

**Swedish Massage****60 Min****USD 50**

A massage technique designed to relax the muscles ease tension, improve circulation and promote general wellbeing.

Back, Neck & Shoulder Massage (strong or light pressure) 30 Min**USD 30**

This deep tissue therapy focuses on the back, neck, and shoulders and it is designed to release tension and blockages leaving one feeling rejuvenated, renewed and revitalized.

Deep Tissue Massage (strong or medium pressure) 60 Min**USD 50**

A massage technique that utilizes slow strokes and deep finger pressure techniques to release the tension, aches and pains.

Aromatherapy Massage**60 Min****USD 50**

A holistic treatment that is based on the psychological and physical benefits of essential oils. The treatment is designed to either energize or relax the body.

After Sun Relaxing Massage**60 Min****USD 50**

A soothing effect on the body after sun bathing, quick healing on a sun burned skin, improving blood circulation and leaving the body relaxed, soft and smooth.

Indian Scalp Massage**30 Min****USD 30**

Muscle relaxation techniques aimed at providing relief from mental and emotional stress and increasing oxygen uptake to the brain and tissues thus creating peace and tranquility.

Lymphatic body drainage massage**55 Min****USD 50**

A lymphatic drainage massage helps to ease all that fluid away, pushing it towards the lymph nodes where it can be eliminated. This is one of many reasons you may leave your treatment feeling lighter and more energised. If you suffer with heavy legs, this is a big benefit

Foot Massage (strong or light pressure)**30 Min****USD 30**

Relaxing foot massage, improving blood circulation and promotes better sleep.

Foot reflexology**30Min****USD 30**

Reflexology helps by increasing blood flow through the body, which helps to decrease stress and anxiety and lower blood pressure. When you feel less stress and less anxious, it's easy to feel relaxed.

Body Scrub	30 Min	USD 30
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This treatment is 100% exfoliation. The removal of dead skin cells from the body and impurities, leaving you feeling fresh and your skin looking rejuvenated and revitalized. Suggested on arrival to prepare the skin to a perfect tanning.

Swahili Treatment	90 Min	USD 90
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Beauty treatment inspired by a combination of traditional swahili scrub (30 minutes) and relaxing massage with local oils and flavours (1 hour). All products are natural and possibly from our garden.

Pedicure		USD 25
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A refreshing, soothing spa therapy for tired feet based on cooling menthol & deeply nourishing Island oils & butters. It is designed to condition, repair and soften the feet whilst uplifting the senses.

Nail & Cuticle Work | Soak | Foot Scrub | Nail Varnish

Manicure		USD 25
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A soothing, softening spa therapy for the hands based on extracts of Island oils and butters. It is designed to brighten, condition and soften the hands whilst calming the senses.

Nail & Cuticle Work | Soak | Hand Scrub | Nail Varnish

Facial Cleansing		USD 35
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Hot towel steaming, scrub, toner and face massage

Swahili Facial Cleansing		USD 45
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Beauty cleansing treatment inspired by a combination of local products like aloe, cucumber, Milk and Tanzanian coffee.

Manicure + Pedicure		USD 40
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