



# ROYAL CHUNDU

LUXURY ZAMBEZI LODGES



## SPA PACKAGES AND TREATMENT OPTIONS

A spa treatment can be arranged in the tranquility of your room, deck or at a private bush location. Please book directly with your Host.

### PACKAGES:

- Mwami (King) Experience (150 minutes)
- Intonga Amasatchi Massage - Deep tissue and stress relief signature treatment.
- Gentlemen's Aloe Ferox and Soothing Facial - Rejuvenating and Revitalizing Facial
- Dyango (Queen) Experience (150 minutes)
- Rooibos and Lavender Clay Wrap - Body exfoliation and detoxifying clay wrap including a body massage Anti-Oxidant Rejuvenating
- Facial - Anti aging, hydrating and collagen boosting facial.

Our half day packages are the ultimate escape for pure self indulgence.

### FACIAL TREATMENTS

#### ANTI-OXIDANT REJUVENATING FACIAL (75 MINUTES)

This wonderfully hydrating, anti-aging facial uses a layering process for a more youthful, radiant complexion. Combating free radicals and boosting collagen production, it has an immediate toning and smoothing effect on the skin, plumping fine lines and reducing pigmentation and inflammation with Vitamin C.

#### AFRICAN GODDESS ANTI-AGEING FACIAL (85 MINUTES)

This de-stressing, anti-ageing cell renewal care is rich in natural oils, lubricates the skin to restore elasticity and softness and promotes a healthy glow. Formulated with a cocktail of Marula Seed Oil, Hypoxis Root Extract, Rooibos Extract, Aloe Gel, the wonderful antioxidant Coenzyme Q10, scented with Frankincense, Geranium and Rose Otto. A therapeutic journey that starts with a neck and shoulder massage using a traditional oil blend, followed with a cleanse, exfoliation, mask, and nourishment. A sumptuous pleasure for the senses with exceptional results.

#### GENTLEMEN'S ALOE FEROX AND SOOTHING FACIAL (75 MINUTES)

Does your skin appear devitalized, lifeless and dull? Whether due to fatigue, daily stress, hectic lifestyle or photo-damage this treatment infuses your skin with a unique selection of repairing actives. Regeneration and revitalization takes place as skin oxygenation is reinforced. All therapies offer a selection of products to take home with you as an extension to your experience.







## **SIGNATURE TREATMENT**

### **INTONGA AMASATCHI MASSAGE (75 MINUTES)**

The body holds memory of all emotional experiences. An inability to let go often expresses itself in the body as a sluggish lymphatic system that can be blamed for low immunity. Intonga Amasatchi is a deep tissue and stress-relieving treatment.

Melting Shea from Ghana blended with healing African potato and Rooibos and natural essential oils is applied to hydrate and condition the skin. Skillful movements are performed with the hands and different sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress.

Created from wood, the stick symbolizes wisdom and the energy of earth, (symbolizing growth and abundance) making it a valuable tool, not only in grounding the individual, but also for its intrinsic ability to absorb and purify negativity and rechanneling energy flow.

## **BODY TREATMENTS**

### **ROOIBOS AND LAVENDER CLAY WRAP (90 MINUTES)**

African tradition has for centuries captured the spirit of river mud for a youthful and radiant complexion. The skin is prepared with our Body Scrub followed by a wonderfully therapeutic wrap containing deep cleansing Kaolin and Bentonite for the absorption of excess oil and toxins from the skin. Jojoba, Marula, Aloe Ferox with Rooibos and Lavender help to leave skin feeling smooth and refined, stimulating blood and lymphatic flow. Your experience is continued with an invigorating massage to improve circulation and alleviate muscular tension.

### **BALANCING SCALP AND LEG RITUAL (45 MINUTES)**

A traditionally relaxing and healing massage working on pressure points of the feet to restore balance to the body and pressure applied to the scalp send you into a state of relaxation. Your feet are exfoliated to improve circulation, followed by an application of detoxifying clay. Working with the body's energy channels, this treatment leaves you invigorated.

## **MASSAGE TREATMENTS**

### **SWEDISH MASSAGE (55 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.

### **SPORTS MASSAGE (55 MINUTES)**

A deep-tissue massage designed to manipulate tense and strained muscles to improve flexibility and endurance of the muscular system.

### **BACK-NECK-AND-SHOULDER MASSAGE (55 MINUTES)**

This massage focuses purely on the back and shoulder areas to relieve tension of these commonly over stressed muscles (scalp included).

### **FOOT MASSAGE - AT THE POOL SIDE (30 MINUTES)**

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

