

ACACIA SPA



at Ndutu Safari Lodge

MASSAGE THERAPY

SWEDISH MASSAGE

Is a classic massage. The aim is to promote relaxation by releasing muscle tension. It is gentler than deep tissue massage. It can loosen tight muscles by kneading the knots. You can choose light, medium, or firm pressure. If you seek relaxation and stress relief, **Swedish massage** is a great choice.

60 min US\$60

90 min US\$75

DEEP TISSUE

Is like Swedish massage but more intense. Targets the inner layers of muscles, tendons, and fascia. Special techniques with fingers, fists, and elbows are used. Facilitates healing by releasing contracted areas of muscle and tissue and Increase blood flow to soft tissues and may help reduce inflammation. For deeper muscle work and specific tension release, consider deep tissue massage.

60 min US\$60

90 min US\$75

AROMATHERAPY

A relaxing massage using a carrier oil with a choice of essential oil in stock.

60 min US\$60

90 min US\$75

BODY SCRUB

Exfoliating the whole body with a choice of body scrub in stock. After showering you return to the massage bed and body lotion is applied to the whole body.

45 min US\$40

HEAD NECK AND SHOULDER MASSAGE

Helps to relieve stiffness and stress in the shoulders, neck.

30 min US\$30

FOOT MASSAGE

Soothing tired feet. After a warm foot soak gentle pressure is applied to massage the feet improving circulation and general wellbeing.

30 min US\$30

NAIL THERAPY

MANICURE WITHOUT COLOUR

Allow minimum of 1 hour

US\$30

Your hands are soaked in warm water, cuticles pushed back and nails shaped followed by a relaxing hand massage. Base coat and cuticle oil is applied.

MANICURE WITH COLOUR

Allow 1hr 20min

US\$35

MINI MANICURE

Allow minimum 45 min

US\$20

Your hands are soaked in warm water, cuticles pushed back and nails shaped. Base coat and cuticle oil applied.

PEDICURE WITHOUT COLOUR

Allow minimum of 1 hour

US\$40

Your feet are soaked in warm water, cuticles and nails pedicured, exfoliator applied and feet wrapped in a foot mask and a relaxing feet massage. Base coat and cuticle oil are applied to finish your pedicure.

PEDICURE WITH COLOUR

Allow 1hr 20min

US\$45

MINI PEDICURE

Allow minimum 45 min

US\$20

Your feet are soaked in warm water, cuticles pushed back and nails shaped followed by a foot massage.

FACIAL

Cleanse, exfoliate, tone, followed by a relaxing facial massage. Whilst your mask is setting you have a choice of a 10 min foot or hand massage.

60 min US\$

HERBAL MASSAGE