

VUMBURA PLAINS SPA MENU



WILDERNESS

BOTSWANA



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01

SIGNATURE EXPERIENCES



OKAVANGO ESCAPE RITUAL

In the heart of Africa we take you on a journey of serenity, starting your experience with a full body exfoliation curated from Africa's finest ingredients. This is followed by a full-body mud wrap to enhance the journey and moisturise your skin, ending with a rejuvenating full body massage. During this ritual of self-care, we ensure a head-to-toe pamper, completing your experience with a hydrating facial massage, using nourishing ingredients to give your skin a natural glow.

100 minutes | 1 350 Pula



02

MESSAGE RITUALS





HEALING & BALANCING AROMATHERAPY MASSAGE

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 minutes | 1 000 Pula

90 minutes | 1 350 Pula

DEEP TISSUE RITUAL

A pressure-focused massage to work out the tension and lactic acid build-up in your muscles. Techniques using hands and elbows, in conjunction with detoxifying aromatherapy oils, leave you feeling relaxed and renewed.

60 minutes | 935 Pula

90 minutes | 1 250 Pula

BACK, NECK AND SHOULDER

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

ADD ON MENU:

Add any of the below to enhance your treatment:

- Back Exfoliation
- African Head Massage

30 minutes | 500 Pula

03

HANDS AND FEET



HANDPRINT RITUAL

A classic treatment that involves reshaping the nails, neatening the cuticles, and massaging the hands for moisture and nourishment.

45 minutes | 365 Pula

FOOTPRINT RITUAL

The feet are soaked and gently exfoliated, the cuticles are perfected, and the toenails are clipped, shaped, buffed and polished. A nourishing foot massage completes the ritual.

60 minutes | 500 Pula

LEG RELIEF MASSAGE

Begin with a full foot ritual, including a foot soak, wash and polish, to leave you feeling refreshed. A lymphatic drainage massage relieves tired legs and feet, enhanced with a circulation-boosting detox gel.

45 minutes | 550 Pula





WILDERNESS

BOTSWANA

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