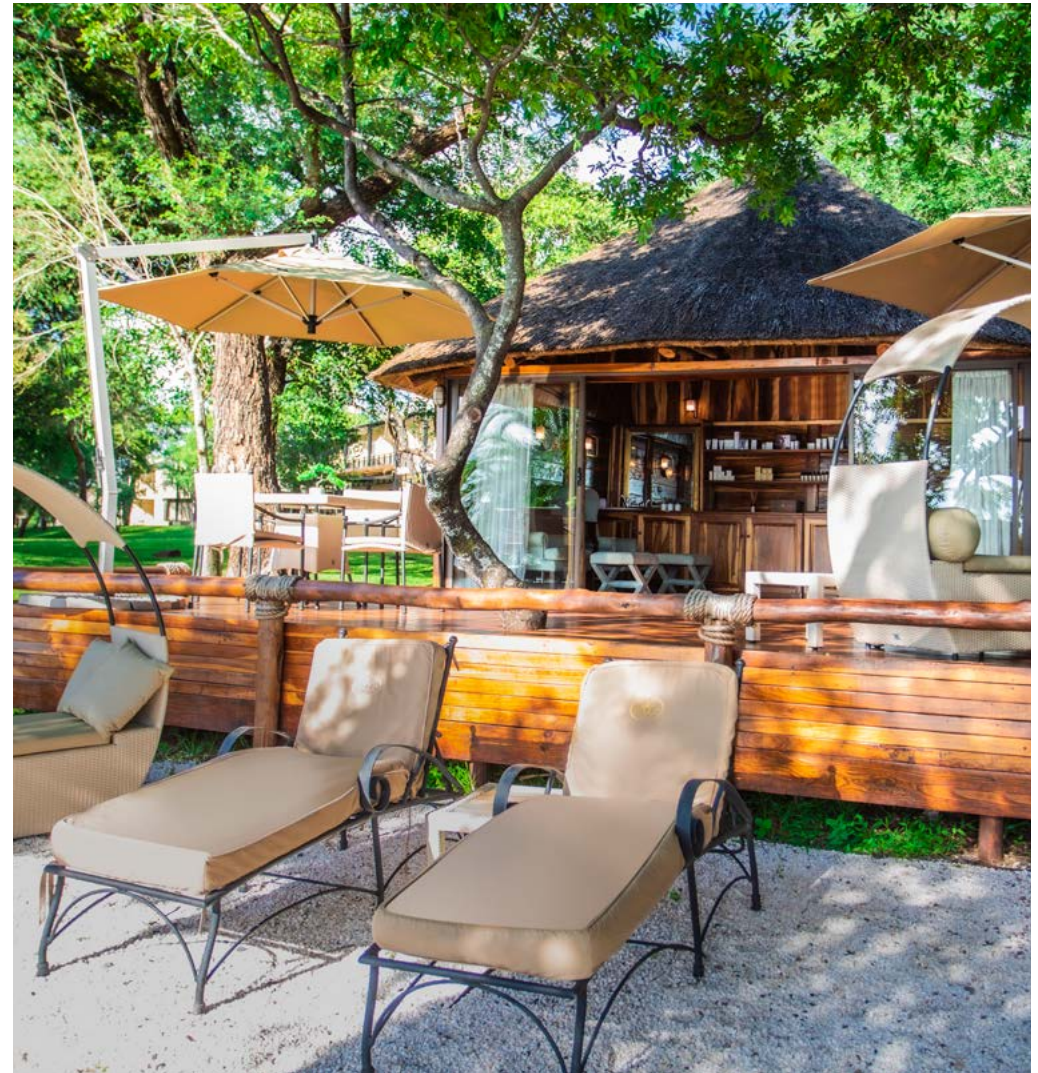
Lavender & Chamomile Essential Oils

These oils assist with reducing stress, anxiety and has the ability to calm nerves.

Zambezi Couples Retreat | 90 Minutes | USD 430   

Rose & Lavender Essential Oils

These oils assist with healing, anti-stress, pain relief and relaxing.



## MASSAGES

Stress Release Massage | 60 Minutes | USD 120 🌊 🌀 🌿

Rose & Lavender Essential Oils

These oils assist with healing, anti-stress, pain relief and relaxing.

Deep Tissue Massage | 60 Minutes | USD 130 🌊 🌀

Cinnamon & Clove Bud Essential Oils

These oils assist with anti-inflammatory and relaxation of the muscle.

Pinda Massage 60 Minutes | 60 Minutes | USD 140 🌊 🌀 🌿

Rose, Ylang Ylang & Cinnamon Essential Oils

These oils assist with blood pressure balancing, relaxation and healing combined of earth and floral tones.

## BODY TREATMENTS

Nourishing Scrub and Wrap | 60 Minutes | USD 105 🌀

Revitalising Aloe Vera Scrub and Wrap | 60 Minutes | USD 105 🌱

Detoxifying Scrub and Wrap | 60 Minutes | USD 105 🍊

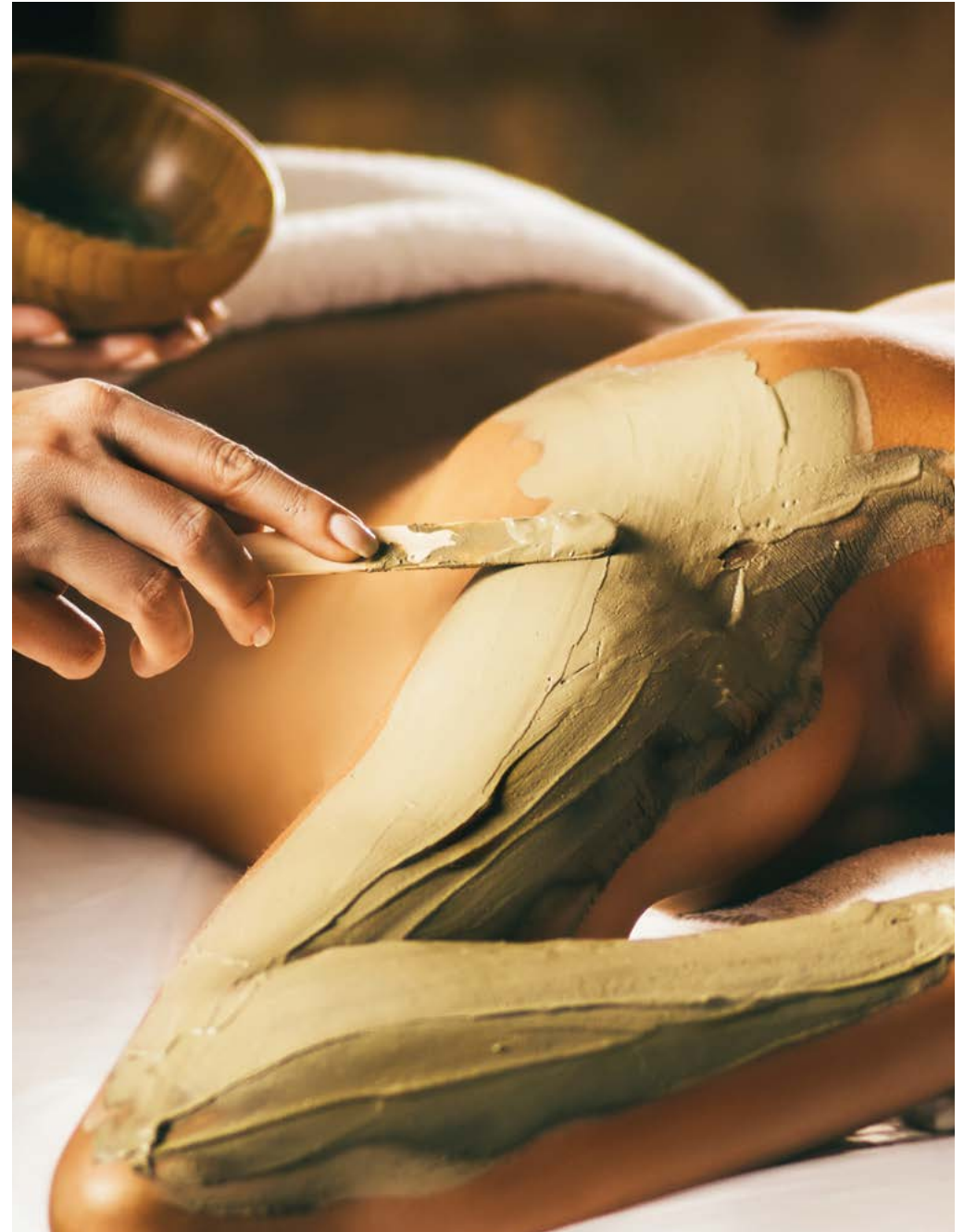
## FACIALS

Detoxifying Cleansing Facial | 60 Minutes | USD 150 🍊 🌊

Age-Defying Lifting and Firming | 60 Minutes | USD 180 🌊 🌱

Blemish | 60 Minutes | USD 180 🌱

Skin Energising Deep Cleanse for Men | 60 Minutes | USD 140 🍊





## 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 20

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

## EXPRESS TREATMENTS

Back, Neck and Shoulder Massage | 30 Minutes | USD 55    
Peppermint & Lemon Essential Oils

These oils provide a refreshing and uplifting treatment from the great in Zambia heat

Safari Foot Massage | 30 Minutes | USD 50   
Eucalyptus & Peppermint Essential Oils

These oil encourage refreshment and relief water retention.

Express Facial | 30 Minutes | USD 55

## MANICURES AND PEDICURES

Zambezi Spa Manicure | 60 Minutes | USD 50   
Add: Gel Polish | USD 15

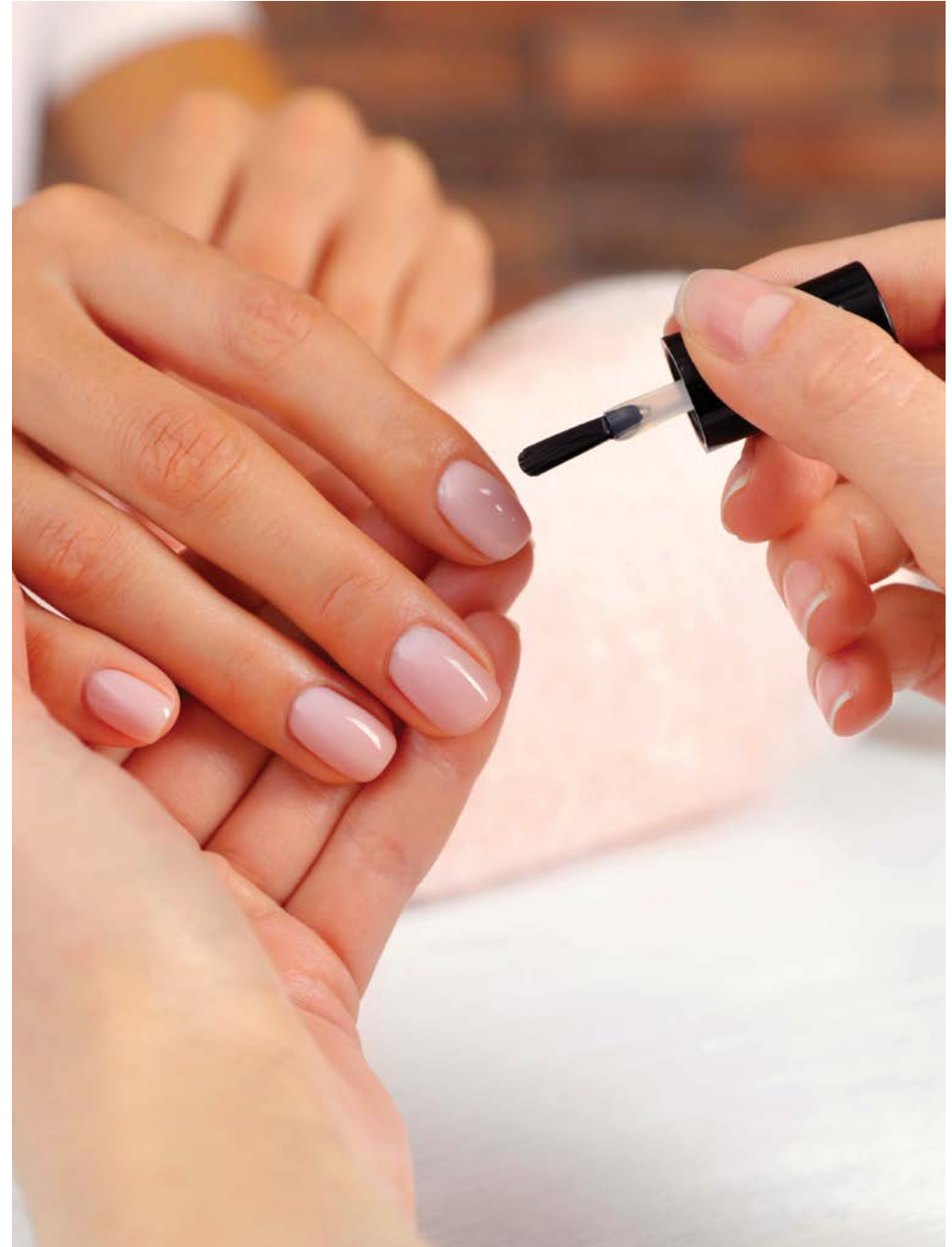
Express Gel Manicure | 60 Minutes | USD 65 

Exotic Sole Delight Spa Pedicure | 60 Minutes | USD 65   
Add: Gel Polish | USD 15

Express Gel pedicure | 60 Minutes | USD 70 

File and Polish | 30 min | USD 25 

Gel Soak Off 15 min | USD 20 



## TEEN SPA

Twice as Nice Massage | 60 Minutes | USD 230  

Mother & Daughter Massage for two

Lavender for kids

These oils are safe for use on children.

Teen Wellness Massage | 30 Minutes | USD 60  

Lavender for kids

These oils are safe for use on children.

Healthy Glow Facial | 30 Minutes | USD 65 

Teen Express Tips and Toes Experience | 30 Minutes | USD 50 

## 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.
- 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



## WELLNESS JOURNEYS

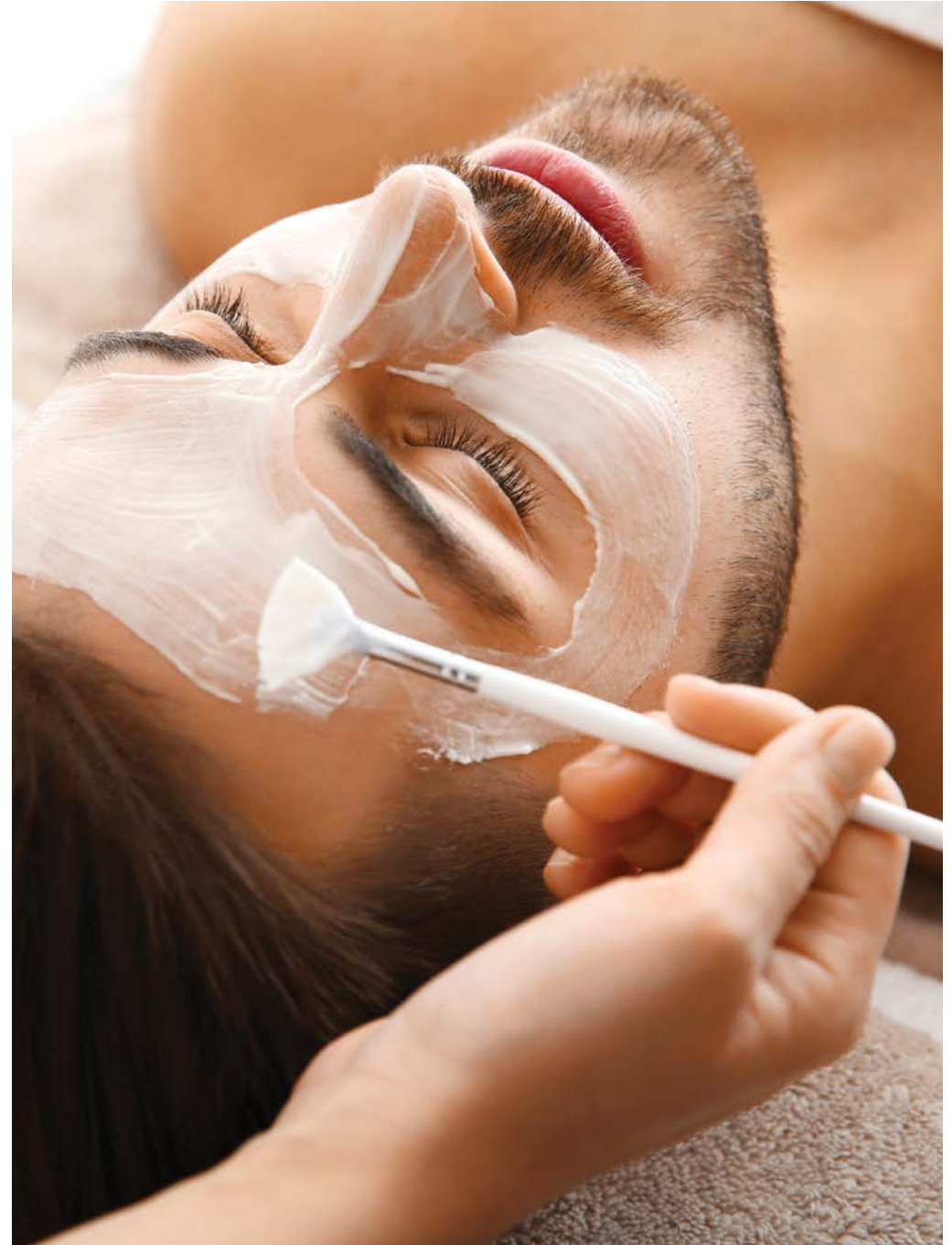
### 3 Day Anxiety Relief Package

Get away from your daily stress and relax with the gorgeous surrounding of The Royal Livingstone. Kick back and let all your stresses melt away while you take in the beauty of this majestic location.

This three day package will ensure that you leave feeling revitalized and ready to take on the world with renewed energy.

Package Price for 3 days USD 589

3 DAY ITINERARY		
Day 1 ( Arrival day)	Day 2	Day 3 (Departure day)
Guest to be met with by Wellness Guardian on arrival, program itinerary to be discussed, health & safety questionnaire to be completed and wellness refreshments (Immune Booster ) to be served	Self-Guided Walk to The Victoria Falls	Self or Guided Trail Run in resort
Wellness Lunch - 2 Course Menu	Wellness Breakfast	Wellness Breakfast
Anantara Signature Massage		Express Manicure with Gel or a Men's Pedicure
Health & Detox Tea or Smoothie on the Royal Sundeck at sunset	Nourishing Scrub & Wrap	Guest to be met by Wellness Guru with departure gift
Wellness Dinner - 3 Course Menu	Wellness Lunch - 2 Course Menu	
	Back, Neck & Shoulder Massage	
Turndown with Lavender Essential Oils on the pillow & Chamomile Tea	Private River Cruise - High Tea on Livingstone Island	
	Wellness Dinner - 3 Course Menu	
	Turndown with Lavender Essential Oils on pillow & Chamomile Tea	





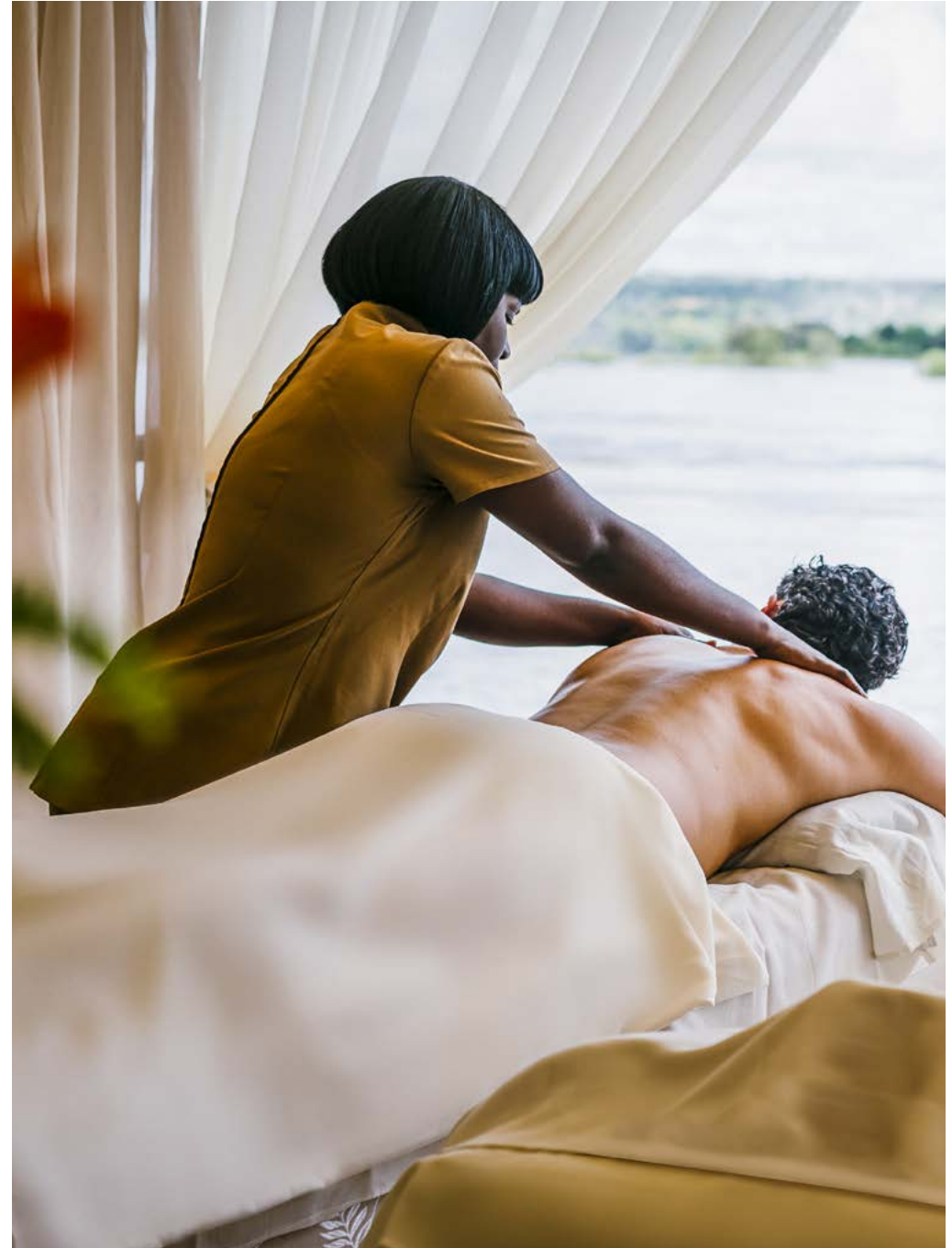
## WELLNESS JOURNEYS

### 3 Day Detox & Immunity Package

Take time for yourself, detox and build your immunity with this three day getaway surrounded by tranquillity and nature. Leave feeling healthy, strong and rejuvenated.

Package Price for 3 days USD 622

3 DAY ITINERARY		
Day 1 ( Arrival day)	Day 2	Day 3 (Departure day)
Guest to be met with by Wellness Guardian on arrival, program itinerary to be discussed, health & safety questionnaire to be completed and wellness refreshments ( Immune Booster ) to be served	Self or Guided hike to Boiling Pot	Self or Guided Trail Run in resort
Wellness Lunch - 2 Course Menu	Wellness Breakfast	Wellness Breakfast
30 Min Back, Neck & Shoulder + Detox Facial		Express Manicure with Gel or Men's Pedicure
Health & Detox Tea or Smoothie on the Royal Sundeck at sunset	Nourishing Scrub & Wrap	Guest to be met by Wellness Guru with departure gift
Wellness Dinner - 3 Course Menu	Wellness Lunch - 2 Course Menu	
	Back, Neck & Shoulder Massage	
Turndown with Lavender Essential Oils on pillow & Detox Tea	African Queen Sunset Cruise - Captains Cabin	
	Wellness Dinner - 3 Course Menu	
	Turndown with Lavender Essential Oils on pillow & Detox Tea	



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