



ESSENSIA

WELLNESS SPA

WELCOME TO THE ESSENSIA WELLNESS SPA

A natural holistic sanctuary surrounded by the beauty of Zanzibar. Inspired by African culture, Essensia Wellness Spa will transport you in one of the most fascinating environments of health and well-being.

With our range of products from the nature and full selection of Africology treatment you will experience a soulful journey that revitalizes the body and skin consciously.

Our ethos is to introduce you to authentic African Spa Rituals without neglecting valuable healing and holistic traditions from around the world.

Indulge in one of our exclusive rituals like "Jozani Rain Forest", African Potato Body Wrap or spoil yourself with our unique "Maasai Ritual."



THE MAASAI RITUAL

Ceremonies and rituals among the Maasai Tribe are a very essential part of their culture and lifestyle. With our Maasai Ritual, our aim is to take you quite simply on a renewal journey deeply immersed in the tradition's sights and sound of the Maasai Culture.

Foot Ritual

Use a fresh coconut and sand scrub, followed by a light foot massage with fresh lime, coconut, and lime essential oil. The welcome into the Maasai Ritual, leaving your skin smooth. This treatment helps to immediately release tension by working on reflexology points as well as reduce muscle pain.

Singo Scrub & Aromatherapy

The Singo Body Scrub is a traditional ritual in Zanzibar, usually administered to a young woman before the wedding day. Using African ingredients like Moringa Leaves, Cinnamon Powder, Ylang Ylang and Raw Sugar, all blended in a 'kinu' traditional blender with rosewater. This scrub will leave your skin exfoliated, glowing and smooth.

The above is followed by an aromatherapy massage, using a delicate combination of coconut, citronella, cinnamon, and orange essential oils.

African Facial

Intense rejuvenation. This facial de-stresses, re-balances and hydrates your face with pure natural oils and botanical wonders. Fresh yogurt cleanse, followed by a cucumber tonic, raw sugar gentle scrub and finishing with a full facial massage with 100% natural moisturizer.



POOL SIDE WELLNESS

In our efforts to make your time with us as comfortable and relaxing as we can, we bring the SPA to you.

These pool side therapies have been specially designed with the healing and soothing effects of the fresh Indian Ocean Breeze in mind.



Indian Head Massage

This form of therapy, effectively provides instant muscular pain relief, releases blocked energy zones, and relieves stress and tension of body and mind.



30

Energizing Back Massage

Soothing massage done with warm aromatherapy infused oil combine with herbal bags to improve circulation and absorption of oils, this therapy works on tight muscles and lymph drainage, combating tension in stiff aching body.

30

Foot Massage

Using fresh coconut and sand scrub, followed by a light foot massage with fresh lime, coconut and lime essential oil, this treatment helps to immediately release tension by working on reflexology points as well as reduce muscle pains.

30



Swedish Massage

60|90

Gentle to firm pressure with gliding strokes, kneading and friction techniques stimulate circulation, ease muscular tension, and promote relaxation.

Deep Tissue Massage

60|90

Experiencing a massage that concentrates on tense, knotted and painful areas. Using a variety of muscle release techniques, the therapist will work within your pressure and pain threshold to release and relax chronic tension.

Balinese Healing Massage

60|90

Ideal for those who enjoy a deeply relaxing massage, this treatment combines a range of Asian techniques, including acupressure, stretching, muscle rolling and cupping, thus allowing the receiver to experience several styles in one treatment. With firm but soothing pressure the therapist uses special blended oils to deeply relax, ease tension and improve circulation.

Bespoke Intuitive Herbal Oil

60|90

Soothing massage done with warm aromatherapy – infused oil combined with herbal bags to improve circulation and absorption.

Intonga Amasatchi

60|90

Wooden massage sticks are used during your treatment, to release tension in stiff muscles. Wood symbolically in ancient traditions, release the wisdom of the earth and the guidance of the healer. This is stress relieving treatment and in our 90-minute rendition, Intonga Amasatchi incorporates a facial massage to encourage circulation and further improve skin hydration.

YOUR SKIN THERAPY



Revive and renew your skin.

Natural Facial

60

With our Natural Facial, we give you the opportunity to feel and experience and healing effects of the Zanzibar natural skin care products. The therapist will finish with a relaxing facial massage that enhances the effects on cellular rejuvenation.

Bespoke Facial

60

Tailor-made just for you, we identify your face's natural rhythm and the needs of your skin, then provide the 'right food' to ensure results.

Serum is the key element-

Antioxidants | Balancing | Vitamin Boost | Aloe Forex | Hydrating | Rose | Renewal

African Goddess

90

Intense rejuvenation...de-stresses, rebalances and hydrates your face and back, with pure natural oils and botanical wonders. A beautiful and sacred way to celebrate the Goddess within.

Rose Emotions Facial

90

This pampering antidominance enriches skin treatment combines massage, masque, exfoliation and cleansing into a powerful treatment designed to combat emotional stress, anxiety and creates a sheer radiance. Using quartz rose gemstone that can absorb negative energy and open the energy centers.

SKIN SOOTHING

Waxing Menu



Underarms	20
Arms	30
Back	30
Bikini Line	30
Chest	30
Eyebrows	30
Full Legs	45
Half Leg	30
Lips	20

BODY ADORATION

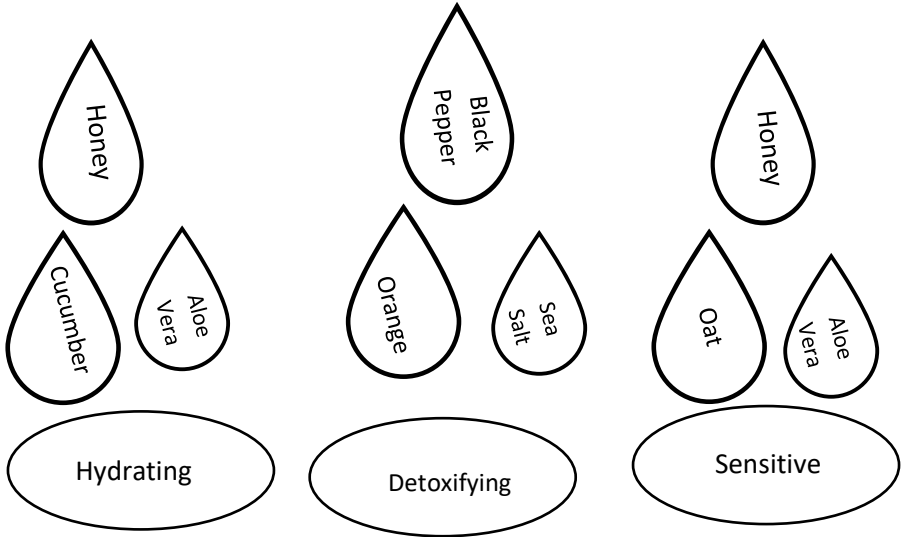


Revive and renew your skin.

Jozani Forest – Vichy Shower

60

With our Natural Facial, we give you the opportunity to feel and experience and healing effects of the Zanzibar natural skin care products. The therapist will finish with a relaxing facial massage that enhances the effects on cellular rejuvenation.



Inkomfi Renewal

60

The process reveals a bright, new skin underneath the damage caused by stress and a harsh environment. Our scrub gently exfoliates lifeless skin cells while replenishing vital nourishment. This is followed by a warm compress and hydrating body oil application. The aromas of South African Geranium, Lemon and Neroli essential oils, restore calm to the mind.

African Potato Anti-Ageing

120

This is a multi-layered treatment that ensures repair and balance. It softens, soothes, and improves skin hydration, whilst fighting free radicals. This velvety treatment leaves a special protective coating on the skin due to the high Marula Oil content, supporting the production of collagen and elastin.



Coffee and Mint Body Wrap

90|120

Once the body has been prepared with our Walnut and Marula shell exfoliator, our invigorating combination of coffee extracts and min is applied as a mud wrap, which set on the body to stimulate lymph and blood flow together whilst eliminating toxins.

Suitable for pregnant women, as well as clients with high blood pressure this is also great treatment to combat water retention.

Slimming Detox Body Wrap

90|120

Improves Circulation and lymph movement. After exfoliation, a natural mix of Juniper, Clary Sage and Lemongrass Clay is applied that contains L-carnitine and caffeine which act as fat strippers and mobilize to stimulate lipolysis.

Soul of Africa Body Bliss

90

This ceremonial process, using Africa's miracle Marula oil blended with Neroli to soften sign of ageing through its anti-stress action.

Botanical Body Experience

120

A beautiful experience in which the energetic essence of plants is captured to work in harmony with the body's own field. Our botanical treatments help combat damage to living cells and they are free of chemicals or perfumes that can disrupt our hormonal rhythm.



FULL BODY RENEWAL



Indulge in the healing power of touch, treat your body, balance, and recharge your energies.

Bespoke Intuitive Herbal Oil

60|90

Soothing massage done with warm aromatherapy – infused oil combined with herbal bags to improve circulation and absorption.

Balinese Massage

60|90

Ideal for those who enjoy deeply relaxing massage, this treatment combines a range of Asian techniques, including acupressure, stretching, muscle rolling and cupping, thus allowing the receiver to experience several styles in one treatment. With firm but soothing pressure, the therapist uses specially blended oils to deeply relax, ease tension and improve circulation.

Intonga Amasatchi

60|90

Woodlea massage sticks are used during your treatment, to release tension in stiff muscles. Wood symbolically in ancient traditions, represents the wisdom of the earth and the guidance of the healer.

This deeply stress relieving treatment and in our 90 minutes rendition, Intonga Amasatchi incorporates a facial massage to encourage circulation and further improve skin hydration.

Chakra Balancing (Shaman's Healing Journey)

60|90

A gentle, kind massage performed with warm gemstones which help release pent-up energy like to cause muscular stress. The Shaman's journey looks into the Chakra energy centers and removes all negative energy block caused by stress. The therapist will use one of our 7 Chakra oils based on your preferred choice.

Bespoke Body Yoga Massage

90

The massage will be focusing on areas of low energy and stiffens. The stretching movement affect their entire body by increasing flexibility releasing both deep and superficial tension.

Swedish Massage

90

Gentle to firm pressure with gliding strokes, kneading and friction techniques stimulate circulation, ease muscular tension, and promote relaxation.

Deep Tissue Massage

90

Experience a massage that concentrates on tense, knotted and painful area. Using a variety of muscle release techniques, the therapist will work within you're your pressure and pain threshold to release and relax chronic tension.

JUST A TOUCH.... MAYBE NOT ENOUGH!



Indian Head Massage

30

This form of therapy, effectively provides instant muscular pain relief, releases blocked energy zones, and relieves stress and tension of body and mind.

Foot Massage

30

Using a fresh coconut and sand scrub, followed by a light foot massage with fresh lime, coconut and lime essential oil, this treatment helps to immediately release tension by working on reflexology point as well as reduce muscle pains.

Majestic Awakening

30

Neck, shoulders, and scalp. Deep tissue massage done with warm balm to relieve tension and stress. This therapy will boost your body feeling fresh and rejuvenated.

Jet Lag Therapy

30

For guests traveling from afar, we recommend the Jet Lag Therapy, a combination of foot reflexology and leg massage. The therapist will use warm balm that leave your feet and legs satiny smooth and soft.

African Facial

30

Intense rejuvenation. This facial de-stresses, re-balances and hydrates your face with pure natural oils and botanical wonders. Fresh yoghurt cleanse, followed by a cucumber tonic. Raw sugar gentle scrub and finishing with full facial massage with 100% natural moisturizer.

Aroma Facial

30

Beneficial for respiratory problems, bronchitis and sinusitis are cleared with our herbal application. It also assists in loosening phlegm in the lung and nose.

JUNIOUR PAMPERING



Our Massage is to educate our children on using products that are not only kind to their skin, but also to the environment. They are sure to leave the Retreat feeling refreshed, informed, and healthful.

Honeybee After Sun Cocoon

20|30

No more sun hitting. Rehydrate, protect, and repairs the skin. Pure honey and Aloe vera blend with soothe too much sun exposure.

Choco-Boo

30

Hands and feet. Includes a soft chocolate exfoliation followed by a coconut and honey massage.

Sleep Feet

20

Overactive. A sure way to calm the mind and have a good rest. Blend of lavender, chamomile, and island flowers are used for this massage.

Little Bee Facial

20

You have a beautiful smile! Includes a gentle honey and coconut cleanse followed by a nutritious mask from Rooibos tea and Corn Starch to feed the skin. Protection is applied with natural SPF 30

Coconut Cocoon

45

Skin and Hair. Full body and head massage for relaxation, protection, and healing. Coconut gives life.

Choice of flavoring: Strawberry | Mixed Berry | Butterscotch | Vanilla

Do I Look Beautiful?

30

First Teenage Facial, Purifying, Cleansing and Sun Protection using natural products.

I Also Need to Relax!

30

Full Body Massage using only natural essential oils blended in pure Coconut oil.

Little Mermaid Manicure + Nail Polish

30

Happy Feet Pedicure + Nail Polish

45

BEAUTY ESSENTIALS



Manicure	45
Pedicure	45
African Potato Manicure	60
African Potato Pedicure	60
French Supplement	30
Shellac Supplement	30

DAY PACK ESSENTIALS



Steam Bath	-
Body Exfoliation	-
Botanical Wrap	-
Rose Quilts Facial	-
Collagen Boosting Massage	-
Downtime Self-Relaxing Zone	120

HOW TO TREAT

Your journey

Some people Spa for relaxation. Others aim for a silky skin. Some seek a deep personal transformation. Your time at the Essensia Spa is personalized to your needs and desires. We are non-conformists; we love to do things differently and welcome the opportunity to take your journey as unique as possible.

Our team will assist you in creating an individualized retreat experience from any combination of treatments and rituals as well as catering to special request for bespoke journeys.

We are committed to creating an unforgettable spa experience and would greatly appreciate any comments you wish to share about you Essensia Spa Journey

Retreat

We recommend that you arrive 20 minutes prior to your treatment time to allow yourself time to relax and explore Retreat's pre-treatment spaces and our calming surrounding.

Whilst we will always try to accommodate your treatments in full, we would be sad for your treatment to be cut short due to late arrivals.

Health

Please notify your therapist if you are pregnant, have a high blood pressure, any allergies or other know medical conditions which may affect your treatment. As a healing environment our priority is your wellbeing.

Retreat Dress Code

Please wear whatever makes you feel comfortable. Upon arrival you will be provided with a personal locker complete with robe, towel, slippers, and disposable underwear.

Belongings

Whilst lockers are provided for your convenience, we recommend that you leave all valuables in your in-room safety deposit box. At the Essensia Spa, we do not assume any liability for loss and damage.

Green Environment

The Essensia Wellness Spa is a fresh and pure environment, free from environmental noise pollution. Please help us to maintain the Spa serenity by refraining from smoking and using mobile phones.

Cancellations

We understand that sometimes you may need to change your schedule. We kindly ask that you give a minimum of 4 hours' notice. Appointments cancelled withing 2 hours will incur a 50% cancellation fee. Appointment cancelled withing 1 hour from the schedule time or "no show" will incur 100% cancellation fee equal to the price of the treatment.

Operating Hours

In efforts to make sure your needs are fulfilled, the Essensia Wellness Spa is delighted to welcome you from 09:00 hrs. to 21:00 hrs., whilst the Fitness Center Operates 24 Hours.

THE PRICE LIST

YOUR SKIN THERAPY		30	60	90
Natural Facial		35	-	-
Bespoke Facial		-	\$70	-
African Goddess		-	-	\$100
Rose Emotions Facial		-	\$70	\$90
POOL SIDE WELLNESS		30	60	90
Indian Head Massage		\$30	-	-
Energizing Back Massage		\$30	-	-
Foot Massage		\$30	-	-
Balinese Healing Massage		-	\$100	\$120
Intonga Amasatchi		-	\$100	\$120
Swedish Massage		-	\$100	\$120
Deep Tissue Massage		-	\$100	\$120
BODY ADORATION		30	60	90
Jozani Forest – Vicky Shower		-	\$100	-
Inkomfi Renewal		-	\$90	-
African Potato Anti-Ageing		-	\$150	\$180
Coffee and Mint Body Wrap		-	\$150	\$180
Sliming Detox Body Wrap		-	\$150	\$180
Soul of Africa Body Bliss		-	\$150	-
Botanical Body Experience		-	\$150	\$180
Coffee Scrub			\$90	
MAASAI RITUAL				120
For Couples				\$400
If Single				\$350
FULL BODY RENEWAL		30	60	90
Bespoke Intuitive Herbal Oil		-	\$70	\$90
Balinese Massage		-	\$90	\$100
Intonga Amasatchi		-	\$70	\$100
Chakra Balancing (Shaman's Healing Journey)		-	\$90	\$120
Swedish Massage		-	\$70	\$100
Deep Tissue Massage		-	\$70	\$100

JUST A TOUCH...MAYBE NOT ENOUGH	🕒	\$30		
Indian Head Massage		\$30		
Foot Massage		\$30		
Majestic Awakening		\$30		
Jet Lag Therapy		\$30		
African Facial		\$30		
JUNIOUR PAMPERNG	🕒	20	30	45
Honeybee After Sun Cocoon		\$20	\$30	-
Choco-Boo		-	\$30	-
Sleepy Feet		\$20	-	-
Little Bee Facial		\$20	-	-
Coconut Cocoon		-	-	\$40
Do I look Beautiful?		-	\$30	-
I Also Need to Relax!		-	\$30	-
Little Mermaid Manicure + Nail Polish		-	\$20	-
Happy Feet Pedicure + Nail Polish		-	-	\$30
SKIN SOOTHING	🕒	20	30	45
Underarms		\$30	-	-
Arms		-	\$40	-
Back		-	\$40	-
Bikini Line		-	\$45	-
Chest		-	\$30	-
Eyebrows		\$20	-	-
Full Legs		-	-	\$45
Half Leg		-	\$35	-
Lips		\$20	-	-
BEAUTY ESSENTIALS	🕒	30	45	60
Manicure		-	\$50	-
Pedicure		-	\$50	-
African Potato Manicure		-	-	\$75
African Potato Pedicure		-	-	\$75
French Supplements		\$30	-	-
Shellac Supplements		\$40	-	-



ESSQUE
ZALU ZANZIBAR



ESSENSIA
WELLNESS SPA

AFRICOLOGY®
Exploring the Richness of Nature