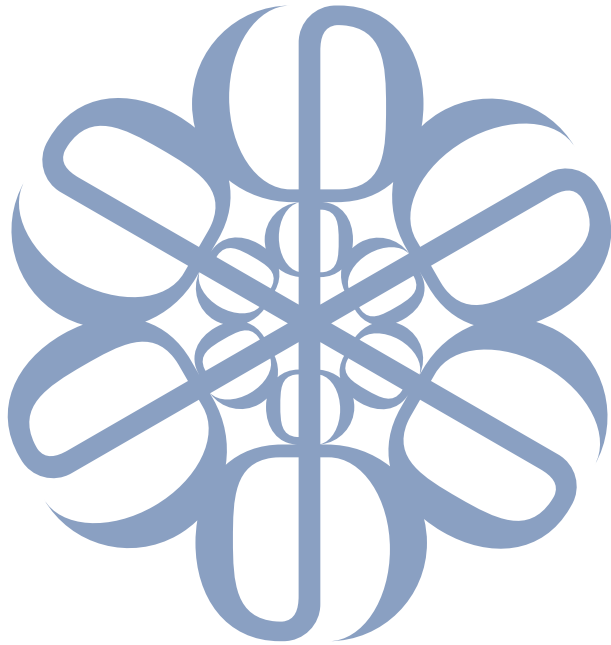




THE  
Latitude  
HOTELS

THE SPA  
TREATMENTS

THE  
OTHER  
SIDE ® Latitude



## *THE SPA AT THE OTHER SIDE*

Born out of a love for Africa, Essential Skincare offers a range of products infused with the spirit of the continent. Through harnessing a powerhouse of plant-based oils and extracts from African species that have adapted to cope with the harshest conditions on the planet, a unique product range was born that could help your skin do the same.

Big believers in enhancing your gorgeousness the natural way, all products 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.



Latitude 15°  
L U S A K A

THE  
OTHER  
SIDE \*Latitude



## SPA HEALTH GUIDELINES

Please note all prices, services and hours of operation are subject to change without notice.

Hours of operation:

Monday to Saturday: 7AM - 9PM

Sunday: 8AM - 9PM

Early and evening spa services are available by appointments.

Please arrive 10 minutes prior to your scheduled spa appointment. Arriving late will simply limit the time for your services and inconvenience other guests. The full value of your treatment will still be charged. For cancellation or reschedule of appointments, we kindly advise that you notify us within 24 hours.

Spa gift certificates are available for purchase at reception. However, we advise that spa packages be confirmed with a gift certificate and note that 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 adults.

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

All treatments are inclusive of a 10% service charge and retail products are exempted of the service charge but include VAT.

## FACIALS

All our treatments are designed to give your skin exactly what it needs as each treatment is customised for your skin type and concerns.

Each of our Signature facials includes a relaxing scalp massage, and hand & foot ritual.

### ESSENTIAL ON-THE-GO FACIAL

Treatment Time

30 minutes | ZMW 275

A great way to brighten your skin in a hurry! The mini version of our Signature Facial includes cleansing, exfoliating, mask (detox or nourishing), lymphatic drainage massage and moisturiser. This facial is designed to leave you feeling invigorated and ready to face the world.

### ESSENTIAL TEEN FACIAL

Treatment Time

60 minutes | ZMW 440

Created with the teen's complexion in mind, this facial can help with persisting skin troubles common in teenagers, and will also prevent them before the problem starts. Leaving the skin radiant and glowing, this facial includes a cleansing, exfoliation and lymphatic drainage using products formulated with ingredients that are perfect for young skins: Aloe Vera, Baobab, Cape Chamomile, Rooibos.



## ESSENTIAL DETOX CLEANSING FACIAL

Treatment Time

60 minutes | ZMW 550

Our Detox Cleansing Facial is a good choice if your skin lacks moisture and is prone to breakouts. Your skin will be glowing, clean and fresh after your treatment which will include the removal of dead skin cells, unclogging of your pores, stimulation of blood flow and extraction of impurities. Combines ingredients such as Pink African Clay, Baobab, Aloe Vera and Rooibos.

## ESSENTIAL MOISTURE REJUVENATION FACIAL

Treatment Time

60 minutes | ZMW 550

This facial provides concentrated, immediate and long-term hydration for a radiantly refreshed skin. Natural ingredients such as Rooibos, Mongongo and Kigelia aid in replenishing the skin's reserves of water and improving the moisture level.

## ESSENTIAL ILLUMINATING FACIAL

Treatment Time

60 minutes | ZMW 550

To brighten your skin and reduce the signs of sun-damage, this treatment accelerates your skin's natural illumination and restores even skin tone by targeting unwanted areas of pigmentation. Africa's legendary botanicals, Kigelia, Baobab and Mongongo will enhance your skin's clarity, and create a fresh and healthy appearance. Depending on the pigmentation, your ideal results may require a series of 4 to 6 treatments.

## ESSENTIAL AGING DEFIANT FACIAL

Treatment Time

60 minutes | ZMW 660

Correct the signs of aging, and protect your skin against the damaging effects of time with this regenerating treatment. Active ingredients such as Marula, Kigelia, Rose geranium, Ylang Ylang, Palmarosa, along with the nourishing Mongongo and Shea Butter are combined with the benefits of a lymph drainage massage.

Guests can also choose the benefit of an add-on hand or eye treatment.

Facial Add On Treatments

Age-less Hand Treatment: 15 minutes | ZMW 55

Lash Tint: 15 minutes | ZMW 65

Brow Tint (Each): 15 minutes | ZMW 65

## SPECIALISED FACIAL TREATMENT

### 5D ANTI-AGING FACIAL

Treatment Time

60 minutes | ZMW 765

ZMW 875 (With Hand Treatment)

This paraben-free treatment brings an efficient answer to skin aging. It has anti-wrinkle, lightening, oxygenating, hydrating and skin regenerating effects. The 5D facial is for both, women and men. Following the 5D facial you will notice how your skin is noticeably younger, brighter & more radiant. The treatment will repair damage caused by the sun, will nourish and deeply re-hydrate the epidermis. It combines exfoliation and massage to smooth out the lines, decrease age spots and brighten the complexion.



## BODY TREATMENTS

ESSENTIAL prides itself on our wide range of aroma-therapeutic oils, exfoliators and body balms that benefit the body and work on the senses. Choose from our range of natural body treatments and massages.

Relax as our trained therapists give you a massage experience that will leave you feeling gently restored - body, mind and soul.

### RELAXING BACK & NECK MASSAGE

Treatment Time

30 minutes | ZMW 275

60 minutes | ZMW 385

An express upper body massage, targeting the neck, back and shoulders with Swedish techniques, aimed at relaxing these zones that are prone to stress.

### RELAXING MASSAGE

Treatment Time

60 minutes | ZMW 385

90 minutes | ZMW 495

A classic massage treatment incorporating our aroma therapeutic massage oils, customized to your pressure desire.

### SWEDISH MASSAGE

Treatment Time

60 minutes | ZMW 385

90 minutes | ZMW 495

Our Swedish massage relaxes the whole body through the use of long gliding strokes to increase the level of oxygen in the blood, decrease muscle toxins, and improve circulation and flexibility while easing tension. A perfect beginners massage.

### DEEP TISSUE MASSAGE

Treatment Time

60 minutes | ZMW 450

90 minutes | ZMW 550

Similar to the Swedish massage in terms of the technique, but with a deeper pressure, which is beneficial in releasing chronic muscle tension. Focus is on the deeper layers of muscle tissue and tendons.

### HOT STONE MASSAGE

Treatment Time

60 minutes | ZMW 450

90 minutes | ZMW 550

The hot stones used in this massage therapy promote deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. The direct heat of the stones relaxes the muscles, allowing the therapist access to the deeper layers of the muscles.

### HOT STONE BACK & NECK MASSAGE

Treatment Time

30 minutes | ZMW 330

60 minutes | ZMW 440

This back, neck and shoulder massage uses hot stones and essential oils to direct warmth to tight muscles, allowing for a deeper massage to aid relaxation.



## SPECIALISED MASSAGE TREATMENTS

### HEART OF AFRICA

Treatment Time

90 minutes | ZMW 660

Applying techniques adapted from healing traditions around Africa such as Zambia's own UKUCHINA, this massage combines herbs, massage, pressure points and heat methods. A foot ritual starts the treatment, and a release of trigger points initiates the relaxation response and opens energy pathways. Herbs and heat soothe the muscles and relieve strains, stiffness and inflammation.

### BALINESE MASSAGE

Treatment Time

90 minutes | ZMW 660

This treatment traces its roots from Bali, and uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around the body, bringing a sense of wellbeing, calm and deep relaxation.

## RENEW

### ESSENTIAL BODY POLISH

Treatment Time

45 minutes | ZMW 440

This popular treatment exfoliates and hydrates your skin, leaving it smooth and soft. A natural combination of sugar grains, butters and essential oils provides a granular exfoliator to smooth, stimulate and deeply nourish the skin, while minimising free radicals.

### SKIN BODY BUFF

Treatment Time

45 minutes | ZMW 440

A natural combination of salts, herbal extracts and essential oils provides a granular body buff to smooth stimulate and deeply condition the skin while minimising free radicals.

### ESSENTIAL RADIANT GLOW

Treatment Time

60+ minutes | ZMW 660

This treatment for face and body leaves the skin satiny smooth and radiant with a completely natural body polish. Followed by a wonderful, skin-quenching back & neck massage, and a customised face treatment.

## SPECIALISED BODY TREATMENTS

### BODY WRAP

Treatment Time

90 minutes | ZMW 660

A deep exfoliation with essential oils and sugar scrub prepares your skin for the wrap. This treatment will help to brighten uneven skin tone, improve firmness and aid in repairing sun damage.

## HANDS

A regular manicure will keep your nails tidy and hands clean. Regardless of the reason for this beauty treatment, a manicure forces you to take some time for yourself.



## EXPRESS MANICURE

Treatment Time

45 minutes | ZMW 165

Functional nail care for those on the go. Perfect for those who have regular manicures. Nails are shaped, cuticles cleaned, and a moisturiser applied. The treatment is completed with the application of a polish to the nails.

## OIL MANICURE

Treatment Time

60 minutes | ZMW 220

A classic spa manicure, with added indulgence, this treatment caters for clients who have nail damage from artificial nails. Enjoy a hand soak in a warm oil dip, fragrant with essential oil. Thorough care is given to shaping your nails and tidying your cuticles, after which you will enjoy a soothing oil massage with a relaxing essential oil or balm, followed by an application of nail polish.

## LUXE MANICURE

Treatment Time

60 minutes | ZMW 220

Our most luxurious and indulgent nail treatment experience. Your hands will be pampered with exquisite spa hand soak, exfoliator, massage creams and hydration mask, leaving the skin healthy, smooth and radiant. A paraffin wax, and polish application conclude this deliciously extravagant manicure.

## SHELLAC MANICURE

Treatment Time

60 minutes | ZMW 330

Enjoy our express manicure treatment with the resilient colour that remains flawless for two weeks, dries instantly and removes in 10 minutes.

Add On Treatment

Shellac Removal Only ZMW 65

Shellac Add-On Polish ZMW 165

Nail Art ZMW 22

(Price Charged Per Nail)

## QUICK STOPS

### NAIL REFRESHER

Treatment Time

30 minutes | ZMW 110

For those on the go. Nails are filed, cuticle work is performed, and we buff and seal the nail with a new CND "oil buff" technique and restoring treatment. Finish off with your choice of colour from our premium polish collections OR Shellac.

### FILE & PAINT

Treatment Time

30 minutes | ZMW 110

For a shaping of nails and your choice of colour from our premium nail polish range.

### NAIL REPAIR

Treatment Time

15 minutes | ZMW 55

Sealing and restoring treatment for the Quick Repair of a chipped or cracked nail.



## PEDICURES

Getting regular pedicures is very important “it’s like a facial for your feet.” If you’re feet are healthy, the rest of you tends to feel pretty good– and that’s always a good reason to take care of your feet.

### EXPRESS PEDICURE

Treatment Time

60 minutes | ZMW 220

Express nail care for those on the go. Ideal for those who have regular pedicures, enjoy a compact treatment to pamper the toes and feet. Nails are shaped, cuticles cleaned, heels buffed, and scrub infused with essential oils to rid the feet of old, dull skin. The treatment is completed with the application of polish to the nails.

### LUXE PEDICURE

Treatment Time

60 minutes | ZMW 275

This relaxing, classic spa foot treatment includes nail filing, cuticle tidy and heel buffing. The treatment then continues with a hydrating mask and nourishing paraffin wax treatment before an application of polish to the nails.

### ‘SOLE’ TREATMENT

Treatment Time

90 minutes | ZMW 330

An indulgent relaxing pedicure taken to another level. This foot and leg revitalising treatment starts with a classic spa pedicure involving all the necessary procedures, followed by a coffee infused scrub. A 15 minute hot stone massage is then applied to the calf and feet to promote deep relaxation and well-being to the area. To top it all off, a healing, nourishing, and refreshing foot mask containing Tea Tree and Lemon essentials oils is applied, before the application of polish to the nails.

### RELAXING FOOT MASSAGE

Treatment Time

30 minutes | ZMW 175

A pressure point, deep tissue style foot massage with foot ritual to soothe, relax and heal.

### SHELLAC PEDICURE

Treatment Time

60+ minutes | ZMW 385

Enjoy our express pedicure treatment with the resilient colour that remains flawless for 2 weeks, dries instantly and removes in 10 minutes.





## WAXING

Safe, comfortable, and fast. Enjoy the best body waxing experience.

Bikini (Sides)	ZMW 110
French Bikini (Sides and Top)	ZMW 165
G-String (Lines of the G-String)	ZMW 195
Brazilian	ZMW 220
Hollywood	ZMW 275
Lower Stomach	ZMW 55
Full Stomach	ZMW 110
Underarms	ZMW 165
Full Legs	ZMW 220
Lower Legs	ZMW 165
Full Arms	ZMW 195
Half Arms	ZMW 135
Eyebrows	ZMW 65
Upper Lip	ZMW 55
Chin	ZMW 65
Cheeks	ZMW 65
Full Face	ZMW 165

## TOP-TO-TOE

Treatment Time  
5+ hours | ZMW 1,980

### Release, De-stress and Let Go (Full Spa Day)

Pure relaxation. This package offers the ultimate full body spa services at a discounted rate! Your muscles release as time stops, your senses and body are taken on a healing journey with the warmth of hot stones. As your muscles relax you are gently awakened by a grounding foot treatment.

Key Elements: ESSENTIAL Glow Treatment. Heart of Africa Massage. Luxe Pedicure & Manicure Treatment.

## TREATMENT PACKAGES

Pure beauty from head-to-toe. True luxury is having the best of everything. Our face and body treatment combinations give your skin the all-over attention it deserves.

## DUET

Treatment Time  
3+ hours | ZMW 2,365 (Per Couple)

Discover your intentions together. Enjoy a Spa day together. Key Elements: ESSENTIAL Express Facial. Heart of Africa Massage. Luxe Pedicure Treatment.

## DETOX

Treatment Time  
3+ hours | ZMW 1,320

### Cleanse, Rebalance & Purify

A must have if you are feeling tired, bloated, or run down. Key Elements: ESSENTIAL Express Radiance Facial. Body Buff Treatment. Balinese Massage.

## RELAX

Treatment Time  
3+ hours | ZMW 1,100

This is the ultimate relaxation package for the glowing beauty! Feel brand new and rejuvenated when you leave us (If you do)! Key Elements: ESSENTIAL Facial. Body Polish treatment. 45 minute back and Neck Hot Stone Massage. Luxe Pedicure Treatment.

