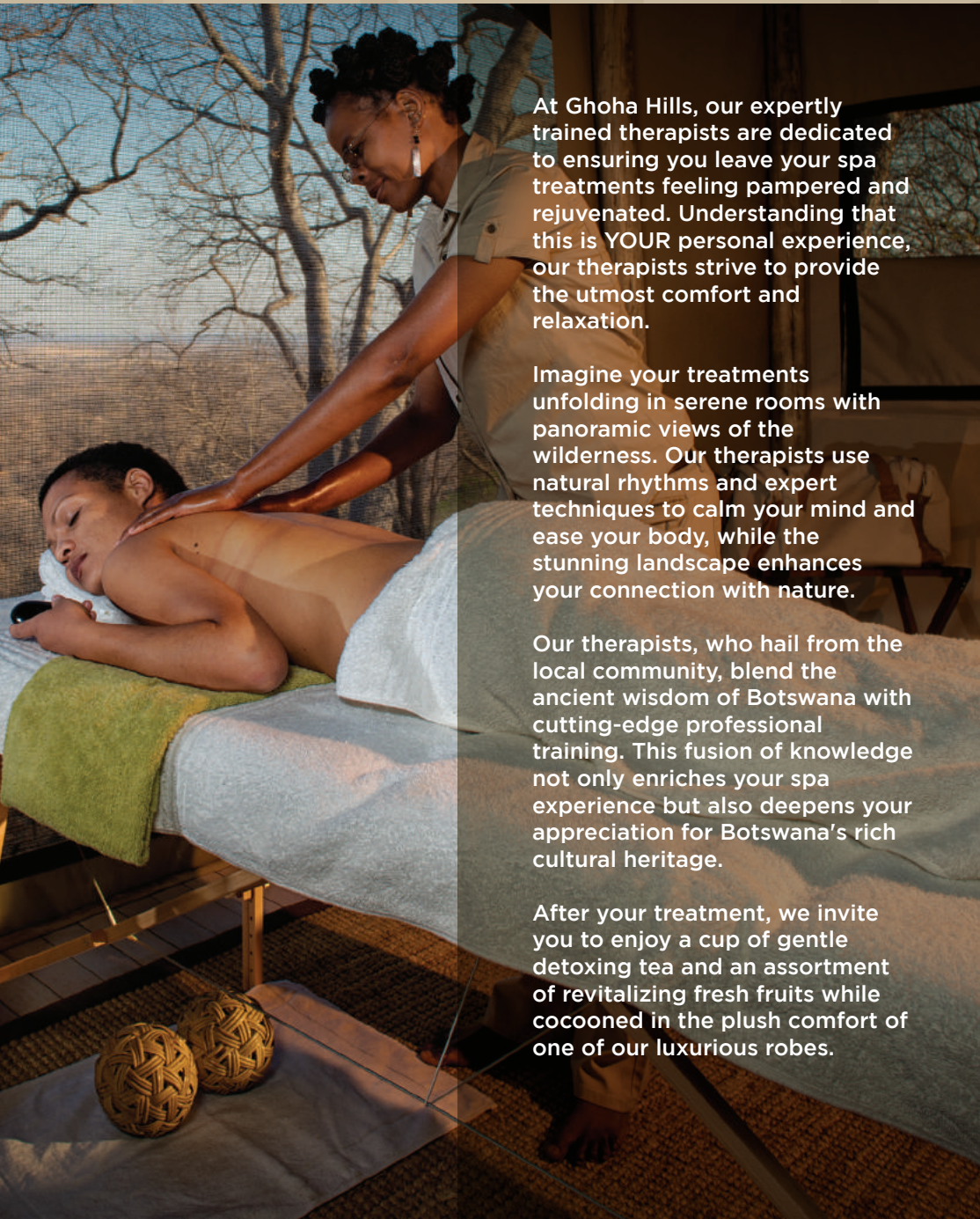


WELCOME TO OUR
SPA



UNLIMITED LUXURY FOR MIND, BODY, AND SOUL.



At Ghoha Hills, our expertly trained therapists are dedicated to ensuring you leave your spa treatments feeling pampered and rejuvenated. Understanding that this is YOUR personal experience, our therapists strive to provide the utmost comfort and relaxation.

Imagine your treatments unfolding in serene rooms with panoramic views of the wilderness. Our therapists use natural rhythms and expert techniques to calm your mind and ease your body, while the stunning landscape enhances your connection with nature.

Our therapists, who hail from the local community, blend the ancient wisdom of Botswana with cutting-edge professional training. This fusion of knowledge not only enriches your spa experience but also deepens your appreciation for Botswana's rich cultural heritage.

After your treatment, we invite you to enjoy a cup of gentle detoxing tea and an assortment of revitalizing fresh fruits while cocooned in the plush comfort of one of our luxurious robes.

SPIRIT OF AFRICA FULL BODY MASSAGE

The Spirit of Africa massage is a relaxing full body massage which transports you into a complete state of relaxation. We use a blend of essential oils and creams to ensure you are left feeling refreshed and re-energized. Let your mind wander to the wilderness while we take care of draining your lymphatic system of stress and toxins.

MASSAGE: 60mins

US\$60 (BWP780)

NATURE'S RHYTHM BACK / NECK / SHOULDER MASSAGE

The Nature's Rhythm back, neck and shoulder massage is a massage therapy concentrating on areas where we carry tension - in the neck, upper back and shoulders. This deep massage provides an instant pick-me up and improves circulation. We don't want you to carry the weight of the world on your shoulders. Let us ensure you're pain free so that you can enjoy every minute of your safari.

MASSAGE: 45mins

US\$45 (BWP585)

ANCIENT TRADITIONS HOT STONE MASSAGE

This ancient massage technique uses the heat from smooth stones to warm up your muscles and relax your body. Botswana prides itself on its people and traditions; so we thought we'd introduce an earthy touch to our treatment menu. The stones maximise the therapeutic benefit of mind, body and soul. With warm muscles, your therapist is able to do more of a deep tissue massage, which encourages psychological and physical well-being.

MASSAGE: 60mins

US\$60 (BWP780)

HARMONIOUS JOURNEY FOOT MASSAGE

Let us rejuvenate your system with the Harmonious Journey foot massage. With this relaxing massage we'll restore your balance, reduce fatigue and make sure your weary feet are strong enough to continue your journey through Botswana. Only the most soothing oils are used to ensure we leave your skin feeling silky smooth.

MASSAGE: 30mins

US\$30 (BWP390)



**RELAX
RECHARGE
HEAL**