



ANANTARA

SPA

WELCOME

to Royal Livingstone Spa

SIGNATURE EXPERIENCES

Livingstone Treasure *(180 Minutes)*

Deep cleansing the body, detoxifying massage, relief tiredness on legs, good for after leisure activity.

Purifying body scrub | Hydrating body cocoon
Zambezi Massage | Safari Foot Treat

The Royal Relaxation *(180 Minutes)*

The Head to Toe Experience Body Scrub, Body Wrap, Massage and Facial Package

Skin Nourishing body scrub | Detoxifying body cocoon
Stress Release Massage | Express Facial

COUPLE EXPERIENCES

Romantic Escapade *(75 Minutes)*

Make it a special occasion with your loved one and retreat to a state of aromatic bliss.

Full Body Massage | Safari Foot Treat

The Zambezi Beauty Express *(60 Minutes)*

Express Facial | Back Neck and Shoulder Massage

MASSAGE

Anantara Signature Massage *(60/90 Minutes)*

Combining revered eastern and western techniques in purpose designed movements with our signature oil blend, this massage stimulate the circulation and deeply relaxes muscles. Meanwhile, reflexology clear blockage of energy and promote overall wellbeing.

Zambezi Massage *(60/90 Minutes)*

“Flowing like Water” in this authentic massage style influenced by ageless traditions, therapist use an African floral oil together with palm pressure and warm compress techniques to relives tension, improve blood flow and in turn create waves of muscle relief.

Stress Release Massage *(60/90 Minutes)*

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

Deep Tissue Massage *(60/90 Minutes)*

Unwind into a powerful, customised massage that combines deep rhythmic pressure and a personally prescribed dynamic blend of essential oils to alleviate stress, ease aching muscles and target individual needs.



BODY EXFOLIATION AND BODY WRAPS

Purifying Body Scrub (45 Minutes)

Indulge in a ritual that cleanses, polishes and invigorates. Rich in vitamins and anti-oxidants, grape seed granules remove dead cells leaving the skin nourished and feeling smooth.

Skin Nourishing Body Cocoon (45 Minutes)

Indulgently rich and gloriously fragranced, this milk wrap rejuvenates the skin and combats dryness leaving the skin hydrated and soft.



FACIALS

TheraVine fuses super anti-oxidants derived from grape cultivars with cutting edge active ingredients.

Purifying Facial (60 Minutes)

A specialized treatment recommended for those with oily skin, dilated pores, thick texture and constant shine. The treatment incorporates multi-active ingredients which help clarify, purify and re-balance the skin by normalizing the production of sebum and preventing blocked pores.

‘Taking time out each day to relax and renew is essential to living well.’

- Judith Hanson Lasater

HydraVine Facial (60 Minutes)

The perfect treatment for the very dry, sensitive skin needing intense hydration and vitamin boost. This facial helps restore the skin’s hydro-lipid film, by deeply hydrating the skin.

Anti-Ageing Facial (60 Minutes)

The infinite replenishing treatment, assisting in reducing fine lines and wrinkles by implementing specialized boosters and serums to combat the signs of ageing. The products contain the active peptides which help regenerate skin’s collagen and elastin.

ADDITIONAL TOUCHES

**Back Neck & Shoulders
Massage** (30 Minutes)

Relaxing Scalp Massage (30 Minutes)

Safari Foot Massage (30 Minutes)

Express Facial (30 Minutes)

HAND & FOOT GROOMING TREATMENTS

Express manicure (30 Minutes)

Nail Preparation | Cuticle Care | Paint

Spa Manicure (45 Minutes)

Nail Preparation | Cuticle Care | Scrub | Massage
Mask | Paint

Express Pedicure (30 Minutes)

Nail Preparation | Cuticle Care

Spa Pedicure (60 Minutes)

Nail Preparation | Cuticle Care | Scrub | Massage
Mask | Paint

WAXING

A full range of waxing treatments using premier brand products are available.

Half Leg Wax	<i>(30 minutes)</i>
Full Leg Wax	<i>(45 minutes)</i>
Bikini Wax	<i>(20 minutes)</i>
Brazilian Wax	<i>(30 minutes)</i>
Underarm Wax	<i>(15 minutes)</i>
Full Body Wax	<i>(60 minutes)</i>
Arm Wax	<i>(30 minutes)</i>
Lip Wax	<i>(10 minutes)</i>
Chin Wax	<i>(10 minutes)</i>
Face Wax	<i>(15 minutes)</i>
Eye Brow Wax	<i>(15 minutes)</i>

SPA ETIQUETTE

Please arrive 15 minutes prior to your treatment in order 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 leave all jewelry 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 prior to 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.



The Royal Livingstone Victoria Falls Zambia Hotel By Anantara
Mosi-oa-Tunya Road, Livingstone, Zambia
T: +260 978 777044-7
E: spa.aryo@anantara.com

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