

DUMATAU SPA



WILDERNESS

BOTSWANA



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01

THE OSPREY RETREAT





A SERENE SANCTUARY IN THE LINYANTI

In line with Wilderness’ philosophy of a ‘self-led wellness journey’, DumaTau offers the ideal situation for immersion in the natural world, and the opportunity to restore and rejuvenate one’s soul.

And as if being in the wilderness isn’t relaxing enough, our DumaTau spa treatments draw on ancient botanical wisdom to refresh, revitalise and reinvigorate you, and ease the strain of modern life and international travel.

DUMATAU SPA WITH HEALING EARTH

INSPIRED BY NATURE - PERFECTED BY SCIENCE

We are delighted to partner with Healing Earth’s award-winning natural skin- and body-care products, to create soothing treatments in the relaxing atmosphere of the DumaTau Spa at the Osprey Retreat.

Healing Earth’s mission is to provide the best possible natural skincare, inspired by the beauty and wisdom of the natural world and ancient philosophy and traditions.

02

DUMATAU SPA SIGNATURE TREATMENT



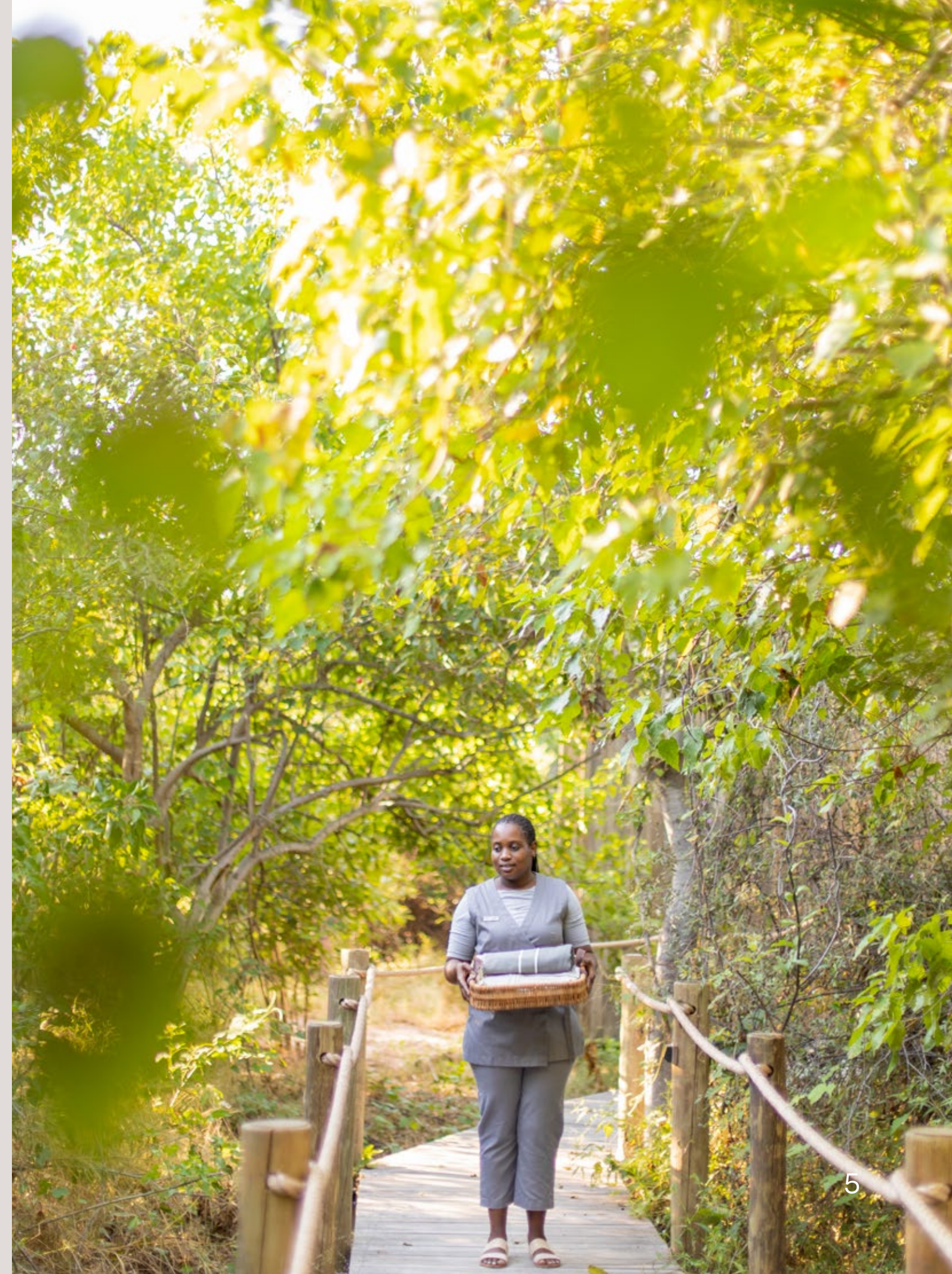


RESTORATION AND REJUVENATION BODY CEREMONY

Immerse yourself in the natural world. This signature treatment begins with a unique awakening spray, and is followed by a healing touch massage using pure essential oils with a range of benefits (including balancing, drainage, relaxation, muscle ease, and more). The experience ends with a gentle awakening to the sound of Healing Earth's rain sticks, before you reconnect to your beautiful surroundings.

60 mins | 1 050 Pula

90 mins | 1 550 Pula



03 FACIALS



GLOW FROM THE INSIDE OUT

This highly effective, stimulating facial ceremony facilitates your skin's own ability to renew and replenish, creating a natural glow. We use nutrient-rich ingredients that have been revered by indigenous communities from long before the birth of the Western spa concept. Your skin will drink in vitamins A, C and E, while our celebrated serums will leave your skin radiant, thanks to their high content of pure rosehip, jasmine, baobab, marula, neroli, and more. Your facial will be curated to your needs, using one or a combination of the following serums:

- Marula and Neroli | Hydrating
- Neroli and Rose | Balancing
- Jasmine and Baobab | Stimulating and supportive of healthy ageing
- Rosehip Booster | Glow from within

60 mins | 900 Pula

FACIAL FOR HIM

An opportunity for reflection on the lessons of nature, this deep cleansing, exfoliating and balancing treatment effectively soothes, restores and energises. Completed with our famous African Potato Balm massage.

60 mins | 900 Pula



04

MASSAGES





ELEPHANT RETREAT AROMATHERAPY

This gentle massage uses the power of carefully administered touch, combined with pure aromatherapy oils, to address your unique needs in the most relaxing and restorative way.

60 mins | 1 000 Pula

90 mins | 1 350 Pula

BACK, NECK AND SHOULDER RITUAL

A 45-minute massage focused on the back, neck and shoulder area. A treatment designed to release the pressures and tensions we carry in our upper bodies.

45 mins | 675 Pula



DEEP TISSUE MASSAGE

A full-body massage for those seeking body relaxation as a means of improving overall health. This treatment improves circulation and flexibility, while easing muscle aches and tension. A pressure-focused massage, using indigenous aromatherapy, results in a deeply therapeutic treatment, eliminating toxins, reducing knots and releasing muscle tension. Great for pre- or post-flight muscle support and jet lag.

60 mins | 1 000 Pula
90 mins | 1 350 Pula

ADD-ON TREATMENTS

These treatments may be added on to any other treatment offered in our menu to create a package.

30 mins | 500 Pula

- Mini-Facial
- Back Exfoliation
- Scalp Treatment and Massage



05

HANDS AND FEET



BOTSWANA SUN FOOTPRINT RITUAL

The feet are soaked and gently exfoliated, the cuticles are perfected, and the toenails clipped, shaped, buffed and polished. Finished with a nourishing foot massage and a fresh coat of nail lacquer.

60 mins | 600 Pula

LEG RELIEF MASSAGE

Begins with a full-foot ritual, including a foot soak, wash and polish, to leave you feeling refreshed. Followed by a lymphatic drainage massage to relieve tired legs and feet. Enhanced with a circulation-boosting detox gel.

5 mins | 550 Pula

MANICURE

This luxurious hand treatment starts with a rich, exfoliating shea butter pomade. Followed by shaping the nails and neatening cuticles, it is finished off with a deeply nourishing hand massage and paint, to leave your hands feeling pampered and refreshed.

60 mins | 500 Pula





WILDERNESS

BOTSWANA

Discover Earth's Ultimate, Untamed Places

www.wildernessdestinations.com