taking time out each day to relax and renew is essential to living well.

SPA MENU

The David Livingstone
HEALTH SPA AND WELLNESS CENTRE
Who we are

At The David Livingstone Spa, we do one thing: spoil our clients.

Revel in each memorable moment as our professional therapists deliver therapeutic restoration using expert skills, intuitive healing and our delectable skincare products.

Feel the stress of your day fall away within the peace of The David Livingstone Spa leaving you rejuvenated and ready to explore all that Livingstone has to offer.

Experience the difference with our Loyalty membership programme.

The Spa Team

Packages

**African Goddess:**

Be the African Goddess that you are. This top-to-toe journey begins with a full body Swedish massage to relax your body and mind, followed by a tailor-made Spa facial to compliment your individual skincare needs and ends with a choice of Spa manicure or Spa pedicure leaving you looking and feeling like the goddess you are. **Shine.**

$ 194

**The David Livingstone Experience:**

Our Zambezi-named spa experience which is the ultimate renewal for mind, body and soul starting with a full body exfoliation and body wrap to eliminate dead skin cells and heal your skin. Relax and soak-in the powerful healing ability of water in a hydro-therapy bath, followed by our signature massage leaving you rejuvenated and happy.

$ 178

**Individual Touch:**

We invite you to custom-build your ideal spa treatment based on the treatments on offer into one gorgeous treat with a discounted 15% offer on the final package. Please note that wax treatments are excluded from this offer.

**Kids Spa:**

All treatments are available to children aged 5-13 years at 50% discount. Clients 14 years and above, standard rates apply.
Skin care & Beauty

Spa Facial $ 55
The Spa Facial or Deep cleaning facial is our entry level facial and suitable for our younger clients that struggle with impurities in the skin. It is a full facial that also includes the use of a brush machine and extraction for fresh, clean and clear skin.

Hydrating Facial $ 80
Travel pushes our skin to the limits. A hydrated skin is smooth and soft to the touch. This full facial includes an exfoliation, a hydrating mask and an advanced eye mask for a complete revival. The treatment ends with a hydrating machine treatment and gel application to prolong the effects of the facial. Sensational.

Anti-Ageing Facial $ 81
Our Anti-Ageing facial is a similar treatment to the Hydrating facial including an anti-ageing machine and gel application that are slightly more advanced than the hydrating products with an advanced eye treatment. The Anti-Ageing facial is also a maintenance facial - clients may opt for a lip wax, brow wax, chin wax or brow tint as a complimentary treatment. Don’t forget the beauty of a woman, with passing years only grows!

Basic Manicure $ 30
All our manicures include nail cutting, filing, cuticle work, massage and nail painting.

Basic Pedicure $ 35
All our pedicures include nail cutting, filing, cuticle work, heel work, massage and nail painting.

Spa Manicure $ 40
All our manicures include nail cutting, filing, cuticle work, massage and nail painting. The Spa Manicure includes advanced serums and creams for your manicure and a hand treatment with exfoliation and your choice of Paraffin wax or advance hand mask, followed by an extended hand massage. The Spa Manicure ends with the perfect application of nail colour of your choice.

Re-varnish $ 20
This treatment includes the removal of old nail polish, reshaping the nails and applying nail polish. No cuticle work with serums or creams are used.

Gents Facial $ 65
Our Gents Facial covers all the essentials for our male clients, this facial makes use of two machines, a deep cleanse and a hydration treatment ideal for all our male clients that want to take care of their skin but not spend too much time in the spa.

Purifying Back Facial $ 60
You cannot reach your back, but we can! Back facials include the same techniques you would find in a standard facial, including deep cleaning and exfoliation, purifying masks, and extractions for clogged pores. Back facials are also very popular for treating back acne but are also good for treating other skin conditions such as oily skin.
Lash or Brow Tint $10

Your eyes are the windows to your soul and we offer the perfect curtains for those low maintenance days. Lash or Brow tint is semi-permanent for lashes / brows to bring out your natural beauty without having to worry about mascara or brow pencils. Wonderful!

Hair wash & Blow dry

<table>
<thead>
<tr>
<th>Length</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Hair (up to shoulders)</td>
<td>$40</td>
</tr>
<tr>
<td>Medium Hair (from above shoulders to half upper arm)</td>
<td>$45</td>
</tr>
<tr>
<td>Long Hair (from half upper arm and longer)</td>
<td>$50</td>
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Maintenance:

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choice of Lip / Brow / Chin Wax</td>
<td>$15</td>
</tr>
<tr>
<td>Underarm Wax</td>
<td>$15</td>
</tr>
<tr>
<td>Bikini or Half-Arm Wax</td>
<td>$20</td>
</tr>
<tr>
<td>Brazilian Wax</td>
<td>$25</td>
</tr>
<tr>
<td>Hollywood Wax</td>
<td>$35</td>
</tr>
<tr>
<td>Half-Leg or Full Arm Wax</td>
<td>$25</td>
</tr>
<tr>
<td>3/4 Leg Wax</td>
<td>$30</td>
</tr>
<tr>
<td>Choice of Full Leg / Chest / Back Wax</td>
<td>$36</td>
</tr>
</tbody>
</table>

**Body Treatments**

**Full Body Exfoliation** $30

Choose a salt or sugar-based exfoliator blended with your favourite fragrance. Exfoliation not only removes dead skin cells but also increases blood circulation to promote a happy, healthy body.

**Body Scrub & Wrap** $75

A facial for the body:

It exfoliates and hydrates your skin, leaving it smooth and soft. This cleansing ritual starts with a full body exfoliation followed by a detoxing body mask to cleanse the body inside and out. The treatment is completed by washing off the body mask in a relaxing Hydrobath.

**Hydrotherapy Bath** $25

Immerse yourself! Hydrotherapy is an effective way of releasing tensions in both the mind and the body is an ancient practice that dates back thousands of years. The cycle of relax is proven to both energize and rest the body, improving blood circulation and activating the lymphatic system to help detoxification. It also actively promotes the release of endorphins, also known as the “well-being hormones”. Revived. Body & Mind.
Massages

**Kusungunya Ka**

120 min  $100

Melt away your worries with our 2 hour “Kusungunya” massage (Nyanga – ‘to melt’). This magical massage is unique due to the introduction of organic shea butter and cocoa butter massage blocks which nourish the skin. These blocks melt as they get into contact with the skin, releasing the pre-selected aromas for your specific needs, treating you physically, mentally and emotionally. Breathe.

Our signature offering. Why choose when you can have a combined treatment which is simply the best of both worlds. This fabulous experience combines a Swedish Massage with a Hot-Stone Massage - utilising the healing heat to ease all those back and shoulder aches. Bliss.

**The David Livingstone**

90 min  $90

A traditional Zambian healing technique made popular as a post-natal treatment or for those in recovery from malaria and flu. We have found this a hugely popular and beneficial treatment for those clients suffering with water retention or body aches due to excessive travel time. The Ukuchina Massage begins with your therapist applying a hot towel compress to “squeeze” out the muscles followed by a physical massage. This squeezing action is a wonderful trigger for Lymphatic movement that naturally aids the body in healing itself.

**Hot Stone**

90 min  $90

Combining hot Basal stone with a full body massage provides a very healing and effective experience. The hot stones expand blood vessels which encourages blood flow throughout the body. The hot stones also allow us to work deep into the muscle that can effectively relieve chronic pain, reduce stress and promote deep relaxation.

**Baama Mama**

75 min  $87

A special treat for women expecting a baby that is safe during any trimester of pregnancy. Baama Mama is a full body massage using completely safe massage oils and treatment techniques. Massage during pregnancy has been proven to assist with those lower back pains and when done on a regular basis, assist the body adjust to the pregnancy.

**Swedish**

60 min  $75

Swedish massage therapy is the most well-known and widely practiced type of therapeutic massage—and for good reason. This type of massage focuses on muscle relaxation, targeting superficial muscles (rather than the connective tissues targeted in deep-tissue massage) and increasing blood circulation. Tell us your problem area and your preferred amount of pressure to tailor-make your favourite massage.

**Aromatherapy**

75 min  $80

A gentle treatment. Aromatherapy massage is Swedish massage therapy using massage oil or lotion that contains essential oils (highly concentrated plant oils). During an aromatherapy massage, you inhale these essential oil molecules or absorb them through your skin. Some of the health benefits of aromatherapy include its ability to reduce anxiety, ease depression, boost energy levels, speed up the healing process, eliminate headaches, boost cognitive performance, induce sleep, strengthen the immune system, reduce pain, improve digestion and increase circulation.
Massages

Deep Tissue
60 min
$ 75

This is a firm massage that is not suitable for every client. A type of massage therapy, deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles). It’s used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain and leg muscle tightness. Recommended for clients who undergo regular Deep Tissue Massage only.

Foot
30 min
$ 50

Take a load off! We offer foot massages either in the Spa, in the Spa relaxation area or at the hotel poolside, the perfect complement to our beautiful Zambezi vista.

Back, Neck & Shoulders
45 min
$ 60

Inspired by the Mother Nature herself, we created a 60 minute Back, Neck & shoulder massage to completely rebalance the body. Elements begins with a warm towel compress as part of our welcome touch (Water), followed by a treatment with carefully selected essential oils (Air), followed by hot stone therapy on the spine (Fire) and the welcome use of rolling stick massage to end off the treatment (Earth).

Elements
60 min
$ 75

For those who carry tension in their back, neck and shoulders and who require a quick release from discomfort or pain. Pressure is applied along both sides of the spine and the lower back, moving up towards the shoulders and neck, thereby relieving the effects of stress and tension. A 30min treatment is also available for a reduced fee.

within you
there is a stiffness & a sanctuary to which you can retreat at any time & be yourself - Hermann Hesse
Business Hours: 08:00 until 19:00 Daily
Reservations are Essential
Cancellation Policy – 100% Cancellation Fee within
12 Hours of Reservation
Contact: +260 213 324 601-10
Email: spamanager@dlslandspa.com

*All rates quoted are inclusive of VAT and Govt Service Charge*