

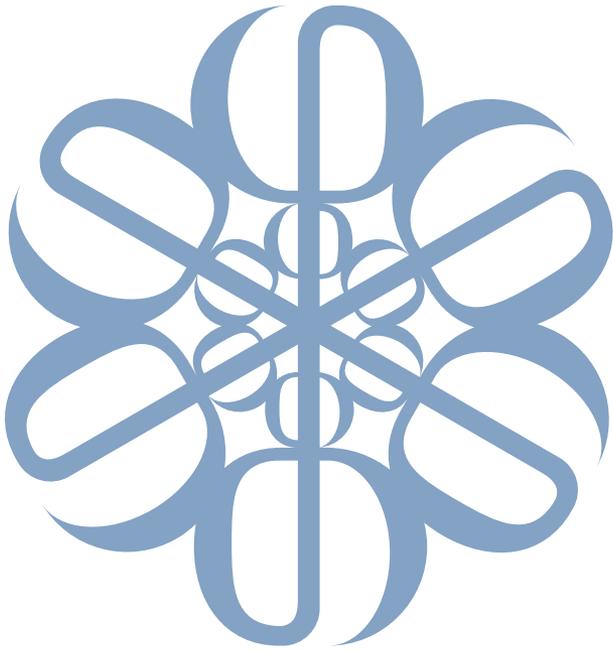


Latitude 15°

L U S A K A

THE SPA
TREATMENTS

THE
OTHER
SIDE *Latitude



THE SPA AT THE OTHER SIDE

Born out of a love for Africa, The Spa uses a range of products infused with the spirit of the continent.

Latitude 15° is a big believer in enhancing your gorgeousness the natural way, all the products we use are inspired entirely by Mother Nature and contain only absolutely essential ingredients. Synthetic chemicals, cheap fillers, nasty additives and parabens have no place nourishing our skin.



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SPA GUIDELINES

Please note all prices, services and hours of operation are subject to change.

Hours of operation:

Tuesday to Saturday: 7AM - 9PM

Sunday: 8AM - 9PM

Early and evening spa services are available by appointment. Please arrive 10 minutes prior to your scheduled spa appointment so that you receive your full service.

Spa gift vouchers are available for purchase at the reception. However, we advise that spa packages be confirmed with a gift voucher (they are non-refundable and non-redeemable if lost or stolen).

Guests of “The Other Side” Spa undergoing spa services must be 16 years or older or accompanied by an adult.

For the benefit of everyone, we kindly ask that you mute your cell phones while in the spa or waiting room.

LATITUDE 15° POLICIES

CANCELLATION POLICY

At “The Other Side” Spa, we take time to prepare for your scheduled appointment before your arrival. Therefore, cancellation or rescheduling of any spa appointments should be made 24 hours prior to booking.

NO SHOW POLICY

Unless scheduled Spa appointments have been properly cancelled 24 hours prior to booking, “No Shows” will be charged in full.

REFUND POLICY

At “The Other Side” Spa we offer goods and services that are irrevocable. Therefore, we do not issue refunds for any product or service that has been used in your treatment. In consenting to be treated, it is important that our Guests understand and accept this condition.

Please note that Gift Vouchers cannot be exchanged for cash or be reimbursed.

The validity of any Gift Voucher is one (1) year from the day of purchase unless otherwise stated in writing on the Gift Voucher itself on the day of its purchase.



FACIALS

EXPRESS FACIAL

Treatment Time: 30 minutes

Get your glow on! A quick but effective facial, that incorporates the use of natural products for a cleanse, clarifying scrub, a nourishing mask, and massage to reduce fine lines & boost your complexion!

TEEN FACIAL

Treatment Time: 60 minutes

This facial uniquely targets teenage skin care concerns with cleansing, exfoliation, steaming, pore extractions, and a relaxing facial massage to leave skin radiant & restored.

MOISTURE DETOX FACIAL

Treatment Time: 60 minutes

A deeply cleansing facial that combines the use of indigenous ingredients such as Moringa with traditional facial techniques. This treatment is designed to refine, repair and improve problematic skin. This facial also includes a light lymphatic drainage massage for additional detoxification of the skin!

GIFT VOUCHER

Create your own ultimate spa package!

Book two treatments and get a 10% discount. Take advantage of our gift vouchers and schedule an appointment at a time of your convenience.

MOISTURE DEFENSE FACIAL

Treatment Time: 60 minutes

This ultra-hydrating facial optimises clarity and treats hyperpigmentation with the use of our all-natural product line. A facial that's suitable for all skin types and incorporates lymphatic drainage massage with hydrating oils, exfoliation to remove dead skin cells and toning to restore the skin's PH.

DERMA GLOW REJUVENATION FACIAL

Treatment Time: 60 minutes

Brighten your skin, reduce signs of aging and accentuate your skin's natural glow! Our Derma glow facial gives you an instant face lift and leaves your skin feeling brand new!

LIFE STAGE ANTI-AGING FACIAL

Treatment Time: 60 minutes

A facial treatment tailored towards mature, dry skin. An "in-spa" solution that deeply hydrates and heals the skin. This nurturing treatment uses natural products that are especially designed for sunburned or extra-dry skin.

5D ANTI-AGING FACIAL

Treatment Time: 60 minutes

A facial that's tailored around the famous 5D skin care range from Paris! The 5D range includes a raspberry peel that will give you the glow of a fabulous runway model. It combines all facial techniques including exfoliation, a massage of the face, décolletage, and arms, as well as a specialised hand treatment. A must if you are looking to smooth out fine lines, wrinkles and decrease age spots.



BODY TREATMENTS

RELAXING BACK & NECK MASSAGE

Treatment Time: 30 minutes

Decompress with an express upper body massage, targeting the neck, back & shoulders with Swedish techniques.

SWEDISH MASSAGE

Treatment Time: 60 minutes or 90 minutes

The perfect remedy for stress-induced tension. You'll fall in love with the benefits of this classic massage such as improved circulation, invigorated skin, a calmed nervous system & restored muscles.

RELAXING MASSAGE

Treatment Time: 60 minutes or 90 minutes

Drift into deep relaxation for mind, body & soul!
A massage with the added benefits of aromatherapy that will guide you into a state of complete relaxation and balance.

DEEP TISSUE MASSAGE

Treatment Time: 60 minutes

This specialised deep pressure massage unlocks tension deep within your muscles and connective tissue. Excellent for pain relief!

HOT STONE MASSAGE

Treatment Time

Back and Neck 30 minutes

Back and Neck 60 minutes

Full body 60 minutes

Full body 90 minutes

Enjoy this tranquil massage with smooth, polished, round, warm stones to melt away stress and relieve tension. This ancient therapy guarantees top-to-toe relaxation. A spa staple.

SPECIALISED MASSAGE TREATMENTS

HEART OF AFRICA

Treatment Time: 90 minutes

Take a trip around Africa in 90 minutes!
Relax and be nurtured with this wonderful hot towel massage. Our therapists apply techniques adapted from healing traditions around Africa such as Zambia's own UKUCHINA. A foot ritual sets the tone for this universally celebrated treatment, while a release of trigger points initiates the relaxation response and opens energy pathways.

BALINESE MASSAGE

Treatment Time: 90 minutes

An indulgent massage that incorporates both hot stones and oriental acupressure techniques that originates in Bali. This massage stimulates blood flow and increases energy levels by rejuvenating your muscles.



BODY POLISH

Treatment Time: 45 minutes

This treatment includes an indulgent, nutritive full body polish with an invigorating coffee scrub. Skin is prepped with warm healing oil, before being exfoliated and finished off with an organic lotion application leaving your skin hydrated & soft!

RADIANT GLOW

Treatment Time: 60+ minutes

This deliciously pampering treatment for face and body leaves the skin satiny smooth. A body polish, followed by a wonderful skin-quenching body balm application and 10-minute back & neck massage. You will absolutely love it!

SPECIALISED BODY TREATMENTS

ENZYME BODY WRAP

Treatment Time: 45 minutes

A specialised treatment to revitalise and revamp your whole body. We use a plant based mask that contains fruit enzymes to draw out toxins and detoxify the skin, followed by an application of organic body balm leaving your skin feeling brand new!

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HANDS

EXPRESS MANICURE

Treatment Time: 45 minutes

An enjoyable treat for your hands! Nail care, a hand scrub and massage, followed by a polish of your choice.

OIL MANICURE

Treatment Time: 60 minutes

A moisture locking manicure with extra indulgence. This treatment also caters for clients who have nail damage from artificial nails. Enjoy a hand soak in a warm oil dip with fragrant essential oil followed by a soothing hand massage with oil followed by an application of nail polish.

LUXE MANICURE

Treatment Time: 60 minutes

A top tier manicure experience. Your hands will be pampered with exquisite spa hand soak, scrub and hydration mask. This treatment leaves the skin healthy, smooth and radiant by incorporating a paraffin wax dip, followed by an application of nail polish.

GEL MANICURE

Treatment Time: 60 minutes

This treatment includes all the great offerings of an express manicure plus a gel colour application that lasts longer, dries instantly & removes in 10 minutes. Nail care add ons include gel remover, nail art and nail repair.



QUICK STOPS

NAIL REFRESHER

Treatment Time: 30 minutes

A treatment that's heavy on the nail care. Choose a nail polish colour and have your nails buffed, cleaned, repaired & sealed!

FILE & PAINT

Treatment Time: 30 minutes

A quick file, buff & paint on natural nails.

NAIL REPAIR

Treatment Time: 15 minutes

Quick repair of chipped or cracked nails.

PEDICURES

EXPRESS PEDICURE

Treatment Time: 60 minutes

An indulgent foot scrub, a stress relieving mini foot massage, nail care & application of a nail polish colour of your choice. You are guaranteed to have happy feet!

LUXE PEDICURE

Treatment Time: 60 minutes

Offerings of the classic spa pedicure with the inclusion of a moisture-locking foot mask and nourishing paraffin wax. Relax as your feet are pampered, followed by application of nail polish.

'SOLE' TREATMENT

Treatment Time: 90 minutes

For feet, calves and legs. Offerings of a classic spa pedicure, followed by a mint & coffee infused scrub, a 15 minute hot stone calf massage, and to top it all off a stimulating foot mask is applied to conclude this deliciously extravagant pedicure with a polish application.

RELAXING FOOT MASSAGE

Treatment Time: 30 minutes

A deep tissue style foot massage with focus on pressure points topped with a foot ritual to soothe, relax & heal.

GEL PEDICURE

Treatment Time: 60+ minutes

A pedicure treatment, with gel colour, that remains flawless for 2 weeks dries instantly & removes in 10 minutes.

MEN'S EXPRESS PEDICURE:

Treatment Time: 45 minutes

Men's grooming including nail care, foot scrub and a relaxing foot massage targeted at pressure points.

MEN'S LUXE PEDICURE:

Treatment Time: 60 minutes

All the offerings of a men's express pedicure with additional foot soak, moisture-locking paraffin wax & stimulating foot mask.

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WAXING

Our fabulous wax resins are free of chemicals and artificial dyes, and treatments range from Hollywood to eyebrow! Ask our friendly team members for pricing.

Bikini (Sides)
French Bikini (Sides and Top)
G-String (Lines of the G-String)
Brazilian
Hollywood
Lower Stomach
Full Stomach
Underarms
Full Legs
Lower Legs
Full Arms
Half Arms
Eyebrows
Upper Lip
Chin
Cheeks
Full Face
Men's Back Wax

TREATMENT PACKAGES

DUET

Treatment Time: 3 hours

Couple's facial, Heart of Africa massage and luxe Pedicure – an absolute treat for two!

DETOX

Treatment Time: 3 hours

An express facial to get your skin glowing, followed by an invigorating body polish, and to conclude, a Balinese massage.

RELAX

Treatment Time: 3 hours

This is the ultimate relaxation package! Feel brand new and rejuvenated when you leave us. This treatment starts with a facial, followed by a full body polish topped off with a 45 minute back & neck hot stone massage and a full-on luxe pedicure.

TOP-TO-TOE

Treatment Time: 5 hours

A full spa day fit for royalty! A healing facial treatment, Heart of Africa massage, luxe pedicure & luxe manicure.

THE LATITUDE 360°

Treatment Time: 90 minutes

A full 360° treatment that will have you feeling brand new! An invigorating body polish and relaxing back massage and foot ritual. Real pampering at its best!

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TREAT THE PEOPLE YOU CARE
ABOUT TO SOMETHING SPECIAL

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