



Spa Menu

Back, Neck, and Shoulder Massage

30 min / 60 min

Deep Tissue Back, Neck and Shoulder Massage

30 min / 60 min

Want to get rid of all your knots and nodules? This is the perfect massage.

Back, Neck and Shoulder Massage with Scalp or Back of Legs

45 min

An invigorating back massage accompanied by either a scalp massage or a back-of-legs massage.

Pressure Point Foot Massage

30 min

Have tired feet? Enjoy a foot soak followed by a relaxing pressure-point foot massage.

Full Body Massage

60 min

A customised body massage designed to relax, detox and revitalise your mind, body and soul.

Relaxing Full Body and Scalp Massage

90 min

Enjoy a relaxing full-body massage, including a deeply soothing scalp massage.

Deep Tissue Full Body Massage

60 min

Experience an invigorating massage with deep-pressure movements to release tense knots and nodules.

Deep Tissue Full Body and Scalp Massage

90 min

A deep-pressure massage to release knots, combined with a pressure-point scalp massage for total relaxation.

Cranial Healing

60 min

Enjoy a relaxing back, neck and shoulder massage followed by a scalp and facial massage that relieves muscle tension and breaks down knots and stiffness.

African Potato Balm Full Body Massage

60 min

A deeply relaxing and healing massage using our therapeutic African potato balm. Drift away as its benefits allow you to unwind.

African Potato Balm Full Body and Scalp Massage

90 min

Experience ultimate relaxation with a full-body and scalp massage, enhanced by the therapeutic benefits of African potato balm.

Lion Roars Hotels & Lodges

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www.lionroars.com