

ZURI RITUALS SPA®

*Welcome to the World of
Organic and Ayurveda Skincare*

SPA MENU





Zuri means

Beautiful

in Swahili



Welcome To Zuri Rituals Spa

At Sea Cliff Resort and Spa we understand the demands of modern-day life and therefore we believe a holiday should offer more than fun, but also finding peace and tranquillity and restoring your energy.

The Zuri Rituals Signature Spa will make you feel like a new person. Our spa offers you an experience wrapped in the silence of escape and an awakening of the senses. The treatment menu offers a select option of treatments, graciously carried out by the skilled hands of professional therapists. We have also introduced an ayurvedic spa menu and a specialist ayurvedic and yoga expert who is available for your relaxation. This has given access to thousands of years of holistic experience and this is the first Zanzibar ayurvedic spa on the island.

Our spa treatment menu offers an extensive variety of health and beauty enhancing treatments to ensure that our guests are nurtured, purified, pampered and relaxed.

We are dedicated to restoring beauty and balance through individual treatments and spa journeys, personalised for each of our guests by exceptionally skilled therapists. Our commitment to wellbeing focuses on holistic principles, combining ancient wisdom and modern expertise.

Every treatment on the menu has been designed to allow appropriate time to fully enjoy each service. Guests are requested to arrive 10-15 minutes early and bring a bathing suit if they want to use the spa facilities afterwards.

Spa Facilities and Services

- 4 Treatment Rooms – superbly equipped for dual and single treatments with bathrooms & a couples massage suite with individual jet bath.
- Open-air, Zanzibar Ayurvedic spa terrace bringing holistic treatments.
- Manicure and pedicure room.
- Tranquillity Lounge - Resting plunge pool is available for spa guests inclusive of your treatment when pre-booked.
- Steam room & sauna.
- Changing rooms.

We create incredible natural botanical skincare products handmade with love in small batches to achieve the greatest degree of particularity and freshness. All our products are made in Zanzibar by us. We carefully select the highest quality ingredients from the earth and ocean - all of which are natural, our raw materials are locally sourced and sustainably harvested from East Africa and beyond. We believe that what you put on your body is just as important as what you put in your body.

We believe in strong moral principles and all of our products are cruelty-free, free from nasties, parabens and no artificial colour or flavourings are used. Natural spices are Zanzibar's wealth and is a revolving ingredient within our company's core principles. Ethical business means being part of a movement that's already taking the world by storm and this is why we're giggling with happiness for every single one of our esteemed clients.



Relax, Calm
& Indulge.

Treatments Couples' Massage

Kick back and escape with a friend or loved one with our couple's massage. Two people can enjoy this relaxing massage experience together, side by side in our couples' room. A perfect way to enjoy quality time together.

TWIN BLISS

Make it a special occasion with your loved one and retreat into romantic bliss. Together, side by side in our signature room, enjoy a Detox Pemba Bath Soak, a Floral Foot Ritual, a Seaweed & Sea Salt Vitamin Sea Exfoliation, and a full body massage. Followed by Zanzibar herbal spice teas in our chill-out plunge pool lounge.

175 minutes - US\$ 260

THE DOUBLE PRESSURE PACKAGE

Treat yourself and your loved one to double pleasure! Pamper yourself with our two most popular treatments; a 50-minute massage of your choice and a 50-minute classic facial which includes cleansing, steam, exfoliation, light extractions and a mask to improve the overall health of your skin.

100 minutes - US\$ 200

RITUALS DETOX EXPRESS

Embark on the road to a more balanced lifestyle to boost your physical, emotional and spiritual harmony. This wonderful package includes an exfoliation with our tea tree & sweet orange body scrub, detoxifying steam or Sauna therapy and an aromatherapy massage.

180 minutes - US\$ 225



Aromatherapy Massage Therapies

Choose from our cold-pressed 5 elements blended oils Baobab, Coconut or Macadamia.

DEEP TISSUE MASSAGE

This is a vigorous workout for the body. Perfect for alleviating high-stress levels, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concern, be it muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the following massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

60 minutes - US\$ 75
90 minutes - US\$ 120

FOOT REFLEXOLOGY MASSAGE

Guided by an Asian philosophy that suggests the vital organs of the body are connected to reflex points in the feet via constantly flowing energy channels, this ancient healing therapy is as blissful as it is beneficial. Massaging these points can help restore your natural energy flow and improve health by sending waves of relaxation throughout your body.

60 minutes - US\$ 65

HOT STONES MASSAGE

Create the ultimate spa relaxation with a massage that demonstrates the timeless healing technique using hot stones. The combination of the heat from the stones, the essential oils, and the soothing massage action of the two produces a deep and penetrating state of relaxation and well-being. The heat from the stones warms and relaxes the muscles allowing the therapist to apply deeper pressure if desired. The warmth of the hot stones also improves circulation and calms the nervous system.

60 minutes - US\$ 80
90 minutes - US\$ 110

SWEDISH MASSAGE

A deeply relaxing massage, with variations of strokes that manipulate each part of the body to stimulate and improve the circulatory system, flexibility and generally enhance your physical and mental wellbeing.

60 minutes - US\$ 75
90 minutes - US\$ 100



AROMATHERAPY MASSAGE

A treatment specially designed to relax, detox, balance and relieve stress by using a cocktail of organic essential oils which, with a specific combination of techniques and movements help to drain the lymphatic system, cleansing your body from the inside out. A choice of essential oils will be selected with your therapist to suit your needs.

60 minutes - US\$ 75
90 minutes - US\$ 100

INNER BALANCE MASSAGE - HERBAL COMPRESS MASSAGE

A full-body therapy, which soothes away tension and pain using hot herbal compress and traditional blended warm oils. It increases circulation, easing tired muscles and assists in deep relaxation.

60 minutes - US\$ 80
90 minutes - US\$120

INVIGORATING FOOT MASSAGE

A perfect massage after a long walk or a day spent standing on your feet, this invigorating foot massage helps unwind and relax your legs and feet to help carry you to the end of the day.

30 minutes - US\$ 30
50 minutes - US\$ 55

HERBAL FOOT MASSAGE

The herbal foot massage leaves you with a feeling of smooth, relaxed and light feet. This foot massage uses compressed warm herbs to dynamise foot pressure points. It gives relief in pain and relaxes the body from stress. This herbal foot massage technique offers potential health benefits such as improving blood circulation and stimulating the internal organs.

30 minutes - US\$ 40
50 minutes - US\$ 66

INDIAN HEAD MASSAGE

We offer an age-old Indian therapy designed specially to relieve tension from the scalp whilst relaxing facial muscles resulting in a youthful look.

30 minutes - US\$ 40

BACK, NECK & SHOULDER MASSAGE

Due to the daily pressure and stress in our hectic lives, our muscles become tense and strained. The back, neck and shoulders end up carrying most of the strain and tension. This massage is specifically designed to relieve the tension from those tired muscles and invigorate the mind.

Perfect after a long flight.
30 minutes - US\$ 45
50 minutes - US\$ 70





"We believe that what you put on your body is just as important as what you put in your body, because your skin deserves the best care."

"Beautiful skin starts here. Invest in your skin. It is going to represent you for a very long time."



Wraps & Detoxifying Therapies

Sometimes our internal body systems become stagnant. Lack of sleep, the food we eat, our stress levels, and hormonal changes have an impact on the body. Our detox treatment can help release toxins from the body giving you a renewed sense of wellbeing.

SEAWEED & SEA SALT VITAMIN SEA WRAP

The power of the riches of the ocean combined with a heated seaweed mask containing a warming blend of essential oils is applied to your body before you are cocooned in a warm wrap. As you relax, our natural ingredients will penetrate, detoxify, decongest and stimulate the body systems.

80 minutes - US\$ 85

** All wraps includes 20 min steam therapy*

ZURI RITUALS BOOSTER

After a full body exfoliation treatment, this wonderful wrap enriched with minerals, vitamins and active enzymes assist in building up the immune system. It is applied topically to enhance its absorption in the body through the bloodstream.

It draws toxins and fat from the skin, helping to stimulate blood circulation, while toning the skin and strengthening connective tissue.

100 minutes - US\$ 120

** All wraps includes 20 min steam therapy*

HEAVY LEGS TREATMENT

After a long flight this is the ideal treatment to soothe tired leg muscles.

A gentle exfoliation on the legs, followed by a leg massage to nourish and relax the muscles which target reflex points and nerves to encourage complete relaxation and restore balance. Leg wraps are included to reduce swelling and water retention. It also assists with lymphatic drainage.

45 minutes - US\$ 65

ALOE VERA SUN SOOTHER

Aloe vera has been used throughout Africa as an anti-inflammatory for centuries. It is known for its quick healing properties, which, we blend with fresh, cooling cucumber. This tantalizing mask is gently applied on your sun kissed skin which is then further hydrated with an aloe vera lotion to cool and heal your skin.

60 minutes - US\$ 80



Body Scrubs

BODY SCRUB MORINGA GLOW EXFOLIATION

A delightful exfoliation using moringa to gently exfoliate, soften and leave your skin glowing and glossed as it buffs away dead skin cells while cleansing and clearing up the skin's complexion. The treatment ends with a hydrating and moisturizer cocktail.

60 minutes - US\$ 65

COFFEE EXFOLIATION

Come and enjoy an aromatic exfoliating scrub made from local coffee beans. The caffeine in the coffee helps stimulate the lymphatic system, assisting in the breakdown and even distribution of fatty cells. It helps in decreasing the formation of cellulite and is a good aid to weight loss.

60 minutes - US\$ 65

ZANZIBAR COCOA & COCONUT SCRUB

A nourishing and luxurious body polish that will leave your skin soft and hydrated. Formulated with soft brown sugar, oatmeal and kaolin clay to provide an effective but gentle exfoliation. The coconut oil intensely hydrates and nourishes whilst giving a new rejuvenated look to your skin.

60 minutes - US\$ 65

EXFOLIATING SHEA SCRUB

Exfoliate and cleanse your skin to a gorgeously radiant glow with shea, hibiscus and African baobab. This all natural moisture body scrub contributes to a supple, healthier and firmer skin.

60 minutes - US\$ 65





Feel Good Facials

LUXURIOUS FACIAL

This high antioxidant treatment fights wrinkles and fine lines leaving the skin deeply hydrated and relaxed.

75 minutes - US\$ 80

DETOXIFYING FACIAL

This facial will treat breakouts and blackheads. It unclogs pores and refines the skin texture.

60 minutes- US\$ 70

BALANCING FACIAL

An effective treatment developed to restore, purify and revitalize the skin. This highly active treatment helps you improve the skin condition and glowing skin.

60 minutes - US\$ 70

SOOTHING FACIAL

This treatment brings relief and helps soothe sun-irritated skin.

60 minutes - US\$ 60

EXPRESS FACIAL

This facial cleanser and toner will clean your skin, the polish will exfoliate your skin cells and the mask will restore moisture to the skin.

30 minutes - US\$ 40





Manicure & Pedicure

CLASSIC MANICURE

Spoil your hands through cleansing, nail filling and a massage to calm your nerves. Complete with a nail polish of your choice.
40 minutes - US\$ 30

EXPRESS MANICURE

Old nail polish is removed, nails are filed, cleaned and new polish is applied.
15 minutes - US\$ 25

CLASSIC PEDICURE

Treat your feet to a soak, scrub, file and massage complete with a nail polish of your choice.
50 minutes - US\$ 45

EXPRESS PEDICURE

Old nail polish is removed, nails are filed, cleaned and new polish is applied.
15 minutes - US\$ 25

NORMAL POLISH REMOVER

5 minutes - US\$ 5

Waxing

Full Face	10 minutes - US\$ 35
Full Body	40 minutes - US\$ 100
Chest	10 minutes - US\$ 20
Full Leg	30 minutes - US\$ 35
Half Leg	20 minutes - US\$ 25
Full Arm	20 minutes - US\$ 25
Half Arm	10 minutes - US\$ 20
Underarm	10 minutes - US\$ 15
Bikini Line	20 minutes - US\$ 30
Brazilian	30 minutes - US\$ 40
Back Wax	30 minutes - US\$ 40
Upper Lip	10 minutes - US\$ 10
Chin	15 minutes - US\$ 10
Eyebrow	15 minutes - US\$ 10

Threading

Full face	US\$ 35
Upper lip	US \$ 10
Eyebrow	US\$ 10
Chin	US\$ 10





Pemba Bath Ritual Ceremony

In the ancient days, the best way to maintain youthful-looking skin was to bathe in milk. They were used by Zanzibar's Omani royalty. Bathing rituals are an ancient & traditional way to cleanse yourself, on the inside out, of negative energies and help prepare your physical, mental and spiritual self for relaxation and rejuvenation. A ritual bath is a rite in itself and can be performed with many variations and many results.

Indulge in our luxurious choice of baths listed below:

DETOX PEMBA BATH RITUALS - MILK INFUSION

Milk bathing cleanses the body, pampers the skin & calms the senses. Allow time in your day for self-care & relaxation, as you steep your body in a warm bath of healing herbs. Milk powder blends with baobab powder to nourish & soften the skin. Kaolin clay cleanses and detoxifies skin by drawing out impurities, provides gentle exfoliation, enhances skin blood circulation and leaves a radiant glow.

30 minutes - US \$ 30

DETOX PEMBA BATH RITUALS - LEMONGRASS, GINGER & LAVENDER

The combination of lemongrass & ginger make beautifully scented bath salts. Ginger has major rejuvenating benefits for the skin. Lavender essential oil is one of the most popular and versatile essential oils used in aromatherapy. The oil promotes relaxation and will help you stress out at the end of a long day. Lemongrass is used in traditional medicine for pain relief.

30 minutes - US \$ 30

PEMBA BATH RITUALS - RELAX & UNWIND

Beyond smelling great, you will feel the difference in your skin, your mood and well-being. It's time to rest and create some sweet dreams with a beautiful and full blend of fruit, wood and a hint of the exotic.

30 minutes - US \$ 30



Private Steam Sauna Session

Steam rooms and saunas have been known to provide a variety of health benefits not only do they clear up nasal congestion, improve skin health and clear up your pores but they are effective in helping you relax, improving your circulation and lowering stiffness in the body.

A PRIVATE STEAM SESSION WITH SELF-APPLICATION OF BODY EXFOLIANT OF YOUR CHOICE

45 minutes - US\$ 30

TRANQUILLITY PLUNGE POOL LOUNGE

60 minutes - US\$ 45





Zanzibar Henna Designs

Henna tattoos reflect an ancient and beautiful practice of body art. Originally from India also referred to as mehndi, henna refers to the tradition of body painting with a paste made from the powdered, dried leaves of the henna plant. Typically done on the hands and feet, henna appears to have roots in various parts of the world but is perhaps best known for its significance as a pre-wedding staple throughout Zanzibar & India where it is also an important part of many festivals and ceremonies.

Henna had been used in Zanzibar, Egypt, Africa, India and the Middle East for over 5,000 years. Henna designs are often intricate and symbolic, originating from a single point, to create a pattern representing the "Supreme Reality."

Our professional artists will draw a wide range of flowing designs emanating from that point, including geometric shapes, mandalas, animals, plants and much more all depending on your preference.

HENNA PAINTING	SMALL	LARGE
Neck	US\$ 15	US\$ 20
Shoulder	US\$ 15	US\$ 20
Lower Back	US\$ 15	US\$ 20
Chest	US\$ 20	US\$ 25
Hands	US\$ 20	US\$ 25
Feet	US\$ 20	US\$ 25
Leg	US\$ 20	US\$ 25



Just for Teens

MINERAL FOOT SOAK

After a fun-filled day of beach and pool play, pamper salty, sandy tootsies with a foot soak made of Pemba bath salts, coconut oils and Vitamin E.

30 minutes - US\$ 30

PRINCESS MENI & PEDI

Treat your little one with a relaxing manicure and pedicure that leaves your hands and feet smelling fresh and feeling rejuvenated after a long day at the beach.

40 minutes - US \$ 40

TEEN FACIAL

This treatment treats excess oil, clogged pores, acne, bacteria, inflammation, and sensitivity. For teens, boys and girls going through hormonal changes that affect skin appearance, our soothing adaptation of our classic facial deep cleans pores and calms redness and breakouts while reducing the appearance of acne scars.

40 minutes - US\$ 40

CHILL OUT MASSAGE

Let us massage out the stress and tension by designing a massage that is all about taking time to rejuvenate and de-stress.

50 minutes - US\$ 50 (From 13 year old)

TEENS FOOT MASSAGES

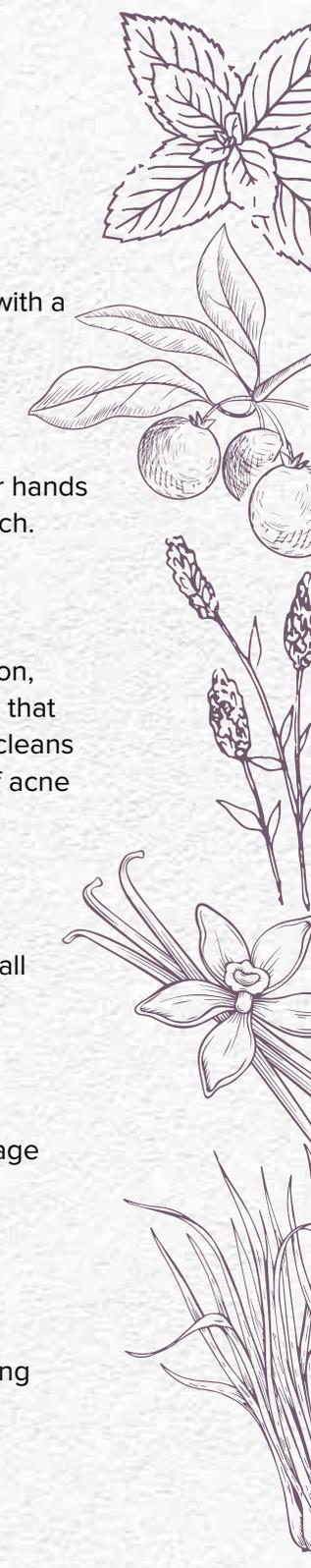
The little ones can experience the calming/grounding effects of foot massage which reinforces good habits for foot health.

30 minutes - US\$ 30

KIDS SCALP & HAIR TREATMENTS

This gentle scalp and hair treatment will release tension held in the neck and shoulders and nourishes the hair through the use of natural rejuvenating products.

30 minutes - US\$ 30



Wedding & Honeymoon Packages

Whether you are getting married, renewing your vows or simply enjoying some much needed together time, experience a glorious day in the lap of luxury.

YOU AND ME

Enjoy our pre-wedding pamper package to ensure that as you walk down the aisle, you look radiant and relaxed and feel on top of the world. Included is a coffee exfoliation for both of you, a Pemba detox milk bath, a back, neck and shoulder massage, a rejuvenating facial and finally a relaxing foot massage. Followed by a bottle of wine in our chill-out pool lounge.

INCLUDES

Coffee scrub (60 min), Pemba detox milk bath (30 min), a back, neck and shoulder massage (30 min), rejuvenating facial (30 min), foot massage (20 min) and plunge pool (30 min).

200 minutes - US\$ 360

**Price per couple*

HONEYMOONERS MEMORIES

Meaning 'silent dusk', peaceful moments together Indulge yourself in this specially created honeymoon package, just for the two of you. Included in this package are an Exfoliating Shea Body Scrub Hibiscus & African Baobab just for her and an Aromatic Spice Body Polish Zanzibar Spices & Coconut for him. While he enjoys a full Aromatherapy body massage get cocooned in our Seaweed & Sea Salt Wrap. Top it all up with steam therapy. Complimentary bottle of wine in our chill-out plunge pool lounge.

INCLUDES

Exfoliation (50 min), Massage (50 min), wrap (50 min), steam therapy (20 min) and plunge pool (30 min).

200 minutes - US\$ 400

**Price per couple*

THE SOUL CONNECTION

Indulge yourselves after your romantic ceremony. The Soul Connection spa ritual is highly recommended for honeymooners and involves a full body massage with warm oil, bringing the couple to a state of bliss and harmony. Followed by Zanzibar herbal spice teas in our chill-outplunge pool lounge.

INCLUDES

Body massage (60 min) and plunge pool (30 min).

90 minutes - US\$ 160

**Price per couple*

BRIDAL & BRIDESMAIDS

Begin your pampering with a steam session (steam room or sauna) and an uplifting Full Body Relaxation Massage. To follow is our amazing Luxurious Facial, which will leave your skin looking radiant, feeling soft, smooth, and exceptionally hydrated.

Unwind even further with our revitalising Zuri Rituals Classic Pedicure and Manicure. You simply have to experience this incredible relaxation journey with your loved ones.

INCLUDES

Steam room / Sauna session (20 min), Massage (50 min), Facial (30 min), Pedicure (50 min), Manicure (40 min) and a glass of Champagne for the Bride and Bridesmaids served in our private plunge lounge pool (30 min).

220 minutes - US\$ 400

**Price per couple*

THE GROOM & HIS MATES

Starting with a sauna or steam therapy our therapists will then bring you to this incredibly stress relief back massage that will strip away tiredness and tension and an Invigorating Reflexology Foot Massage before the big night. To finish off just chill with a glass of champagne served in our private plunge lounge pool.

INCLUDES

Steam Room / Sauna (20 min), Back Massage (30 min) & Foot Massage (60 min).

110 minutes - US\$ 160

ZURI RITUALS JUST FOR HIM

Keeping in line with Swahili tradition we offer the perfect pampering: get a full Aromatic Spice Body Polish, infused with Zanzibar cloves followed by a full body massage, a full pedicure and a specially designed men's facial.

INCLUDES

Body Polish (50 min), Massage (50 min), Facial (30 min) & Pedicure (50 min).

180 minutes - US\$ 225

AYURVEDA HONEYMOON SPECIAL

A simple reminder that warms the heart of your beloved

The perfect combination for a couple's delight. A full body massage, inspired by traditional Ayurveda technique, with long and flowing massage movements, like rolling waves travelling along the body. It will help the mind to disconnect and create a deep sense of relaxation. The ritual will end with a special handmade milk and rice scrub and herbal steam bath.

INCLUDES

Full Body Ayurveda Massage (60 min) Milk and Rice body scrub (50 min) & Herbal steam (20 min)

130 minutes - US\$ 250



Holistic Ayurveda Treatments

Holistic treatments were developed thousands of years ago which guides and inspires us in the art of living a healthier and more balanced lifestyle. It recognises that we are each unique and focuses on nutrition, lifestyle, massage, yoga and herbal remedies to suit our individual make-up.

Holistic treatments offer a wide range of complementary therapies, rejuvenation and relaxing experiences using specially selected therapeutic oils to correspond to individual “energies” to create natural balance, alleviate muscle fatigue and tension, improve circulation, calm the mind and uplift the spirit.

Ayurveda is an ancient practice that is considered the best natural form of healing that originated some 5,000 years ago in the Indian sub-continent. Ayurvedic treatments as we all know are a natural process to cure, heal, and improve the mental, physical, and emotional condition of human beings. Ayurveda is a way of life that teaches everyone to enhance their lifestyles healthily and understand the different changes occurring in the body.

Benefits of Living the Ayurvedic Way of Life

Ayurveda always inspires people to follow natural and authentic ways of life. To balance the doshas and pacify the toxins present in the body, Ayurveda offers the following-

- A preventive way to lead a disease-free and stress-free life
- Beautiful skin where the natural glow is restored
- Complete relaxation
- Rejuvenates and detoxifies the body
- Helps in de-stressing
- Improves the immunity of the body
- Provides a natural way to lose weight
- Provides an Ayurvedic routine for the body to function properly



Ayurveda Rejuvenation Therapies

REJUVENATION MASSAGE (ABHYANGA)

Profound relaxation—using Abhyanga, or literally, “oil massage.” This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy using warm oils and varying amounts of pressure with a focus on restoring the flow of “prana,” the life force that stimulates your body’s vital energy.

60 minutes - US\$ 75

SHIRODHARA (METHODICAL FLOW OF MEDICATED LIQUIDS ON THE HEAD)

One of the signature therapies of Ayurveda, Shirodhara is an effective therapy for stress-related physical and mental disorders. A steady stream of warm therapeutic herbal oil allowed it to flow across the forehead which improved the functioning of the central nervous system. This brings about a meditative calm clarity to the mind as it moves into a deeper state of relaxation.

60 minutes - US\$ 75

KSHEERADHARA

This procedure involves a continuous stream of lukewarm milk (Dasamoola Siddha Ksheera) allowed to flow over the forehead for 45 minutes, preceded by a mild oil application on the body for 15 minutes. This treatment is highly stressed relieving and reduces excessive body heat and mental tension. It cures insomnia and tones a debilitated person.

60 minutes - US\$ 70

KIZHI (HOT HERBAL BUNDLE MASSAGE)

A toning treatment for the whole body concentrating on the back, neck, and joints. The body is gently massaged with herbal oil followed by hot fomentation using small linen bags filled with a mixture of fresh herbal leaves and powders.

60 minutes - US\$ 75

NJAVARA KIZHI - RICE BUNDLE MASSAGE

This treatment involves medicated rice bundles called Njavara Kizhi, dipped in warm medicated milk and used for massaging in a synchronized manner. It helps cure muscle wasting and rejuvenates the body. It can also be used as a beauty treatment to improve the colour ambience and complexion of the body.

60 minutes - US\$ 85

KATIVASTHI - BACK PAIN THERAPY

Practiced to ease pain in the spinal area. A reservoir made of black gram or wheat flour is placed strategically on the spinal area. Warmed oil is then poured into this depression. The treatment soothes muscular tissue, alleviates pain and lubricates the discs and nerves.

45 minutes - US\$ 45

NASYAM

This involves instilling medicated nasal drops in each nostril, preceded by a mild face massage and steam. This is done to cleanse the sinuses and nasal cavity and is also used to nourish the sense organs above the shoulder. It is recommended for a minimum duration of 3 to 7 days.

30 minutes - US\$ 40

BODY SCRUBS

The time-tested natural body scrubs help deeply cleanse the skin by removing dead cells and nurturing the skin texture making it soft, silky, and radiant. The selected natural herbal ingredients formulae also improve blood circulation while regaining the skin elasticity.

Milk, Rose, and Rice Scrub - enriches the skin condition.

50 minutes - US\$ 65

AYURVEDIC SCALP MASSAGE

This is a specialized therapy that uses medicated herbal oils to add strength and lustre to hair. It stimulates the nerve endings of the scalp and increases circulation thus providing better sleep and relaxation.

30 minutes - US\$ 35

FACE MASSAGE

This procedure is a massage with Aloe Vera cream, which works wonders in removing wrinkles, blemishes, and pimples. It keeps the face young and glowing.

30 minutes - US\$ 30

AYURVEDA FOOT MASSAGE

This is a specialized therapy with herbal oils to strengthen the feet and provides relief from pain and tiredness.

30 minutes - US\$ 30

BACK MASSAGE

This therapy helps reduce stress and strain experienced in the back muscles particularly caused by repeated stress injuries. It strengthens weak muscles and the benefits of this massage include relaxation, stress management, and improved circulation. A specialized therapy with medicated oil to strengthen the feet, this treatment also provides relief from pain and tiredness.

30 minutes - US\$ 35

HERBAL STEAM BATH

Steam Bath in Ayurveda is a treatment wherein a person sits inside a box keeping their head out. This box contains a blend of herbs and medicinal leaves. The person sits in the steam box which is filled with herb-infused steam for about ten minutes to a half-hour.

20 minutes - US\$ 25

Rejuvenation, De-Stress & Beauty

Treat yourself to a holistic Ayurveda experience in the comfort of our beautifully appointed Spa Suites that create the perfect ambience to unwind in solitude or as a couple.

AYURVEDA HERBAL OIL MASSAGE & HERBAL STEAM

It is considered as a whole-body massage that involves the touch of healing hands with warm natural herbal oils to improve the circulation and detoxification of the body the herbal steam helps open circulatory channels, allowing toxins to be mobilized and eliminated through the sweat glands.

70 minutes - US\$ 120

AYURVEDA MASSAGE WITH SIRODHARA

Shirodhara is a powerful and peaceful experience - based on Ayurvedic healing therapy in use for thousands of years. The therapist directs a warm stream of oil onto the third eye into the hair and scalp, then performs an ayurvedic scalp massage to release accumulated tension, to relax the facial muscles. Includes an abhyanga back massage to complete the experience.

90 minutes - US\$ 150

AYURVEDA MASSAGE WITH HERBAL BUNDLE MASSAGE

This therapy begins with the application of herbal oil to the entire body. The body is then subjected to exude profusely through a massage with boluses of chopped and fried leaves of specific medicinal herbs after dipping in herbal oils.

90 minutes - US\$ 140

BACK MASSAGE WITH SPECIAL AYURVEDA PAIN THERAPY (KATIVASTHY)

Kativasthi is popular in which heat is applied to the low back region using warm herbal oils. First, a dam is built up with black gram paste boundary for the required duration. Warm oil is poured into this area and then left to rest there and it works magic by relieving pain and swelling in the affected area.

70 minutes - US\$ 120

HERBAL SCRUB + AYURVEDA FACIAL

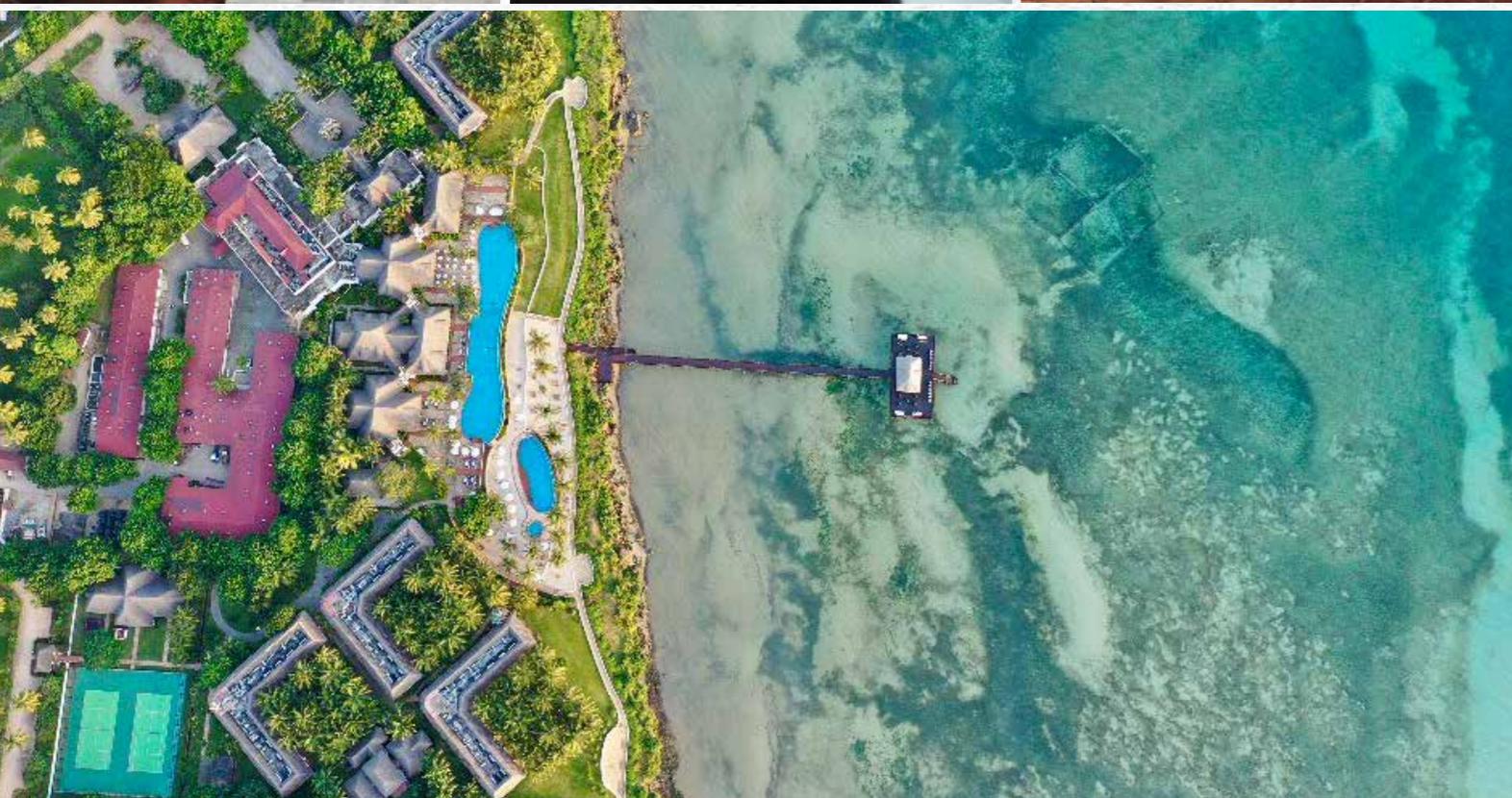
The time-tested natural body scrubs deeply cleans the skin by removing dead cells and nurturing the skin texture making it soft, silky and radiant. The application of specially selected Ayurvedic herbs made into a fresh mask gently repairs damaged skin, and gives elasticity to the skin. Massage of hands and feet focusing on vital energy points called marmas helps to release stress. Your skin will emerge feeling very soft, smooth and nourished.

90 minutes - US\$ 130



"We have the widest range of products ranging from massage oils, essential oils, scrubs, bath salts, balms, face masks, whipped butters, lotions, creams and other products."





SPA POLICIES

RESERVATIONS FOR IN-HOUSE GUESTS & DAY VISITORS

Kindly dial through to the reception and ask to be connected to the spa, or visit us and book your appointment in person. We require only your full name and room number.

When you schedule your appointment/s with us, you are agreeing to our scheduling and cancellation policies.

CHECK IN

Kindly arrive 15 minutes prior to your scheduled appointment. This will allow ample time to fill out a client profile necessary to tailor our services to your personal needs.

FACILITIES

We invite all of our guests receiving spa treatments to make full use of our relaxing environment. Come early, stay for a while, bring a book or relax and enjoy our private sauna, steam room & pool facilities.

*As a sign of respect for your fellow spa visitors, bathing suits are mandatory when using our facilities

RIGHT OF ADMISSION

All minors, under 18 years of age require a parent/guardian to sign an indemnity form on their behalf.

PRICING

Our treatments and retail product prices are fixed & non-negotiable. Thank you for understanding.

SCHEDULING AND CANCELLATION POLICIES

We value your presence and ask that you respect our availability and our staff's time by adhering to our scheduling and cancellation policies:

- Should you need to cancel or reschedule, please notify the spa directly at least 5 hours prior to your scheduled appointment time.
- Cancellation with less than 5 hours of notice or 'No Shows' (clients who miss their appointments without giving prior notification) are subject to a cancellation fee amounting to 50% of the cost of the scheduled services, as priced on this menu.
- You will not be billed/charged without your presence unless there is a cancellation or no show as stated above.
- The holder of the credit cards/gift certificate/room bill is liable for the cancellation charges if applicable, by proceeding with an appointment he/she agrees to these terms.
- Upon check out, guest may choose their method of payment (credit card, gift certificate or room charge)
- Please advise us at time of booking of any health conditions, allergies or sensitivities to aromas or ingredients, injuries, recent surgeries, pregnancy or special needs which may affect your services.

PROFESSIONALISM

Our therapists are here solely to help improve your wellness and relaxation. Please respect the local culture by not behaving indecently or requesting services not listed on our menu.

**NOTE THAT WE DO NOT RECEIVE CASH PAYMENTS FOR TREATMENTS.
ALL PAYMENTS ARE INCLUDED IN ROOM BILLS.**



RESERVATIONS

For more information,
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ZURI RITUALS SPA®

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