



WELCOME TO ASILIA SPA AND SAUNA AT THE HIGHLANDS

Asilia Spa offers massages and treatments based on natural healing methods found in traditional well-being practices. Delivered in different locations, our specialist skills in all therapies are designed to nurture the body and mind and enliven the spirit by uncovering nature's beauty and providing a blissful return to balance.

DISCLAIMER

Guests are kindly requested to ensure that they take care of their personal belongings. The Asilia Spa and Sauna at The Highlands does not accept any responsibility for any loss or damage suffered as a result of any cause whatsoever. All prices are quoted in US\$. Please note that services and prices are subject to change without prior notification.



GOOD TO KNOW

OPENING HOURS

The spa is open seven days a week between 8 am - 8 pm.

WHEN TO ARRIVE

Arrive for your spa appointment 15 minutes before the scheduled time to complete a guest consultation form and spend some time relaxing before your treatment.

SPA RESERVATIONS

For enquiries and reservations, please liaise with the manager on duty. Bookings are required, at least 1 hour before your spa session. We recommend a 10 - 15 minutes session in the sauna.

CONSULTATION

New spa guests will be invited to complete a health questionnaire so we can ensure the best possible spa experience and assure maximum safety and comfort.

PRIOR TO ARRIVAL

We recommend that you leave all jewellery and valuables in the safe in your room before arrival. Please shower and clean off any oils or sunscreen prior to your treatment to allow for better absorption of the aromatherapy products. For your enhanced enjoyment, we highly recommend removing hearing aids, spectacles and contact lenses.

LATE ARRIVAL

As a courtesy to all our guests, please be aware that we are unable to extend your treatment time in case of late arrivals.

WHAT TO WEAR

The spa provides disposable underwear and shower amenities for wet treatments.

PAYMENT

All treatments will be charged to your room and will appear on your room account at the time of departure.

AFTER YOUR TREATMENT

Rest and avoid direct sun or vigorous activity for at least one hour after a spa treatment. Drink water before and after each treatment.

YOUNG GUESTS

Children under the age of 12 years who are booked for treatments are to be accompanied by a guardian at all times.

YOUR COMFORT

We will do our best to anticipate your needs, however, we also appreciate that each guest is unique and so are their spa needs. Please let our team know if there is anything we can do to improve your experience whether it is a change of massage pressure or room temperature, we are happy to oblige.

To maintain an environment of ultimate harmony and privacy for all guests, the Asilia Spa and Sauna at The Highlands is a smoke-free and mobile device-free area.



SAUNA ETIQUETTE

WEAR CLEAN FLIP-FLOPS OR SLIPPERS

You can bring your own clean flip-flops or ask for some slippers from our therapist. Please do not wear your outdoor shoes.

SHOWER BEFORE USING THE FACILITIES

For hygiene purposes and spa etiquette, please have a shower to rinse off before using the sauna. Before entering the sauna, your body should be completely dry in order to speed up perspiration in the sauna.

REMOVE SKINCARE PRODUCTS

We recommend you remove make-up and skin care products as this helps to prepare your skin to make the most of the therapeutic benefits of the sauna.

LEAVE YOUR MOBILE PHONE IN YOUR TENT

Use this as an opportunity to leave your phone in your tent and truly unwind.

KEEP YOUR VALUABLES IN YOUR TENT

If possible, try to leave most of your valuables in the safety box in your tent as the spa does not have lockers.

WEAR A SWIMMING COSTUME OR A TOWEL WHILE IN THE SAUNA

Even though the sauna is privately booked please wear a swimming costume or towel while in the sauna.

IN THE SAUNA

Underlay a towel so that your body does not come into contact with the wood. You may either sit or lie down while you are in the sauna. Always take care of your well-being. For the last 1 to 2 minutes, you should sit down to get the cycle back to the upright posture.

RELAX AND DRINK WATER

At the end take a cool shower and relax for at least 10 to 15 minutes in the waiting area. Drink something refreshing. It is recommended to drink water or tea (without sugar) before and after the sauna.

AFTER THE SAUNA

Before putting on clean clothes, cool off thoroughly or you will keep on sweating. Your skin is now ready for the regenerating, detoxifying or relaxing massage.

USE YOUR 'SPA VOICE'

Please try to speak in a quiet, hush voice so as not to disturb other guests during their own spa experience.



WELLNESS MASSAGES

DE-STRESS BACK MASSAGE

30/45 minutes

For those high on stress and low on time, this massage focuses on the back, neck and shoulders and is carried out by a combination of techniques targeting tension-filled areas. This massage will also stimulate blood flow within the tissues, allowing you to feel more energised and alert.

FOOT MASSAGE

30/60 minutes

Rest your feet after an action-packed walking safari with our soothing foot massage, relaxing the whole body, and allowing you a restful sleep and rejuvenated energy to start a new day.

AFRICAN WOOD MASSAGE

60/90 minutes

Using heated African wood rolled across the skin to penetrate the deeper layer of the muscle tissue, shea butter nourishes the skin, leaving you feeling relaxed, and your skin regenerated.

HIGHLANDS AWAKENING MASSAGE

70 minutes

Let ancient massage techniques soothe away tension, while coconut oil, lemongrass, ginger, and Tanzania clove oil or Karafuu (in Swahili) create a perfectly uplifting experience.

OLMOTI RITUAL

60/90 minutes

The perfect relaxation after a long day of game viewing. This medium to firm pressure massage soothes tired and aching muscles.

EMPAKAI PACKAGE

120 minutes

A mixture of coffee and coconut oil body scrub followed by one of our signature massages. The caffeine in the scrub helps reduce cellulite and leaves your skin feeling firm and smooth while the coconut oil rehydrates your skin.





BEAUTY THERAPY

HIGHLANDS MANICURE

30 minutes

A beautiful treat for hardworking hands that includes gentle exfoliation, a soothing massage, cuticle tidying and nail polish.

HIGHLANDS PEDICURE

30 minutes

Revitalise the feet, nails and cuticles with this invigorating treat that softens and nourishes tired, neglected feet.

HIGHLANDS HOT STONE PEDICURE

30 minutes

A wonderful treatment that helps to release toxins and improve circulation — the perfect treatment for worn-out feet. After soaking and exfoliating, warm stones are used to massage your feet and calves rubbing all your tension away.

ADD ONS

FILE AND PAINT

20 minutes

Refresh hands and feet with a file, buff, and nail polish application.

