

wild coast rituals

wellness is treating the mind, body and spirit.

at wild coast tented lodge, we embody this ideology by curating holistic therapies infused with tea based ingredients and nurturing practices. our spa menu draws inspiration from traditional healing methods, the jungle wilderness and a bountiful collection of hyperlocal herbs. please feel free to inquire further if you wish to know more about the ingredients, modalities or theories used in any of our offerings.

ceylon tea healing compress

inspired by traditional herbal therapies, this full body massage uses warm poultices infused with ceylon tea to ease joint pain, muscle tension, and stiffness. the natural antioxidants and soothing heat promote circulation and encourage deep relaxation, leaving the body restored and the mind refreshed.

duration: 90 mins - \$135.

bath ritual

indulge in a spa bath that promotes relaxation after your safari, where the heat elevates your body temperature, easing your muscles. enhance the experience with essential oil, fresh milk and tea, providing a soothing scent, complemented by a lime juice for a rejuvenating bath.

in-room treatment: 30 mins - \$50.

invigorating ritual

immerse yourself in a pampering experience designed to soothe, relax, and invigorate your senses. choose between a deep tissue massage and balinese massage style, complemented by a hydrating facial.

duration: 120 mins - \$170.

soothing ritual

experience a pampering session designed to soothe, relax, and invigorate your senses. this inclusive ritual features a body scrub and massage treatment.

duration: 120 mins - \$170.

nourishing ritual

embark on a unique experience that combines massage and facial treatments. choose your preference between a relaxing massage or deep tissue massage.

duration: 90 mins - \$135.

renewing ritual

select any 60 mins or 90 mins full-body massage treatment and include a bath ritual in a cocoon.

duration: 90 mins \$135 / 90 mins \$170.



prices are in USD, including service charge & tourism levy, VAT will be added

pampering ritual

(body scrub and body wrap)

enjoy an exceptional skin-softening body exfoliation that combines all-natural ingredients such as ceylon coconut, honey, tea, and coffee. this exquisite blend, delivered to your table, leaves your skin nourished, smooth, and supple. customise your experience with a body wrap of your choice, based on ceylon turmeric, coffee, tea, or chocolate, tailored to your preferences and concerns. this array of natural ingredients is rich in vitamins and antioxidants, providing highly nutritional and effective solutions for various skin issues. the treatment concludes with the application of a smooth lotion.

duration: 75 mins - \$110.

beauty treatment

hydrating facial

indulge in a skin treatment formulated to aid in the hydration and rejuvenation of the skin. the treatment concludes with an acupressure face and head massage, along with gentle muscle stretches on your neck before the mask. enhance the experience with a smooth velvety cream providing essential vitamins and nutrients to your skin.

duration: 60 mins - \$90.

body ritual

hot stone massage

this holistic treatment relieves deep-seated tension and releases blocked energy flow to re-energize the body. it is the perfect way to release muscle tension and aches. the full-body massage uses carefully-selected essential oils and a therapeutic hot volcanic stone treatment, concluding with a head massage and gentle muscle stretches.

duration: 90 mins - \$130.

ceylon herbal massage

experience a deep heat medicinal muscle treatment using the herbal poultice combined with massage. the body absorbs the heat, along with natural herbs such as ginger, nutmeg, clove, and cinnamon, to reduce aches and pains, stimulate circulation, increase lymphatic drainage, detoxify, and condition the skin. the treatment concludes with a nourishing virgin coconut oil head massage.

duration: 90 mins - \$135.

post-safari aromatherapy massage

experience a deeply invigorating ritual ideal for post-safari relaxation. this massage involves a combination of gentle and hard pressure strokes along the body, using heated oil. choose from a range of detox, relaxing, and energizing oils.

duration: 60 mins - \$90 / 90 mins - \$125.



prices are in USD, including service charge & tourism levy, VAT will be added

deep tissue massage

immerse yourself in a powerful and invigorating massage technique that uses deep pressure to alleviate deep-seated tension, stiffness, fatigue, and muscular stress. the focus areas include the back, neck, shoulders, buttocks, and legs. the application of appropriate pressure expedites recovery for pain relief.
duration: 60 mins - \$90 / 90 mins - \$125.

balinese massage

enjoy a full-body holistic massage treatment, starting from the scalp to the foot. this technique includes gentle stretches, relaxing strokes, and pressure points to stimulate the flow of blood, lymph, and energy. the balinese massage is highly effective for relaxing strained muscles.
duration: 60 mins - \$90 / 90 mins - \$125.

foot massage

indulge in a deeply therapeutic foot and lower leg massage, targeting the reflex zones. this relaxing and rejuvenating treatment applies pressure and specific movements to improve blood circulation and energy flow within the body.
duration: 45 mins - \$75.

head / back + neck + shoulder

experience a comforting ritual that relieves tension in the muscles of the head, back, neck, and shoulders. choose from a selection of oils to enhance this treatment.
duration: 45 mins - \$75

additional treatments

mini facial

this treatment is designed to provide most of the benefits of a full facial in half the time, correcting small imperfections on the skin's surface, such as dryness. mini facials result in tighter, smoother, and healthier skin, reviving blood circulation to improve skin.
duration: 30 mins - \$50.

mini scrub

designed to effectively remove dead skin cells, dirt, and oil from the skin's surface, this treatment leaves your skin feeling soft, smooth, and improves your skin tone.
duration: 30 mins - \$50.

wellness ritual for young guests

a gentle, calming ritual designed to help children unwind, sleep better, and feel at ease. light pressure massage techniques soothe the body and calm the mind. suitable for ages 7 to 12.
note: must be accompanied by a parent or guardian.
duration: 40 mins - \$55