



# ROYAL CHUNDU

LUXURY ZAMBEZI LODGES



## SISTERS OF AFRICA SPA

“Where the world meets an African touch”

The healing hands of our sisters offer modern spa treatments infused with Zambian health and beauty rituals, in a beautiful setting surrounded by the magical elements of Mother Nature. Our spa treatments are done from the luxury of your room overlooking the ever-peaceful Zambezi River.





## ABOUT SISTERS OF AFRICA SPA



Sisters of Africa Spa is a true African Spa with a concept that bonds modern spa treatments and local healing treatments. Our unique treatments are infused with 100% natural skin products made in the small town of Mazabuka, and showcase how much we embrace our surroundings. They are a true celebration of our inheritance. We offer holistic treatments, from mild facials using local beauty products, to natural Arabica coffee scrubs. We bring a whole new meaning to tranquillity.

### OUR PRODUCTS

We are proud to use one of the first mild skin products in the beauty market in Zambia, Essential produces products in small batches using only natural ingredients, for absolute freshness guaranteed. Our massage oils include Vitamin E oil which is suitable for all skin types and a selection of Mongongo and Baobab oil for our traditional aromatherapies.

### THE SPA TEAM

Through training other young women to become healing therapists, we are sure to inspire some young business women. Our mission is to uplift our sisters in local communities, bringing a new career to the youth of Zambia and for them to hopefully become excellent in service, with the aim of continuously achieving world class spa services.

### SPA CONTRA-INDICATIONS THAT COULD RESTRICT TREATMENT

- Fever
- Any known allergies
- Inflammation
- Cuts
- Scar tissues (2 years for major operations and 6 months for a small operations)
- Recent fractures
- Hypersensitive skin

The above conditions may prevent or restrict you from receiving specific services. Please note that while this list covers some contraindications, there may be others not listed that would also prevent you from receiving services, Consult one of our therapists if you have any questions or concerns.





## MASSAGES

TREATMENT	TIME	COST
THE ROYAL RELAXING MASSAGE	30 – 90 Mins	\$50 - \$150

This therapy begins with cleansing the feet as a sign of welcome followed by an intense massage to restore balance to the muscular-skeletal system, relieving muscle tension while gently moving your joints to enhance mobility, a good way to end or start your Zambian journey, (ask your therapist to light up our special essence stick of the day).

<b>AFRICAN TREE AROMATHERAPIES</b>	<b>30 – 90 Mins</b>	<b>\$50 - \$150</b>
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Our African soil has born the indigenous Mongongo tree common to the Southern Africa region and Baobab tree, where we extract our proprietary oils. Baobab oil helps slow aging and improves skin tone while Mongongo oil is highly hydrating and regenerative for skin. May we recommend this light aroma treatment with the massage pressure of your choice to cleanse the moment.

UKUCHINA MASSAGE	30 – 90 Mins	\$50 - \$150
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This massage is used widely by the Zambian people to stretch the muscles of new born babies; it is also used widely in villages across the country to heal people with fatigue muscles. The Ukuchina is a sacred massage using hot cloths to compress aching parts of the body, massaging firmly over muscles. This treatment builds up energy in the body.

<b>ZAMBEZI DEEP HEAT MASSAGE</b>	<b>30 – 90 Mins</b>	<b>\$50 - \$150</b>
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This magical massage with a soothing pressure re-oxygenates the tissues. Our selection of anti-Muscular Pain Relief ointment made locally help decrease inflammation and stiffness while improving blood supply to the affected area to aid healing. The warmth and energy flow brings tranquillity to the soul.





## VILLAGE STICK MASSAGE

30 – 90 Mins

\$50 - \$150

Using unique sticks crafted by our local craftsmen for a deep friction massage combined with a selection of fine oils to promote circulation and lymph drainage as well as a sense of wellbeing. This treatment will leave you feeling rejuvenated.

## ZAMBIAN HEAD MASSAGE

30 Mins

\$50

Be still in the mind! Our Zambian head massage begins with hot towel compression of the head, face, neck and shoulders, Followed by pressure point massaging to intensely relax the mind.

## TRADITIONAL MASSAGES

20 - 90 Mins

\$34 - \$150

Swedish massage

Sports massage

Back and neck

Foot massage

Facial massage







## BODY

## ARABICA COFFEE BODY POLISH

## 30 Mins

**\$50**

Our selection of body polish contains a thick layer of cocoa butter; pure coconut oil and freshly grown  
Zambian Arabica coffee which helps cleanse the skin whilst removing dead skin cells, preparing your skin  
for our African sun-kissed weather.

## RIVER SAND BODY SCRUB

## 30 Mins

**\$50**

"In touch with our surroundings". This treatment uses steamed pure river sand collected from the banks of the Island mixed with a thick Shea butter moisturizer to deeply exfoliate the skin leaving it smooth and soft. This ritual ends with a touch of tea tree foot masque to heal your feet. Nurture your body!

## BODY MOISTURIZING THERAPY

## 30 Mins

**\$50**

Using a light to firm pressure of massage strokes to seal in this natural body moisturizer that contains the magical extracted kigelia Africana cultivated throughout sub-Saharan Africa, this key ingredient improves the firmness of the skin.

### SOOTHING BATH THERAPY (ISLAND SPECIAL)

90 Mins

**\$150**

Soothe yourself in a healing scented bath with special oils prepared by your therapist to help soften your skin and relax you. Enjoy this bath therapy with a detox mask; this treatment is completed with a relaxing full back massage.





## ESSENTIAL FACIAL

We are proud to offer you facial treatments using products made in Zambia, a selection of mild therapeutic products that are 99% organic, introduced to cleanse the layers of your skin in a gentle way without disturbing the skin's pH balance. Our therapy starts with a deep facial massage to activate the pores of the skin preparing it for application of the products.

## BALANCING MOISTURIZER FACIAL

Organic Baobab (key ingredient) this enriching ingredient improves skin elasticity and soothes dry skin.

## LIGHT REJUVENATING MOISTURIZER FACIAL

Marula (key ingredient) nourishes aging skin improving moisture balance.

## RICH REJUVENATING MOISTURIZER FACIAL

Organic Mongongo (key ingredient) is highly hydrating and protection against UV rays.



To book your treatment at the Sisters of Africa Spa, please contact:

