

THE ROYAL BUSH SPA



The Royal Bush Spa Treatment Menu

Massages

There are tremendous benefits to be derived from regular massage therapy. Whether your need is to have a moment of relaxation, reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being.

Our therapists are all duly Registered.

The details of available massages can be found on the following pages.

Treatment times and prices are below:

30 minutes	US\$ 45
45 minutes	US\$ 50
50 minutes	US\$ 60
60 minutes	US\$ 70
75 minutes	US\$ 80
90 minutes	US\$ 90
120 minutes	US\$ 105

Please note that selected massages have a minimum booking time required.

Traditional Zambian Ukuchina, Minimum time 75 minutes

For stress, tension, depression and post-natal recovery, you will never go wrong with this kind of treatment. It is one of the oldest massage techniques in Africa.

Aromatherapy Massage, Minimum time 60 minutes

Aromatherapy is the use of essential oils to promote healing and a feeling of well-being and relaxation. The essential oils are extracted from the parts of herbs and plants and contain all the properties of the plants themselves. There are several ways of applying the oils, including adding the oils to your bath or inhalation, but the most popular and effective is through massage.

Hot Stone Massage, Minimum time 60 minutes

This massage combines warm oil and hot volcanic stones, which help to relax tired and weary bodies by rebalancing key chakra points in the body.

Royal Recovery Massage, Minimum time 90 minutes

Allow your mind to drift away in the peace and serenity of your surroundings. This massage is flowing and the oils are warm. This combination of Thai and Swedish massage allows complete rebalancing of mind, body and soul.

Deep Tissue Massage, Minimum time 75 minutes

A massage that focuses on re-aligning the deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff neck, low back tightness, and sore shoulders. This is also effective in improving posture and in treating limited range motion, imbalance and limited movement.

Swedish Massage, Minimum time 60 minutes

This is exceptionally beneficial in increasing the level of oxygen in the blood, in improving circulation and flexibility whilst also easing tension.

Back, Neck & Shoulder Massage, Minimum time 60 minutes

Neck, Back & Shoulder are the areas of the body that are most commonly prone to stiffness and tension. This massage will relax muscles and improve flexibility, relieve tension and headaches and strengthen the immune system.

Salt Scrub Massage, Minimum time 60 minutes

Many salts, such as magnesium sulphate, contain minerals that can reduce inflammation. When mixed with oils, as part of a scrub treatment, salt can replenish tired and dry skin.

An exfoliating salt scrub massage also removes dead skin cells which can otherwise become hard. If left untreated, dead cells make the skin stiff and crusty. Exfoliation removes dry, flaky, dead skin and reveals the supple soft skin beneath. It cleanses the pores of the dirt and bacteria that can build up over time. Salt has anti-bacterial qualities, so it is helpful in maintaining bacteria-free skin and preventing itchiness. The same abrasive friction between the salt and skin which causes exfoliation, also encourages the circulation of blood. That is what gives the skin an attractive and rosy post-scrub glow.

This process of removing dead skin and dirt also encourages the regeneration of new skin cells. The body is stimulated to produce new healthy skin cells which tighten the skin and make it look younger and firmer. A salt scrub massage combines all these benefits to leave your skin cleaner, softer, firmer, rosier and looking younger. Do you need any more reasons?

Hot Oil Massage, Minimum time 60 mins

This treatment is ideal for those who prefer a strong and powerful massage. It uses deep tissue massage techniques to relieve stress from over-worked muscles and to promote blood circulation thus increasing oxygen flow throughout the body.

Facial Massage, Minimum time 30 mins

During a facial massage, your massage therapist will use upward, gentle yet stimulating strokes. Facial massage is often considered an anti-ageing treatment as it can help keep the skin looking young, smooth, and firm. Here are 5 benefits:

Relieves stress and tension which helps prevent wrinkles. Facial massage can help to relax tense muscles and decrease the lines which tense muscles form. Facial massage also helps to relieve anxiety and improve your mood.

Increases circulation. The increase in circulation gives your skin a youthful glow.

Natural Facelift. Massage helps bring oxygen to the massaged area.

Eliminate toxins. Facial massage can stimulate the lymphatic vessels which facilitates elimination of the toxins built up in the face.

Reduce congestion. Facial massage can help relieve allergy symptoms of congestion by improving drainage.

Thai Head Massage, Minimum time 30 mins

Do you ever feel as if the whole world is on your shoulders? Do you unconsciously start slouching every time you think about all the things on your 'to-do' list? Do you feel the tension in your neck? Thai Head Massage uses a variety of techniques to relieve muscle tension and improve circulation. The massage uses firm rhythms on the patient's face, scalp, neck, shoulders and upper back to provide deep relaxation and re-balancing. The practitioner will massage head, neck, and shoulders. A variety of techniques will be used during the session, which includes energy balancing, acupressure for boosted circulation, and slower techniques to break down any toxic residue. The beauty of Thai Head Massage is in the fact that it works not only on a physical level but also on mental and emotional levels. It has been known to relieve stress, tension, fatigue, insomnia, headaches, migraines and sinusitis. On the physical side, Thai Head Massage helps to increase joint mobility and flexibility, improves blood circulation and lymphatic flow, frees knots built up by tension, relaxes tissues and assists the release of toxins from your body. Recipients find that the practice is calming and helps them re-energize and re-focus.

Indian Head Massage, Minimum time 30 minutes

This massage is based on the Ayurvedic system of healing which has been practiced in India for over a thousand years. The aim of Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. In this way it helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue and helps the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of stress and tension.

Thai Foot Massage, Minimum time 30 mins

Thai foot massage is both invigorating and deeply relaxing and involves hands-on massage, stretching and acupressure to stimulate reflex points. It has elements of Shiatsu, Reflexology, and Chinese massage incorporated into the treatment. Benefits of Thai Foot Massage are: Improves circulation in feet and legs, improves lymphatic drainage, boosts the immune system, reduces stiffness, improves flexibility, encourages physical healing, relieves stress, improves sleep, lifts your mood, improves concentration and clarity of mind and leaves you with a general feeling of tranquility and calmness.

Dermalogica® Facials & Skin Treatments

The results you will see with a Dermalogica skin treatment are unlike anything else in the industry. We exfoliate the skin, we double cleanse by extraction and finally we administer a tailor-made customized massage and masque technique. With the use of these unequalled products you're going to see your skin glowing, luminous and properly hydrated - quite honestly it's going to be in its optimum condition, the best skin you've ever had.

Deep Cleansing Facial, US\$ 95

Suitable for all skin types. A skin-purifying facial, the Deep Cleansing Facial is focused upon rebalancing the skin and boosting it with the necessary vitamins, oils and nutrients. The treatment has been known to effectively control acne, decongest the skin and remove blemishes. A highly effective way to revitalize, nourish and refresh the skin, Dermalogica's Deep Cleansing Facial is undoubtedly a must-try.

Age Smart Facial, US\$ 85

When we ask our clients about their skin concerns, ageing is always mentioned! Whether it's anti-ageing to prevent or delay the first signs of ageing right through to those suffering visible effects of ageing on their skin. Not all of us experience concerns such as breakouts or sensitivity but all of us experience ageing! AGE Smart® contains scientifically advanced ingredients proven to impact the major biochemical reactions that contribute to skin ageing, before they start.

The age smart facial provides a re-vitalising power boost designed to nourish, regenerate and energise the skin. Potent vitamin and hydroxy acid exfoliation re-surfaces and re-textures the skin while restructuring massage techniques release tension in the facial muscles for the ultimate in skin therapy for prematurely-ageing, mature or re-vitalised skin!

Express Facial, 30 mins US\$ 45

This introductory facial to the Dermalogica skincare regime gives you maximum results in minimum time (no extractions or massage).

It may be an express facial but it is the best thirty-minute facial we can give you using Dermalogica skincare to leave your skin refreshed and rejuvenated. Our thirty-minute Dermalogica Facial is perfect for those short on time or for those who treat their skin to regular facials and are just looking for a little refresher!

Your therapist will choose an exfoliation for you that will brighten your complexion before masques are applied depending on what you want to achieve from your facial. To complete the treatment, your therapist will apply her chosen aftercare for you, leaving your skin hydrated and refreshed.

Dermalogica MicroZone® Treatment

When your skin needs a time-out but you have little time to spare, a Dermalogica MicroZone® treatment is the ultimate solution.

These cost-effective, 20-minute treatments are ideal for targeting pressing skin issues such as breakouts, dull skin and tired eyes. They are also great for Dermalogica newcomers, including men and teens. During each MicroZone® treatment, a Dermalogica expert will analyze your skin, then perform a targeted treatment using exclusive Dermalogica techniques such as the Dermalogica Double Cleanse routine.

Your skin will instantly look and feel healthier!

Flash Exfoliation, US\$ 20

Gently resurface dull, lackluster skin for a radiant glow.

Blackhead Relief, US\$ 20

Deep clean and purify oily skin to clear up congestion.

Men's Skin Fitness, US\$ 40

Tackle issues specific to men with this deep-cleansing, calming treatment.

Dermalogica Body Treatments

Nourishing Sea Mud Therapy

Rest in a warming wrap that promotes blood circulation and all the while encourages absorption of nourishing botanicals.

Recommended for all skin conditions (not for pregnant women)

Treatment time: 60 minutes US\$ 90

**Add an hour-long full body massage and get it for only US\$ 150

Power Recovery Therapy

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves! A unique blend of wheat protein and honey acts as a maximum hydrator while wasabi, ginger and white tea stimulate blood circulation to promote healthier skin.

Treatment time: 60 minutes. US\$ 90

**Add an hour-long full body massage and get it for only US\$ 150

Body Microfoliant Therapy

Body Microfoliant gently exfoliates skin with beta hydroxy acids, enzymes and physical exfoliants, removing dead, dulling cells and polishing skin to a smooth finish.

Treatment time: 45 minutes. US\$ 70

**Add an hour-long full body massage and get it for US\$ 135

Hydro-active Mineral Salts Body Scrub

This scrub therapy polishes the skin to a soft glow while providing the hydration and nourishment that the skin needs. (Not for pregnant women).

Please note: Moisturizer is applied to the body after the scrub has been removed

Treatment time: 45 minutes. US\$ 70

**Add an hour-long full body massage and get it for only US\$ 135

Eye-lash and Eye-brow Tinting

Eye-lash tinting: Choose between brown, blue black and black – US\$ 20

Eye-brow tinting: Choose between brown, blue black and black – US\$ 20

Waxing

Eye brow: US\$ 5

Chin: US\$ 7

Upper lip: US\$ 7

Cheeks (both sides): US\$ 10

Underarms: US\$ 12

Bikini: US\$ 25

G-String: US\$ 35

Brazilian: US\$ 40

Hands and Feet

The Bush Spa takes the care of your hands and feet to a new level – a necessity when on safari. Our therapists pride themselves on giving you the best service possible for long-lasting and beautiful results.

Manicure

This treatment is for both your nails and your hands. Not only are there aesthetic benefits but it can actually improve the overall health and appearance of your hands and nails. This includes filing and shaping the free edge, cuticle work, hand and arm massage, buff and polish.

Treatment time: 45 minutes US\$ 30

Revarnish

Nail tidy and varnish

Treatment time: 30 minutes US\$ 10

Paraffin Dip Extra

Add a paraffin dip to your manicure

Treatment time: 15 minutes US\$ 15

Pedicure

This treatment includes a foot soak, scrub, nail and cuticle tidy followed by a luxurious foot massage and re-varnish.

Treatment time: 60 minutes US\$ 35

Relaxing Foot and Leg Massage

Float away on a cloud; an invigorating massage that stimulates sluggish circulation in the legs, whilst relaxing the feet.

Treatment time: 30 minutes US\$ 45

Sole foot file treatment

Scrub away the rough soles of your feet US\$ 20

Luxury Packages

The Ultimate, 3 hours 30 mins US\$ 200

Enjoy three and a half hours of pure bliss in our bush spa. The sounds of the African bush are your music while you soak up the breathtaking views of the beautiful Zambezi River. Includes:

Royal Foot Bath

Pedicure

Body Microfoliant or Nourishing Sea Mud Wrap (your choice)

Royal Recovery Massage

Relaxing facial – choose between the Age Smart, the Deep Cleanse or the Ultra Calming

Royal Stress Relief, 2 hours and 15 mins US\$ 140

Stressed? Tired? Muscle pain? Relief of all these is only a Treatment away! Your stress, worry, pain and tiredness will melt away into relaxation and bliss after this package. Includes:

Royal Foot Bath

Invigorating full body Power Recovery mask

Face mask – this will be according to skin type

Choose from an Aromatherapy or Hot oil massage

Royal Revive, 1 hour and 50 mins US\$ 130

Re-energise and relax your body, mind and soul with this combination of treatments. Includes:

Royal Foot Bath

Hydro active mineral salt body scrub

Nourishing Mud Wrap

Swedish Massage

Royal Pamper, 1 hour 50 mins US\$ 125

After a long day, relax and de-stress with:

Energizing Mud Wrap

Foot massage

Pedicure plus a paraffin dip

*Add an aromatherapy massage for 45 mins for US\$50 extra

Royal Delight Package A, 1 hour 40 mins US\$ 115

Treat yourself to this body thermal therapy and Thai foot massage using an ancient massage technique.

Includes:

Royal Foot Bath

Deep Thermal therapy with Dermalogica thermal stamps

Thai Foot Massage

Thai Pedicure or Manicure

Royal Delight Package B, 1 hour 50 mins US\$ 115

An ancient Indian head massage that improves blood circulation and lymphatic flow, combined with a hot oil massage to relax your whole body and mind. Includes:

Royal Foot Bath

Indian Head Massage

Hot oil full body massage

Manicure

Royal Men's Deluxe, 1 hour 30 mins US\$ 100

Relax and enjoy a combination of bespoke treatments tailor made for men's skin, hands and feet.

Includes:

Men's pedicure and manicure

Thai head massage

Microzone skin fitness men's facial

Royal Express, 1 hour 20 mins US\$ 100

Are you in a hurry and only have limited time for a package among your exciting activities? Try this express package. Includes:

Express facial

Back, neck and shoulder massage

Choose from an express pedicure or manicure

Royal's Zambian Treat, 1 hour 45 mins US\$ 110

The ultimate exfoliation and pampering using Zambia's natural maize meal as used by women across the country. Includes:

Body exfoliation

Thai head massage

Manicure plus a paraffin dip

**Add on a Zambian Ukuchina massage for 45 mins for an extra US\$ 50

Royal Refresh, 1 hour 30 mins US\$ 70

Refresh yourself and your aching muscles after all the travelling with this invigorating package. Includes:

Royal Foot Bath

Foot Massage

Thai massage

Royal full body scrub

****PLEASE NOTE****

Treatment times include relaxing before and after your physical treatment

All prices include 16% VAT

