



WILD HILL
MAASAI MARA

WELLNESS IN THE WILD



Amidst the glistening landscape of natural quartz stones and the serenity of indigenous flora, a haven of healing, reflection, and transformation awaits those who seek respite.

At our Wild Wellness sanctuary, the healing power of nature meets ancient African wisdom to restore and rewild the spirit. Speak to our wellness experts to design your bespoke wellness journey.

Treatment times can vary from a poolside 30 minute foot massage to 3 hour-long immersive experiences. We're happy to combine and tailor treatments and activities to ensure that your wellbeing cup truly overflows!

Drawing from the natural elements and tailored to your needs, the bespoke range of massages aim to restore, revitalise, and bring balance to your body and mind.

“WATER” *Meditative Aromatherapy Massage*

Experience deep relaxation with soothing aromatic oils from our Wild Apothecary applied with rhythmic, fluid motions to induce a state of peace and tranquility.

“EARTH” *Grounding Therapeutic Deep Tissue Massage*

Integrating the techniques from multiple massage disciplines, thoughtfully applied to deeply relax the muscles and bring relief from stress, tension, and post-safari game drives.

“AIR” *Thai Yoga Massage*

An oil-free massage applying rhythmic palm and thumb pressure and dynamic stretches to invigorate, re-energise, and restore body-mind balance.

“FIRE” *Heated Rungu Masaji*

For aching muscles and joints, this therapeutic massage integrates deep tissue massage and the rhythmic application of gently heated rungu (sticks) to relieve all stress, tension, and tightness from the muscles and tissues.



AFRICOLOGY BODY SCRUB

Gently exfoliating while melting moisture deep into the skin, this soft and velvety blend is the perfect remedy for complete rejuvenation. This treatment is complete with a full body application of a nourishing African Potato Body Butter.

JET LAG RELIEF

A combination of deep tissue back massage, head and scalp massage and pressure point foot massage to relieve tension, headaches, sore muscles, and aching joints after any travel. Using the mineral power of Africology Magnesium oil to ease aching muscle.

WILD FOOT REVIVAL

Unwind with an invigorating wild mint foot soak and Africology nourishing foot scrub, followed by a relaxing pressure-point foot and lower leg massage, providing soothing relief from knees to toes.

HARMONISING HEAD & SCALP

Relieve tension and melt away stress; this heavenly massage works on the shoulders, neck and head and can be enjoyed either with or without Africology Hair Conditioner.



BESPOKE FACIALS - *Rewild your skin with Esse*

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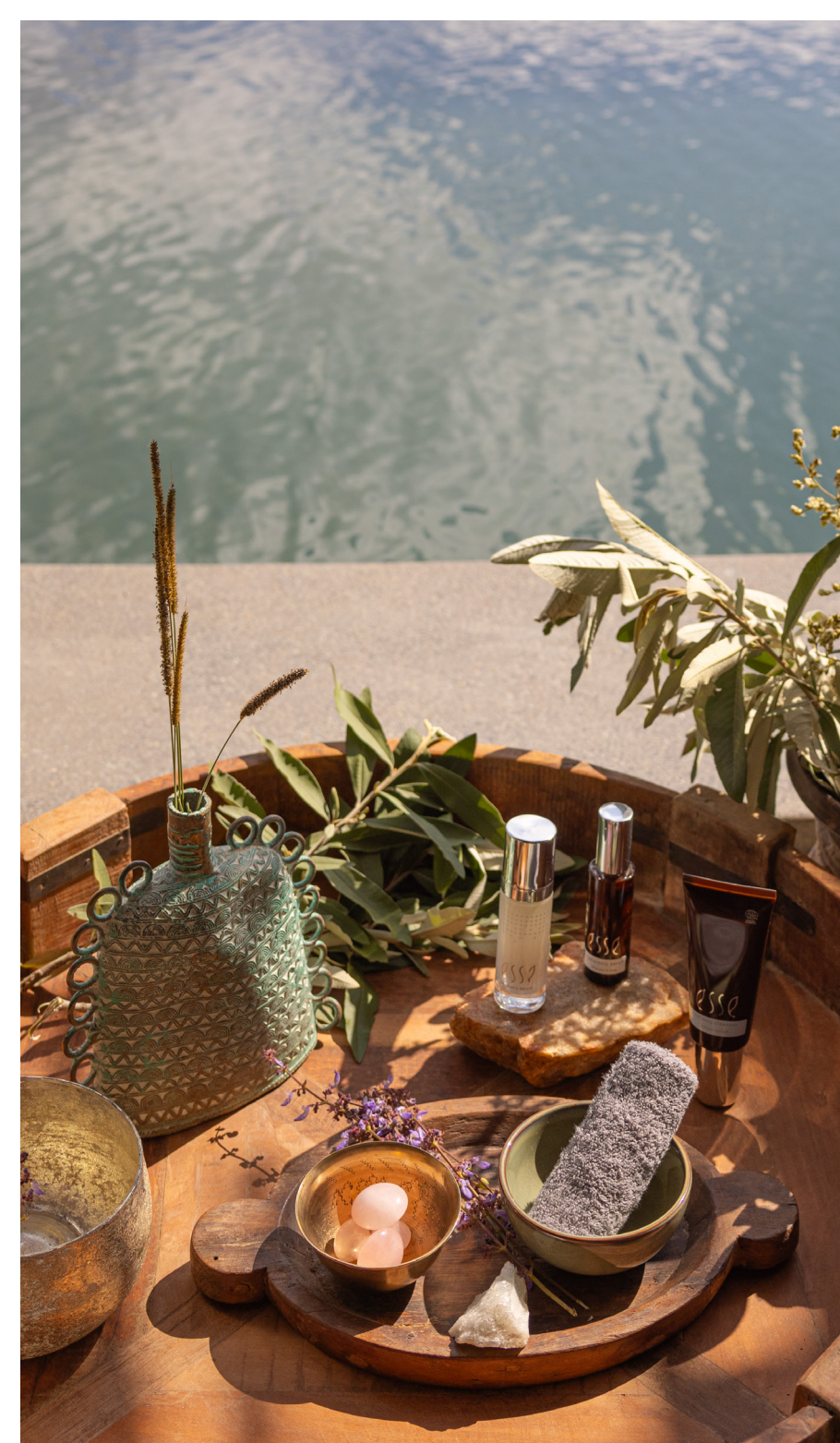
THE ESSE EXPRESS

This express treatment option serves as a great introductory treatment for those unfamiliar with our products and treatments or those unsure of what they would like to achieve with their skincare goals. Product selection will be tailored to your unique skin needs, following a thorough skin analysis. This treatment is ideal for those who are looking for optimal results with limited time.

THE ESSE EXPERIENCE

This bespoke facial harnesses the power of advanced pre and probiotics which improves the microbial mix on the skin. It is tailored to address your specific skin concerns, following a detailed skin analysis, soothing and healing stressed or aggravated skin, boosting collagen production, calming inflammation, and building barrier function. The inclusion of an acupressure facial massage relieves stress and tension from the facial area and clears energy blockages, promoting relaxation, skin health, and homeostasis.

Specialised add-ons: *Gua Sha Hot/Cold Stone Face Massage; Lymph Drainage Massage*



SELF-CARE ESSENTIALS - *Hair and Nails*

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AFRI-MANICURE | AFRI-PEDICURE

A soak, scrub, and softening of the skin and cuticles together with nail trimming and shaping creates the perfect canvas for your varnish of choice.

HERBAL HAIR AND SCALP REVIVAL

An energizing hair and scalp massage with herbal infused oils, followed by a deep conditioning hair mask to enhance shine and vitality. Option to naturally dry or blow dry your hair.

LUX LOCKS BLOW DRY

Elevate your style with a voluminous and effortlessly glamorous blow dry treatment.

WILD CHILD WELLNESS - *For the Little Ones*

FOR FINGERS AND TOES

A mini-manicure or pedicure, perfect for little hands and feet.

WILD CHILD MASSAGE

A calming massage designed especially for children.

FLOWER FORAGING

Embark on a journey to explore & gather beautiful wild flowers.



SOUND JOURNEY

Harmonise and soothe the nervous system. Blending the healing frequency of sound and guided relaxation to transport you on a journey of deep relaxation and rest.

WOOD-FIRE SAUNA

Relax and rejuvenate in the warmth of our sauna. The perfect heat therapy to support your detoxification, release muscle aches, and improve circulation.

REVITALISING COLD PLUNGE

Embrace a refreshing plunge into our cold tub to simulate circulation, reduce inflammation, tighten skin, and improve mental alertness.

SOOTHING WOOD-FIRE HOT TUB

Immerse in our soothing wood-fire hot tub allowing the warmth to alleviate stress and nurture the body for ultimate renewed vitality.

YOGA

Vinyasa, Hatha, Kundalini, Yin, or YogaFit Class
Experience the pinnacle of wellness in the Maasai Mara. Our bespoke yoga menu offers expert-led classes, including dynamic Vinyasa, energising Kundalini, and gentle Hatha and Yin. Each class is tailored to your needs for a personalised and rejuvenating practice.

QIGONG

Find your inner peace amidst the breathtaking beauty of the Maasai Mara as you immerse yourself in the ancient practice of Qigong. Our curated classes offer traditional Qigong exercises, designed to promote relaxation, well-being, and calmness in the mind and body.

GUIDED MEDITATION & BREATHWORK

Whether as part of a yoga class; or in nature; or walking on our reflexology path; immerse yourself in the present moment through a guided meditation and invigorating breathwork session, creating awareness and a focused, calm mind.



Into the *Wild* I go
to lose my mind
and find my soul...

- Treatment room
- 2 luxury spa beds
- Large bath & shower
- Hair salon

- Relaxation area
- Sauna
- Cold plunge
- Hot tub

We are able to accommodate 2 treatments at a time. Please speak to one of the managers (call 105) to schedule your treatments during your stay.

