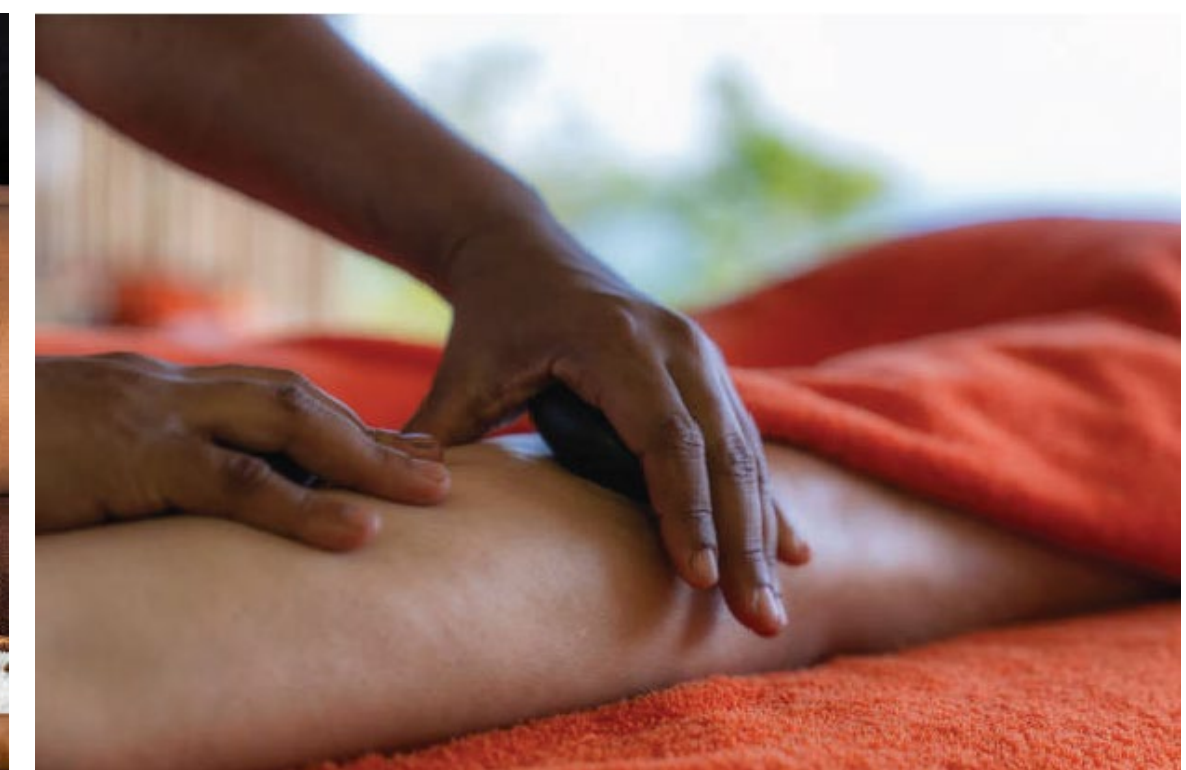
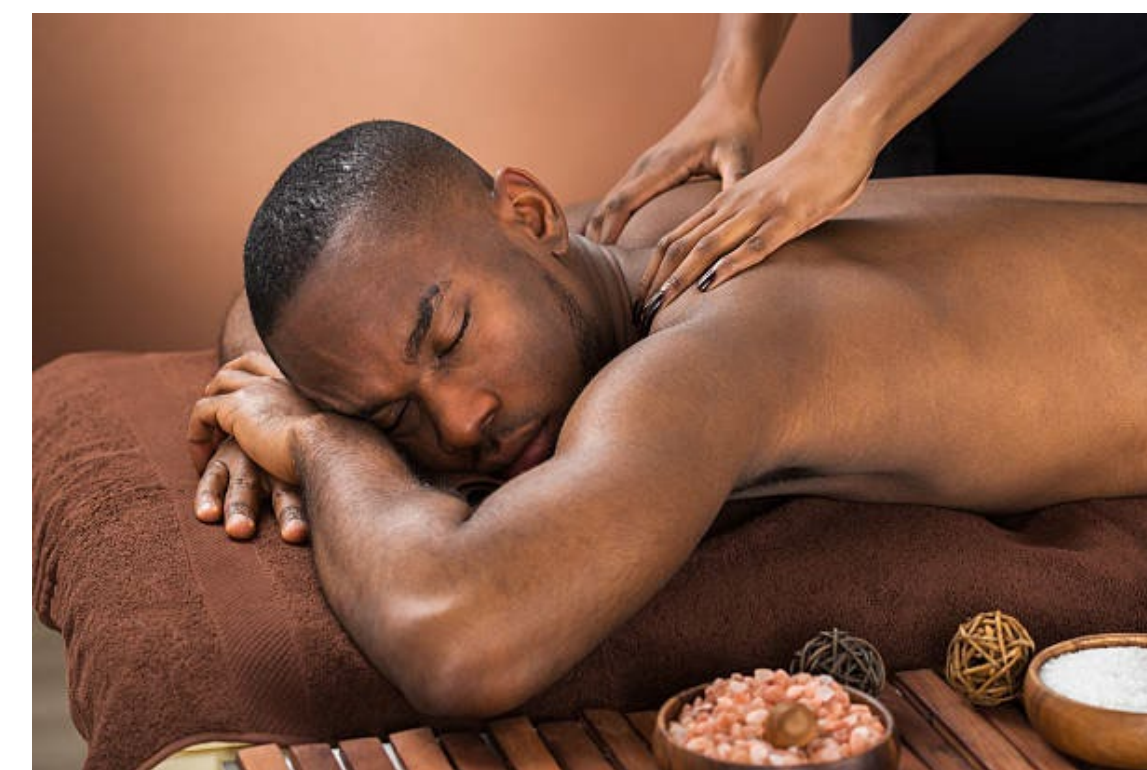


# MIST SPA



Discover the exclusive beauty rituals at the only Mist Spa well recommended by our guests after the pleasurable but tiring gorilla-tracking excursion down in the jungle below.

Take this holistic journey to well being where you will slumber into relaxation with a 60-90 minute relaxing full body massage. Restore harmony of body, mind and spirit in a natural surrounding. End your treatment in our relaxation area with some herbal teas and fruit or herb infused water.

#### AROMATIC OIL THERAPY MASSAGE | 45 MINS | \$100

Aromatherapy massages combine soft, gentle pressure on your back, shoulders, and head. You will inhale essential oils through a diffuser and absorb them through your skin. Our massage therapist will usually decide which essential oils to use, but you can let them know if you have a preference.

#### KNEADING THERAPY - DEEP-TISSU MASSAGE | 60 MINS | \$120

This treats musculoskeletal issues such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. It promotes faster healing by increasing blood flow and reducing inflammation.

#### CLASSIC SWEDISH MASSAGE | 60 MINS | \$80

Swedish massage is the most popular type of massage. It involves soft, long, kneading strokes and light tapping strokes on the topmost layers of the muscles. It improves lymphatic and blood circulation. This is also combined with the movement of joints. By relieving muscle tension, Swedish therapy can be both relaxing and energising.

#### BODY SCRUB | 60 MINS | \$120

A body scrub is a popular body treatment. It exfoliates and hydrates your skin, leaving it smooth and soft. A body scrub is done with abrasive material, usually sea salt scrub or sugar mixed with massage oil and aromatic-like essential oils.

#### BASALT THERAPY HOT STONE MASSAGE | 60 MINS | \$110

With hot stone massage, the heat enhances the effect of increased circulation that massage induces. The client will also notice increased joint movement because warm tendons loosen faster. Overall, it's both comforting and beneficial.

#### THAI MASSAGE | 60 MINS | \$120

This is a traditional Thai style. It's a combination of gentle movements, acupressure, and guided stretching. It's best for people who want a more active form of massage and want to reduce and relieve pain and stress. It helps improve flexibility, circulation, and energy levels.

#### CHINESE PRESSURE POINTS MASSAGE (ACUPRESSURE) | 45 MINS | \$50 OR FOOT SCRUB (REFLEXOLOGY) | 45 MINS | \$50

The human body contains many pressure points, and pressing on these points can affect other parts of the body and overall health. This is traditional Chinese medicine.