

SPA MENU

WELCOME TO THE WONDERFUL WORLD OF BELMOND

We are totally dedicated to your wellness when you stay with us at Belmond. Whether dining on nutritious cuisine or enjoying a relaxing spa treatment, do take this special opportunity to refresh your body and soul.

At Belmond Safaris, we're proud to use 100% natural, ethical, eco-friendly Africology treatments, which combine pure ingredients with ancient healing wisdom. Indigenous ingredients picked for their potent properties include aloe ferox, whose leaves contain a soothing, hydrating gel, green rooibos, a bush plant abounding in minerals, and marula, extracted from the kernel of the eponymous fruit, and so rich in antioxidants that it's known as "miracle oil" in the beauty industry.

Choose from our selection of therapies to enjoy in the comfort of your room or on your private deck. As you lie in a peaceful state of mindfulness, absorb the gentle sounds of the delta: the call of a fish eagle, a hippo's grunt, an elephant swishing by.

Please contact the Curio Shop or dial extension 219 to book an appointment.

OUR SIGNATURE INDULGENCES

INTONGA AMASATCHI

45 MINUTES

Treat yourself to this soothing local ritual, in which your therapist uses wooden sticks to gently relieve tension in stiff muscles and encourage elimination of toxins through deep-tissue massage.

AFRICAN POTATO BODY EXPERIENCE 90 MINUTES

Indulge in a multi-layered treatment to leave you totally relaxed, rebalanced and rejuvenated. We begin with a full body scrub to eliminate toxins, smooth skin and renew skin cells. Next, we apply a traditional African potato wrap to soften and hydrate your skin while fending off free radicals. Part of the lily family, the African wild potato has been prized for its antioxidant and anti-inflammatory properties for centuries among healers and herbalists. The wrap leaves a beneficial coating, rich in marula oil, on the skin. This supports the production of collagen and elastin and aids anti-ageing. Your ritual culminates in either a foot massage or a facial, followed by a pressure point massage using our enriching serum.

MASSAGES

SAFARI QUICK FIX

60 MINUTES

Create your own tailor-made massage by selecting three of the following options:

- Back, neck and shoulder massage
- Back and full leg massage
- Arm and leg massage
- Scalp and facial massage

FOOT AND SCALP RITUAL

35 MINUTES

Restore your energy balance with this massage treatment focusing on pressure points of the scalp and feet. Tension is relieved, calm is re-established.

FACIAL

SAFARI REFRESHER FACIAL, INCLUDING HEAD MASSAGE

45 MINUTES

Let us give your face a natural lift. We begin by gently massaging the pressure points in your face and scalp to help relax your muscles. We then continue with a rejuvenating facial to leave your skin radiantly clean and silky smooth.

SPA STYLE

We recommend you eat and drink in moderation and avoid alcohol prior to your treatment. Also avoid shaving if your treatment involves exfoliation. Please let your therapist know if you have any medical concerns, such as injuries or allergies. All rituals are suitable for men and women unless otherwise stated.