

# IMMERSE

discover inner joy  
where you can truly  
relax, unplug and  
recharge... enter our spa  
and immerse and spoil  
your soul

*One&Only*

GORILLA'S NEST

*Rwanda*



ONLY HERE  
ONLY FACE  
ONLY BODY  
FOREST ADD-ONS  
HANDS & FEET  
WELLBEING IN NATURE  
SPA ETIQUETTE





## ONLY HERE

### POST-TREK AND TRAVEL

90 minutes

Thoughtfully designed to restore both body and mind after long days of trekking, this signature journey offers profound renewal and rebalancing of your energy. Focusing on the back of the body, the treatment combines gentle lymphatic drainage with slow, soothing strokes to enhance circulation, ease muscular tension, and reduce swelling. As your body releases fatigue, a deep sense of relaxation and inner connection emerges leaving you feeling light, revitalized, and beautifully prepared for your next adventure.

### PINDA SIGNATURE MASSAGE

60 minutes

This indulgent treatment features individually heated Pindas, delicately filled with baobab seeds and infused with eucalyptus, offering a deeply restorative experience. As the warm Pindas glide across the body, the therapeutic blend of heat, deep pressure, and the gentle micro-massage of the seeds works in harmony with lymphatic drainage techniques. This luxurious combination stimulates circulation, encourages the flow of lymph, and supports the natural elimination of toxins leaving the body purified, revitalized, and in perfect harmony.

### SLEEP NEST RITUAL

90 minutes

This treatment is thoughtfully designed to ease stress, restore harmony between body and mind, combat jet lag, and promote restful sleep. Its intention is to gently balance the body's energy, guiding you into a state of deep relaxation. The experience weaves together the soothing resonance of sound therapy using chimes and rain sticks with targeted acupressure on points that stimulate the pineal gland, which supports the natural production of melatonin essential for a healthy sleep-wake cycle. Complemented by the calming power of aromatherapy, this holistic treatment offers a serene reset for both body and spirit.

### FOREST COFFEE AND COCONUT

90 minutes

Inspired by the rich heritage of Rwandan coffee, this revitalizing ritual begins with an enlivening body polish, blending locally sourced coffee and coconut to gently exfoliate and awaken the skin. The experience continues with a full-body massage designed to detoxify and restore balance, combining the therapeutic benefits of lymphatic drainage techniques and precise acupressure. Warmed coffee beans are then applied to melt away muscle tension, enhancing circulation and activating the body's natural healing responses. This deeply restorative treatment offers a beautiful synergy of tradition, wellness, and renewal.

### ESSENCE OF ROSE

150 minutes

This exquisite treatment is designed to elevate energy levels and enhance the body's natural immunity through a harmonious blend of botanical beauty and crystal healing. Your journey begins with a gentle, rose-infused body exfoliation to awaken the senses and renew the skin. This is followed by a deeply therapeutic massage using absolute Rose oil and targeted acupressure, seamlessly incorporating hot and cold rose quartz crystal balls to restore energetic balance. A luxurious rose crystal roller facial then lifts, firms, and smooths the skin, enriched with active compounds from powerful African botanicals such as baobab, sage, buchu, and rooibos —each chosen for its anti-inflammatory properties and the ability to stimulate collagen and elastin production. The ritual concludes with a serene rose petal bath, inviting you into a state of blissful mindfulness and radiant calm.



## ONLY FACE

### AFRIQUE ARISING

60 minutes

The Afrique Arising massage technique stimulates blood flow to the skin, allowing the omega rich Terres d'Afrique oils and nourishing linoleic acids to deeply rehydrate and regenerate its inner layers. Enriched with vitamins from the Baobab tree, this luxurious treatment works to restore the skin's natural elasticity, leaving it beautifully supple, plumped, and irresistibly smooth to the touch.

### AFRIQUE RESTORED

60 minutes

Combat the effects of free radical damage with this deeply cleansing facial, expert designed to infuse your skin with potent antioxidants derived from rooibos, kigelia, and baobab. This revitalizing treatment helps to purify, protect, and restore radiance, leaving your complexion refreshed, balanced, and beautifully nourished.

### AFRIQUE MYSTIQUE

90 minutes

Thoughtfully designed for mature skin, this age-defying facial combines advanced botanical formulations with the sculpting power of wooden wands to visibly lift and firm. The gentle yet effective technique works to smooth fine lines and wrinkles by realigning and supporting weakened collagen structures, leaving the skin rejuvenated, refined, and beautifully radiant.

### MEN'S ORGANIC FACIAL

60 minutes

This bespoke treatment is tailored to the unique needs of each guest, featuring a deeply relaxing massage enhanced by the soothing energy of Blue Lace Agate crystals. By gently stimulating neurovascular points across the face and neck, the treatment works to release blocked energy, promote energetic flow, and restore a sense of harmony and inner calm leaving the skin radiant and the spirit renewed.





## ONLY BODY

### AFRIQUE DEEP TISSUE RELEASE 60 minutes | 90 minutes

This highly specialized massage is expertly crafted to relieve stiff, aching muscles through deep detoxification and enhanced circulation. A therapeutic blend of techniques including pulling, trigger point therapy, and cross-fibre muscle movements is performed using potent essential oils to target areas of tension with precision. The treatment is further elevated by the application of hot and cold gel therapies and a revitalizing spray, while an African wooden massage ball is skillfully used to release deep-seated muscle tightness. The result is a powerful sense of relief, renewed vitality, and lasting muscular ease.

### AFRIQUE AROMA MASSAGE 60 minutes | 90 minutes

The Afrique Journey begins with a personalized selection of African essential oils, each chosen for their unique therapeutic properties and aromatic richness. These precious oils are then applied in a gentle, rhythmical aromatherapy massage, featuring long, flowing strokes that nurture both body and spirit. This deeply soothing ritual harnesses the natural healing power of botanicals to promote relaxation, restore balance, and envelop you in a sense of calm, grounded well-being.

### REDISCOVERED REFLEX 45 minutes

Treatment began with selecting your blend of African essential oils and combining with aromatherapy massage a gentle massage technique using nurturing long strokes to restore and the natural therapeutic properties of essential oils to make the treatment bespoke and tailored.

### FOREST BACK, NECK, AND SHOULDER MASSAGE 90 minutes

Melt away tension in the upper body with this deeply soothing massage, perfectly tailored to restore ease and comfort whether enjoyed after a day of exploration or to unwind from a long journey.

### ENERGY HEALING THERAPY 90 minutes

This transformative healing journey weaves together ancient practices of yoga, shiatsu, Thai massage, acupressure, Reiki, and chakra balancing into a deeply restorative experience. Designed to calm the mind, release tension, and support emotional well-being, the treatment promotes restful sleep and restores harmony to the body's energy centers. Each element is thoughtfully integrated to guide you toward inner balance, enhanced vitality, and a profound sense of peace.

## FOREST ADD-ONS

Elevate your spa experience by incorporating our Forest Add-Ons, a serene complement that can be seamlessly paired with any facial or body exfoliation treatment. Let the healing essence of the forest deepen your sense of renewal and connection to nature.

## HANDS & FEET

Your hands or feet will feel renewed after a relaxing exfoliating scrub, nail buffing and shaping, cuticle removal and treatment and relaxing hand or foot massage.

Manicure (60 Mins)  
Pedicure (60Mins)  
Nail Polish (20 Mins)





## WELLBEING IN NATURE

### RECONNECT MIND AND BODY THROUGH YOGA IN NATURE

60 minutes

Awakened by fresh air, feel connected to every breath during open air yoga classes on our refreshing yoga deck, alongside our infinity pool, over-looking the rain forest. Start your day the right way with an invigorating yoga class designed to gently stretch and release your body, helping you to re-energize, relax and re-align.

### MINDFULNESS MEDITATION

30 minutes

Surrounded by the beauty of the eucalyptus forest, feel a million miles away from life at home in otherworldly natural settings. Connecting with each breath, feel present in the moment during our daily mindfulness meditation classes. Learning a range of techniques, you'll feel a sense of calm, peace and balance aiding emotional, mental, and physical wellbeing. Here you can choose from a variety of meditations: Mindfulness breathing, Guided visualization, Walking meditation, Gazing meditation, Compassion meditation, Music meditation, Attachment meditation, Mantra meditation, and Insight Card meditation.

### FOREST BATHING – SOUND HEALING

45 minutes

Experience the all-encompassing ancient practice of sound bathing. Using a set of pure crystal bowls, each designed to resonate with the energy centers (Chakras) of the body to help rebalance your body, mind, and soul to optimum health. Learn about the healing benefits of sound and allow yourself to be bathed in a tailored sound journey immersed in the forest beneath a canopy of trees on our meditation deck.

### PROGRESSIVE CORE TRAINING

60 minutes

Feel stretched both mentally and physically in the natural forest surroundings. This core class, drawing on the principles of pilates, yoga and functional movement, focuses on balancing the body, incorporating elements of stretch, and strengthening exercises for a full body workout. Suitable for all levels of fitness, this class will show you how to build and lengthen all major muscle groups in your body. Our classes are tailored to improve your flexibility and strength, whilst giving your body awareness and posture.

### PERSONAL TRAINING

60 minutes

Allow our motivational personal trainers to create programs tailored specifically to you and your needs. Exercises will vary between strength, cardio, flexibility, and endurance. Your trainer will demonstrate techniques and encourage you to reach your peak before finishing with an invigorating stretch.





## SPA ETIQUETTE

### APPOINTMENTS

Please speak with our Spa team or Front Desk colleagues to schedule your appointment.

### CANCELLATION POLICY

Kindly be aware that cancellation within 12 hours of the scheduled start-time will incur 100% charge.

### ARRIVING AT ONE&ONLY SPA

We highly encourage checking in at ClubOne at least 30 minutes prior to your scheduled appointment. This allows us to provide you with a full welcome experience, and to briefly discuss your treatment expectations and preferences. Where possible, we will try to ensure full treatment time for late arrivals, but to accommodate the next scheduled guest, your treatment time may be reduced with no refund made.

### WHAT TO EXPECT

When you arrive, you will be provided with a robe, towels, slippers, and disposable undergarments. We provide lockers where you can stow your belongings. During your treatment, privacy is assured with discreet draping.

### FACILITIES

One&Only Spa is home to a state-of-the-art fitness center featuring the latest Techno gym equipment, outdoor gym, boxing station, steam room, sauna, cold plunge pool, heated pool, and a yoga pavilion for your enjoyment. You will be provided with a locker, robes, slippers, and other essential items while you are visiting the Spa.

### HEALTH CONDITIONS

Please let our team know about any existing health conditions when booking your appointment, including high blood pressure, any heart conditions, allergies, recent surgeries, or pregnancy.

### AMBIENCE

Our spa is a tranquil space. To help you sink fully into relaxation, we will ask you to speak in a lowered voice, and to leave your phone or camera in the lockers provided. The spa is completely non-smoking.

### VALUABLES

As we cannot guarantee the safety of your valuables, we recommend you leave these in your room.

### AGE REQUIREMENTS

We welcome guests aged 16 and over to the spa and its shared facilities.

### GRATUITY POLICY

Gratuities are not included in any Spa Experiences and are at your discretion.

### PRICES

All prices are quoted in US Dollars (\$) and are inclusive of government tax. Prices are per person.

## INQUIRES & RESERVATIONS

Advance reservations are required.  
For additional information or to inquire  
about any of the events and activities,  
please contact the resort at +250 221 011 111  
or [reservations@oneandonlygorillasnest.com](mailto:reservations@oneandonlygorillasnest.com)  
Menu is subject to change without prior notice.

Prices are in USD and are subject to change.  
[oneandonlyresorts.com](http://oneandonlyresorts.com)