

# KIUBO WELLNESS 2016

## MASSAGES

*For centuries, massages have been used for their revitalising and therapeutic properties. These treatments detoxify, and nourish the body, calm and balance the mind and rejuvenate the skin.*

### Baines Booster Massage

Ginger stimulates blood and lymphatic circulation. Combined with the stimulation of massage, this treatment will leave you feeling uplifted and energised.

Booking time: 90 minutes | US\$ 95

### Well Being Massage

Allow your mind to drift away to the peace and serenity of your surroundings. This massage is flowing and the oils are warm. Our combination of Balinese, Thai and Swedish massage will rebalance mind, body and soul.

Booking time: 75 minutes | US\$ 85

### Hot Stone Massage

Retreat to your own utopia. With the aid of heated volcanic stones and warm, stimulating oils used on key pressure points, this gentle massage will relax tired and wary bodies by rebalancing key chakra points.

Booking time: 90 minutes | US\$ 95

### Swedish Massage

The most famous of all, the Swedish massage, is a medium pressure, relaxing massage.

Booking time: 60 minutes | US\$ 70

### Deep Tissue Muscle Massage

Using hands, elbows, fists and strong massage strokes, this therapeutic treatment is not for the faint hearted. Our Deep Tissue massage will stimulate the muscles, aid in lymphatic drainage and boost tired and aching muscles.

Booking time: 75 minutes | US\$ 85

### Back, Neck, Shoulder and Scalp Massage

Combining Indian head massage, Swedish massage and Deep Tissue massage, this treatment will give you everything you need to relieve stress and tension in the back, neck, shoulders and scalp.

Booking time: 45 minutes | US\$ 65

### Relaxing Scalp Massage

After a gentle cleanse of the skin, enjoy a facial massage which will boost the collagen and elastin in your skin, whilst the scalp massage sends you into tranquillity.

Booking time: 30 minutes | US\$ 45



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## FACIAL TREATMENTS

*Gatineau Paris, a leading French skin care brand, owes its success to a wide range of high performance products and treatments based on proven technology. Allow your therapist to customise your skin care treatment for the best possible results.*

### The Deluxe Facial

This is the ultimate treatment combining a deep cleanse, exfoliation and a face and scalp massage. This facial will rebalance and nourish your skin, restoring your natural barriers whilst allowing you to relax and feel pampered.

Booking time: 75 minutes | US\$ 85

### Express facial

This treatment gives you all the essentials; deep cleansing, exfoliating and hydrating.

Booking time: 40 minutes | US\$ 55

## HANDS & FEET

### Manicure

This treatment includes a hand massage, cutting of the nails and cuticles and a polish in the colour of your choice, leaving your hands looking and feeling beautiful.

Booking time: 45minutes | US\$ 55

### Pedicure

Give your feet the attention they deserve! These treatments include a foot soak, scrub, nail and cuticle tidy, hard skin removal, a deep pressured foot massage and varnish.

Booking time: 60 minutes | US\$ 70

### Re-varnish

No time between all your safari activities for a full manicure or pedicure? No problem! After a cut, file and a colour change, your nails will look as good as new.

Booking time: 30 minutes | US\$ 30

- For bookings and any further information on treatments, please feel free to speak to Debbie.
- Spa Treatments are billed separately at the end of your stay at Baines River Camp.
- Treatments are enjoyed in the privacy of your suite or private veranda.
- Some ingredients are not suitable for pregnant woman.
- Please ensure we are aware of any medical conditions and/or any medication that may contraindicate your treatment or ingredients used during your treatment.
- Treatment prices are inclusive of 16% VAT.

