



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 see 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*

A slow, flowing full-body massage using a relaxing blend of geranium, frankincense, lavender and rosemary, applied with rhythmic, fluid movements to calm the nervous system and invite deep relaxation.

“EARTH” *Grounding Muscle Melting Deep Tissue Massage*

A restorative massage drawing from multiple therapeutic techniques, applied with intention to release deeply held tension, ease fatigued muscles, and restore strength and mobility.

“FIRE” *Signature Heated Rungu Massage*

Rooted in Maasai culture, this signature ritual incorporates gently heated rungu sticks — symbols of power and protection — used as an extension of the therapist’s hands. Warmth and rhythmic pressure soothe aching muscles and joints, making this a deeply grounding remedy after long journeys, bringing your body & mind into harmony.





BODY TREATMENTS - *The Wisdom of Africology*

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AFRICOLOGY BODY SCRUB

A full-body exfoliation to gently polish the skin and stimulate circulation. The ritual is completed with a generous application of a nourishing body balm, leaving the skin soft, warm, and renewed. The ideal treatment before using the sauna and cold plunge.

BUMPY-ROAD RELIEF

A grounding recovery ritual designed to ease the effects of travel. This treatment combines deep tissue back massage with a soothing head and scalp massage, followed by focused pressure-point foot work. Tension softens and sore muscles are gently restored.

PRESSURE-POINT FOOT MASSAGE

Focused pressure on the feet releases tension and restores balance throughout the body. Enjoyed at the spa or beside the pool, overlooking expansive views, allowing you to unwind.

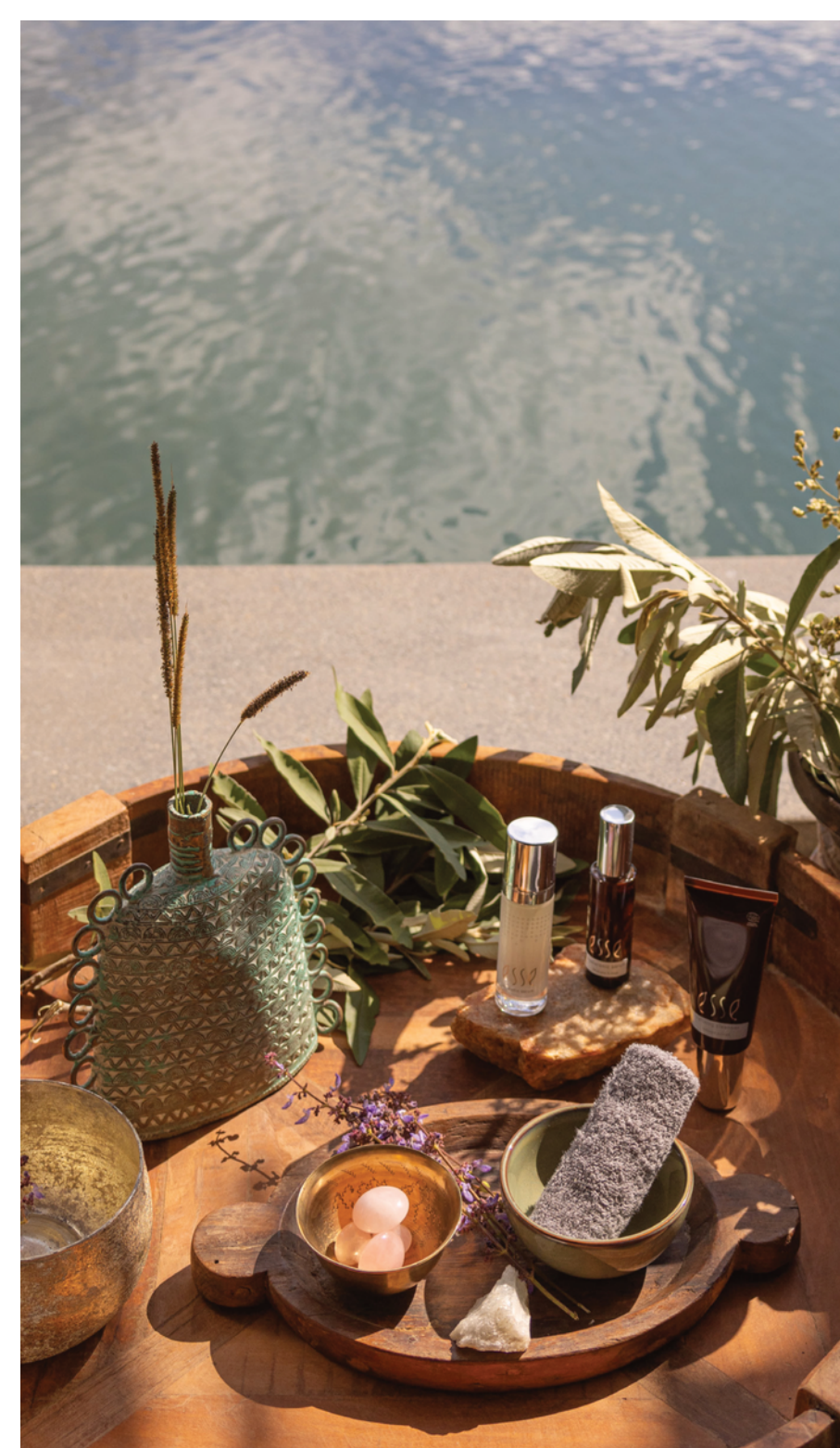
HARMONISING HEAD & SCALP

Relieve tension and melt away stress with this deeply soothing massage treatment, focusing on the shoulders, neck, and scalp. Invites calm and gently quiets the mind. Can be enjoyed either with or without oil or Africology Hair Conditioner.

ESSE FACIAL TO REWILD YOUR SKIN

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 acupuncture 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 – *Nails*

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WILD HAND RITUAL (MANICURE) | WILD FOOT RITUAL (PEDICURE)

A complete nail care experience beginning with a soothing soak, gentle exfoliation, and softening of the skin and cuticles. Nails are carefully trimmed and shaped, followed by a luxurious massage to deeply nourish and soften the skin. Finished with your choice of gel or regular varnish.

WILD CHILD WELLNESS – *For the Little Ones*

FOR FINGERS AND TOES

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

WILD CHILD MESSAGE

A calming massage designed especially for children.

FLOWER FORAGING

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

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.

GENTLE YOGA STRETCH

Soak in the expansive views whilst mindfully moving your body, encouraging mobility, and centring the mind. Suitable for all levels.

GUIDED MEDITATION & BREATHWORK

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

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.



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

- Treatment room
- 2 luxury spa beds
- Large bath & shower
- Boutique

- Relaxation area
- Sauna
- Cold plunge
- Hot tub

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

