



ANANTARA

SPA

Tranquillity
DISCOVERED

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

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

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

WELCOME TO ANANTARA SPA





ANANTARA WELLNESS SELECTION

Invest in your personal wellbeing with our exclusive treatment collection. Our carefully curated selection of wellness treatments are designed to focus on personal needs while focussing on holistic wellness.

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 60

ABHYANGA | FULL BODY MASSAGE | 60 MINUTES
USD 140

SHIRODHARA | BODY THERAPY | 90 MINUTES
USD 170

BAOBAB PINDA MASSAGE | FULL BODY MASSAGE | 90 MINUTES
Incorporating the natural healing properties of baobab seed in a herbal Pinda compress.
USD 170



FROM THE WEST

The timeless Vodder technique (also known as lymphatic drainage), originating from modern medicine, boosts immunity and enhances the body's ability for self-healing.

LYMPHATIC DRAINAGE | FULL BODY MASSAGE | 75 MINUTES
USD 140

AFRICAN PRIDE & JOY

Explore African healing traditions. Herbs and plants, combined with massage techniques, have aided in self care, beauty and healing over the ages.

ZAMBEZI MASSAGE | FULL BODY MASSAGE | 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 & Lemon.

USD 170

LUNAR RAINBOW MASSAGE | 90 MINUTES

A back massage focused on body rebalance. Carefully selected essential oils, stemming from Egyptian medicine, are applied to each section of the back to compliment and awaken the corresponding energy fields. Essential oils blends: Chamomile, Lavender, Rose, Lemon, Ginger, Eucalyptus & Peppermint.

USD 170

NEW BEGINNING

These unique body treatments are designed to let go of the past. Let our expert therapy techniques help you turn a new leaf, embracing the future with healthy, shiny skin.

NOURISHING BODY SCRUB & WRAP | FOR DRY AND DAMAGED SKIN | 60 MINUTES
USD 105

REVITALISING BODY SCRUB & WRAP | FOR TIRED AND SUN-DAMAGED SKIN | 60 MINUTES
USD 105

DETOXIFYING BODY SCRUB & WRAP | SUPPORTING ANY CLEANSE OR DETOX | 60 MINUTES
USD 105

MEDI SPA

Our advanced skincare is designed to bring ageless beauty to you.

THERAVINE MICRO NEEDLING | FOR ALL SKIN TYPES | 75 MINUTES | USD 170

FROM THE GYM

BOOK A TRAINER | 60 MINUTES PER SESSION | 60 USD

BOOK A GYM/RUNNING BUDDY | 60 MINUTES PER SESSION | 60 USD

COMPLIMENTARY GROUP CLASSES | PLEASE INQUIRE | 60 MINUTES PER SESSION | HOTEL GUESTS ONLY

SPA BY DESIGN

Let us help you 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 for you. Simply book a consultation or inquire by email.



ANANTARA SIGNATURE SELECTION

Indulge in our half day signature packages, exclusive to the Royal Livingstone and created to whisk you away in the magic of the Victoria falls.

ANANTARA SIGNATURE RETREAT | 120 MINUTES

Start your retreat with our Anti-Oxidant rich Coffee & Lemon body exfoliation, this is followed by our Anantara massage, designed to focus on Pain relief, emotional healing and overall relaxation.
USD 180

THE ANANTARA ROYAL LIVINGSTONE AFRICAN EASTERN FACELIFT | 90 MINUTES

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, acupuncture 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.
USD 170

Our bespoke ritual is designed for all skin types and is the ultimate natural alternative to Botox.

THE ROYAL LIVINGSTONE RITUAL | 240 MINUTES

Our Royal Livingstone Spa ritual is a complete journey that starts with a Body exfoliation, followed by a relaxing full body 90 minute Essential massage, continue the journey with an Energizing Spa facial and complete the experience with our grand finale Spa pedicure.
USD 380

ANANTARA COUPLES ESCAPE | 75 MINUTES

Treat your partner to relaxing full body massage, incorporating the healing touch of an extended foot massage for complete balance.
USD 280

ROYAL LIVINGSTONE COUPLES RETREAT | 90 MINUTES

Your retreat starts with a unwinding foot ritual, followed by a full body destress massage and completed with a re-awakening facial.
USD 430



ANANTARA MASSAGE SELECTION

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.

ESSENTIAL MESSAGE | ESSENTIAL OILS BLEND: ROSE & LAVENDER | 60 MINUTES

This is our traditional Full body Swedish 60 minute massage - The Massage you would expect at home.

USD 120

DEEP TISSUE MESSAGE | ESSENTIAL OILS BLEND: CINNAMON & CLOVE BUD | 60 MINUTES

Our Deep tissue massage is highly recommended to clients that has regular Sports massage at home, this is not for the faint at heart.

USD 130

STRESS RELIEF MESSAGE | ESSENTIAL OILS BLEND: LAVENDER & ROSE | 60 MINUTES

A massage designed to focus and 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 done at any stage of pregnancy, and is done with pregnancy safe oils to protect out mommy's to be.

USD 130

TUSHA BACK MESSAGE | 30 MINUTES

A 30 minute focused massage on the back.

USD 55

Safari Foot Massage | 30 MINUTES

A 30 minute Foot massage available at poolside.

USD 55

ADD ON TREATMENTS

25 USD

Enhance any of your spa treatments with one of the following add on treatments:

- Scalp massage
- Hot stones
- Eye rejuvenating treatment
- Foot exfoliation
- Paraffin dip (Hands or Feet)



ANANTARA BEAUTY SELECTION

FACIALS

AGE-DEFYING FACIAL | 60 MINUTES

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

USD 180

SKIN DETOX & CLEANSER FACIAL | 60 MINUTES

Our Deep cleansing facial is a full facial including steam & extractions to assist our younger and problematic skin types in clearing, our professional therapists will also be able to advise you on home care to prolong the effects of your facial.

USD 150

GENTLEMAN'S EXCLUSIVE TOUCH FACIAL | 60 MINUTES

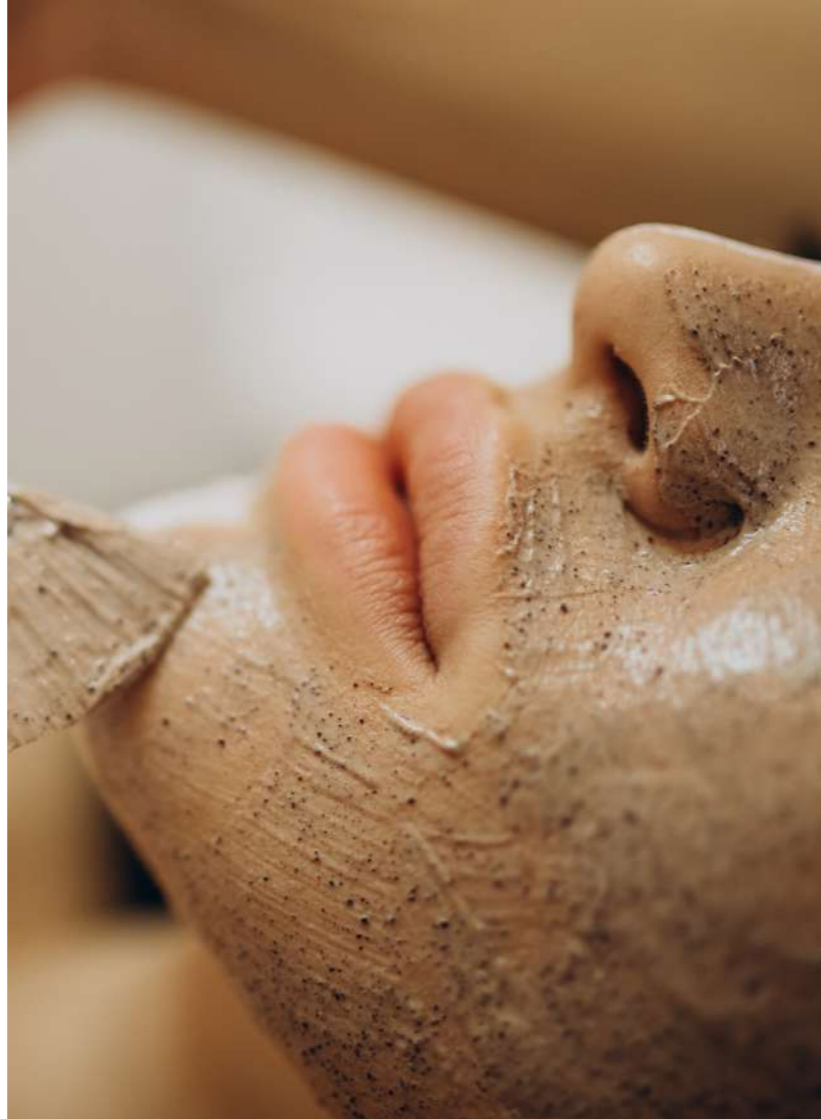
Invest in your skin with our exclusive gents facial, this complete facial is designed to purify the skin and leave it with a healthy and manly glow.

USD 140

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



MANICURES & PEDICURE

ZAMBEZI SPA MANICURE | 60 MINUTES

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

USD 50

GEL OVERLAY ON HANDS | 60 minutes

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

USD 60

EXOTIC SOLE DELIGHT SPA PEDICURE | 75 minutes

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

USD 65

Gel Overlay on Feet | 75 minutes

Make your toes look fabulous for longer. Gel overlays on the toes can last up to 4 weeks (excluding regrowth) and includes nail work, cuticle work and heel work.

USD 75

FILE & POLISH | 30 MINUTES

USD 25

SOAK OFF (GEL ONLY) | 30 MINUTES

USD 30



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 MASSAGE | 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 230

TEEN BACK MASSAGE | 30 MINUTES

USD 60

TEEN GLOW FACIAL | 30 MINUTES

USD 65

EXPRESS TEEN TIPS & TOES | 30 MINUTES

USD 30

All teen waxing at 50% of the adult rate (Under 18's)



ANANTARA MAINTENANCE SELECTION

HAIR

CUT

In room treatment.

USD 30

BLOW-DRY | SHORT

In room treatment.

USD 50

BLOW-DRY | MEDIUM

In room treatment.

USD 60

BLOW-DRY - LONG

In room treatment.

USD 70

WAX

HALF LEG WAX

USD 30

FULL LEG WAX

USD 50

THREE QUARTER LEG WAX

USD 45

UNDERARM WAX

USD 30

FULL ARM WAX

USD 35

LIP OR CHIN OR BROW WAX

USD 20

SIDE OF FACE WAX

USD 25

BIKINI WAX

USD 25

BRAZILIAN WAX

USD 30

HOLLYWOOD WAX

USD 40

BACK WAX

USD 50

TUMMY WAX

USD 35

TINT

EYELASH TINT

No make up no problem. Eye lash tint is a semi-permanent dye that makes your lashes present darker and gives it more volume, when used in conjunction with mascara it allows for Fabulashes.

USD 30

EYEBROW TINT

Frame the windows to your soul with an eye enhancing brow tint, tint results may vary depending on hair types.

USD 20

Eyelash and eyebrow tint combination.

USD 40



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 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 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





The Royal
LIVINGSTONE
VICTORIA FALLS ZAMBIA HOTEL
BY ANANTARA

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