
HEALING earth™
TRANSFORMATIVE wellness
slow beauty • slow food • slow living
GOLD ZANZIBAR BEACH HOUSE & SPA

# SPA SIGNATURE JOURNEYS

**THE PERFECT GOLD MIX & MATCH PACKAGE**
**$180 I 180 MINUTES**

Back by popular demand, choose any of the below 3 (1 hour) treatments during your stay and self-indulge in our sanctuary of pure relaxation. You are welcome to choose 3 of the same treatment too.
*60min Tailored Facial*
*60min Full Body Massage*
*60min Manicure OR Pedicure*
*Full Body Scrub & Wrap*
*Back & Leg Relief Massage*

**GOLDEN GODDESS RITUAL**
**$150.00 I 160 MINUTES**

Enjoy sacred alone time starting with a relaxing foot ritual cleanse to enhance the motion of being and enter a sacred space for oneself. A full body exfoliation and warm shower to revive the tired body. Followed by a full body aromatherapy massage to remove toxins, increase circulation, and allow good endorphins to flow through the mind, body, and soul. A radiance facial to complete the glow from within.

*Speak to our spa manager to curate family packages or long stay packages to suit your requirements.*

**SPICE JOURNEY COUPLE CONNECTION**
**$250.00/COUPLE I 140 MINUTES**

The ultimate connection inspired by traditional spices and traditional healing therapy. Begin by unwinding, with a define and sculpt exfoliation to rejuvenate the skin, embracing the natural spices of Zanzibar. This treatment is infused with the firming and healing properties of Coffee, Cinnamon, and Orange. A refining body wrap to cocoon the skin, followed by a Himalayan salt and aromatherapy infused bath soak, will help you to detoxify while relaxing and connecting to one another. Ending off this journey to deeply detox and stimulate the lymphatic system, a full body massage will leave you both feeling rejuvenated and balanced.

**AFTER SUN RADIANCE RITUAL**
**$135.00 I 120 MINUTES**

World renowned for its skin healing properties, African potato has been used for centuries to replenish and repair sensitive skin. Wrapped in a healing cocoon, your skin is deeply nourished with an antioxidant rich facial mask to hydrate and repair. This hydrating repair mask will focus on the properties of Aloe Vera and our award-winning African Potato Balm. Complete with a full body massage to feel rejuvenated with this ultimate skin healing ritual.


MONGONGO NUT
detoxify oil

# FACIAL THERAPY

**BALANCE & RADIATE FACIAL**
**$80.00 I 60 MINUTES**

A unique aromatherapy formulation to relax, purify and hydrate. Pure extracts of Marula and Neroli combined with a rosehip booster and facial massage to create ultimate radiance and glow. This facial is great for pure radiance.

Add on: Jade Crystal Roller Therapy - hot and cold therapy during your signature facial massage using our Jade Roller. It has great benefits of improved circulation, lymphatic drainage, better product absorption and reduced puffiness.

**ROSE QUARTZ HYDRATE & REPAIR FACIAL**
**$80.00 I 60 MINUTES**

Harnessing the intelligence of bioidentical active ingredients of Neroli, Rose, Marula, Ylang Ylang to create an invigorating experience for tired and uneven skin. Completed with a signature lymph drainage massage for a glowing, energized completion using our cooled Rose Quartz Roller, to revive tired eyes and awaken your natural glow.

**ADVANCED GOLD ANTI-AGEING TRI-ENZYME FACIAL**
**$95.00 I 90 MINUTES**

A revolutionary facial care treatment using the latest tri-enzyme peptide anti-ageing technology. The skin is firmed and rejuvenated using a unique formulation that deeply penetrates without affecting the skin barrier function, visibly improving signs of aging. Completed with two masks and two serums signature to this facial and enhanced with intense relaxation through a head massage during the mask application.

**GENTLEMAN'S HOT TOWEL CLEANSING FACIAL**
**$75.00 I 60 MINUTES**

A deep cleansing, exfoliating and balancing treatment for the modern man. Utilizes the benefits of heat to stimulate and deep cleanse the pores. Hydrating and soothing Aloe Vera and our African Potato balm calms, restores and energizes tired, agitated skin. Great for after shaving. This treatment is complete with our famous African Potato Balm massage to feed and nourish, leaving your skin feeling soft and hydrated.

# MASSAGE THERAPY

**AROMATHERAPY MASSAGE**
**$75.00 I 60 MINUTES**
**$95.00 I 90 MINUTES**

A fragrant and uplifting full body or targeted massage using pure aromatherapy oils according to your unique needs. Detox, relax, rejuvenate, and energize.

**MUSCLE EASE DEEP TISSUE MASSAGE**
**$90.00 I 60 MINUTES**
**$110.00 I 90 MINUTES**

Focused on tension areas using our peppermint and eucalyptus gel to soften and relax the muscle, while working deep into the areas of concern. This massage is known for its deep tissue techniques.

**RESTORING SHEA BUTTER MASSAGE**
**$80.00 I 60 MINUTES**
**$100.00 I 90 MINUTES**

Giving full hydration back to the skin using our curated butters for you to choose from:
*Energize and uplift*
*Stillness sleep enhancing*
*Escape and relax*
*Nourish*
These butters are curated to suit your needs and ensure to focus on your tension areas.

**BACK, NECK AND SHOULDER MASSAGE**
**$55.00 I 45 MINUTES**

Enjoy a targeted deep tissue massage to relieve the build-up of tension in the upper body.

*We also have an exclusive couple's suite that includes a re-mineralizing bath soak for you and your loved one. Kindly inquire with our spa manager to book your bespoke treatment and bath celebration.*

# MASSAGE THERAPY

**AFRICAN HEAD MASSAGE**
**$55.00 I 45 MINUTES**

Using ancient Indian techniques to gently stimulate and stroke pressure points on the head and facial, neck and shoulder area. Focused on alleviating tension and pressure, while other great benefits include improved hair growth, reliving of headaches, and increased circulation.

**HOT STONE MASSAGE**
**$90.00 I 60 MINUTES**
**$110.00 I 90 MINUTES**

Using heated lava stones, to relax and warm the body for deep muscle manipulation. This treatment works on melting away tension and stress, releasing toxins, and improving blood circulation for metabolic health, improved immunity, and overall wellbeing. Using a rich curated butter of your choice to complete your massage.

**HEAL & REPAIR AFTER SUN CARE**
**$90.00 I 60 MINUTES**
**$110.00 I 90 MINUTES**

A highly moisturizing massage using our healing Potato Balm for nourishing, renewing and bringing life back to the skin after sun damage or other environmental exposure. This is used in combination with aloe vera for a soothing and calming sensation to leave you feeling restored.

**ADD ON TREATMENTS**
**$35.00**

Should you wish to extend your spa experience, you may select any of the below Add-On menu items. These treatments cannot be booked as a single treatment.

- *30 mins Healing Earth Hydrating Facial*
- *30 mins Full Body Polish*
- *30 mins Relaxing Head Massage*

# BODY CELEBRATION

**SOUL OF THE EARTH BODY EXFOLIATION**
**$45.00 I 45 MINUTES**

Full body exfoliation to increase circulation, revive tired, dry skin and release a natural glow.

Completed with a nourishing application of one of our Healing Earth Body Butters.

Choose from the following:

***Marula and Neroli***
*Relaxing, Rejuvenating, Hydrating*

***Mongongo Nut***
*Detox, Lymphatic, Water Retention*

***Kalahari Melon***
*Hydrating*

***Coffee, Cinnamon & Orange***
*Sculpt, Define*

***Pinotage***
*Antioxidant*

**WRAPPED IN GOLD**
**$45.00 I 45 MINUTES**

Full body wrap to feed and nourish the skin. Completed with a nourishing application of one of our Healing Earth Body Butters.

For best results partner this with a full body exfoliation for better absorption and circulation.

Choose from the following:

***After Sun Healing***
*Aloe Vera & African Potato*

***Marula and Neroli***
*Relaxing, Rejuvenating, Hydrating*

***Mongongo Nut***
*Detox, Lymphatic, Water Retention*

***Kalahari Melon***
*Hydrating*

***Coffee, Cinnamon & Orange***
*Sculpt, Define*

***Pinotage***
*Antioxidant*

# HANDS AND FEET

**AFRICAN HANDPRINT RITUAL**
**$60.00 I 60 MINUTES**

A classic manicure treatment to reshape nails, neaten cuticles and massage to moisture and nourish the hands. Completed with a fresh coat of lacquer.

**AFRICAN TRANQUILITY FOOTPRINT RITUAL**
**$65.00 I 60 MINUTES**

The feet are soaked, skin gently exfoliated, cuticles are perfected and toenails clipped, shaped, buffed and polished. Finishing with a nourishing foot massage and a fresh coat of nail lacquer.

*Add on mask and heel treatment*
**$20.00 - 15 MINUTES**

**AFRICAN HAND AND FOOTPRINT CELEBRATION**
**$60.00 I 60 MINUTES**

Melt away stress and rejuvenate tired hands and feet with a mini manicure and a mini pedicure combination to soften and hydrate - leaving you feeling pampered.

**LEG RELIEF MASSAGE**
**$55.00 I 45 MINUTES**

Starting with a full foot ritual, including a foot soak, wash and polish, to leave you feeling refreshed. Followed by a lymphatic drainage massage to revive tired legs and feet. Enhanced with a detox gel to increase circulation.

**CLASSIC FOOT MASSAGE**
**$40.00 I 30 MINUTES**

Starting with a full foot ritual, including a foot ash to cleanse and revive. Followed by a traditional foot and ankle massage.

*Add on Gel to either your manicure or pedicure*
**$25.00 I 20 MINUTES**

**GEL SOAK OFF**
**$25.00 I 20 MINUTES**

# SPA ETIQUETTE

**SPA ARRIVAL TIME:**

We recommend that you arrive 15 minutes prior to your appointment time to ensure your treatment starts on time.

We require you to fill in a Guest Consultation Form advising us of any medical history and concerns in order for us to tailor your treatment experience.

Please note that late arrivals may result in a reduction of your treatment experience.

**CANCELATION POLICY:**

Treatment times have been scheduled for you. If you must reschedule or cancel any spa appointments or packages, please notify the spa 24 hours in advance.

Missed appointments without proper notices are subject to a 100% charge for reserved services.