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*One&Only*

GORILLA'S NEST

*Rwanda*



# IMMERSE

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discover inner joy  
where you can truly  
relax, unplug and  
recharge... enter  
our spa and truly  
immerse and  
spoil your soul

*One&Only*

GORILLA'S NEST

*Rwanda*





**TERRES  
D'AFRIQUE.**

SUPERFOOD FOR YOUR SKIN. SUPERFOOD FOR YOUR SOUL.

## TREATMENTS

*Nestled in the foothills of volcanoes, swathed in eucalyptus and exotic jungle flora, discover a spa oasis where you can bathe, refresh, reflect, and renew, inspired by nature at its purist. Drawing on ancient tribal remedies and potent homegrown botanicals, our spa treatments, in partnership with esteemed skincare experts Terres D'Afrique, blend ancient African wisdom with modern science to maximise physical benefits and create rich, sensorial experiences that could happen only here.*

### ONLY HERE

*One&Only Gorilla's Nest signature treatments.*

### ONLY FACE

*Facial treatments that deliver visible results.*

### ONLY BODY

*Massage treatments for total-body relaxation.*

### FOREST ADD ONS

*Additional treatments to avail.*

### HOW TO SPA

*Spa etiquette.*



## ONLY HERE

### FOREST COFFEE AND COCONUT (90 MINS)

Inspired by the history of Rwandan coffee, this enlivening treatment begins with a local coffee and coconut body polish to re-invigorate your skin. Followed by a full body balancing and detoxing massage using a combination of lymphatic drainage movements and acupressure that detoxifies and activates the body's natural curative abilities, while the use of heated coffee seeds relieves muscle tension.

\$170

### ESSENCE OF ROSE (150 MINS)

Inspired by the rose garden at Gorillas Nest, this journey focuses on boosting energy levels and stimulating the immune system. The massage combines absolute Rose and acupressure with hot and cold massage techniques using rose crystal balls. Journeying on to the rose crystal roller facial that lifts, firms and smooths - thanks to a wealth of active compounds from African botanicals like sausage and baobab tree, as well as buchu and rooibos plants. They all help reduce inflammation and stimulate production of collagen and elastin. This African crystal ritual then ends with a relaxing bath with rose petals to help you return to blissful mindfulness.

\$220

### POST TREK & TRAVEL (75 MINS)

Specifically designed to treat the mind and balance energy after the long trek or flight. Inducing deep relaxation and reconnecting with oneself, this signature journey focuses on the back of the body, combined with lymphatic drainage and slow, soothing strokes to improve circulation and reduce swelling leaving you feeling lighter and ready for the next adventure.

\$150





## ONLY FACE

### AFRIQUE ARISING (60 MINS)

Stimulating the blood flow to the skin, the Afrique Arising massage technique allows the omega-rich Terres d'Afrique oils and linoleic acids to rehydrate and regenerate the deep layers of the skin. With vitamins from the Baobab working to restore the skin's elasticity, leaving it supple plumped and smooth to the touch.

Designed for dry skin.

\$130

### AFRIQUE RESTORED (60 MINS)

Fighting damage cause by free radicals while deep cleansing, with this facial designed to infuse your skin with powerful antioxidants from rooibos, kigelia and baobab.

Designed for dull-looking skin.

\$130

### AFRIQUE MYSTIQUE ANTI-AGING (90 MINS)

Designed for matured skin. Using wooden wands to enhance the lifting and firming properties of the formulations, this age defying facial smooth out fine lines and wrinkle by literally straightening the damaged collagen.

Designed for matured skin.

\$140



## ONLY BODY

### PINDA SIGNATURE MASSAGE (60 MINS)

Individual Heated pindas made of baobab seeds and eucalyptus are used along with a combination of heat, deep pressure, micro massage by the seeds and lymphatic drainage movements to increase blood flow and drain lymph to the lymph nodes, helping to eliminate toxins accumulated in the body.

\$140

### AFRIQUE DEEPTISSUE RELEASE (60/90 MINS)

A highly specialized massage ideal for the relief of stiff aching muscles through detoxification and stimulation of circulation. A combination of pulling, trigger point therapy and cross fiber muscle movements using essential oils are used alongside a hot cold gel and spray along with an African wooden ball to help relieve muscle tension.

\$130/\$170

### AFRIQUE AROMA MASSAGE (60/90 MINS)

Our aromatherapy massage combines the natural therapeutic properties of essential oils and the healing powers of massage therapy.

Our blends: Tropical Dusk (uplifting), Fynbos Crush (detoxifying), Savannah Dew (relaxing). A scent selection is made by you to make the treatment bespoke and tailored.

\$120/\$160



## FOREST ADD ONS

### REDISCOVERED RELFEX (45 MINS)

An ancient and essential massage that grounds energy. Starting with a foot ritual followed by a massage that concentrates solely on the feet and lower leg on the reflex zones.

\$90

### FOREST BACK, NECK AND SHOULDER MASSAGE (45 MINS)

Relieve tension in the upper body with this stress-releasing massage that is perfect before or after a day of new experiences or a long journey.

\$90

### EXPRESS

Your hands or feet will be massaged, your nails shaped and your skin richly hydrated with our all natural products designed to undo environmental damage on your skin.

Manicure (30 Mins) - \$90

Pedicure (45 Mins) - \$45

### FOREST BACK, NECK AND SHOULDER MASSAGE

Lip / Chin / Brows - \$15

Underarm Wax - \$25

Half leg Wax - \$25

Full Leg Wax - \$35

Bikini Wax - \$30



# SPA ETIQUETTE

## SCHEDULING AN APPOINTMENT

Please speak with our Spa team or Front Desk colleagues to schedule your appointment.

## CANCELLATION POLICY

Kindly be aware that cancellation within 12 hours of the scheduled start-time will incur a 100% charge.

## ARRIVING AT ONE&ONLY SPA

You are encouraged to arrive 30 minutes prior to your appointment in order to change, relax, and enjoy the spa journey.

## HEALTH CONDITIONS

Please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, any recent surgeries or pregnancy.

## WHAT TO EXPECT

When you arrive, you'll be provided with a robe, towels, slippers and disposable undergarments. We provide lockers where you can stow your belongings. During your treatment, privacy is assured with discreet draping.

## AMBIENCE

Our spa is a tranquil space. To help you sink fully into relaxation, we'll ask you to speak in a lowered voice, and to leave your phone or camera in the lockers provided. The spa is completely non-smoking.

## VALUABLES

As we cannot guarantee the safety of your valuables, we recommend you leave these in your room.

## AGE REQUIREMENTS

We welcome guests aged 16 and over to the spa and its shared facilities.

## GRATUITY POLICY

Gratuities are not included in any Spa Experiences and are at your discretion.

## PRICES

All prices are quoted in US Dollars (\$) and are inclusive of government tax. Prices are per person.





