



## SAFARI MASSAGE THERAPY

Our Safari Massage therapy is a good way to end or start your adventure, relieving muscle tension while gently moving joints to enhance mobility.



### Aromatherapy

60mins.....\$65

### Deep Tissue Massage

60mins.....\$65

90mins.....\$75

### Swedish Massage

60mins.....\$65

90mins.....\$75

### Relaxing Massage

60mins.....\$65

90mins.....\$75

### Relaxing Back and Neck

30mins.....\$50

60mins.....\$65

### Foot Massage

30mins.....\$35

### Indian Head Massage

15mins.....\$20

### Body Scrub

45mins.....\$60

### Ukuchina (Zambian Traditional Massage)

90mins.....\$85

### NAILS

Manicures .....\$25

Pedicures.....\$35

Nail File and Paint.....\$15



## ABOUT OUR MASSAGES

### ■ BACK & NECK MASSAGE

An express upper body massage ,targeting the neck ,back and shoulders with Swedish techniques,aimed at relaxing these zones that are prone to stress.

### ■ UKUCHINA (ZAMBIAN TRADITION MASSAGE)

One of the oldest massage techniques originating in Central Africa. It is considered to be an important healing procedure used in the treatment of a 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 and help with post-natal recovery.

### ■ DEEP TISSUES MASSAGE

A deep-tissue massage its similar to the Swedish massage in terms of the technique,but with a deep pressure, which is beneficial in releasing chronic muscle tension to improve flexibility and endurance of the muscular system.

### ■ SWEDISH MASSAGE

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 MASSAGE

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.

### ■ RELAXING MASSAGE

A classic massage treatment incorporating our aroma therapeutic massage oils,customized to your pressure desire.

### ■ FOOT MASSAGE

Treat yourself to this pressure -point foot massage that focuses on re-establishing energy flows,relieving stress leaving you revitalized and blissfully relaxed.

### ■ BODY SCRUB

Body scrub removes dead skin cells,refreshes your appearance to increase confidence ,As the dead skin cells are removed rough looking skin and impurities are removed along with them,leave the skin smooth.