



Fig Tree Spa

Maria, our spa therapist, welcomes you to the Fig Tree Spa

SWEDISH MASSAGE

60/90 MIN

\$60/\$75

It is one of the most commonly offered massage techniques. Swedish massage is gentler and better suited for people interested in relaxation and tension relief. It may loosen up tight muscles caused by daily activities such as sitting at the computer or exercising. The therapist uses kneading, long strokes, deep circular movements etc, to increase blood flow and lymph drainage, stimulate nerve endings and to relax the muscle.

DEEP TISSUE MASSAGE

60/90 MIN

\$60/\$75

It involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia (connective tissue surrounding muscles). It is used for chronic aches, pain and contracted areas such as a stiff neck, upper back, sore shoulders, low back pain and leg muscle tightness.

TENSION COMBINATION MASSAGE (FOOT & BACK) 60MIN

\$60

This is a treatment combining a foot and back massage. The back & neck massage is perfect after sitting several hours on game drives while the foot massage will help relax your feet after walking or running, or if they feel crampy.

FOOT REFLEXOLOGY MASSAGE

30/60 MIN

\$35/\$60

It can be a deeply relaxing and therapeutic modality for those suffering from ankle injuries or even every day work and play. In reflexology pressure is applied to specific reflex points on the sole of the foot. It is based on the theory that these body parts are connected to certain organs and body systems. It is believed that applying pressure on these parts offers a range of health benefits.



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FOOT & LEG MASSAGE 30 MIN

\$35

It is one of the most common forms of massage. It is a gentle one and involves different styles of movements like, long strokes, kneading, tapping, friction, and vibration to help relax and energise the feet. It is good to care for our feet that bare our body weight and helps us to move around all day. Pamper the feet with a massage to help relax the muscle, regulate blood flow and reduce stress.

KAFUNTA HEAD MASSAGE 30 MIN

\$35

This head massage will give you a state of deep relaxation in 30 minutes. It helps to prevent migraines, headaches and back pain. It is a very relaxing head massage treatment that involves pouring a tiny stream of warm oil over the head, followed by a massage.

BACK & NECK MASSAGE 30 MIN

\$35

After a bumpy yet exciting safari drive, indulge in a bit of pampering and relaxation. The therapist will work from the upper back to the lower back, for a quick fix before your next drive. Back pain can be caused due to different reasons that generally include overuse of the muscles and poor posture. Deep tissue is normally used to treat muscle problems like, strains and injuries. While performing the massage the therapist focuses on the target muscle group to release chronic tension..

HYDRATING FACIAL 30 MIN

\$35

Give your skin a break from the aggressions of the sun, the dry wind and the dusty drives through the African bush, with our 30minutes regular facial treatment.

OPEN FROM 07H30 TO 15H30

Reservation necessary. Book with Maria or with management

