



# Revive & Rejuvenate

Your Invitation to a Sensory Journey...

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# Relaxation

## Swedish Massage

This full body massage is the perfect treatment to improve circulation, ease tension, reduce stress and relax the body and mind. Your therapist will work with you to find exactly what areas need attention, restoring your natural balance of mind, body and soul.

60 minutes ~ US \$120 | 90 minutes ~ US \$180

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## Head Massage

Using coconut oils and a sleeping gel this is a deeply relaxing treatment focusing on the shoulders, neck, scalp and face. This treatment will relieve stress, fatigue and headaches. A calming and invigorating experience.

45 minutes ~ US \$80

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## Deep Tissue

A choice of essential oils for relaxing muscles and energizing, this massage targets chronic tension in muscles that lie far below the surface of the skin. By identifying the tension areas your therapist will work the knots and tight spots, leading to a state of pure relaxation and well-being.

60 minutes ~ US \$120 | 90 minutes ~ US \$180

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## Back & Neck Massage

This massage focuses on the muscles of the neck and shoulder areas to relieve tension and back ache after a bumpy safari ride.

30 minutes - US \$60

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## Safari Sole Therapy

Ideal for reviving tired and well-travelled feet, focusing on relieving tender points and massaging your lower legs to improve circulation and lymph drainage.

45 minutes ~ US \$80 | 60 minutes ~ US \$100

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