

RELAXING BACK & NECK & SHOULDER MASSAGE

\$90 60 min

\$120 90 min

Fatigue Relief

This massage is aimed toward decreasing tension within the deeper muscle tissues to rid the body of taut (tight) muscle bands that limit your range of motion. It is most beneficial for the relief of muscle pain because, during a tissue massage, your brain will release your body's natural feel-good hormone.



We advise you to wear your bathing suit, underwear or a robe for your privacy and comfort.

Please book your appointments in the main office or directly with the spa therapist.

Spa hours
Mon – Sunday: 8am – 5pm

Spa Arrival
Please arrive 15 minutes before the scheduled time.



Green Safaris



ILA
Safari Lodge

SPA MENU



We utilize Zambia's own, Skin Cosmetics product line, which consists of cosmetics inspired by the beauty of nature. Skin Cosmetics is a female-led organization that creates products crafted by nature, adored for their valuable and natural components. Each of their handmade creams, oils, serums, and balms are meticulously crafted with love and dedication to strive for perfection, acknowledging that genuine beauty harmonizes with nature.

FACIAL

EXPRESS CLASSIC FACIAL | \$45

30 Mins Treatment Time

A quick but effective face treatment that enhances radiance. It involves cleansing, exfoliation, a brief facial massage, and a mask to achieve optimal results in minimal time.

BODY TREATMENTS

BODY EXFOLIATION | \$45

30 Mins Treatment Time

30 minutes is all it takes! Our tantalizing treatment uses a heavenly blend of natural exfoliants, extracts, and essential oils to awaken your senses. And the best part? You can add it to any treatment or just do it solo, followed by a luscious shea butter application. Get ready to feel like a brand new you!

Choose between a

Thyme & Coconut Salt Scrub

Macadamia & Sugar Scrub

HAND & FOOT REVIVAL | \$55

45 Mins Treatment Time

This 45-minute hand and foot treatment is an ideal solution after a lengthy trip. Embark on a relaxing journey tailored specifically for your hands and feet. The session begins with exfoliation for the hands and feet, then transitions to a hydrating, anti-aging hand mask, and a refreshing peppermint foot mask. A soothing massage for both areas concludes the experience, leaving you completely rejuvenated.

MASSAGES

Our Aromatherapeutic Massage oils are formulated to enhance your experience. They are natural and carefully made by hand, containing no added ingredients or

harmful chemicals. The base of these massage oils is Grapeseed which contains high amounts of omega-chain fatty acids and vitamin E.

A relaxing massage experience awaits you, where you can select your preferred massage oil from options like detox oil, stress relief oil, and fatigue relief oil. Each oil has unique ingredients like rosemary and lavender, frankincense and basil, or thyme and spearmint to provide relaxation, de-stressing, or energy boost.

RELAXING BACK & NECK & SHOULDER MASSAGE

\$40 30 min

\$50 60 min

This focused massage helps relieve tension in the neck, shoulders, upper and lower back.

Recommended Oil

Back Ache Oil

RELAXING MASSAGE

\$75 60 min

\$120 90 min

Stress Relief Oil

A traditional full-body massage aimed toward relaxation and general well-being. It will improve circulation, soothe tired muscles, and calm you. A relaxation ritual starts your journey into deep relaxation.