

*Royal Spa*  
*at the*  
*Royal Livingstone*



# *E* *Elemental*

It is with great excitement that we introduce you to the Royal Spa menu.

The Spa's unique positioning on the banks of the Zambezi River allows you to feel comfortably ensconced in our facility, whilst being aware of the elements that surround you:  
Water, Earth, Fire & Air;  
creating an holistic experience.

Open air Gazebo's further add to the ambience, enabling you to appreciate the indigenous wildlife that makes Zambia such an exotic destination.

Our Royal Spa menu caters for the most popular treatments as well as our signature treatments.

Exquisite finishes, delightful moments and inspired views will ensure that your experience of the Royal Spa at the Royal Livingstone is memorable and to be relived time and again.





## *Facial Treatments*

### **Majestic Zambezi Balancing Facial (80minutes)**

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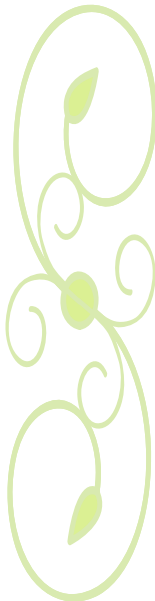
Your skin in perfect harmony; balanced, re-hydrated and relaxed. A holistic experience commencing with deep cleansing and gentle exfoliation, followed by a moisturizing and tension releasing facial massage leaving your skin energized and revitalized.



### **Mosi-Oa-Tunya Fine Mist Facial (80minutes)**

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A hydrating, nourishing treatment containing active ingredients including an 'ampoule crash' booster treatment resulting in intense radiance. A great post-safari and air-travel cure for dehydrated skin.



### **Royal Livingstone Re-Awakening Facial (80minutes)**

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Enhance your femininity and increase your skin's vitality. A highly effective repair complex facial followed by a gentle, yet energizing massage using Rose Quartz stones which activate the skin's regeneration process restoring freshness, vitality and radiance.

### **Shimmering Sunset Seduction Facial (90minutes)**

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Discover the Babor HSR Lifting Complex, a unique anti-aging treatment with an innovative 4-fold lifting effect, instantly minimizing the traces of time, leaving your skin intensively moisturized and toned. Active ingredients visibly enhance skin elasticity and stimulate cell regeneration. Combats the formation of fine lines and wrinkles.



## *F* *Facial Treatments*

### **Pride of Zambia Facial**

**(90minutes)**



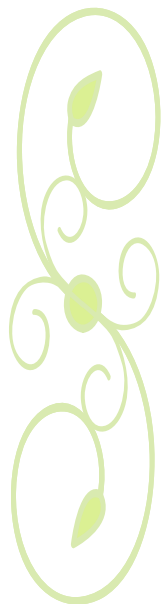
For the first time ever, an intelligent substance which protects the beauty of your skin. Babor thermophilus, Sea-Silk, Pearl proteins and Sea-Intelligent Complex work together to rejuvenate cells virtually reversing the aging process. The skin is energized and regenerated down to its deepest layers, with long lasting radiance effect.



### **Ku'omboka Facial Experience for Men**

**(80 minutes)**

A well-groomed appearance is becoming ever more important in today's world. Enjoy a relaxing and refreshing facial that will leave the skin feeling hydrated and balanced. Benefit from the tension releasing, soothing scalp massage that will leave you energized and revitalized.



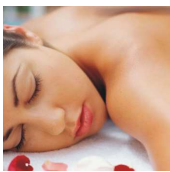
*All therapies offer a selection of products to take home  
with you as an extension to your experience.*



# M Massage Treatments

## Swedish Massage

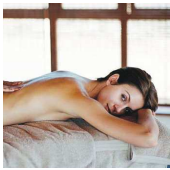
(50minutes)



A combination of deep-tissue and pressure point techniques combined to improve blood circulation and reduce stress that ultimately creates equilibrium of the body from the soles of the feet to the crown of the head.

## Sports Massage

(50minutes)

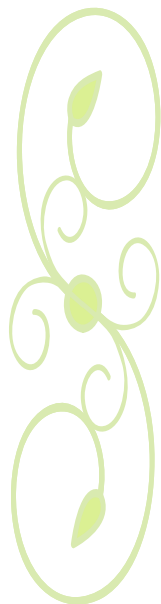


A deep-tissue massage designed to manipulate tense and strained muscles to improve flexibility and endurance of the muscular system.

## Aromatherapy Massage

(50minutes)

A gentle therapeutic massage that stimulates the lymphatic system through the power of touch. Aromatic plant oils are combined to relax and rejuvenate the body.



## Ukuchina Massage

(90minutes)

One of the oldest massage techniques originating in Central Africa, the Ukuchina massage is considered to be an important healing procedure used in the treatment of a variety of symptoms bringing relief to stiff and sore muscles. Renowned for its detoxifying and immune-boosting properties, it is also used to treat stress, tension, depression, malaria and to help with post-natal recovery.



# M Massage Treatments

## Back-Neck-and-Shoulder Massage (45minutes)

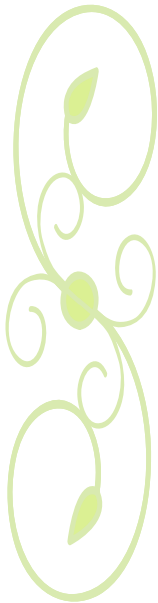


This massage focuses purely on the back and shoulder areas to relieve tension of these commonly over stressed muscles (scalp included).

## Foot Massage - At the Poolside (30minutes)



Treat yourself to this pressure-point foot massage that focuses on re-establishing energy flows, relieving stress leaving you revitalized and blissfully relaxed.



*All massages and body treatments are carried out in our unique outdoor gazebos overlooking the Zambezi River and the magnificent Victoria Falls, a truly Zambian experience.*



# B

## Body Treatments

### “Regal” - Uplifting and Revitalizing

(90 Minutes)



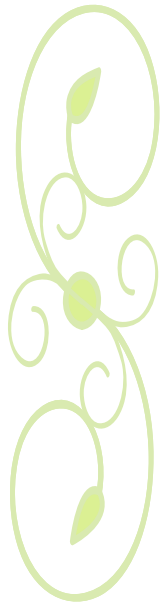
This treatment offers unparalleled levels of luxury and indulgence, fit for Royalty. Detoxifying Canadian Salt Crystals are sprinkled onto your body emulating a fine droplet sensation. A full body exfoliation follows leaving the skin glowing and revitalized. An intensive vitamin treatment cream is then applied with a soothing massage leaving the skin soft, supple and rejuvenated. The effects of premature aging are counteracted leaving body and soul nourished, pampered and feeling luxurious.



### “Tip of the Falls”-Cleansing & Balancing

(90 Minutes)

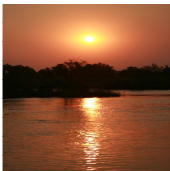
As you walk through the misty rainforest at the tip of the falls, you will be soaked by the intense spray providing welcome relief from the heat of the day. An invigorating Sage body exfoliation is followed by a complete volcanic mineral pack applied all over the body promoting circulation and relaxation; leaving you and your skin energized and nourished. A refreshing outdoor shower and a revitalizing aromatherapy balancing-oil massage conclude this uplifting



### “Cool Retreat”-Relaxing and Nourishing

(90minutes)

The Zambian Culture of caring and respect permeates every aspect of this treatment. A calming Lemon Balm exfoliation leaves the skin smooth and radiant, followed by a luxurious milk-clay and collagen body wrap which moisturizes and nourishes, leaving the skin delectably soft and supple. A refreshing outdoor shower and deep-tissue massage concludes this soothing experience. (Safe for Pregnant Women)



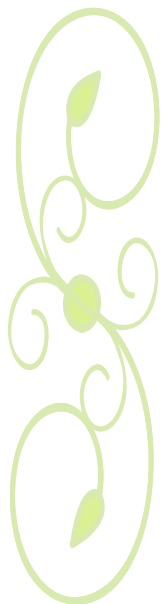
## Top to Toe

### The Shitao - Eastern Fusion Therapy (90 Minutes)



A unique blend of three disciplines, Shiatsu, Hot Stone Massage and Aromatherapy. Shitao is a wellness treatment based on an holistic approach. It focuses on relaxing the skin and the senses, allowing the body's energy to flow freely. Three components work in harmony to create a sense of well-being; energy from active plant ingredients, relaxing massage and the invigorating ScenTao fragrance. A body massage follows the meridians, using heated volcanic stones and aromatic ScenTao massage oil. It continues with a relaxing Shiatsu face massage and is rounded off with a relaxing aromatherapy back massage.

### The "Lwiindi Ceremonial Treatment" (90 Minutes)



A top-to-toe signature treatment has been specially created to embrace the rich local ceremonial traditions affording you a unique and scintillating Zambian experience. The Lwiindi Ceremonial Treatment begins with a light, refreshing halo of thermal spray. After cleansing the skin, you will be treated to a purifying clay face mask followed by a pressure-point facial massage. The ritual continues and cleanses the entire body with a gentle drizzle of salt crystals. The body is then wrapped in a sumptuous mousse crème body pack blended with Milk Bath leaving your body, soul and mind uplifted and invigorated. The finale is an indigenous Malachite stone massage to ease away the tensions of the day.

*All therapies offer a selection of products to take home with you as an extension to your experience.*



# B Beauty Treatments

Manicure (30minutes)



Repaint (15minutes)

Luxury Paraffin Wax Manicure (40minutes)



## Spa Manicure - Handprint of the Wild (50minutes)

Protect your hands from skin aging and environmental stress and dehydration. Daisy extract lighten age spots and the cream conditions your hands, leaving them velvety soft and smooth to the touch.

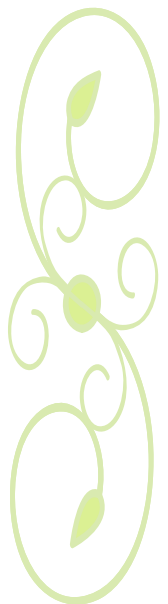
Pedicure (40minutes)

Repaint (15minutes)

Luxury Paraffin Wax Pedicure (50minutes)

## Spa Pedicure - Footprint in the Sand (60minutes)

A professional pedicure that treats particularly rough or cracked areas leaving the skin smooth & soft. "Footprints in the Sand" will be all you leave behind.



*All Spa manicures and pedicures begin with a nail soaking, followed by shaping of the nails, filing, buffing and a re-hydrating massage resulting in a perfect, polished and professional finish.*

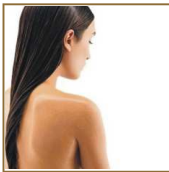


# B

## Beauty Treatments

### Waxing

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Full Leg	(approx 50 min)
Half Leg	(approx 25 min)
3/4 Leg	(approx 35 min)
Full Arm	(approx 35 min)
Underarm	(approx 15 min)
Bikini	(approx 15 min)
Full Back	(approx 30 min)
Face Wax	(approx 20 min)
Lip & Chin	(approx 15 min)
Brow Shaping & Waxing	(approx 15 min)

### Tinting

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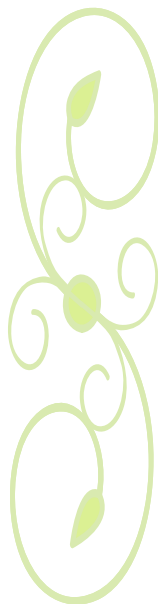
Highlight your image with a choice of fashionable colors: Black, Brown or Blue-Black.

Eyelash Tint	(approx 25 min)
Eyebrow Tint	(approx 15 min)
Eyelash & Eyebrow Tint	(approx 25 min)

### Hair Styling

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Wash & Blow Wave (Short Hair)	(approx 30 min)
Wash & Blow Wave (Medium Length)	(approx 45 min)
Wash & Blow Wave (Long Hair)	(approx 60 min)
Hair Treatment	(approx 15 min)



# P

## Price List 2010



### Facial Treatments

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Majestic Zambezi Balancing Facial	US \$ 80
Mosi-Oa-Tunya Fine Mist Facial	US \$ 97
Royal Livingstone Re-Awakening	US \$ 105
Shimmering Sunset Seduction Facial	US \$ 298
Pride of Zambia Facial	US \$ 358
Ku'omboka Facial Experience for Men	US \$ 110



### Massage Treatments

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Swedish Massage	US \$ 122
Sports Massage	US \$ 122
Aromatherapy Massage	US \$ 122
Ukuchina Massage	US \$ 177
Back-Neck-and-Shoulder Massage	US \$ 103
Foot Massage - True indulgence at the Poolside	US \$ 47



### Body Treatments

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The "Cool Retreat" – Relaxing/Nourishing	US \$ 146
The "Tip of the Falls" – Cleansing/Balancing	US \$ 146
The "Regal" – Uplifting/Revitalizing	US \$ 152



### Top to Toe

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The Shitao -Eastern Fusion Therapy	US \$ 158
The "Lwiindi Ceremonial Treatment"	US \$ 158

- For Promotion Enquiries contact The Royal Spa

# P

## Price List 2010



### Beauty Treatments

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Manicure	US \$ 47
Repaint Manicure	US \$ 20
Luxury Paraffin Wax Manicure	US \$ 60
Spa Manicure - Handprint of the Wild	US \$ 58
Pedicure	US \$ 60
Repaint Pedicure	US \$ 23
Luxury Paraffin Wax Pedicure	US \$ 82
Spa Pedicure - Footprint in the Sand	US \$ 79

### Waxing

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Full Leg	US \$ 55
Half Leg	US \$ 33
3/4 Leg	US \$ 42
Full Arm	US \$ 45
Under Arm	US \$ 23
Bikini	US \$ 23
Full Back	US \$ 42
Face Wax	US \$ 24
Lip & Chin	US \$ 13
Brow Shaping & Waxing	US \$ 13

### Tinting

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Eyelash Tint	US \$ 23
Eyebrow Tint	US \$ 13
Eyelash & Eyebrow Tint	US \$ 33

### Hair Styling

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Wash & Blow Wave (Short Hair)	US \$ 46
Wash & Blow Wave (Medium Length)	US \$ 56
Wash & Blow Wave (Long Hair)	US \$ 63
Hair Treatment	US \$ 34

## Rain Plan

Outdoor Facial, Massage and Body Treatments will automatically be moved to the privacy of your hotel room.

## Hours of Operation:

Monday to Friday 10h00 to 19h00

Saturdays & Sundays 08h00 to 19h00

After hours requests will be accommodated at a minimum of 25% surcharge on listed rates

## Cancellation Policy:

24hrs cancellation period

Group Bookings: More than 7 bookings 48hrs notice

No shows levy a 100% charge of booked treatment(s)

## Contact Details:

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[www.lifeinternationalspa.com](http://www.lifeinternationalspa.com)

All published prices are subject to change without prior notification and are inclusive of statutory VAT of 16%.