



ANANTARA

SPA

Tranquility Discovered

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

Welcome to Anantara 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

- 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 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 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

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 130

SOPHROLOGY | HOLISTIC MEDITATION | 30 MINUTES

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.

USD 60

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 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 bring ageless beauty to you.

THERAVINE MICRO NEEDLING | FOR ALL SKIN TYPES | 75 MINUTES | USD 120

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

THE TOKA LEYA CLEANSING CEREMONY | 180 MINUTES

The Toka Leya tribe is part of the bigger Tonga tribe found in the Southern part of Zambia, and native to the Victoria Falls. Traditionally during the cleansing ceremony, they make use of white crushed stones to use as a facial mask, believing this is for purification and the ancestors will send rain. Our Toka Leya Cleansing Ceremony will start with a full body dry buff to remove dead skin cells, whilst promote new skin cell production, this is followed by a 90-minute full body balancing massage. Similar to the traditional cleansing ceremony, you will be cocooned in a cleansing body wrap, and we conclude your ceremony with a cleansing shower that signifies the blessing of rain.

USD 320 Per person

THE NALIKWANDA LOZI JOURNEY | 210 MINUTES

The Lozi tribe is found in the western part of Zambia, they are well known for the kuomboka ceremony where the Lozi King moves from his summer palace to his winter palace which on higher ground. This journey is undertaken in the most spectacular white and black painted royal barge known as the Nalikwanda paddled by a team of close to 100 paddlers. Our Lozi inspired journey starts with a 75-minute massage that includes hot stones to signify the earth during dry season, once completed you will be revitalized with our 75-minute Hydrating facial in representation of the Spectacular journey on board the Nalikwanda, our journey completed with a Spa pedicure as we celebrate the arrival of the new you stepping back onto land.

USD 370 per person

THE NCWALA BLESSING RITUAL | 210 MINUTES

The Ngoni tribe from the Eastern part of Zambia is well known for the Ncwala blessing ceremony, this ritual the King blesses the first harvest and announces the harvest available for all to partake in. We are inspired by the tradition of sharing and created our Ncwala blessing ritual to be shared by two family members. Your ritual starts with cooling scalp and hair treatment to signify the blessing part of the ceremony, we believe all our guests are Royalty and continue the journey with a 90-minute full body Zambian traditional massage and end of with pressure point foot massage.

USD 370 per person

THE CHILANGA MULILO COUPLES EXPERIENCE | 180 MINUTES

The Bemba tribe from the north of Zambia is well known for the ceremony of Chilanga Mulilo where the bride's family prepares dishes for the groom to be and his family to showcase what he will give to eat in his married life. In honor of this tradition we have created a couple's experience to represent the new journey of love and spoiling your partner. This couple's experience starts with a full body exfoliation, followed by a wrap, once done we continue your journey with a 90-minute couples massage including assisted stretching of the limbs and we complete the journey with a side-by-side couples facial on your journey of 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 African trading route, inspired by this connection between the east and Africa we exclusively partnered with Philosophia Botanica to bring a new approach to an age-old tradition. Incorporating elements of Face mapping, Chinese medicine, acupuncture, lifting and sculpting techniques, our bespoke ritual is designed for all skin types and is the ultimate natural alternative to Botox.

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 MASSAGE | 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 125

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 & Lemon.

USD 170

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 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 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 50

Safari Foot Massage | 30 MINUTES

A 30 minute Foot massage available at poolside.

USD 45

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 150

HYDRA GORGEOUS FACIAL | 60 MINUTES

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

USD 120

SKIN DETOX & CLEANSE FACIAL | 60 MINUTES

Our Deep cleansing facial is a full facial including steam & extractions to as sit 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 105

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 190

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 needs a little extra TLC.

USD 60



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 message 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 45





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





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