

# MUKALYA PRIVATE GAME RESERVE

## S P A M E N U

### EXFOLIATING BODY SCRUB & SWEDISH MASSAGE

90 MINUTES \$100.00    120 MINUTES \$200.00

THIS TREATMENT BEGINS WITH OUR SIGNATURE SUGAR SCRUB INFUSED WITH LAVENDER, LEMONGRASS, & GERANIUM WHICH HELPS CLEANSE THE SKIN AND REMOVE DEAD SKIN CELLS, PREPARING YOUR SKIN FOR YOUR SUN-FILLED AFRICAN SOJOURN. ENDING WITH A SWEDISH MASSAGE LEAVING YOUR SKIN AND BODY RELAXED AND NEW.

### UKUCHINA TRADITIONAL ZAMBIAN MASSAGE

90 MINUTES \$90.00    120 MINUTES \$180.00

ALLOW OUR MASSAGE THERAPISTS TO RELAX THE MUSCLES AND BODY WITH THIS TRADITIONAL ZAMBIAN REMEDY OF FIRMLY MASSAGING YOUR MUSCLES WITH A HOT CLOTH COMPRESSION TO RELEASE TENSION. THIS TREATMENT IS FOLLOWED BY A SWEDISH MASSAGE RELEASING AND SPREADING ENERGY THROUGHOUT YOUR BODY.

### DEEP TISSUE MASSAGE

60 MINUTES \$70.00    90 MINUTES \$140.00

COMBINING SLOW STROKES AND NOTABLE FINGER PRESSURE, THE PURPOSE IS TO RELEASE THE TENSION AND TIGHTNESS HELD DEEPLY IN YOUR MUSCLES AND YOUR CONNECTIVE TISSUES. A DEEP TISSUE MASSAGE WILL TYPICALLY FOCUS ON YOUR PRIMARY AREAS OF DISCOMFORT.

### SWEDISH MASSAGE

60 MINUTES \$55.00    90 MINUTES \$110.00

OUR SWEDISH MASSAGE RELAXES THE WHOLE BODY THROUGH THE USE OF LONG GLIDING STROKES TO INCREASE THE LEVEL OF OXYGEN IN THE BLOOD, DECREASE MUSCLE TOXINS, AND IMPROVE CIRCULATION AND FLEXIBILITY WHILE EASING TENSION.

### BACK, NECK, & SHOULDER MASSAGE

30 MINUTES \$30.00    60 MINUTES \$50.00

LEAVE ALL THE STRESS BEHIND IN THE OFFICE WITH OUR EXPRESS TREATMENT AIMED AND FOCUSED ON EASING TENSION AND STRAIN ON THE UPPER BODY, NECK, AND SHOULDERS USING SWEDISH LIKE TECHNIQUES.

### FOOT RITUAL

30 MINUTES \$20.00    60 MINUTES \$40.00

THIS RELAXING RITUAL BEGINS WITH WASHING YOUR FEET AND SOAKING THEM IN OUR SIGNATURE INFUSED WATER. FOLLOWED BY A LAVENDER AND LEMONGRASS SCRUB TO REMOVE DEAD SKIN CELLS AND DIRT FROM THE SOLES OF YOUR FEET. ENDING WITH A PRESSURE POINT, DEEP TISSUE STYLE FOOT MASSAGE TO RELAX THE MUSCLES.

### RIVER VIEW SAUNA & PLUNGE POOL

FREE OF CHARGE AT 06:00HRS - 08:00HRS & 18:00HRS - 20:00

IF YOU WOULD LIKE TO USE THE SAUNA AT ANY OTHER TIME, BOOKING IS REQUIRED 24HOURS IN ADVANCE AND IS AT A COST OF US\$20.00

KINDLY NOTE T&CS APPLY MANAGEMENT MAINTAIN THE RIGHT TO REVIEW RATES AT THEIR DISCRETION