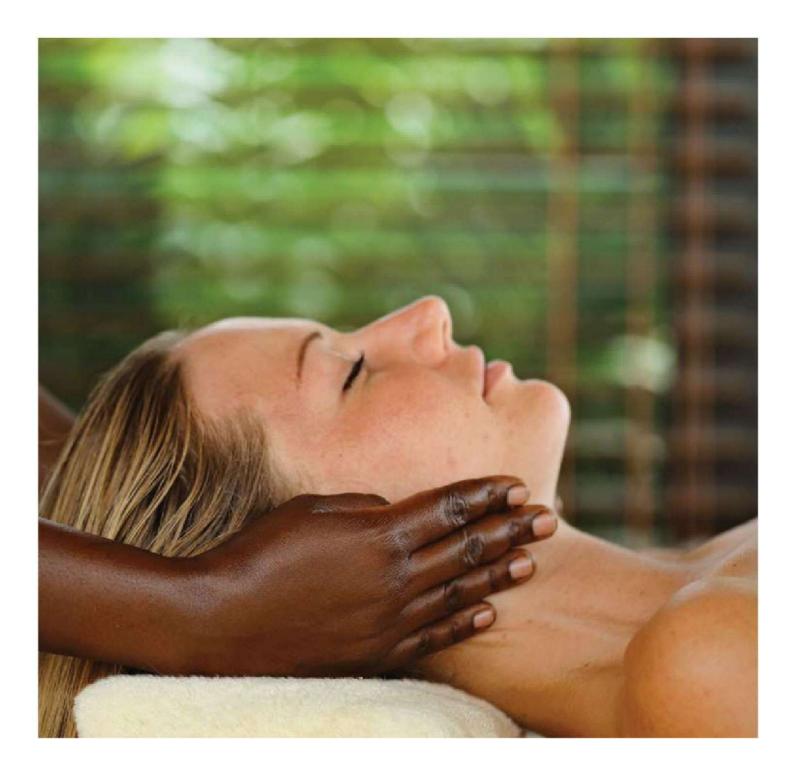




Slow down and embrace the natural rhythm of the Spice Islands. Your dedicated spiritual sojourn begins at the spa, the heart of tranquillity tucked within two hectares of tropical gardens. A sanctuary of stillness in which restorative pleasures await.

Be lulled by the gentle breeze, healing aromatherapy scents and sounds of the lapping waves on the far shore. Six spacious treatment pavilions, a relaxation area with a whirlpool sauna and steam room set the occasion for an interlude between daily demands and an intimate moment where your mind, body and soul can find harmony.

Our range of bespoke treatments and rituals, exclusively designed to the vibrant multicultural tapestry of Zanzibar. Discover the healing, rejuvenating potential organic ingredients combined with the magic touch of local flora and spices. These treatments promise a journey through Zanzibar's alluring and mystical heart.



FACE THERAPIES

BODY TREATMENTS

RAINFOREST FACE THERAPY

Detoxifying and anti-inflammatory, this restorative face therapy draws on intensely healing rainforest extracts to rejuvenate and brighten skin.

60 minutes

MARINE FLORA FACE THERAPY

Purifying, hydrating and nourishing, this deeply cleansing face therapy to remove waste build up and encourage rapid repair of damaged or dehydrated skin. See an improvement in tone and signs of tension disappear from your face.

60 minutes

RADIANT ANTI-AGING FACE THERAPY

Perfect for dehydrated and tired skin, this treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feeling of deep peace and beautiful glowing skin.

60 minutes

REVITALISING FACE THERAPY FOR MEN

This revitalising face therapy restores skin sensitised by exposure to the elements. Skin is left supple, strengthened and full of vitality

60 minutes

PRANA VITALITY MASSAGE

Prana is the life force that expands our energy, filling us with vitality, positivity and joy. An aromatic specialised massage techniques and facial therapy to encourage and strengthen this life force, Opt for a 'Relaxing' or 'Uplifting' treatment.

90 minutes

ENERGISING BODY RENEWAL

Wash away fatigue and feel ready to face the world again. The ionising properties of kahawa or madafu makes it the ideal scrub for the treatment of cellulite, stress and exhaustion. On a physical level of energising body massage, it stimulates circulation and toxin elimination. On a subtle level, it cleanses and strengthens the bio-energy fields, uplifting your mind, body and spirits.

90 minutes







BODY SCRUBS

BODY WRAPS

BODY KAHAWA

Made from finely ground Tanzania coffee, this richly aromatic scrub will gently exfoliate and lift dulling cells to rejuvenate and tone your skin.

30 minutes

BODY MADAFU

The madafu, or young coconut, unclogs pores and absorbs impurities, leaving your skin hydrated and radiantly glowing.

30 minutes

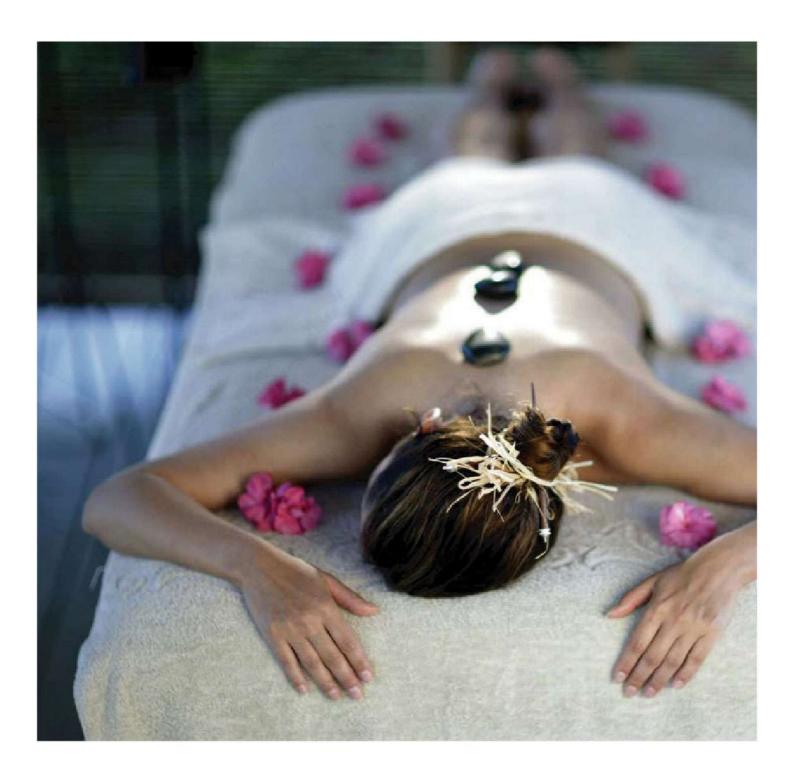
NATURAL SUN CARE

Soothe and heal your skin from the tropical heat and rays of the sun with all the cooling, natural goodness from the aloe vera plant, which has been used as a multipurpose skin treatment in traditional medicine.

45 minutes

GROOMING AND BEAUTY

Manicure	45 minutes	Half Leg Wax	30 minutes
Pedicure	45 minutes	Full Legs Including Bikini Line Wax	45 minutes
Manicure and Pedicure	90 minutes	Full Body Wax	60 minutes
Manicure for Gentlemen	30 minutes	Shampoo Blow Dry (Short Hair)	30 minutes
Pedicure for Gentlemen	30 minutes	Shampoo Blow Dry (Long Hair)	60 minutes
Manicure and Pedicure for Gentlemen	60 minutes	Eye Brow Tinting	20 minutes
Nail Polish Change	20 minutes	Eyelash Tinting	20 minutes
Eye Brow Wax / Lip Wax	20 minutes	Eye Brow And Eyelash Tinting	20 minutes
Underarms Wax	20 minutes	Haircut For Men	20 minutes
Bikini Wax	20 minutes	Shaving	15 minutes



SPA JOURNEYS

Inspired by the magic and old-world charm of the Spice Islands, these specially designed treatments for The Spa harness the wellbeing properties of African oils and local plants and spices to ease you into a unique, island state of mind.

DREAMTIME

Increase your body's natural resistance to stress, anxiety and exhaustions. Deeply relax the nervous system and restore the natural ryhthm of sleep. After all, a good night's sleep is know to facilitate cellular growth and repair. Reconnect to your inner space of tranquillity as you enjoy a slow rhythmic scrub followed by a rejuvenating massage to promote the deepest relaxation accompanied by rain forest facial therapy.

120 minutes/per person

COUPLES CONNECT

Designed for couples to experience together, this journey of love draws a choice of body scrub treatments followed by a relaxing massage to calm the nervous system and a facial therapy to promote reconnection on a physical, emotional and spiritual level. It focuses on the heart, sacral and crown chakras, using the exquisite oils to encourage a beautiful union of body, mind and soul.

120 minutes

AFRICAN SPIRIT

This top to toe treatment comprising a scalp and full body massage as well as an African foot massage stimulates the flow of blood and oxygen around your body to ease any muscular tension.

120 minutes/per person

AFRICAN GLOW

This elaborate three-step treatment is bound to leave you rejuvenated and glowing. It starts with a delightful scrub to gently exfoliate and leave your skin glowing and buffed and followed by a hot stone massage therapy, where heated basalt stones are placed at key points on the body to induce deep muscle relaxation, boost circulation and melt away stress. Finally a face therapy draws on intensely healing rainforest extracts to rejuvenate and brighten skin.

150 minutes/per person



YOGA

BASIC YOGA

Breathe in, breathe out, and embrace a new pace. Complimentary sunset and daily yoga classes are available for all guests. To reserve for a class, contact the spa reception by dialing 2700.

PRIVATE YOGA

Requests for private sessions can also be booked 24 hours in advanced at The Spa reception with classes charged per hour of its duration.



HOW TO SPA

SPA ETIQUETTE

The Spa environment is one of relaxation and tranquillity. Please respect the quiet and privacy of our other spa guests by speaking softly. Smoking, alcohol consumption and the use of mobile phones should also be avoided within the spa area.

SCHEDULING AN APPOINTMENT

To ensure your preferred time and service is available we recommend booking in advance. You can make a reservation at The Spa reception in person or alternatively, dial 2700 from your villa.

DRESS CODE

There is no specific spa attire required. Upon arrival for your treatment you will be provided with bathrobes and slippers.

ARRIVAL TIME

We recommend you arrive at least 15 minutes prior to your treatment time so that you can complete a Spa Consultation Form/Health Questionnaire, change, relax and enjoy the spa facilities. Please be advised that late arrival will result in a reduction of treatment time.

CANCELLATION POLICY

We understand that your plans can change. Please allow half day advance notice for cancellation or rescheduling of treatments to avoid a 100% charge. We reserve the right to charge for appointments missed without notice.

HEALTH CONDITIONS

Kindly advise of any health conditions, allergies, recent medical or cosmetic procedures or injuries, which could have a bearing on our services/treatments when making your spa reservation.

PREGNANCY

Please inform our spa team and allow our spa consultants to guide you in selecting the treatments that are most suitable for you during this special time.

VALUABLES

Please leave your valuables in your in-villa safe inside your room, or for your convenience, lockers are available for your use during our treatments at the spa. The Spa accepts no liability for any loss of valuables.

AGE REQUIREMENTS

You have to be at least 16 years old to be able to access the spa facilities and enjoy treatments.

SPA FACILITIES

To help you get the best of your spa experience, our Sauna, Steam Room and Jacuzzi Pool are available for your use.

SAUNA

A great stress reducer, this heat therapy aids in removing body toxins, weight loss and boosting blood circulation.

STEAM ROOM

Let the warm aromatic vapour in the steam room open the pores of your skin, creating a flow of perspiration that detoxifies and restores suppleness to your skin.

WHIRLPOOL

Our oasis pool is divided into a number of distinct zones of water jets, currents and counter currents, designed to improve blood circulation, muscle tone and cardiovascular development.

Spa Opening Hours: 10.30am to 7.30pm

Kindly note that some treatments may not be available at certain times

THE RESIDENCE ZANZIBAR

Mchamgamle, Kizimkazi, PO Box 2404 Zanzibar, Tanzania

T. 255 245 555 000

E. info-zanzibar@theresidence.com B. reservation-zanzibar@theresidence.com