



## WELCOME TO ASILIA SPA AT EREBERO HILLS LODGE

Asilia In Room Spa offers massages and treatments based on natural healing methods found in traditional well-being practices. Delivered in different locations, our specialist skills in all therapies are designed to nurture the body and mind and enliven the spirit by uncovering nature's beauty and providing a blissful return to balance.

### DISCLAIMER

All prices are quoted in US\$. Please note that services and prices are subject to change without prior notification.





## GOOD TO KNOW

### OPERATING HOURS

Treatments are offered seven days a week between 8 am - 8 pm.

### WHEN TO ARRIVE

Be ready for your appointment 15 minutes before the scheduled time to complete a guest consultation form and spend some time relaxing before your treatment.

### TREATMENT RESERVATIONS

For enquiries and reservations, please liaise with the manager on duty. Bookings are required at least 1 hour before your treatment.

### CONSULTATION

If this is your first treatment with us you will be invited to complete a health questionnaire so we can ensure the best possible spa experience and assure maximum safety and comfort.

### PRIOR TO TREATMENT

We recommend that you leave all jewellery and valuables in the safe in your room. Please shower and clean off any oils or sunscreen prior to your treatment to allow for better absorption of the aromatherapy products. For your enhanced enjoyment, we highly recommend removing hearing aids, spectacles and contact lenses.

### LATE ARRIVAL

As a courtesy to all our guests, please be aware that we are unable to extend your treatment time in case of late arrivals.

### PAYMENT

All treatments will be charged to your room and will appear on your room account at the time of departure.

### AFTER YOUR TREATMENT

Rest and avoid direct sun or vigorous activity for at least one hour after a spa treatment. Drink water before and after each treatment.

### YOUNG GUESTS

Children under the age of 12 years who are booked for treatments are to be accompanied by a guardian at all times.

### YOUR COMFORT

We will do our best to anticipate your needs, however, we also appreciate that each guest is unique and so are their spa needs. Please let our team know if there is anything we can do to improve your experience whether it is a change of massage pressure or room temperature, we are happy to oblige.





## WELLNESS MESSAGES

### DE-STRESS BACK MASSAGE\*

*30/45 minutes*

For those high on stress and low on time, this massage focuses on the back, neck and shoulders and is carried out by a combination of techniques targeting tension-filled areas. This massage will also stimulate blood flow within the tissues, allowing you to feel more energised and alert.

### FOOT MASSAGE\*

*30/60 minutes*

Rest your feet after an action-packed day of chimp trekking through the forest with our soothing foot massage, relaxing the whole body, and allowing you a restful sleep and rejuvenated energy to start a new day.

### AFRICAN WOOD MASSAGE

*60/90 minutes*

Using heated African wood rolled across the skin to penetrate the deeper layer of the muscle tissue, shea butter nourishes the skin, leaving you feeling relaxed, and your skin regenerated.

Enjoy a complimentary 30-minute treatment of your choice.\*  
Limited to one treatment per person, per stay at Erebero Hills.







## SIGNATURE MESSAGES

### EREBERO ESCAPE

*60/90 minutes*

Relax and allow the calm of the forest to encompass you. This medium to firm pressure massage soothes tired and aching muscles. Perfect after your gorilla trekking experience.

### AROMATIC AWAKENING MASSAGE

*70 minutes*

Let ancient massage techniques soothe away tension, while coconut oil, lemongrass, ginger, and Tanzania clove oil or Karafuu (in Swahili) create a perfectly uplifting experience.

### REJUVENATED FOREST PACKAGE

*120 minutes*

A mixture of coffee and coconut oil body scrub followed by one of our signature massages. The caffeine in the scrub helps reduce cellulite and leaves your skin feeling firm and smooth while the coconut oil rehydrates your skin.

