



WELCOME TO ASILIA SPA AT MATEMWE LODGE AND RETREAT

Asilia Spa offers massages and treatments based on natural healing methods found in traditional well-being practices. Delivered in different locations, our specialist skills in all therapies are designed to nurture the body and mind and enliven the spirit by uncovering nature's beauty and providing a blissful return to balance.

DISCLAIMER

Guests are kindly requested to ensure that they take care of their personal belongings. The Asilia Spa at Matemwe Lodge and Retreat does not accept any responsibility for any loss or damage suffered as a result of any cause whatsoever. All prices are quoted in US\$. Please note that services and prices are subject to change without prior notification.



GOOD TO KNOW

OPENING HOURS

The spa is open daily from 9 am to 7 pm

SPA RESERVATIONS

For enquiries and reservations, please contact the spa reception directly on extension 126 or the hotel reception on extension 9.

PRIOR TO ARRIVAL

We recommend that you leave all jewellery and valuables in your room before coming to the spa. Male guests are advised to shave before all facial treatments to ensure that maximum results are achieved. Please shower and clean off any oils or sunscreen before treatment to allow for better absorption of the products. For your enhanced enjoyment, we highly recommend removing hearing aids, spectacles and contact lenses.

WHEN TO ARRIVE

Arrive for your spa appointment 15 minutes before the scheduled time to complete a guest consultation form and spend some time relaxing before your treatment.

CONSULTATION

New spa guests will be invited to complete a health questionnaire so we can ensure the best possible spa experience and assure maximum safety and comfort.

LATE ARRIVAL

As a courtesy to all our guests, please be aware that we are unable to extend your treatment time in the case of late arrivals.

CANCELLATION OF RESERVATIONS

A booking cancellation fee of 100 percent will be charged on all services cancelled within four hours or less ahead of the appointment time.

WHAT TO WEAR

The spa provides disposable underwear and shower amenities for wet treatments.

AFTER YOUR TREATMENT

Rest and avoid direct sun or vigorous activity for at least one hour after a spa treatment. Drink water before and after each treatment.

PAYMENT

For hotel guests, all treatments will be charged to your folio and will appear on your room account at the time of departure.

YOUNG GUESTS

Children under the age of 12-years who are booked for treatments are to be accompanied by a guardian at all times.

YOUR COMFORT

We will do all we can to anticipate your needs, however, we also appreciate that each guest is unique and so are their spa needs. Please let our team know if there is anything we can do to improve your experience. Whether it is a change of massage pressure or room temperature, we are happy to oblige. To maintain an environment of ultimate harmony and privacy for all guests, the Asilia Spa at Matemwe Lodge and retreat is a smoke and mobile device-free area.

IN-ROOM SERVICE

A selection of treatments can be experienced in the comfort of your own room with an applicable surcharge. Please contact the manager on duty directly.



**SENSE
OF PLACE**

KONOKONO HEALING

90 minutes

Over time, the healing energies of the ocean are absorbed by seashells – it is these seashells that are used to harmonise the flow of energy as part of this treatment. End off this heavenly treatment with a scalp and face massage, with the soothing sound from seashells to add even more relaxation.

MATEMWE FOOT RITUAL

60 minutes

This deeply relaxing foot treatment cleanses exfoliates and buffs away hardened skin and finishes off with a herbal poultice massage.

SAND AND SPICE TREATMENT

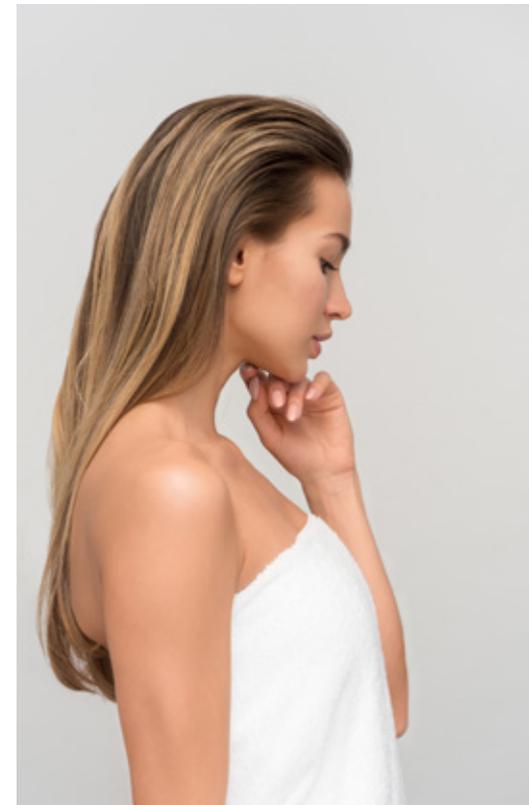
90 minutes

A revitalising body scrub and mask, using a natural blend of Matemwe sand, turmeric, ginger, coconut milk and oil exfoliates and assists the body to reduce the build-up of toxins. Enjoy a therapeutic foot and scalp massage while enveloped in a healing, nourishing treatment made from local spices.

KUMBUKA MATEMWE FACIAL

60 minutes

A restorative facial that utilises fresh fruit to revitalise even the dullest skin. The use of cold therapy (cryotherapy) on your skin will tighten, firm, and activate the microcirculation and reduce puffiness, giving you a youthful glow. All products are freshly prepared according to your specific skin condition. Indulge in nature's bounty.





WELLNESS MASSAGES

AFRICAN WOOD MASSAGE

60/90 minutes

Using heated African wood rolled across the skin to penetrate the deeper layer of the muscle tissue, while shea butter nourishes your skin.

SHIATSU

60/90 minutes

A dry, therapeutic bodywork from Japan that can be stimulating and invigorating or calming and sedative using pressing, kneading, tapotement and stretching techniques.

ABHYANGA

60 minutes

Experience an ancient Indian oil massage therapy for healing and detoxifying the body, mind and spirit. Ayurvedic massage uses long, invigorating strokes to relieve fatigue.

HEALING HILOT

60/90 minutes

An age-old Philippine healing technique that has been passed down from generation to generation. Based on the concept of energy meridians, the therapist works on the body's energy lines to increase blood flow, necessary for general wellbeing.

ORIENTAL FUSION

60/90 minutes

A fusion of traditional Asian deep pressure massage technique that includes pressure point manipulation and stretching to relax muscle tension and improve circulation.





WELLNESS MASSAGES

HOT STONE MASSAGE

90 minutes

Melts away tension through alternate hand manipulation and hot basalt stone to promote complete relaxation.

MIKONO MINNE

45 minutes

The combined expertise of two skilled therapists working in perfect synchronicity, with traditional and contemporary massage technique to relax, stretch, and revive your body to the sound of an African rain stick.

SUNYAYO REFLEX

45 minutes

An ancient holistic treatment from East Asia concentrating on the reflex points on the soles of the feet used specifically for healing and revitalising the body.

TULIA HEAD MASSAGE

30 minutes

A gentle and stimulating massage technique applied to the shoulders, neck and scalp disperses toxins from tense, knotted muscles for improved blood circulation to the brain, resulting in deep relaxation.

INTUITIVE MASSAGE

30/45/60/90 minutes

A bespoke massage where the therapist uses any technique that he/she feels suits your needs. Whether you want a neck and shoulder, back, feet or full body massage, this session addresses your specific requirements.





**FOUNTAIN
OF YOUTH**

HYDRATING FACIAL

60 minutes

A restorative facial treatment providing hydration for dry skin that lacks vitality, is tired-looking, and undernourished. This treatment protects the skin from pollution and smoothes out expression lines.

PURIFYING FACIAL

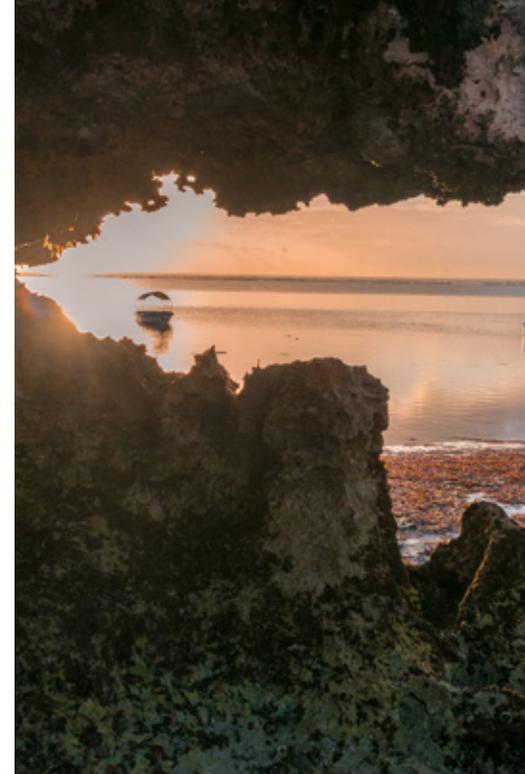
60 minutes

This deep cleansing, therapeutic facial unblocks pores and helps eliminate skin blemishes reinforcing the epidermis and bringing about a new radiance.

SOOTHING FACIAL

60 minutes

A comforting soothing treatment for irritated and sensitive skin. Repairs and rebalances the skin's natural defence mechanisms.





BODY THERAPIES

BODY SCRUB

45 minutes

An exfoliation for all skin types.

Choose between

African Coffee scrub:

Detoxifies and firms the skin

Salt scrub:

Replenishes tired and dry skin

AFTER SUN TREATMENT

60 minutes

This Aloe Vera treatment is an effective natural sunburn soother, it soothes burnt skin, moisturizing and encouraging new cell growth. Completed with a head and face massage.

PAPAYA BODY MASK

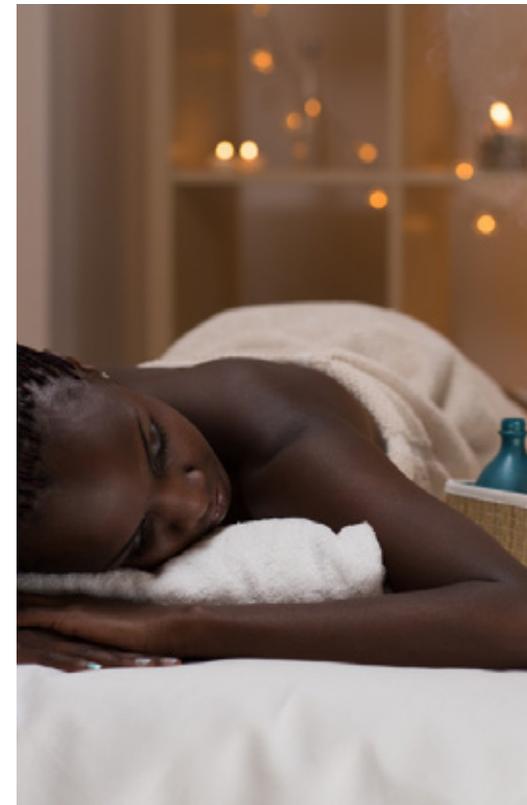
60 minutes

Papaya and mango provide a wonderful source of healing antioxidants that will cleanse, rejuvenate, heal and make your skin glow.

DECADENT CHOCOLATE BODY COCOON

60 minutes

Reap the exceptional rejuvenating benefits of Cocoa. See your skin's revival and feel its velvety smoothness.





**ASILIA
RITUALS &
HOLISTIC
EXPERIENCES**

ASILIA RITUALS

Please note: package treatments can't be taken on different days/times

INDULGENCE OF TIME

120 minutes

Your choice of body scrub
Your choice of massage

TRAVELLERS RETREAT

120 minutes

Your choice of massage
Your choice of facial

ISLAND FANTASY

180 minutes

Your choice of body therapy
Your choice of massage
Your choice of facial

HOLISTIC EXPERIENCES

FIVE ANCIENT RITES

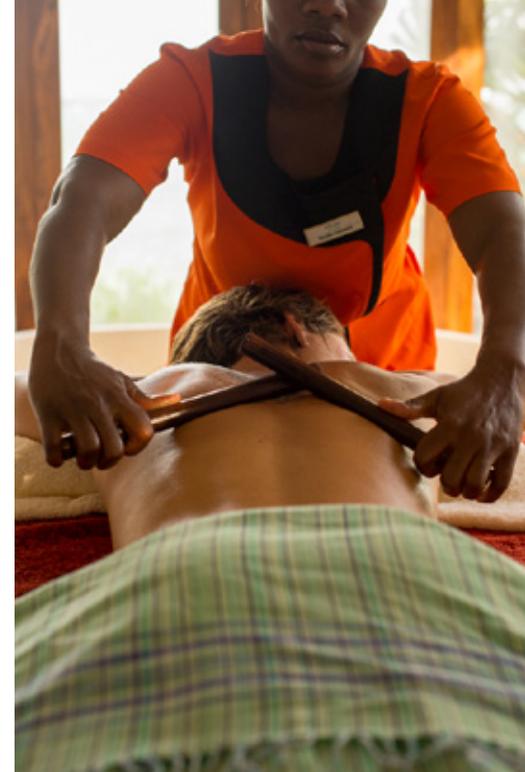
60 minutes

Designed as an elixir to long life, these five Tibetan rites are physical movements which uplift the chakras.

YOGA

60 minutes

Breathe, be steady and be comfortable. Practice, restore and improve your yoga posture.





BEAUTY THERAPIES

SPA MANICURE

A beautiful treat for hardworking hands that includes gentle exfoliation, a soothing massage, cuticle tidying and nail polish.

SPA PEDICURE

Revitalise the feet, nails and cuticles with this invigorating treat that softens and nourishes tired, neglected feet.

HOT STONE PEDICURE

A wonderful therapeutic treatment helps to release toxins and improve circulation — the perfect treatment for worn out feet. After soaking and exfoliating, warm stones are used to massage your feet and calves rubbing any tension away.

WAXING

Embrace silky smooth skin.

ADD ONS

EXPRESS FACIAL

30 minutes

Refresh yourself and treat your face to some tender-loving care. This mini-facial will cleanse, exfoliate, tone and moisturise.

FILE AND PAINT

20 minutes

Refresh hands and feet with a file, buff and nail polish application.

