



Open from 10 am to 6pm every day  
Massages in rooms for Laba Jongomero guests :  
8am to 9am / 7pm to 8pm or on demand  
[bushthermalspa@labalaba.com](mailto:bushthermalspa@labalaba.com)  
+ 255-687-474-035

## LABA BUSH THERMAL SPA MENU





## WELCOME TO OUR NATURAL HOT SPRINGS SPA

Located along the banks of the Ruaha River at 35mins drive from Laba Jongomero Lodge, our Thermal Bush Spa offers you a unique experience: bathing in natural pools of volcanic hot spring water. This water, analyzed by a French laboratory, is full of virtues. Rich in sulphur, iodine and trace elements, this water is very good for the skin (eczema, acne, psoriasis...), joints and even the mind, thanks to it's relaxing powers. Japanese people believe that bathing in volcanic springs is one of the best ways to connecting to nature; and no better place than our Laba Bush Thermal Spa for that!

*Free access for Laba Jongomero guests*

*Free access for outside guests having a massage or spa treatment  
\$40 (including a soft drink, towels and sun beds) for outside guests*

### Lab 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.



## Laba Bush 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*



## UNIQUE IN AFRICA: SPRING WATER BALNEOTHERAPY

Enjoy the art of bubble therapy with our innovative massage bath imported directly from France.

This patented bath is the only one fitted with 240 massage jets mixing water and air, distributed according to 6 anatomical zones.



The combo of natural hot spring water and the massage technology of our water jets promotes physical recovery and mental well being:

- It relaxes the muscles: perfect after a walking safari!
- The thermal stimulation of a hot bath dilates blood vessels, increases blood flow and improves circulation.
- Studies have also shown that sulphur, very abundant in our natural hot springs, is effective in treating skin conditions such as rashes and eczema but also helps to release arthritis pain and internal problems such as menopausal symptoms and digestive disorders.

### **Relaxing Water Jets Massage with Hot Spring Water**

Enjoy a 20mins program, zone by zone or all zones simultaneously with relaxing music and an amazing view of the river and the opposite bank, where elephants wander very often.

We will add few drops of lavender essential oil to your bath. Lavender essential oil helps mental relaxation and is also known to have antimicrobial and anti-inflammatory properties, which can help to heal minor burns and bug bites.

*20min - \$75*

*Add a 15min Hydrating Facial Massage to your Relaxing Jets Massage - \$25*

### **Draining Under Water Massage**

One of our expert therapists will massage you under water with an high pressure water lance. This hot spring water treatment will release muscle pains, improve blood circulation and drain your full body.

*20min - \$100*

## 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**

Relax & Destress oil

*60/90min - \$90/\$120*

### **Aroma Soul – Aromatherapy Massage**

Marula & Neroli : Relax

Kalahari Melon : Hydrate

Mongongo Nut : Detox

Coffee, Cinnamon Orange : Sculpt Firm and Brighten

*60/90min - \$90/\$120*

### **Muscle Ease – Deep Tissue Massage**

Stillness Body Butter

Muscle Ease Gel

*60/90min - \$90/\$120*

### **Back Neck & Shoulder Massage**

Marula & Neroli : Relax

Kalahari Melon : Hydrate

Mongongo Nut : Detox

Coffee, Cinnamon Orange Sculpt : Firm and Brighten

*45 min - \$60*

### **Body Enhancements**

Rebalancing indigenous back-mask

*30 min - \$35*

### **Rebalancing indigenous full body-exfoliation**

*30min - \$45*

### **Rebalancing indigenous full body-mask**

*30 min - \$45*



### **African Hand & Foot Ceremony**

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.

*45min - \$60*

### **Mini Mani**

An express treatment for clean, groomed nails on the go. Does not include any polish.

*30min – \$40*

### **Mini Pedi**

An express treatment for clean, groomed nails on the go. Does not include any polish.

*35min – \$45*

### **Nail Varnish Hands or Feet**

A classic finishing grooming treatment for beautiful nails or toes

*25min – \$35*

### **Full Gel Manicure**

A full manicure including soak off of old gel polish with a long-lasting gel paint finish.

*60min – \$85*

### **Full Gel Pedicure**

A full pedicure including soak off of old gel polish with a long-lasting gel paint finish.

*75min – \$95*

### **Soak Off & Nail Revive**

Remove old gel polish and clean and neaten nails.

*25min – \$35*





## 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

*60min - \$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, CINNAMON, ORANGE BODY & BATH OIL – 100ml	\$65

