



HEALING  
**earth**<sup>TM</sup>

**TRANSFORMATIVE**  
*wellness*

slow beauty • slow food • slow living

**NUNGWI DREAMS ZANZIBAR**

# SPA SIGNATURE JOURNEYS

## 'AFRICAN ME TIME' RITUAL

\$150.00 | 160 MINUTES

Enjoy a space where you can have some 'me time' starting with a relaxing foot ritual cleanse to enhance the motion of being. A full body exfoliation using Marula & Neroli for the care of one's self, hydration and full relaxation followed by a warmed shower to revive the tired body. Followed by a full body Marula & Neroli Shea Butter massage to refuel the mind, body and soul. A radiance facial to complete the glow from within.

## NUNGWI DREAMS' TRANQUIL ESCAPE

\$180.00 | 210 MINUTES

Creating a sanctuary where you can unwind, and reset the mind body and soul. Starting with a full body exfoliation to revive your tired skin, followed by a signature shea butter full body massage to enrich and feed the skin. This escape is completed with a hydrating facial massage using our Rose Quartz rollers to increase circulation and give pure radiance. Choose between a full 60min manicure OR pedicure to feel renewed and restored.

## NUNGWI DREAMS COUPLE CONNECTION

\$250.00/COUPLE | 130 MINUTES

The ultimate connection inspired by traditional spices and traditional healing therapy. Beginning with a Himalayan salt and aromatherapy infused foot soak and foot ritual to relax and cleanse the mind. Infused with the firming and healing properties of coffee, cinnamon and orange, the perfect blend to stimulate the body and illuminate the skin. A define and sculpt exfoliation and body wrap, ending off this journey to deeply detox and stimulate the lymphatic system with a full body massage.

## AFTER SUN REJUVENATION

\$125.00 | 120 MINUTES

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



# FACIAL THERAPY

## **RADIANCE BOOSTER FACIAL**

**\$70.00 | 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 reduces puffiness.

## **BALANCING & HYDRATING ROSE QUARTZ FACIAL**

**\$70.00 | 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 complexion using our cooled Rose Quartz Roller, to revive tired eyes and awaken your natural glow.

## **NUNGWI DREAMS ANTI-AGEING**

**TRI-ENZYME FACIAL**

**\$95.00 | 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. Complete with two mask and two serum signature facial, enhanced with complete relaxation of a head massage during the mask application. Best done later afternoon to allow skin to rejuvenate before sun exposure.

## **GENTLEMAN'S REJUVENATION CARE**

**\$70.00 | 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. Complete with our famous African Potato Balm massage to feed and nourish leaving your skin feeling soft and hydrated.





# MASSAGE THERAPY

## AROMATHERAPY MASSAGE

\$70.00 | 60 MINUTES

\$95.00 | 90 MINUTES

A fragrant and uplifting full body or targeted massage using pure aromatherapy oils according to your unique needs.

## DEEP TISSUE MUSCLE EASE MASSAGE

\$80.00 | 60 MINUTES

\$100.00 | 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.

## TRADITIONAL BACK, NECK AND SHOULDER MASSAGE

\$50.00 | 45 MINUTES

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

## PURE BEING SHEA BUTTER MASSAGE

\$70.00 | 60 MINUTES

\$90.00 | 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.

## AFRICAN HEAD MASSAGE

\$55.00 | 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, relieving of headaches, and increased circulation.

# MASSAGE THERAPY

## AFRICAN HOT STONE MASSAGE \$85.00 | 75 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.

## AFTER SUN THERAPY - HEAL & RESTORE \$85.00 | 75 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.



# HANDS AND FEET

## “MREMBO” HANDPRINT RITUAL \$60.00 | 60 MINUTES

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

## “MREMBO” TRANQUILITY FOOTPRINT RITUAL \$60.00 | 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.

## AFRICAN HAND AND FOOTPRINT CELEBRATION \$55.00 | 60 MINUTES

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

## LEG RELIEF MASSAGE \$50.00 | 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 relieve tire legs and feet. Enhanced with a detox gel to increase circulation.

### 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.

\*Mrembo means beautiful in Swahili