

HEATED HERBAL STONE MASSAGE

FULL BODY 60 minutes - US\$80
BACK AND NECK 45 minutes - US\$60

This massage uses natural volcanic basalt rock that retains heat and enables its sun-charged properties to penetrate deep into stressed muscles.

INTUITIVE HERBAL OIL MASSAGE

FULL BODY 60 minutes - US\$80
BACK AND NECK 45 minutes - US\$60

An oil blend is warmed to body temperature to soothe tight muscles. Effectively improves lymph drainage and circulation while relieving tension and stress.

INTONGA AMASATCHI MASSAGE

FULL BODY 60 minutes - US\$80
BACK & NECK 45 minutes - US\$60

Intoga Amasatchi is a deep tissue and stress-relieving treatment. Skillful movements are performed with the hands and differently sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress.

Sea Cliff Resort & Spa - Zanzibar
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SHWARI SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment to make use of the steam & sauna facilities.
- Please cancel an appointment with at least 3 hours' notice or the full cost will be charged.
- Any special requests will be accommodated wherever possible.
- Prices are subject to change without prior notice (all charges are posted to your room).
- Outside guests can settle at Hotel reception (no cheques will be accepted).
- Please do not bring children to appointments as they cannot be left unattended.

SHWARI SPA OPERATING TIMES

Open daily.

First treatment 08h00

Last treatment 18h00



SHWARI means 'calm, peaceful and tranquility' in Swahili, and with this concept in mind, we, together with AFRICOLOGY, a unique company that believes in using natural products and encourages eco spa and community development, offer you a beautiful space in which to relax, rejuvenate and restore your energy.

AFRICOLOGY treatments include facial and body care experiences and are suitable for male and female (unisex). The full product range is available at SHWARI SPA and professional therapists will take you on an African journey with a difference.

FACIALS & TREATMENTS

AFRICAN GODDESS ANTI-AGEING 90 minutes - US\$90

A ritual that involves cleansing, massage and hydration, making it a sacred and sensory way to celebrate the goddess within.

BESPOKE FACIAL TREATMENTS 55 minutes - US\$70

Rose Facial

Designed to restore the skin's natural balance while eliminating feelings of sadness, rejection or fear. A wonderful facial for sensitive and/or stressed skin.

Vitamin boosting Facial

Designed to enrich the skin with a luxuriant vitamin and mineral cocktail to boost the immune system, rejuvenate the skin and combat the impact of stress and harsh weather.

Balancing and Refining Facial

Designed for reactive skins, this treatment clears the pores and encourages the production of elastin to refine and re-texture uneven skin. The skin's natural oils are encouraged to balance themselves to prevent any excess oil production.

Aloe Ferox Soothing Facial

This treatment heals and soothes with honey, tri-peptides and aloe ferox extract. Excellent for tired, dull skin.

Anti-Oxidant Rejuvenating Facial

Designed to combat the effects and signs of ageing. The unique layering process tones, soothes and brightens the skin, revitalizing it in the long term.

Repair Facial

A deep cleansing and hydrating treatment. This facial assists to combat the harshness of winter cold, and the damaging effects of summer sun. It balances the skin and improves nutrient supply through massage.

MANICURES & PEDICURES

CLASSIC MANICURE OR PEDICURE 45 minutes - US\$35

Gentle exfoliation, nail, cuticle, feet and hand pampering, finished off with your choice of nail laquer.

AFRICAN POTATO MANICURE 45 minutes - US\$45

An intensely hydrating African potato masque, blended with rooibos, aloe and marula antioxidants is applied to the skin and nails to ensure continued skin health and to rejuvenate the hands.

FOOT AND SCALP RITUAL 30 minutes - US\$30

Calming and relaxing, the pressure points are manipulated in order to restore the body to its correct energy balance.

COPPER & HOTSTONE PEDICURE 45 minutes - US\$60

Hot stones are used to massage the soles of the feet and calf muscles. The use of an African potato masque is applied to the feet to soften rough areas and lock moisture into the skin.

DETOX INTONGA PEDICURE 75 minutes - US\$100

A warm application of detoxifying mud followed by a pressure point massage will leave swollen and tired legs feeling light and deeply hydrated. A beneficial treatment after a long flight or enduring exercise programme.

MASSAGES & WRAPS

SWEDISH FULL BODY MASSAGE 60 minutes - US\$80

SWEDISH BACK & NECK MASSAGE 30 minutes - US\$60

ROMANTIC COUPLES TREATMENT 90 minutes - US\$150

Enjoy a relaxing Jacuzzi bath on the deck with herbal bath salts followed by an indulgent hour long massage with your choice of essential oils, scented candles while listening to relaxing background music - the ultimate treat for two.

INKOMFI RENEWAL WITH SHOWER 45 minutes - US\$60

The Inkomfi sloughing process, followed by a warm compress and a nourishing, anti-oxidant body cocktail.

ROOIBOS AND LAVENDER WRAP 45 minutes - US\$60

A therapeutic wrap that absorbs excess oil and eliminates toxins from the skin. Excellent for eczema, rashes, sunburn and swelling.

BALANCING SCALP & LEG RITUAL 60 minutes - US\$80

HYPOXIS EXPERIENCE 60 minutes - US\$80

A multi-layered treatment that ensures relaxation and rebalancing. There is also a choice of a foot massage or facial ritual, followed by a pressure point massage.

SHEA BUTTER AROMATHERAPUTICS 60 minutes - US\$80

Easy-melting butter from Ghana blended with healing African potato, rooibos and natural essential oils to create a sublime, beautiful body experience.

Shea butter is combined with your sensory selection from either exotic jasmine, neroli and geranium, black pepper and rosemary for a deep tissue treatment or calming chamomile to relax. This experience is finished off by balancing your energy along with sound therapy to calm and enhance the mind.

