



Open from 10h to 18h every day  
Massages in rooms for Laba jongomero guests :  
8h to 9h / 19h to 20h/ or on demand  
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## LABA BUSH THERMAL SPA MENU





## Welcome to our natural hot springs spa

Located along the banks of the Ruaha river at 35 mns drive from Laba Jongomero lodge, our thermal bush spa offers you an unique experience : bathing in natural pools of volcanic hot springs water. This water, analyzed by a French laboratory, is full of virtues. Rich insulfur, iodine and trace elements, this water is very good for skin (eczema, acne, psoriasis...), joins and ... mind thanks to its relaxing power. Japanese people believe that bathing in volcanic springs is one of the best way to connecting to nature : no better place than Laba Bush Thermal spa for that!

Free for LABA Jongomero guest

\$40 (including a soft drink, towels and sunbeds) for outside guests / free for outside guests having massage or spa treatment

## Laba Bush Thermal Spa by Healing Earth

We have partnered with Healing Earth, a premium African spa brand that offers award winning natural organic products and therapies. Each lovingly created Healing Earth product harnesses the restorative powers of Africa's rich natural resources and is made from the purest natural active ingredients sourced from the continent's powerful minerals, botanicals, and oceans using people, animal and earth-friendly methods, ingredients, and packaging to honor their commitment to sustainability.



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## Lababush Thermal Spa Signature Journeys

### **Ruaha River Ritual:**

*Revitalise – Revive – Renew*

Like a butterfly emerging from its cocoon after a long winter sleep, we invite you to rebalance your mind whilst we reset your body with this sensuous escape.

Taking inspiration from the ancient African tradition of coming together after a long day's work where families and friends united in the shallow waters of the local rivers, laughing and exchanging stories and song whilst using river stones to scrub away the stresses of the day.

This revitalizing ritual includes a full body exfoliation to revive tired skin using indigenous Mongongo Nut polish renowned for its healing and detoxifying properties followed by a soothing full body massage to ease and warm the body with our golden Mongongo Nut heated oil leaving you revitalized and renewed.

90min - \$130

### **Connection**

*Connect – Revive – Ignite*

Reconnect yourself with this sensuous journey of the mind and body. We use indigenous Marula & Neroli Oils to create a cocooning retreat where you feel loved, nurtured, and connected. Start with a sensuous foot ritual and complete the journey with a 90-minute full body massage

100min - \$140

### **Drift Away African Head Massage**

*Comfort – Restore – Soothe*

A luxurious miracle treatment for scalp and face. Ease and soothe away any tension and worry with this deeply relaxing massage. Start your journey with a face cleanse ritual and drift into extreme bliss as we massage face, neck, and scalp with our award-winning African potato Miracle Repair Balm

45min – \$60

## A la carte menu

We invite you to immerse yourself in our massage treatments designed to relax, restore, and revive aching muscles and tired minds.

Choose from a selection of Healing Earth indigenous botanical oils and balms best suited to address your unique requirements and concerns.

**Classic - Swedish Massage** 30/50/90min - \$45/\$90/\$120

*Relax & Destress oil*

**Aroma Soul – Aromatherapy Massage** 30/50/90min - \$45/\$90/\$120

*Marula & Neroli : Relax*

*Kalahari Melon : Hydrate*

*Mongongo Nut : Detox*

*Coffee, Cinnamon Orange : Sculpt Firm and Brighten*

**Muscle Ease – Deep Tissue Massage** 30/50/90min - \$45/\$90/\$120

*Stillness Body Butter*

*Muscle Ease Gel*

**Back Neck & Shoulder Massage** 45min - \$60

*Marula & Neroli : Relax*

*Kalahari Melon : Hydrate*

*Mongongo Nut : Detox*

*Coffee, Cinnamon Orange Sculpt : Firm and Brighten*

## Body Enhancements:

Rebalancing indigenous back-mask 30 min - \$35

Rebalancing indigenous full body-exfoliation 30 min - \$45

Rebalancing indigenous full body-mask 30 min - \$45

**African Hand & Foot Ceremony:** 45min - \$60

Indulge in a hand & foot exfoliation using indigenous polish followed by a nourishing shea butter mask. The experience ends with an invigorating foot & leg massage ideal to promote circulation leaving you feeling light and refreshed.

If you wish, a cuticle work will end this treatment.

## Facial Therapy

### Healing Earth Tailored Facial Journey

A deeply personalized facial tailored to suit your skin's unique needs, to provide one or more of the following benefits: adding nourishment and moisture, offering deep hydration and renewal whilst adding a luminous glow. We use indigenous plants and oils chosen for their unique skin rejuvenation properties to achieve both immediate and lasting results.

- Balance and Rejuvenation – Neroli & Rose
- Hydration – Marula & Rose with added Rosehip booster
- Stimulating Anti-Ageing – Jasmin & Baobab with added Hyaluronic acid booster
- Sun Repair – Aloe Vera & African Potato Balm

50min - \$90

### Mini Facial Ceremony

A wonderfully relaxing facial harnessing the power of ancient African botanicals to give an immediate boost to skin exposed to environmental stresses. Our signature facial massage will leave you looking radiant and glowing.

30min - \$45

## SHOP HEALING HEARTH COSMETIC CARE PRODUCTS Available at the spa or at main camp

- After sun gel – 30ml \$15
  - Sunscreen – 30ml \$15
  - Lip balm – 10ml \$10
  - African Potato balm – Heal & Repair – 30ml \$25
  - African Potato balm – Heal & Repair – 100ml \$70
  - Serums – 30ml \$75
- Marula & Rose : Hydrate*  
*Neroli & Rose : Balance*  
*Jasmin & Baobab : Stimulate*  
*Pure organic Rosehip : Radiance*  
*Hyaluronic : Prevent & Hydrate*
- Marula & Neroli Body & Face balm – 100ml \$70
  - Kalahari Melon Body balm – 100ml \$70
  - Kalahari Melon Body Polish – 30 ml \$15
  - Marula & Neroli Body Polish – 200ml \$65
  - Coffee, Cinnamon, Orange Body Polish – 200ml \$65
  - Coffee, Cinamon, Orange Body&Bath oil – 100ml \$65