



Silverback Lodge

Facilities:

Our fully trained therapists are waiting to provide you with any additional information/or queries you may have regarding the service and body treatments

Opening Hours:

0700 Hr - 0200 Hrs (Weekdays, Weekends and public holidays)

Minimum age:

Guests must be at least 16 years of age to use the gymnasium or spa facility. Children below this age must be accompanied by an adult.

Making a reservation:

We urge you to make an advanced reservation for any appointment within the camp. Appointments are of course subject to availability. Please visit our therapist to make and book an appointment.

Please remember to take along a discount voucher if you have one.

Disclaimer and warning:

Silverback Lodge accepts no responsibility for any injury that may occur or result during or after any treatment. We strongly advise anyone with the following condition to inform our therapists before making any booking:

- Recent operation/ Surgery
- High blood pressure

- cardiac/Heart condition
- Any past muscle, joint or tendon injuries
- Pregnancy, Epilepsy or Diabetes

Please note that we advise you to leave all valuables in the safe in your room before coming for exercises on treatment.

Arrival time:

We request that all guests arrive at least 10 minutes before their appointment time.

Kindly note that if a guest arrives late, He or She would naturally forfeit some of the treatment time to make up for lost time.

Dress code:

Please note that nudity is not allowed in any of our public facilities. Please use swim wear in these areas, and change as necessary in any of the designated rooms.

For those with appointments for treatments a dressing robe, slippers and a disposable briefs are provided by the therapists

Cancellation:

Should you wish to cancel any appointment or booking, we request that you notify the therapists at the facility at least 5 hours prior to the time of your booking. If this is not adhered to a 50% cancellation fee will be charged to your bill.

MASSAGE

Policy & Etiquette

Marasa Africa Uganda

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SILVERBACK LODGE MASSAGE TREATMENTS

Your holiday at Silverback lodge will take you away from the stress of daily duties and frantic routines.

Complete the experience by choosing from our menu of massage therapies and body treatments that offer a holistic experience to unwind and restore the balance between mind, body and spirit.

Aromatherapy massage 1 hr. \$45

Using 2 distinct but overlapping aspects of an aromatherapy massage treatment is beneficial in many ways. The massage itself has soothing effects on the body, and the interaction between the therapist and the recipient is heightened with the effect of the essential oils.

Using essential oils that appeal specifically to the individual, we try to customize this unique and invigorating massage experience to ensure you are satisfied as can be.

Deep Tissue Massage 1hr: \$45

This massage uses slow strokes and deep pressure to work on tight areas to release specific muscle tension and restore flexibility. Deep-Tissue massage is generally slower than Swedish, this technique goes deeper into the muscle and connective tissue to release chronic tension which might have developed from injury or overuse.

Reflexology 40min: \$35

Promote balance and relieve tension with this deeply relaxing hand and foot massage, which stimulate the reflex areas in your hands and feet. Reflexology is a natural healing Art based on the principle that there are reflexes in the feet and hands which which correspond to every part of the body. Through application of pressure on particular areas of the hands or feet, reflexology serves to relax tension, improve circulation and promote the natural function of the related area in the body



Swedish Massage 1hr: \$45

Calm your mind, body and spirit with a massage at your requested intensity. This massage will alleviate stiffness and fatigue as well as improve circulation. Swedish massage is a general whole body massage using oils on the skin to facilitate treatment. This is the basis of all western forms of massage treatment.

Indian Head Massage 40min: \$35

The Hindi word for head massage is "Champi" and aspects of the treatment have a long tradition in Indian families. Mothers would stroke their daughters' hair to promote its growth and health. It helps soothe and relax the nervous system while relieving joint and muscle stiffness and ofcourse it is a very beneficial treatment for tension headaches and eye strain. Also different strokes and pressure are used to stimulate the lymphatic and circulatory system. These are just a few of the therapeutic benefits of this technique.

Back of legs, Back, Neck & shoulders 40mins: \$35

Detoxifying 1hr: \$45

Sports Massage 1hr: \$45

Body Scrub & Massage (Dry) 1hr: 30mins \$80

Scrub without Massage 1hr: \$50

Massage & Body Scrub 1hr: \$60