



At Ghoha Hills our professionally trained therapists will ensure you walk away from your soothing spa treatments feeling pampered and relaxed.

Our therapists understand that this is YOUR experience and will do their utmost to ensure a sense of comfort and relaxation.

Our treatments are done in a room with sweeping views of the wilderness below. While our therapists use their natural rhythm and specific techniques to ensure a calm mind and de-stressed body, the wilderness beyond will take care of the harmony between you and nature.

Our therapists are from the local community and love to share their treasured secrets of ancient Botswana in combination with professional advanced training. This interaction and in-depth knowledge will only deepen your love and appreciation of Botswana.

After your treatment, we encourage you to enjoy a cup of gentle detoxing tea and assortment of revitalising fresh fruits while cocooned in the comfort of one of our plush robes.



# WELCOME TO OUR SPA



UNLIMITED LUXURY FOR  
MIND, BODY, AND SOUL.



# OUR PACKAGES

## SPIRIT OF AFRICA

### FULL BODY MASSAGE

Massage: 60 mins

US\$60 (BWP600)

The Spirit of Africa massage is a relaxing full body massage which transports you into a complete state of relaxation. We use a blend of essential oils and creams to ensure you are left feeling refreshed and re-energized. Let your mind wander to the wilderness while we take care of draining your lymphatic system of stress and toxins.

## ANCIENT TRADITIONS

### HOT STONE MASSAGE

Massage: 60 mins

US\$60 (BWP600)

This ancient massage technique uses the heat from smooth stones to warm up your muscles and relax your body. Botswana prides itself on its people and traditions; so we thought we'd introduce an earthy touch to our treatment menu. The stones maximise the therapeutic benefit of mind, body and soul. With warm muscles, your therapist is able to do more of a deep tissue massage, which encourages psychological and physical well-being.

## NATURE'S RHYTHM

### BACK / NECK / SHOULDER MASSAGE

Massage: 45 mins

US\$45 (BWP450)

The Nature's Rhythm back, neck and shoulder massage is a massage therapy concentrating on areas where we carry tension - in the neck, upper back and shoulders. This deep massage provides an instant pick-me up and improves circulation. We don't want you to carry the weight of the world on your shoulders. Let us ensure you're pain free so that you can enjoy every minute of your safari.

## HARMONIOUS JOURNEY

### FOOT MASSAGE

Massage: 30 mins

US\$30 (BWP300)

Let us rejuvenate your system with the Harmonious Journey foot massage. With this relaxing massage we'll restore your balance, reduce fatigue and make sure your weary feet are strong enough to continue your journey through Botswana. Only the most soothing oils are used to ensure we leave your skin feeling silky smooth.



RELAX  
RECHARGE  
HEAL

