



**SPA POLICIES**

**WHEN SHOULD I ARRIVE FOR MY APOINTMENT?**

Please arrive 15 minutes early to allow yourself time for a consultation and to check in and change

**DO YOU HAVE TREATMENTS FOR BOTH MEN AND WOMEN?**

Healing Earth Retreat caters for both men and women. There are a selection of treatments available on our retreat menu specifically designed to benefit both men and women.

**WHAT IF I AM LATE OR WANT TO CANCEL MY APPOINTMENT?**

Kindly arrive 15 minutes prior to your appointment for a consultation. 24 Hours advance notice is required for cancellation, after which 50% of the treatment cost will be charged. We will however assist in rescheduling your appointments where possible. In case of late arrivals, treatment duration will be reduced accordingly, unless accommodation can be made within the spa schedule.

**ALLERGIES/ILLNESS**

Please be sure to inform your therapist of any known allergies or current illnesses that may affect your treatment

Please Note: Prices are subject to change without prior notice



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

RETREAT



RAS NUNGWI

ZANZIBAR

SPA MENU

## FACIAL CEREMONIES

Reveal your inner beauty and achieve optimal results through the use of our custom tailored skin care ceremonies and advanced treatment procedures. Healing Earth facial treatments incorporate specific massage techniques combined with a botanical blend of natural ingredients, herbal poultices, hot stones and jade crystals.

### Stimulating Herbal Poultice Ceremony with Jasmine and Baobab (60 min)

Herbal poultices are a traditional age old technique used to renew and refresh even the most lifeless skin, combined with pure and powerful all natural ingredients, this treatment will leave the skin energized, renewed and full of life. \$65

### Hydrating Jade Crystal Ceremony with Marula and Rose (60 min)

Known as the stones of tranquility, Jade Crystals are combined with a unique blend of actives to provide the ultimate hydration solution for dry/dehydrated skin. \$65

### Balancing Hot Stone Ceremony with Neroli and Rose (60 min)

Warm stones have been used in many ancient healing techniques and are combined here with active skin boosters to help balance, calm and protect oily/combo skin types. \$65

### Ultimate Anti Ageing ritual with Aloe Vera and Witch Hazel Booster (90 min)

Using a powerful blend of Aloe and Witch Hazel in a specialized facial mask application, this treatment provides and instant smoothing effect on fine lines and wrinkles and assists in improving skin texture, tone and regeneration. Your skin will appear smoother, firmer and more radiant. \$70

### Healing EARTH Men's Indulgence Facial Ritual (60 min)

This facial treatment helps to Energize, Balance and Protect the skin on a deeper level. You will feel de-stressed and renewed. Our relaxing acupressure massage and purifying aloe vera mask is applied to the skin to renew and regenerate the skin and visibly improve the overall look and feel of the skin. **Included is a scalp and foot massage.** \$65

## MASSAGE RITUALS

### Pinotage Deep Tissue Aromatherapy Ritual (60 min)

A unique blend of aromatherapy and plant oils chosen specifically for you, combined with deep tissue massage techniques to bring relaxation to tired, aching muscles and allowing the body to return to perfect balance. Choose from De-Stress, Hydrate, Relax or Detox. \$55

### Swedish Shea Butter Ritual (75 min)

A rich blend of natural ingredients and shea butter and classic Swedish massage techniques, this treatment will leave you feeling revitalized and restored and provide the skin with the ultimate nourishment in needs. \$65

### Nungwi Hot Stone Celebration (90min)

A combination of powerful antioxidant oils and traditional hot stone massage techniques, this indulgent ritual is the ultimate source of relaxation for the mind, body and soul. \$75

### Balancing Back, Neck and Shoulder Massage (40 min)

This unique treatment provides the ultimate massage solution for those specific areas of built up tension in the shoulders, back and neck. \$40

### Couples Indulgence

An indulgent full body and scalp massage for two, using only the finest aromatherapy oils done in the comfort and serenity of our couples treatment room. Choose from relaxing, uplifting, detoxing or hydrating. **(75min)** \$115

## BODY JOURNEYS

### Healing Earth Refining body Polish

An invigorating body scrub to effectively remove dead skin cells and encourage cellular regeneration. Beginning with a light body brushing followed by application of a choice of any of the following blends to hydrate, tone or soften the skins surface: Kalahari Melon, (hydrate), Marula and Neroli (soften), Coffee, Cinnamon Orange (tone). **(45min)** \$50

### Healing Earth Body Wrap and Polish

Neutralize, combat stress and fatigue by encapsulating your body in one of our Healing EARTH Body Wraps. This anti-oxidant treatment will help boost circulation and the immune system. Treatment begins with our signature body polish followed by a wrap from one of the following variations: **(60min)**

### Coffee, Cinnamon & Orange Cellu-Low Treatment

### Kalahari Melon Hydrating Treatment

### Pinotage Vine Envelopment

\$70

### Healing Earth Signature Envelopment Package

Choose from any of the above body wraps, combined with a signature body polish and full body massage, the ultimate indulgence! **(120 min)** \$140

## HEALING EARTH HAND AND FOOT TREATMENTS

### African Footprint Ritual

Melt away stress and rejuvenate your tired feet with this specialized foot treatment and pedicure which will leave your feet feeling beautifully hydrated, softened and silky smooth **(60 min)** \$55

### African Handprint Ritual

Give your overworked hands the boost they need with this hydrating hand treatment and manicure which will leave them renewed and revitalized in no time **(60 min)** \$55

### Express 2 in 1 (60min)

For those with limited time, enjoy a file, buff and paint of the hands and feet in 60 mins. \$55

## DAY PACKAGES

### Healing Earth Full Day Spa Ritual

Rejuvenate your senses and revive your soul with a full day spa experience from Healing Earth. Includes a Healing Earth signature facial, full body exfoliation and full body massage, classic manicure and classic pedicure. **(5 hours)** \$280

### Healing Earth Half Day Spa Ritual

Enjoy two and half hours of sheer bliss in our half day spa experience. Includes any treatment of your choice that is 2.5 hours. **(2.5 hours)** Charged according to treatments

## WAXING TREATMENTS

Half leg	\$27
Full leg	\$37
Underarm	\$27
Bikini	\$37
Lip/Brow	\$20