

IMMERSE

enter our spa and
discover deep relaxation,
a sense of renewal and
inner joy through the
revival of your soul

One&Only

NYUNGWE HOUSE

Rwanda



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





ONLY HERE

FOREST AWAKENING

120 minutes

We have created a sacred space filled with divine intention, shared between you and your loved one. Sit back, relax in our forest swings and allow the alluring fragrances of pure essential oils to transport you to a place that re-inspires you. To reconnect, start with an African mud and invigorating scrub in the outdoor shower before a bespoke full body massage.

NYUNGWE RITUAL

120 minutes

Drift away to the tranquil rhythm of the forest and surrender to a deeply restorative African journey. Your experience begins with a magnesium-rich mud wrap, easing tension from your body, followed by a magnesium-infused deep tissue massage designed to soothe and rebalance the muscular system. The ritual concludes with a radiance-enhancing mini facial, leaving you feeling renewed, relaxed, and restored.

INTONGA AMASATCHI

75 minutes | 100 minutes

The body holds the memory of every emotion we experience. When we struggle to release tension, it manifests physically, often lowering our natural vitality and immunity. The Intonga Amasatchi ritual is a deeply restorative full-body therapy combining firm, rhythmic movements of the hands with the skillful use of specially crafted wooden sticks to stretch tight muscles, relieve deep-seated stress, and stimulate the release of toxins. Rooted in ancient African tradition, the stick is once a symbol of wisdom and guidance that empowers the healer to restore harmony, balance, and renewed energy to the body.

FIRE RITUAL

90 minutes

A symbolic treatment ritual that works deep into the muscular system to release stiffness and pain. Begin your journey with a smoke bath ritual and fire visualization coupled with guided breath work, which is a powerful activation process in transforming pain into healing energy. Fire has long symbolized rebirth in human culture and is our inspiration for this rejuvenating full body experience where your body and mind will feel cleansed, reignited and re-energized.

AFRICAN MARULA EXPERIENCE

120 minutes

Indulge in our pure and natural Hypoxis Body Wrap, expertly formulated with African potato and Marula oil. Warmly applied to the body, this nourishing treatment softens, soothes, and enhances skin hydration while helping to combat free radical damage. As the rich ambient sounds of Africa play in the background, your mind is gently guided into a state of deep relaxation. A traditional foot ritual and a calming scalp massage accompany the wrap as it melts into the skin. The experience concludes with a soothing full-body massage using conditioning Marula oil, leaving you feeling restored, balanced, and renewed.



ONLY FACE

AFRICAN GODDESS 90 minutes

The African Goddess facial is a treatment designed to honour the sacred energy within. Our de-stressing, anti-ageing facial is rich in natural plant oils. Deeply hydrating, it restores elasticity and stimulates new cell growth. The back is scrubbed before a shea balm-infused back massage. This treatment is a wonderful ritual that involves cleansing, massage, and sound therapy, allowing you to rediscover the essence of you.

AFRICOLOGY BESPOKE 60 minutes

Our facials are entirely bespoke and chemical-free, yet expertly performance-driven, delivering visible, lasting results. Your therapist will conduct a personalized skin analysis, carefully consider your expectations, and curate a treatment ritual tailored to your unique needs. Each facial includes deep pore cleansing performed with precision and care, never stretching the pores or compromising the integrity of the skin. Our gentle, mindful approach emphasizes hydration and targeted skin nutrition, both essential to maintaining a youthful, radiant complexion. Special attention is given to the delicate eye area, with techniques designed to reduce dark circles, lift, and plump. Every facial is a journey in skin preservation and renewal, focused on preventing premature ageing while restoring luminosity and balance.

GENTLEMEN'S FACIAL 60 minutes

Reveal a refreshed, luminous complexion with this gentle yet effective cleansing ritual. A soft exfoliating cream purifies without harshness, while a stimulating facial massage revitalizes tired skin and restores natural clarity. Your therapist will personalize each step to your unique skincare needs, creating an experience that restores balance, vitality, and youthful radiance.

ANTIOXIDANT EYE TREATMENT 15 minutes

Suitable for all skin types. Add this luxurious and uplifting Africology eye treatment to any of our body, face or vitality treatments. Nourishing and smoothing the skin around the eyes, this treatment targets dark circles, tiredness, and signs of aging.





ONLY BODY

BESPOKE INTUITIVE

60 minutes | 90 minutes

Choose from a curated collection of Africology aromatherapy-infused oils, each warmly applied and deeply massaged into the body. This therapeutic treatment targets muscular tension and supports lymphatic flow, easing stiffness, and restoring natural balance. The experience is enhanced with the soothing touch of warm stones, which gently melt away tension, promote circulation, and encourage deeper absorption of the essential oils. Your therapist will guide you in selecting the oil blend best suited to your needs; Relaxing, Slimming Detox, Muscle Relaxing, or Energizing for a bespoke journey of renewal and tranquility.

RECLINE REFLEX

45 minutes

Ideal for reconnection and grounding, this is an ancient and essential massage that grounds energy. Starting with a foot ritual followed by a massage that concentrates solely on the feet and lower leg on the reflex zones.

HOLISTIC DEEP TISSUE

60 minutes | 90 minutes

Unwind with a deeply restorative experience inspired by the tranquil spirit of Nyungwe's rainforest. This therapeutic massage blends purposeful deep pressure, mindful flowing techniques, and guided stretching to release tension, ease muscle fatigue, and enhance flexibility and mobility. Designed to promote circulation and melt away stiffness, it restores inner balance while leaving the body grounded, renewed, and luxuriously revitalized.

TENSION RELIEF BACK MASSAGE

45 minutes

The treatment begins with a deeply relaxing massage focused on the neck, shoulders, and scalp, easing tension and dissolving stress through intuitive touch and the power of aromatherapy.

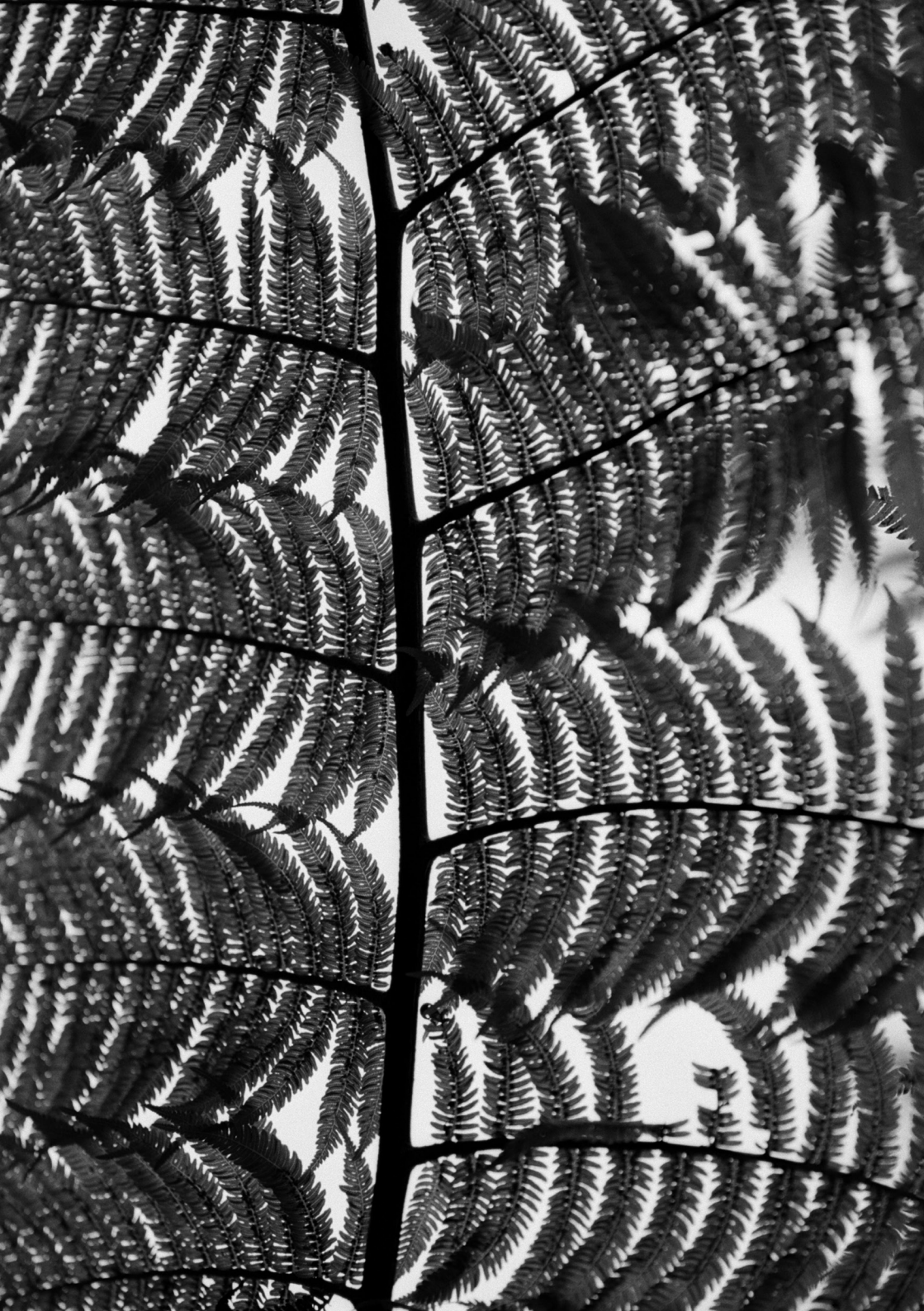
FOREST ADD-ONS

Refreshing mini facials. Enhance your massage journey by adding the forest add on refresh facials possibilities to any selections of your massage.

HANDS & FEET

Experience the naturally nourishing, plant-infused Africology skin and nail care products. Your hands or feet will feel renewed after a tea-infused soak and exfoliating scrub, nail buffing and shaping, cuticle treatment and relaxing hand and arm massage.





WELLBEING IN NATURE

RECONNECT WITH OPEN-AIR YOGA

Awakened by fresh air, feel connected to every breath during open air yoga classes on our private Yoga deck overlooking 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.

TAKE A MOMENT, WITH MINDFULNESS MEDITATION

Surrounded by the untouched beauty of the rainforest, feel completely removed from the demands of everyday life as you settle into this serene, natural sanctuary. With each mindful breath, reconnect to the present moment and awaken a profound sense of calm and clarity. Our daily mindfulness meditation sessions introduce a variety of gentle practices designed to nurture emotional, mental, and physical wellbeing including mindful breathing, guided visualization, walking meditation, gazing meditation, compassion meditation, and music meditation.

Experience stillness, balance, and a deeper connection to the tranquility of Nyungwe's rainforest.

PROGRESSIVE CORE TRAINING

Feel stretched both mentally and physically in the natural Rainforest surroundings. This core class, drawing on the principles of 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 you body awareness and posture.

PERSONALISED TRAINING & SPORT STRETCH SESSION

Work up a sweat in our indoor gym or be inspired by the rolling hills and scenic trails of the surrounding tea plantation. Enjoy a personal training session tailored specifically to your needs, guided by one of our motivating fitness professionals.

Each session is customized to include a balance of strength, cardio, flexibility, and endurance exercises. Your trainer will demonstrate proper techniques and support you in reaching your personal best. Sessions may begin or end with a targeted sports stretch to enhance mobility and recovery.





SPA ETIQUETTE

SCHEDULING AN APPOINTMENT

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 a 100% charge.

ARRIVING AT ONE&ONLY SPA

You are encouraged to arrive 15 minutes prior to your appointment to change, relax, and enjoy the spa journey.

HEALTH CONDITIONS

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

WHAT TO EXPECT

When you arrive, you will be provided with a robe, towels, slippers, and disposable undergarments. During your treatment, privacy is assured with discreet draping.

AMBIENCE

Our spa is a tranquil space. To help you sink fully into relaxation, we'll ask you to speak in a lowered voice, and switch your phone to silent or leave it in your room. 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 sixteen 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

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@oneandonlynyungwehouse.com
Menu is subject to change without prior notice.

Prices are in USD and are subject to change.
oneandonlyresorts.com