



*Mist* SPA  
Nkuringo Gorilla Lodge

# Menu

- Classic Sweedish Massage (60mins) \$70
- Aromatherapy Massage (60mins) \$80
- Deep Tissue Massage (60mins) \$90
- Mist Jetsetter Massage (45mins) \$60
- Reflexology Massage (45) \$60
- Hot Stone Massage (60mins) \$90
- Mist Body Scrub (45mins) \$65
- Kurhula Ritual (90mins) \$110
- Devine Awakening (60mins) \$90
- Devine Restored (60mins) \$90

Looking for luxurious relaxation amid the Bwindi wilderness?

Step into the Mist Spa and immerse yourself in nature's soothing ambiance. Indulge in unique holistic body, skin, and beauty treatments through rejuvenating massages and soothing therapies. Our services blend ancient wisdom with modern technology to help you rediscover total peace of mind and soul.



# Facials

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## *Devine Awakening*

60 Minutes. \$90

African botanical enhancement products are used for a rejuvenating facial that hydrates, detoxes, and anti-ages your skin. The signature massage technique smooths away signs of fatigue, leaving your skin refreshed and glowing.

## *Devine Restored*

60 Minutes. \$90

This facial therapy begins with a relaxing massage on pressure points of the face, followed by a lymph drainage simulation to help eliminate toxins and reduce congestion. This is then followed by deep cleansing, exfoliation, and masks to give the face a natural look.



# Massages



## Classic Swedish Massage

60 Minutes. \$70

Swedish massage is a type of massage that involves rubbing and kneading the soft tissues, such as muscles, tendons, and ligaments. The massage therapist uses long gliding strokes with light pressure along the direction of blood returning to the heart. It can help you relax your entire body, improve circulation and flexibility, and reduce muscle toxins while easing tension. Swedish massage is highly beneficial for increasing the level of oxygen in the blood and promoting overall well-being.

## Aromatherapy Massage

60 Minutes. \$80

Aromatherapy massage is a form of massage therapy that combines the use of essential oils to benefit both the mind and body. These oils are applied to the skin using a carrier oil, allowing them to be absorbed by the body and penetrate deeply to improve your mood, alleviate pain, and detoxify your body. When you breathe in the aroma of essential oils, sensors in your nose detect them and send signals directly to your brain's limbic system, which controls emotions. This means that the scents you inhale can have a direct impact on your emotions, promoting mental wellbeing and restorative sleep.



## Reflexology Massage

45 Minutes. \$60

During the reflexology massage, reflex points on the foot are subjected to gentle pressure skillfully using hands, thumbs, and fingers. Each of these points is connected to a specific part of the body, including internal organs. The aim of the therapy is to reduce trekking stress while alleviating minor ailments. The therapist may pull on the toes, push into the arch of the foot, massage the heel area, or manipulate the ball of the foot. This is designed to give you the 'feel-good' factor but also aims to go much deeper than that. It can release tension felt all around the body, from the soles of the feet to the top of the head.

## Deep Tissue Massage

60 Minutes. \$65

Deep Tissue Massage is a highly effective technique that can help alleviate aches and pains caused by trekking or musculoskeletal issues. In this type of massage, the therapist uses deep pressure, slow strokes, and notable finger pressure to release the tension and tightness held deeply in your muscles and connective tissues. This technique can bring relief from trekking sores, promote a sense of wellbeing and relaxation, increase circulation, and reduce inflammation.



## Hot Stone Massage

60 Minutes. \$70

Hot stone massage is a therapy that uses smooth, heated river stones to help relax and soothe muscles. The therapist places the stones on various body points to provide heat therapy. They may also use them as tools

## Mist Jetsetter

45 Minutes. \$60

Focusses on relieving the pain in the back, shoulder, neck, and feet laterals and rectus muscles



# Kurhura Ritual

90 Minutes. \$110

Discover Kurhura, "your inner peace," as you indulge in our signature holistic body ritual, pampering not only the body but the face and scalp, too. A unique and relaxing full-body massage using our signature organic oils and a facial, bringing balance to your body, mind, and soul.

# Mist Body Scrub

45-60 Minutes. \$60

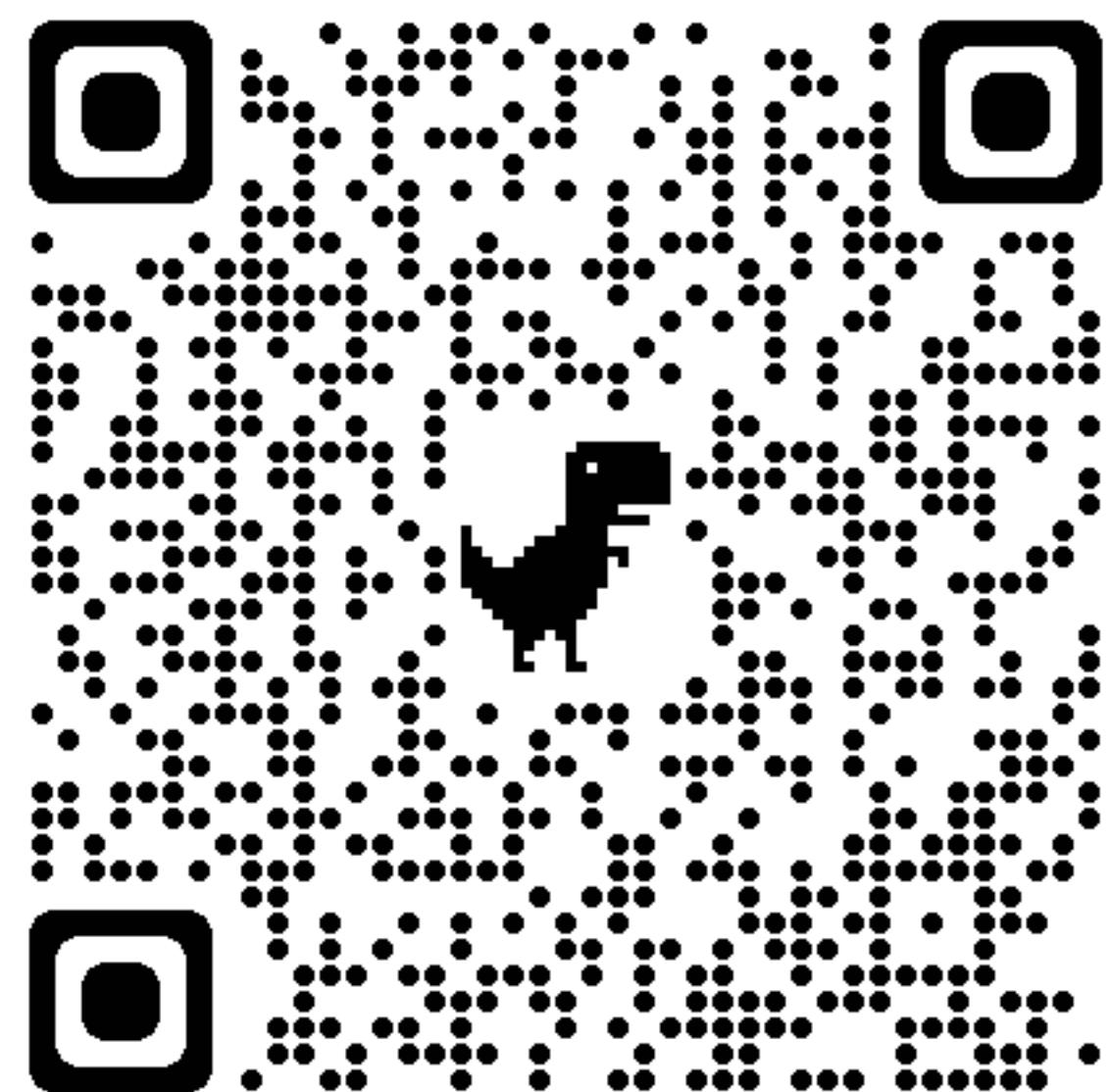
Enjoy the exfoliating and cleansing experience of the Mist Body Scrub, specifically formulated to shed away rough, dry skin and assist in the cell renewal process, leaving the skin radiant and soft. This luxurious treatment is completed with a face pressure point massage.





# Nkuringo Gorilla Lodge

IN HARMONY WITH NATURE



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