

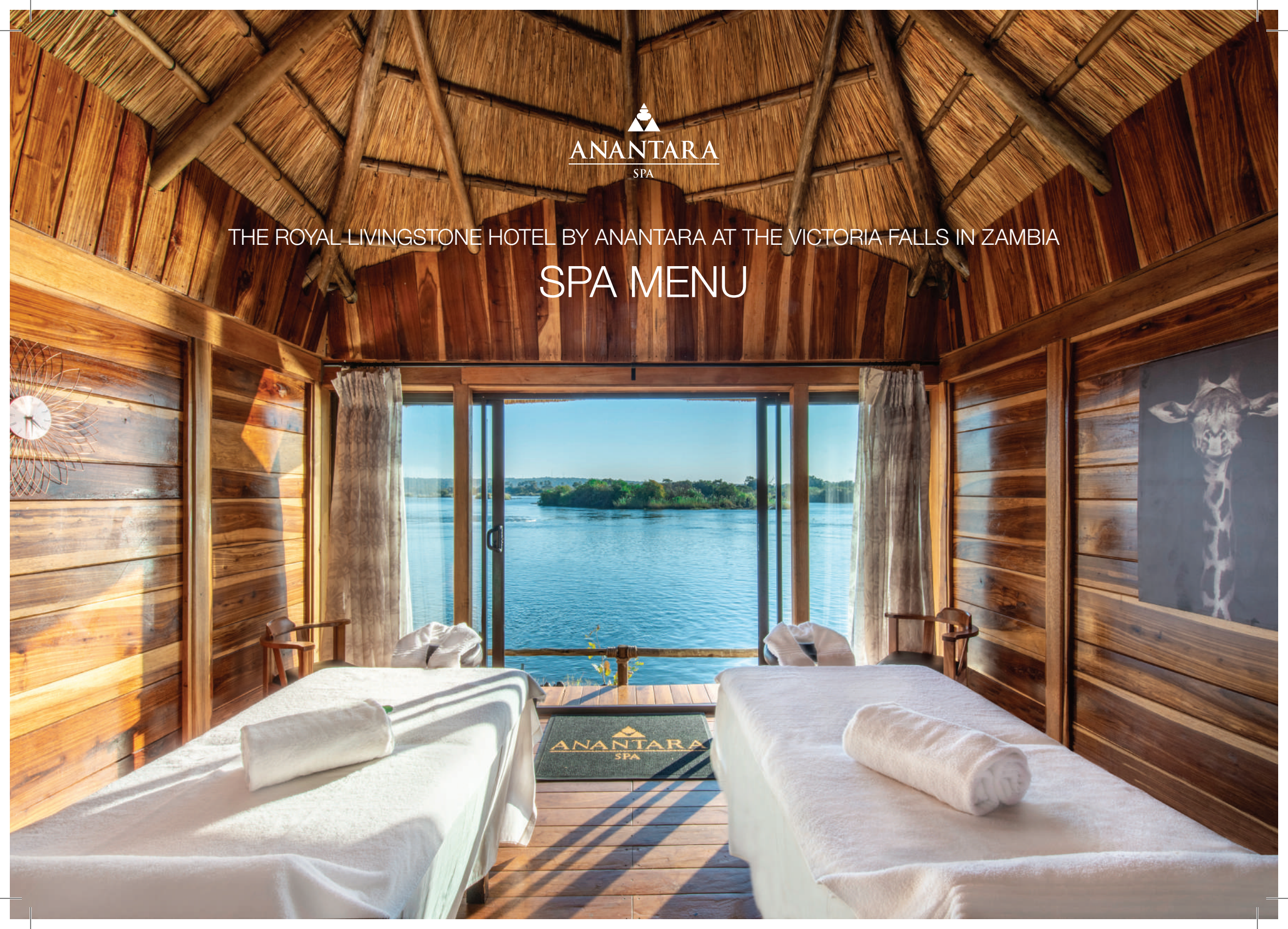


ANANTARA

SPA

THE ROYAL LIVINGSTONE HOTEL BY ANANTARA AT THE VICTORIA FALLS IN ZAMBIA

SPA MENU



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.

A Full Body Massage incorporating assisted stretching to promote positive energy flow of the body.

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.

This unique, 90 min full body, Zambian Massage is traditionally used to aid the natural healing of the body. Your therapist will make use of a hot compress to stimulate blood circulation, followed by the physical massage and is highly recommended as part of your Zambian journey.

The Royal Livingstone Spa Ritual | 120 Minutes | USD 280

Our Royal Livingstone Spa ritual is a complete journey that starts with a clarifying back exfoliation, followed by a relaxing full body massage and completing the journey with an energizing facial.

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.

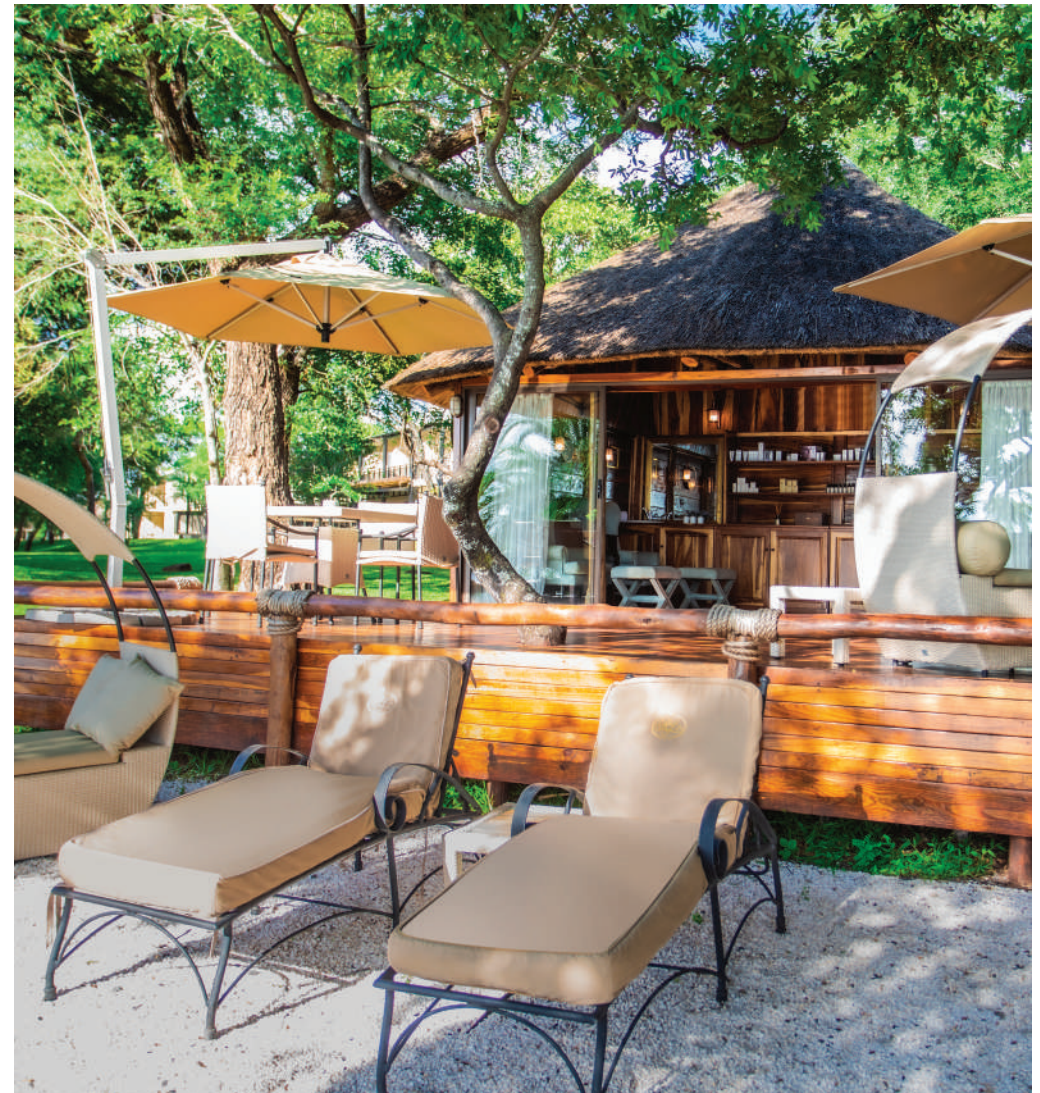
Treat your partner to a relaxing full body massage, incorporating the healing touch of an extended foot massage for complete balance.

Zambezi Couples Retreat | 90 Minutes | USD 430

Rose & Lavender Essential Oils

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

Your retreat starts with an unwinding foot ritual, followed by a full body destress massage and completed with a re-awakening facial.



MASSAGES

Lunar Rainbow Massage | 90 minutes | USD 170

Chamomile, Lavender, Rose, Lemon, Ginger, Eucalyptus and Peppermint

A 90 minute Back Massage with the sole focus to rebalance the body, by use of carefully selected essential oils on each section of the back to compliment to corresponding energy field

Baobab Pinda Massage | 60 Minutes | USD 140 🌀🌀🌀

A full body massage incorporating the natural healing properties of the Boabab seed in a Pinda massage.

Herbal Pinda Massage | 60 Minutes | USD 140

A 60 minute full body massage that uses therapeutically selected herbs for your individual needs in a Pinda pressure massage.

Mommy to Be | USD 140

Our unique pregnancy safe massage can be done at any stage of pregnancy, and is done with pregnancy safe oils to protect out mommy's to be.

Deep Tissue Massage | 60 Minutes | USD 130 🌀🌀

Cinnamon & Clove Bud Essential Oils

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

Our Deep Tissue Massage is highly recommended to clients that have regular sports massages at home, this is not for the faint at heart.

Essential Massage | 60 Minutes | USD 120

Rose & Lavender

A traditional full body Swedish 60 minute massage.

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

Rose & Lavender Essential Oils

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

Back, Neck and Shoulder Massage | 30 Minutes | USD 55 🌀🌀

Peppermint & Lemon Essential Oils

A 30 minute massage focused on the back.

Express Foot Massage | 30 Minutes | USD 50

Peppermint

A 30 minute foot massage available at the poolside.

Safari Foot Massage | 30 Minutes | USD 50 🌀

Eucalyptus & Peppermint Essential Oils

A 30 minute foot massage available at the poolside.



BODY TREATMENTS

Nourishing Scrub and Wrap I 60 Minutes I USD 105

A nourishing body scrub and wrap is designed to treat dry and damaged skin, by starting off with a body exfoliation and cocooning you in a nourishment wrap. After your shower we finish off by assisting with the application of our nourishing body lotion.

Revitalising Aloe Vera Scrub and Wrap I 60 Minutes I USD 105

A revitalising body scrub and wrap is designed to treat tired and sun damaged skin. Starting off with a light body exfoliation and wrapping you in a healing wrap. After your shower we finish off by assisting with the application of a revitalising body lotion.

Detoxifying Scrub and Wrap I 60 Minutes I USD 105

A detoxifying body scrub and wrap is designed to assist with your detox. The treatment begins with a body exfoliation and wrapping you in a detox mud wrap that gets absorbed into the blood stream to aid your system cleanse. After your shower we finish off by assisting with the application of a uplifting body lotion.

FACIALS

Age-Defying Lifting and Firming I 60 Minutes I USD 180

Defying age is our aim. An Anti-aging facial is designed to not only address the signs of aging but also to aid in age prevention.

Blemish I 60 Minutes I USD 180

Uneven skin tone is one of the hardest skincare issues to treat. We highly recommend a few blemish repair facials for optimal results. Our skin care specialists will also advise you on home care to ensure even skin tone.

Detoxifying Cleansing Facial I 60 Minutes I USD 150

A full facial including steaming and extractions to assist younger and problematic skin types in clearing. A professional therapists will also advise you on home care to prolong the effects of your facial.

Anantara Royal Africa Eastern Facelift I USD 170

Our Royal Africa Eastern Facelift Ritual with Philosophia Botanica is a new approach to an age-old tradition. It incorporates elements of traditional Chinese medicine, face mapping, acupressure points and meridians, lymphatic drainage, lifting and sculpting techniques in order to assist with the flow of the Qi energy and the inside-out balance of wellness and beauty. Our bespoke Ritual is designed for all skin types and is the ultimate natural alternative to Botox.

Express Facial I 30 Minutes I USD 55

A facial designed for those with little time but a love for their skin, this facial includes cleansing, exfoliation mask and moisturiser.

Skin Energising Deep Cleanse for Men I 60 Minutes I USD 140

Yes, even men need facials. A skin energising facial is a cleansing facial designed to pamper our male clients.



MANICURES AND PEDICURES

Zambezi Spa Manicure | 60 Minutes | USD 50

Add: Gel Polish | USD 15

Our Zambezi spa manicure is a complete pamper on your hands and includes, nail work, cuticle work, mask, massage and polish.

Gel Overlay on Hands | 60 Minutes | USD 65

A gel overlay includes a basic dry manicure to promote longevity of the gel. We end off the overlay with a moisturiser application.

Exotic Sole Delight Spa Pedicure | 60 Minutes | USD 65

Add: Gel Polish | USD 15

The Exotic Sole Delight is a complete spa pedicure designed to pamper your tired feet and includes nail, cuticle and heel work. A mask, massage and polish.

Gel Overlay on Toes | 60 Minutes | USD 70

Add: Heel Work | USD 30

Make your toes look fabulous for longer. Gel overlays on toes can last up to four weeks (excluding regrowth) and includes nail work, cuticle work and moisturiser.

Add heel work to your gel overlay on the feet for a complete pedicure.

File and Polish | 30 Minutes | USD 25

Gel Soak Off 30 Minutes | USD 20

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



HAIR

Cut | USD 30

In room treatment

Blowdry- Short | USD 50

In room treatment

Blowdry- Medium | USD 60

In room treatment

Blowdry- Long | USD 70

In room treatment

Brides

Bridal Hair and make up available for full bridal party at an hourly rate of \$100, We will be able to quote our future brides once we have their detail.

TEEN SPA

Twice as Nice Massage | 60 Minutes | USD 230 🌿 🌀

Lavender for kids

These oils are safe for use on children.

Mother & Daughter Massage for two

An essential massage for you and your teen.

Teen Wellness Massage | 30 Minutes | USD 60 🌿 🌀

Lavender for kids

These oils are safe for use on children.

Indulge in a 30 minute back massage to promote teen wellness.

Healthy Glow Facial | 30 Minutes | USD 65 🌀

A facial designed for teens to keep your skin clear of breakouts, this facial, Includes cleansing, steaming, extractions, mask and moisturiser.

Teen Express Tips and Toes Experience | 30 Minutes | USD 5 🌀

Our teen nail care includes exfoliation, nail work, cuticle work, polish and moisturiser.

All teen waxing at 50% of adult rate



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



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