



TINTSWALO

AT SIANKABA



Lyokeze Spa

SERVICES

Relax, breathe, become ONE with Nature!

Tintswalo at Siankaba's Lyokeze Spa offers guests the opportunity to relax and be pampered in natural surroundings with only the sounds and smells of the island. Awaken your spiritual self where your experience with nature expands and deepens into an awareness of the unity between body and soul.

The trees on the Islands of Siankaba are a tree-lover's haven and a Garden of Eden with many different species. Many trees and shrubs have medicinal properties and superstitions that have been used for hundreds of years by the local people. Traditional healers still make use of many of these trees in treating a variety of physiological and psychological disorders. The trees of the forest provide us with pure and clean fresh air and are the pulse of our planet earth.

Walk away with a sound mind, rejuvenated body and a peaceful spirit.



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Massage Treatments

UKUCHINA ZAMBIAN TRADITIONAL MASSAGE (90 MINUTES)

One of the oldest massage techniques originating in Central Africa, the Zambian traditional massage is considered to be an important healing procedure used in the treatment of variety of symptoms bringing relief to stiff and sore muscles. Renowned for its detoxifying and immune boosting properties, it is also used to treat stress, tension, depression, malaria and to help with post-natal recovery.

SWEEDISH MASSAGE (60 MINUTES)

A combination of deep tissue and pressure point techniques combined to improve blood circulation and reduce stress that ultimately creates equilibrium of the body from the soles of the feet to the crown of the head.

AROMATHERAPY (60 MINUTES)

A gentle therapeutic massage that stimulates the Lymphatic system through the power of touch. Aromatic plant oils are combined to relax and rejuvenate the body.

HOT STONE MASSAGE (60 MINUTES)

A stone massage that uses cold or water-based stones to apply pressure and heat to the body. Stones are coated in oil and can also be used by the therapist delivering various massaging strokes. As the stones are placed along the recipient's back, they help to retain heat which then deeply penetrates into the muscles releasing tension.





Massage Treatments

BACK AND NECK MASSAGE (30 MINUTES)

This massage applies acupressure alongside both sides of the spine to the lower back and up to the shoulders and neck. The massage relieves stress and tension in the back generated by lifestyle behavior and incorrect posture. It is advisable to have a back and neck massage regularly for recreation or relaxation and to reduce or remove stiffness, pain and discomfort in those areas that you cannot reach yourself.

FOOT AND SCALP MASSAGE (30 MINUTES)

A scalp massage releases the tension in the forehead and scalp areas stimulating mental function. It helps circulation to the scalp and can be part of a total nutrition and hair care regime.

Reflexology is based on the principle that there are reflexes in the hands and feet that relate to every organ, gland and system of the body. Thai foot massage is the therapeutic massage of particular areas of the soles of the feet, and to a lesser extent the lower legs. This is done by applying pressure using the thumb, finger and hand techniques through specialized combination of pressure. The overall goal is to improve blood and lymph circulation and to stimulate and improve the workings of the body's internal organs.





Africology Products are used in all our Tintswalo Spas and are ethical and cruelty-free. Using the finest natural and organic ingredients, they work on the formulations to ensure products never contain harsh chemicals. The intention is to treat the skin as sensitive and precious. Sustainability is a key part of skin management, which is why the ingredients are chosen to align with your health and functionality for the long term.

Spa Etiquette & Policy

You are in an environment of tranquility and untouched nature. Spa treatments are offered in the privacy of your own deck overlooking the Zambezi. Treatments are also offered out in nature where bird sound fills the air. You may consult with the therapist about the style and depth of the pressure of your treatment. Please advise of any health conditions, allergies, injuries, or special needs which may affect your treatment.

ARRIVAL TIME

If the treatment is in your room, your therapist will arrive 15 mins prior to your scheduled treatment time in order to set up the area. If the treatment is in nature away from your room, The therapist will accompany you to the treatment area. Your therapist will have a short discussion with you in order to tailor treatments to suit your personal needs.

LATE ARRIVAL

Please make sure that you are on time for your treatment and meet the therapist in the arranged area or in your room. The treatment will be rendered for the full scheduled appointment and full service will be charged.



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