



ROYAL CHUNDU

LUXURY ZAMBEZI LODGES

SISTERS OF AFRICA SPA

“Where the world meets an African touch”





The healing hands of our sisters offer modern spa treatments infused with Zambian health and beauty rituals, in a beautiful setting surrounded by the magical elements of Mother Nature. Our spa treatments are done in the luxury of your room overlooking the ever-peaceful Zambezi River.





ABOUT SISTERS OF AFRICA SPA

Sisters of Africa Spa is a true African Spa with a concept that bonds modern and local healing treatments. Our unique treatments are infused with 100% natural skin products made in the small town of Mazabuka. We offer holistic treatments, from mild facials to natural Arabica coffee scrubs.

OUR PRODUCTS

We are proud to use “Essential” one of the first mild skin ranges made in Zambia. “Essential” produces products in small batches using only natural ingredients, for guaranteed freshness. Our massage oils include avocado oil which is suitable for all skin types and mongongo and baobab oils for our aromatherapy treatments.

THE SPA TEAM

Through training other young women to become healing therapists, our mission is to uplift our sisters in local communities and bring a new career to the youth of Zambia. Our goal is to inspire them to excellence.

SPA CONTRA-INDICATIONS THAT COULD RESTRICT TREATMENT

- Fever
- Allergies
- Cuts
- Scar tissue (2 years for major operations and 6 months for a small operations)
- Recent fractures
- Hypersensitive skin

The above conditions may prevent or restrict you from receiving specific treatments. Please note that while this list covers some contraindications, there may be others. Consult your therapist if you have any questions or concerns.



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MASSAGES

THE ROYAL RELAXING MASSAGE

30 – 90 Mins \$50 - \$150

This therapy begins with cleansing the feet as a sign of welcome followed by an intense massage to restore balance to the muscular-skeletal system, relieving muscle tension while gently moving joints to enhance mobility. A good way to end or start your Zambian journey.

AFRICAN TREE AROMATHERAPIES

30 – 90 Mins \$50 - \$150

Our African soil has born the indigenous Mongongo tree and the Baobab, often referred to as the “Tree of Life”. It is from these that we extract our proprietary oils. Baobab oil helps slow aging and improves skin tone, while Mongongo oil is highly hydrating and regenerative for skin.

UKUCHINA MASSAGE

30 – 90 Mins \$50 - \$150

This massage is used widely by the Zambian people to stretch the muscles of newborn babies. It is also used to heal people with fatigued muscles. The Ukuchina is a sacred massage using hot cloths to compress aching parts of the body, massaging firmly over muscles. This treatment builds up energy in the body.

ZAMBEZI DEEP HEAT MASSAGE

30 – 90 Mins \$50 - \$150

This magical massage uses a soothing pressure to release muscle tension. Our locally made muscular pain relief ointment helps decrease stiffness while improving blood supply to aid healing. The warmth and energy flow brings tranquility to the soul.

VILLAGE STICK MASSAGE

30 – 90 Mins \$50 - \$150

Using unique sticks carved by our local craftsmen for a deep friction massage offset by fine oils to promote circulation and lymph drainage, as well as a sense of wellbeing. This treatment will leave you feeling rejuvenated.

ZAMBIAN HEAD MASSAGE

30 Mins \$50

Be still in the mind! Our Zambian head massage begins with hot towel compression of the head, face, neck and shoulders, followed by a pressure point massage to intensely relax the mind.



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BODY

ARABICA COFFEE BODY POLISH

30 Mins

\$50

Our body polish contains layers of cocoa butter, pure coconut oil and freshly grown Zambian Arabica coffee which helps cleanse the skin and remove dead skin cells, preparing your skin for your sun-filled African sojourn.

RIVER SAND BODY SCRUB

30 Mins

\$50

This treatment uses pure river sand collected from the banks of our Island, steamed and mixed with a thick shea butter to deeply exfoliate the skin leaving it smooth and soft. This ritual ends with a 'touch of tea tree' foot masque to heal your feet, and nurture your body.

BODY MOISTURIZING THERAPY

30 Mins

\$50

Using a light to firm massage pressure to seal in this natural body moisturizer that contains the magical extracted Kigelia Africana cultivated throughout tropical Africa. This key ingredient improves the firmness of the skin.

SOOTHING BATH THERAPY

(ISLAND SPECIAL)

90 Mins

\$150

Soothe yourself in a healing scented bath with special oils prepared by your therapist to help soften your skin and relax you. Enjoy this therapeutic bath with a detox mask. This treatment is completed by a relaxing full back massage.



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FACIALS

ESSENTIAL FACIAL	30 Mins	\$50
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We are proud to offer you facial treatments using a selection of mild therapeutic products that are 100% organic and made in Zambia. We cleanse the layers of your skin gently without disturbing the skin's pH balance. Our therapy starts with a deep facial massage to activate the pores and prepare the skin.

BALANCING FACIAL	30 Mins	\$50
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This facial uses organic Baobab, which improves skin elasticity and soothes dry skin.

LIGHT REJUVENATING FACIAL	30 Mins	\$50
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This facial uses Marula, which nourishes aging skin and improves moisture balance.

RICH REJUVENATING FACIAL	30 Mins	\$50
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This facial uses organic Mongongo, which is highly hydrating and offers protection against UV rays.

PACKAGES

MWAMI KING EXPERIENCE	110 Mins	\$190
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Our Mwami is pampered with a full back scrub and a relaxing village stick massage, with a pressure point facial using our local products. The King's royal treatment nourishes the body and mind.

DYANGO QUEEN EXPERIENCE	120 Mins	\$200
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Our Dyango experiences an exclusive Wunga scrub, using mealie meal combined with coconut oil for silky skin. We then treat our Queen to a relaxing massage and a "skin sensory" facial massage. We embrace our Dyango through our hands and soil!



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