



amani
SPA & WELLNESS

Transform Your Life

TREATMENT MENU





Welcome to Amani Spa & Wellness

Situated on the banks of the Zambezi river, we welcome you to an unforgettable spiritual journey through re-connection to nature and self.

True to its name, meaning hope & aspire in Arabic and peace & harmony in Swahili, Amani's mission is to inspire our guests, by enhancing physical, mental and emotional wellbeing with uniquely designed treatments and healing journeys.

Experience true tranquillity as Amani Spa offers a variation of river and resort views with dedicated hair and beauty salon, infinity pool, change room facilities and six treatment rooms of which four are single and two are Couples Suites. Our Deluxe Couple's Suite with its en-suite steam room has uninterrupted views of the flowing Zambezi river and natural surrounding vistas.

The outdoor vitality pool and river facing treatment rooms bestows visions of endless magnitude of the Mosi-oa-Tunya National Park where sunsets create a new sense of awe and internal harmony.

Amani Signature Journeys

Integrating the five elements of wellbeing fused with nature, Amani's Signature Journeys are skilfully crafted to evoke a true sense of rejuvenation and overall wellbeing.

CHIBANDA FLOWING RIVER BODY RITUAL

90min ZMW 2 550

Renew your senses and bring balance to body, mind and soul with this holistic body ritual comprising of a full body massage with Amani's luxurious signature baobab hydrating balm complete with a revitalising organic mini facial.

SPIRIT OF AFRICA

60min ZMW 1800 | 90min ZMW 2 550

This unique African massage incorporates ancient African Rungu warrior sticks to deliver deep pressure strokes, facilitating tissue manipulation, promoting pain reduction and improving circulation.

HIMALAYAN SALT CRYSTAL RITUAL

60min ZMW 1800 | 90min ZMW 2 550

Increase immunity and restore your wellbeing with the healing benefits of warm Himalayan Salt Stones fused with an uplifting and energising massage.

THE TRAVELLER

60min ZMW 1800 | 90min ZMW 2 550

Experience optimal rejuvenation with tension-releasing mineral-rich foot soak and stimulating leg and foot polish combined with a back or full body massage using Amani's deeply hydrating signature massage balm.

MINDFUL MESSAGE

60min ZMW 1800

A massage inspired by ageless holistic practises to create a journey of wellbeing combining gentle yoga movements, incorporating breathwork and stretching, followed by a signature aromatherapy massage.

TREATMENT ENHANCEMENTS:

Coconut Rose Salt Body Polish

30min ZMW 675

Aroma Mud Body Wrap

60min ZMW 1 650

Classic Manicure

60min ZMW 750

Classic Pedicure

60min ZMW 975

Amani Wellbeing Massages

A bespoke collection of results-driven wellbeing massages infused with our signature Amani Aroma Wellbeing massage blends.

STRESS RELEASE

60min ZMW 1500 | 90min ZMW 2 250

A soothing massage with a fragrant blend of Geranium, Bergamot & Lavender to restore and invigorate your mind through reducing anxiety and stress by lowering cortisol levels.

SLEEP WELL

60min ZMW 1500 | 90min ZMW 2 250

A delicate blend of Lavender, Chamomile & Geranium incorporated with a gentle style massage inducing a blissful state of mind, allowing your body to reinstate its natural sleep patterns.

MUSCLE EASE

60min ZMW 1500 | 90min ZMW 2 250

Fast track the recovery time of muscle fatigue, aches and pains. The therapeutic benefits of Peppermint, Marjoram & Black Pepper assist in accelerating the body's natural healing abilities and restore energy levels.

IMMUNE BOOST

60min ZMW 1500 | 90min ZMW 2 250

Strengthen your body's defence against immune-compromising infections with this light yet uplifting aromatherapy massage. The decongestant properties of Lemon, Tea Tree & Eucalyptus boost respiratory health and enhance quality of sleep.

DETOX & SLIMMING

60min ZMW 1500

A gentle massage utilising the powerful properties of Black Pepper, Peppermint & Bergamot to assist in eliminating toxins, stimulate healing and building the body's defence system through stimulating the immune system.

TREATMENT ENHANCEMENTS:

Healing Stones (Himalayan Salt or Basalt)

ZMW 225

Coconut Rose Salt Body Polish

30min ZMW 675

ESSE Eye Tension Release Massage

30min ZMW 375

Scalp & Neck Massage

15min ZMW 375

Massage Collection

A selection of timeless massages, ideal to add to your daily wellbeing routine. All massages are available as a Couples Experience.

BASALT RIVER STONE MASSAGE

60min ZMW 1500 | 90min ZMW 2 250

A massage that not only activates vital life force energy and creating a renewed sense of calm but also assists in releasing toxins, relieving pain and improving circulation for optimal healing.

DEEP TISSUE MASSAGE

60min ZMW 1500 | 90min ZMW 2 250

A powerful therapy with Amani's signature Aroma Balm focussing on the deeper layers of muscle & connective tissue designed to alleviate chronic muscular tension.

MOM-TO-BE PREGNANCY MASSAGE (*Only after 1st trimester)

60min ZMW 1500

A soothing full body massage using specialised massage techniques to relieve muscle tension and fatigue brought on from carrying your little one.

STRESS RELIEVING BACK & SHOULDERS MASSAGE

30min ZMW 750 | 45min ZMW 1050

Aimed at releasing everyday muscular tension in the back, neck and shoulders area.

FOOT & LEG REJUVENATION

45min ZMW 1050

An invigorating leg and foot exfoliation using Amani's signature Himalayan Rose Salt Polish concluded with heated basalt stone foot massage to induce further rejuvenation.

PRESSURE POINT FOOT MASSAGE

30min ZMW 750

A massage focusing on stimulating the body's internal healing process by improving circulation and reducing muscle tension in lower legs and feet.

CBD MASSAGE

60min ZMW 1650 | 90min ZMW 2 400

Experience the benefits of cannabis oil's skin moisturisation, improved circulation, and a boosting of the immune system. Choose between three therapy objectives:

- Sports and Recovery
- Revive and Rejuvenate
- Relax and Unwind

Therapeutic Body Ceremonies

Amani's therapeutic selection of body treatments have been expertly designed around our own unique wellness formulations, targeting specific concerns and ensuring the highest quality treatment delivery.

CLEANSE AND DETOX TREATMENT

90min ZMW 2 250

A stimulating rose salt polish promoting skin elasticity and enhanced absorption of the aroma-mud body wrap, followed by a focussed abdomen, thigh and leg massage using Amani's signature detox massage balm containing powerful anti-oxidants to reduce toxins for improved digestion and skin tone.

AROMA-MUD BODY WRAP

60min ZMW 1650

An invigorating therapeutic body treatment combining an exfoliating rose salt body polish followed by an aromatherapy-infused mud mask, complete with Amani's Signature Wellbeing Balm.

Choose between:

- Hydrating** - Hydrates and soothes dry skin
- Detox & Slimming** - Improves circulation, eliminates toxins and promotes skin elasticity
- Immune Boost** - Strengthen body's natural defences against immune-compromising infections
- Muscle Ease** - Promotes healing for muscular aches, pain & fatigue

COCONUT ROSE SALT BODY POLISH

30min ZMW 675

A rejuvenating skin renewal exfoliation increasing circulation and skin cell turnover, resulting in smoother, more even skin texture.

TREATMENT ENHANCEMENTS:

ESSE Probiotic Facial	60min	ZMW 1950
Pressure Point Foot Massage	30min	ZMW 750
Stress Relieving Back & Shoulders Massage	30min	ZMW 750
Scalp & Neck Massage	15min	ZMW 375

ESSE Skincare is a South African, award winning, certified organic, vegan and cruelty free product. The ESSE product range is scientifically formulated for all skin types – with prebiotics, probiotics and active ingredients to get your skin back to its best, boosting healthy skin to slow aging.

LIVE PROBIOTIC ESSE EXPERIENCE

75min ZMW 1950

A treatment designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewilding the skin, ensuring long term skin health. The Live Probiotic Experience also includes the application of either the ESSE Anti-inflammatory or ESSE Lifting massage, which further enhances treatment outcomes and promote complete relaxation. The ultimate treatment that takes skin to the next level.

ESSE EXPERIENCE

60min ZMW 1425

This bespoke skincare experience, based on a detailed skin analysis, harnesses the power of advanced pre- and probiotics which improves the microbial mix of the skin. This treatment is tailored to address specific skin concerns such as healing and soothing stressed or aggravated skin, boosting collagen production, calming inflammation, and building barrier function.

ESSE EXPRESS

30min ZMW 975

A 30-minute treatment targeted at achieving results. Ideal for those who are looking for optimal results with limited time.

ESSE SKINCARE ENHANCEMENTS

ESSE Ampoule	10min	ZMW	225
ESSE Lifting Massage	10min	ZMW	150
ESSE Live Ampoule and Exclusion Mask	20min	ZMW	450
ESSE Eye Tension Release Massage	30min	ZMW	375

TREATMENT ENHANCEMENTS:

Eyelash & Eyebrow Tint	10min	ZMW	225
Pressure Point Foot Massage	30min	ZMW	750
Scalp & Neck Massage	15min	ZMW	375

Unique essentials for him, combing results and wellbeing delivered through expertise.

ESSE EXPERIENCE FOR HIM

75min ZMW 1725

A fully customisable skincare experience for him which includes back exfoliation, scalp, neck & shoulder massage. The inclusion of an acupressure facial massage relieves stress and tension, promoting relaxation, skin health and homeostasis.

SCALP, NECK & SHOULDER MASSAGE

30min ZMW 750

A specialised massage technique incorporating pressure points to the scalp, neck & shoulders with Amani Signature Wellbeing Balm.

GENTLEMAN'S MANICURE

45min ZMW 600

A grooming treatment to renew and revitalise hands which includes exfoliation, nail shaping, cuticle work, buff and shine and an indulgent hand and arm massage.

GENTLEMAN'S PEDICURE

45min ZMW 750

Immerse your feet into a world of bliss to be soothed, softened and hydrated. The treatment includes a nourishing mask and massage, cuticle care, nail shaping, buff and shine.

GENTS MAINTENANCE & GROOMING

Men - Eyebrow / Ears / Nose Wax	ZMW 150
Men - Abdomen Wax	ZMW 300
Men - 1/2 Back Wax	ZMW 375
Men - Full Back Wax	ZMW 675
Men - Chest Wax	ZMW 375

TREATMENT ENHANCEMENTS:

Foot & Leg Rejuvenation	30min ZMW 1050
ESSE Eye Tension Release Massage	30min ZMW 375
MediHeel Foot Treatment	15min ZMW 150

Manicure & Pedicure

EXPRESS MANICURE or EXPRESS PEDICURE

30min ZMW 525

Taking care of your essential grooming needs with cuticle work, nail shaping and polish application.

CLASSIC MANICURE

60min ZMW 750

A luxury grooming treatment to renew and revitalise your hands. Includes an exfoliation, nail shaping, cuticle work and an indulgent hand and arm massage, complete with polish application.

CLASSIC PEDICURE

60min ZMW 975

Immerse your feet into a world of bliss to be soothed, softened and hydrated. The treatment includes a nourishing mask, cuticle care, nail shaping and polish application.

MEDIHEEL FOOT TREATMENT

15min ZMW 150

A treatment to restore the skin's pH balance, revitalise and boost circulation, exfoliate and reduce signs of ageing.

GELISH MANICURE

75min ZMW 900

Amani's Classic Manicure with application of Gelish® Soak-Off Gel Polish, a long-lasting alternative to nail lacquer with up to 3 weeks of no chipping or peeling.

GELISH PEDICURE

75min ZMW 1125

Amani's Classic Pedicure with application of Gelish® Soak-Off Gel Polish, a long-lasting alternative to nail lacquer with up to 3 weeks of no chipping or peeling.

GEL SOAK-OFF

30min ZMW 300

Soak-off, buff and shine of nails.

TREATMENT ENHANCEMENTS:

Pressure Point Foot Massage

30min ZMW 750

French Polish Application

ZMW 150

Healing Stones (Himalayan Salt or Basalt)

ZMW 225

Gel Polish Application

ZMW 225

Finishing Touches

LADIES FACE WAXING

Face Wax	ZMW 375
Eyebrow Wax	ZMW 150
Lip Wax	ZMW 150
Chin Wax	ZMW 150

LADIES TINTING

Eye Lash Tint	ZMW 150
Eye Brow Tint	ZMW 150
Lash & Brow Tint	ZMW 225

HAIR STYLING *subject to stylist availability

Wash and Blow Dry (Short)	ZMW 600
Wash and Blow Dry (Medium)	ZMW 675
Wash and Blow Dry (Long)	ZMW 750
Wash and Blow Dry (Extra Long)	ZMW 975

LADIES BODY WAXING

Underarms	ZMW 225
1/2 Arm	ZMW 300
Full Arm	ZMW 375
Bikini	ZMW 375
G-String	ZMW 450
Brazilian	ZMW 675
Hollywood	ZMW 750
1/2 Leg	ZMW 375
3/4 Leg	ZMW 450
Full Leg	ZMW 525

Young Adults and Tiny Tots

Letting our young ones discover the value of future self-care practices. These mini treatments are a fun and wholesome introduction to their wellbeing.

YOUNG ADULTS (ages 11-15)

Chill Out Massage	30min	ZMW 600
Glow ESSE Facial	30min	ZMW 750
Teen Mani/Pedi	30min	ZMW 375

TINY TOTS (ages 6-10)

Bush Babies Mini Massage	20min	ZMW 300
Happy Feet Massage	20min	ZMW 300
Twinkle Toes Polish	20min	ZMW 225

Amani Journeys are curated to instil tranquillity and harmony whilst rejuvenating body, mind and soul and complemented with a welcome refreshment and 1 hour light lunch included in the package time.

ESCAPE FOR TWO

3hrs ZMW 7 350

Sensory steam with self application of Coconut Rose Salt Body Polish
Aroma-Mud Body Wrap
Stress Relieving Back & Shoulders Massage
ESSE Express Facial OR Pressure Point Foot Massage
Amani Wellbeing Gift

RIVER DANCE

4hrs 45min ZMW 5 700

Your choice of a 60min Signature Journey Massage
Aroma-Mud Body Wrap
Live Probiotic ESSE Experience Facial
Pressure Point Foot Massage
Amani Wellbeing Gift

GIFT OF WELLNESS

4hrs ZMW 4 650

Your choice of a 60min Aroma Wellbeing Massage
ESSE Experience Facial
And any 2 of the following treatments:
Express Pedicure
Express Manicure
Pressure Point Foot Massage
Coconut Rose Salt Body Polish
Amani Wellbeing Gift





RIGHT OF ADMISSION RESERVED:

We reserve the right of admission to any person acting in an inappropriate or unsafe manner at any time during his/her visit at Amani Spa & Wellness.

SPA FACILITIES & TREATMENTS:

Please understand that in keeping with the serene atmosphere within the spa, cell phones are to be on silent mode. Spa facilities are exclusive to guests older than 16 years of age. The spa has strict no-nudity policy, you will be provided with a gown and slippers. All treatments are subject to therapists' availability.

SPA OPERATING HOURS:

Monday to Sunday, including public holidays, 09:00 - 21:00. *subject to change

PUNCTUALITY:

Guests are requested to arrive at least 15 minutes prior to their treatment time to complete a mandatory Health & Lifestyle Questionnaire. A late arrival may result in a shorter treatment, or possibly even a forfeited treatment.

HEALTH & LIFESTYLE CONSULTATION:

Please note all guests are required to complete and sign the Health & Lifestyle Questionnaire ensuring all medical conditions, allergies and intolerances are disclosed and confirmed. Please note, certain treatments are not permitted for women within their first trimester of pregnancy.

CHANGE ROOMS:

You will be provided with a locker for your personal items. A gown and a pair of slippers may be used for the duration of your visit at the spa.

SAFETY REGULATIONS:

We recommend that you do not wear any jewelry during your visit, and that you keep all valuables (including cell phones) safe in your hotel room.

PAYMENT:

We accept cash, debit and credit cards for payment as well as resort guest room charge. In certain instances, a pre-payment may be required to secure your booking. Prices include 16% VAT and 10% service charge. Prices are subject to change without prior notice.

AGE RESTRICTION:

Adult supervision and consent is required for guests younger than 16 years old receiving spa services.

CANCELLATION POLICY:

A booking cancellation fee of 50% will be charged on all bookings cancelled within 8 hours or less of the appointment time; in the case of a "no-show", the full cost will be charged.

VOUCHERS:

Gift Vouchers are available from the Spa and can be issued for specific treatments or specific value. The original Gift Voucher must be presented at Spa reception prior to treatment in order to be honoured and may not be redeemed for cash. Discount Vouchers are not redeemable against special offers or promotions and may not be used in conjunction with loyalty programs. Discount Vouchers may only be used for spa treatments and not for retail purchases.

DISCLAIMER:

Every person entering the spa or using the facilities and equipment on these premises do so entirely at their own risk and agrees that Amani Spa & Wellness, its management or therapists, and / or The Resort Owner, Radisson Hotel Group and/or Radisson Blu Mosi-Oa-Tunya, Livingstone Resort, its management or employees, shall not be held liable or responsible, whether jointly or severally, for any loss, injury or death, damages, claim and/or compensation of whatsoever nature. Such person by their entry to these premises for any reason whatsoever waives any and all claims against the aforementioned.

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www.amanispas.co.za | www.radissonhotels.com



+260 (0) 630 373 250



info@amanispas.co.za | spa.livingstone.zambia@radissonblu.com