



ZANZIBAR  
WHITE SAND  
LUXURY VILLAS & SPA



# The Senses Spa

ZANZIBAR

---

## Menu



RELAIS &  
CHATEAUX



# Philosophy

The Senses Spa offers a holistic approach to your well-being, combining expert care, inspiring design and the power of nature to lead you into a profound state of relaxation.

The wide range of treatments and amenities is an invitation for you to experience a bespoke sensorial journey. Draw inspiration from the nature surrounding the open treatment rooms, the sea breeze, and the textures of Zanzibar to rejuvenate and reconnect with inner peace and harmony.

Our offer is crafted with your comfort in mind and the treatments may be offered in an individual or couple setting for your convenience.

## The Spa features:

- Two treatment rooms
- Hair and nail salon
- Hammam, infrared sauna, and hot tub
- Direct access to the outdoor fitness gym
- Changing rooms with a shower



# The Senses Massages

60 / 90 minutes



## Relaxing Massage

Relax your senses with a full body treatment using exquisite oil of rose, jasmine or lavender to calm your nervous system and leave you completely at peace.

---

## Tonifying Massage

This full-body massage combines deep stretching, stroking and kneading pressure to stimulate the blood flow as well as release arthritic pains and muscular tensions.

---

## Acupressure Massage

Concentrating on your energy channels (nadis), we balance and connect your chakras to encourage life energy (prana) flow with different pressure point techniques. For skin that is stressed or fatigued, firm pressure relaxes features and smoothes fine lines.

---

## Warm Oil Massage

In this treatment, the Zanzibar tree of life oil is warmed and used to work deeply into the entire tension zone from head to toe to alleviate pain and stress, promoting circulation.

## Zanzibar Spice Massage

Revive your skin's natural health with this traditional oil-based treatment. A holistic massage with Zanzibar spices and coconut oil is used to stimulate blood circulation and strengthen the immune system.

---

## Sports Massage

A great massage for the athlete in you. It helps loosen muscles and optimize muscular response during physical exercise. After any sports activity, this treatment relieves tension and allows joints and muscles to recuperate better.

---

## Maternal Moments

This full-body massage is designed to improve skin elasticity and prepare the body for changes during pregnancy. This treatment is ideal for releasing muscle tension and preventing stretch marks. Adapted from the second and third trimesters of pregnancy.

---

## Four Hands Massage

A unique experience of relaxation and balance given by two therapists at the same time delicately working with all four hands in synchronization. A magical combination of Thai, Swedish, Shiatsu and Reflexology techniques using deep rhythmic movements, leaving you completely renewed in perfect harmony with your body. This treatment will leave you feeling lighter and bursting with life.

---

## Hot Stone Therapy

An excellent experience of relaxation with stones made of volcanic rocks which will benefit you mentally, emotionally, and physically. The warmth from the stones encourages deep relaxation for the body and mind, promoting healthy circulation and releasing toxins.





# Localized treatments

30 minutes



## Massages

### Back & Neck Tension Relief

Combined legs, back, shoulder and head massages to relax all tension zones and invigorate your body and mind. Ideal for general stress holders.

---

### Legs Massage

A combination of deep massage pressures, leaving your leg ache-less, toxin-free, lighter and more energetic.

---

### Foot Massage

An ancient technique concentrating on reflex points on the foot to release tension and relax your body.

---

### Indian Head Massage

Pure relaxation massage with rhythmic movements and ancient techniques to ease any accumulated tension in the head and balance your throat, third eye and crown chakras. It is excellent to prevent insomnia, headaches and migraines.



## Body Scrubs

Bring a natural glow to your skin with a signature body scrub based on locally-sourced scents and textures. Body scrubs leave your skin cleansed, nourished and renewed.

---

### Kahawa Scrub

Handcrafted scrub with fresh ground coffee beans from organic coffee growers of Zanzibar. Coffee increases lymphatic drainage and rids the body of toxins.

---

### Zanzibar Spice Scrub

Cloves, lemongrass, lime, cinnamon, coriander, anise and rice powder are combined with coconut, baobab and moringa oil. This full-body scrub provides the perfect polish, imparting softness and warming the body whilst improving circulation.

---

### Body Renewal Detoxifying Seaweed & Sea Salt Scrub

Seaweed is full of minerals, vitamin E and amino acids to help your skin plump up, hydrating and smoothing out fine lines with anti-ageing properties. Freshly ground spinosum seaweed extract is infused with sea salt and essential oil to extract nutrients.

Combine a scrub with a massage for the ultimate relaxation and skin renewal.





# Signature Rituals



## After Sun Body Wrap & Face Ritual

30 minutes

This sensorial and relaxing face and body treatment prolongs a healthy glow after sunbathing.

An ideal treatment after a day in the sun: the combination of pure aloe vera and coconut oil will cool and repair your skin, enhancing its natural health and recovery.

---

## Restore & Reset

90 minutes

A smoothing exfoliation with Kahawa (coffee) scrub precedes your treatment, leaving your skin healthy, refined and as soft as silk. Your body is then revitalised with a relaxing massage, providing an absolute sense of calm and peace.

---

## Earth Soul Body Envelopment (4-treatment package)

Two hours

A luxurious fusion of aromatherapy and plant extracts through the use of signature oils, balms, scrubs and wraps.

Choose from the following options:

- Coffee, cinnamon and orange for cellulite treatments
  - Mango nut for detoxifying treatments
  - Kalahari melon for hydrating treatments
- 

## Hamмам ritual

60 minutes

A deep cleansing and purifying experience resulting in a wonderfully softened and smooth skin, relaxed mind, and boosted immunity. The intense scrubbing and massage lead to your body experiencing a considerable increase in blood flow, in turn, stimulating and awakening your senses.

# Signature Ceremonies



## Private Signature Ceremony

Two hours and 30 minutes, 2 persons

An enchanting ritual set within the privatized Spa, to immerse yourself and your loved one in a moment suspended in time. The ceremony engages all your senses, alleviates any tensions, and connects you to the vital powers of nature's elements.

This package includes, for each person:

- Full-body massage of your choice
- Freshly prepared body polish
- Mini Facial
- Indulgent Indian head and foot massage
- Tropical bath infusion
- Fruit platter complemented by Sparkling Wine
- A gift for your home

---

## Romantic Retreat

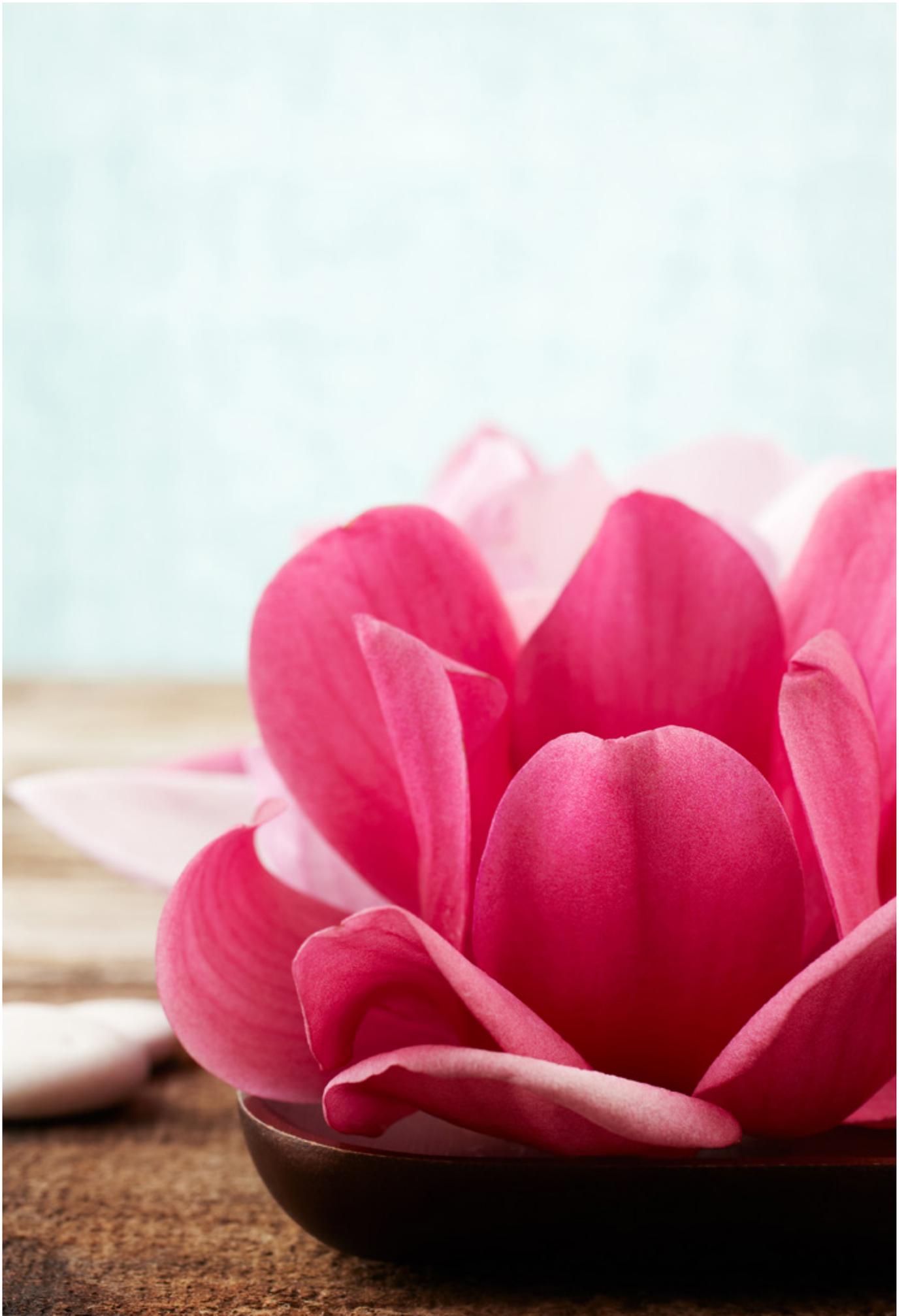
Two hours, 2 persons

Embrace this body ritual in a romantic setting with your loved one.

Start with our signature foot-bath, followed by:

- For her: A choice of oriental massage, pinotage body polish, a deeply nourishing Indian head massage enriched with rosemary-infused warmed coconut oil.
- For him: A deep tissue back or muscle massage, followed by an invigorating ginger-lemongrass body polish, topped with a relaxing foot massage.
- For both: Body Scrub, tropical bath infusion, sparkling wine





# Facials



## Facial Ceremony

60 minutes

This combination of natural organic products and traditional techniques aims at renewing and refreshing your skin. With the powerful benefits of active indigenous ingredients, we soothe, revitalize and hydrate the face, leaving the skin nourished and radiant.

Choose from:

- Hydra boost facial with Marula and Rose
- Purifying facial with Neroli and Rose
- Glowing and radiance facial with Jasmine and Baobab

---

# Children



## Junior Glow

60 minutes

For our little VIP guests, we propose this truly unique and special experience for children aged 5-13, consisting of 50 minutes of gentle Swedish massage and 10 minutes of mini facial.

*\* Children must be cared for by a parent or guardian at any time.*

# Salon services



## Hairdresser

Take advantage of our range of hairdresser services including styling, braiding, treatments and haircuts to magnify and restore your hair.

---

## Waxing

For your convenience, body and face waxing services are available.

---

## Nail Salon

Complete your spa and beauty experience with our salon services. Manicures, pedicures and a list of pampering and effective foot and hand nail care services are available for men and women.







# Wellness Amenities

Discover our Wellness Amenities including an outdoor gym, a steam room, a sauna, showers and changing rooms, as well as a relaxing lounge area.



## Outdoor Fitness Gym

Break a sweat at the outdoor fitness gym, featuring mats, weights, dumbbells, cardio machines and PowerPlate. The open air space and high-tech equipment offers a setting that is calm yet stimulating for your Zanzibari workouts.

---

## Steam Room

The primary benefit of a hammam (steam room) is that it cleans your pores of impurities and sloughs off dead skin. This reveals the fresh smoother skin beneath, and the increase in blood flow will give you a healthy glow. Other benefits of the hammam include muscle relaxation, making it a perfect prelude to a spa body or facial treatment.

---

## Infrared Sauna

The benefits of infrared saunas include helping relieve inflammation, stiffness and soreness by increasing blood circulation and allowing the deep, penetrating infrared heat to relax muscles and carry off metabolic waste products while delivering oxygen-rich blood to the muscles for a faster recovery. The infrared sauna is safe to use every day.

---

## Hot Tub

For relaxation, soaking in a hot tub is an excellent resource for stress relief, better sleep and muscle relaxation. We recommend using it before or after your spa treatment, or after sports.

# Information & Etiquette

## **HOURS OF OPERATION**

Spa Treatments: 7 a.m. - 8 p.m.  
Hours may vary according to season.

## **PRIOR TO ARRIVAL**

We recommend that you leave all jewellery and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. We recommend booking the steam room, sauna or hot tub, prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

## **ARRIVAL**

Please arrive 10 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment. Please be sure to turn off your phone so both your and other guests' relaxation is not disturbed.

## **RESERVATION AND CANCELLATION POLICY**

We recommend that you anticipate your treatments by setting an appointment. Should you wish to cancel or reschedule, please advise us at least 3 hours prior to your appointment in order to avoid a cancellation fee (100%). Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.

## **SPECIAL CONSIDERATION**

- Guests who have high blood pressure, heart conditions, any other medical complications, or are pregnant, are advised to consult their doctors before signing up for any spa services. Kindly inform your spa therapist of any existing medical conditions.
- If you are pregnant, you must be in the second or third trimester to receive a spa treatment.
- Alcohol is not recommended before, during, or immediately following spa treatments.

## **IN-VILLA TREATMENTS**

Our treatments can be performed in the privacy of your villa. Please contact us for details.

## **CHILDREN POLICY**

We welcome all guests to the Spa and have a dedicated treatment for children. Please note that guests below 18 years require permission from a parent to book any treatments. Any guest below the age of 16 must be booked in the same massage room as a parent.

## **GYM POLICIES**

For your personal safety, we ask that you wear sports shoes. Children under 16 years old must be accompanied by an adult when using gym equipment.

The use of the outdoor fitness, steam room, infrared sauna and hot tub is complimentary for our guests. The sauna and steam room are set on request. Please contact our team at least 2 hours prior to your desired use time.

# Rates

The Senses Spa

ZANZIBAR



## Treatments

---

### THE SENSES

The Senses Massage Treatments: 60 minutes | \$110 or 90 minutes | \$160

Four Hands Massage: 60 minutes | \$180 or 90 minutes | \$250

Hot Stone Therapy: 60 minutes | \$150 or 90 minutes | \$190

Localized Treatments: 30 minutes | \$65

Junior Glow: 60 minutes | \$100

Facial Ceremony: 60 minutes | \$100

### SIGNATURE RITUALS

After Sun Body Wrap & Face Ritual: 30 minutes | \$100

Restore & Reset: 90 minutes | \$150

Earth Soul Body Envelopment: two hours | \$220

Hammam Ritual: 60 minutes | \$250

### SIGNATURE CEREMONIES

Private Signature Ceremony: two hours and 30 minutes | \$440 (for two)

Romantic Retreat: two hours | \$300 (for two)

## Salon services

---

### MANICURE

Classic manicure and hand massage: \$60

Classic manicure and polish: \$65

Classic manicure and gel polish: \$75

### PEDICURE

Classic pedicure and feet massage: \$65

Classic pedicure and polish: \$70

Classic pedicure and gel polish: \$80

### ADDITIONAL SERVICES

French design for one nail | \$1

French design for all nails | \$10

Nail repair | \$5

Classic polish removal | \$10

Gel polish removal | \$15

Acrylic removal | \$20

### WAXING

Lips or chin: 10 minutes | \$20

Face: 30 minutes | \$45

Underarms: 15 minutes | \$35

Arms: 30 minutes | \$55

Legs - half: 30 minutes | \$60

Legs - full: 45 minutes | \$80

Back: 50 minutes | \$70

Bikini: 45 minutes | \$75

### BRIDAL SERVICES

Make-up artist: on request

Henna tattoo (temporary): on request

Bridal hair styling: on request



RELAIS &  
CHATEAUX

## Hairdresser

---

The Senses Spa

ZANZIBAR



### STYLING

Blow-dry: \$40  
Hair-styling: \$30-50  
Simple plait: \$10  
African braids: \$80-100  
Beard shave: \$30  
Feather extension: \$20

### HAIRCUT

Men: \$50 - \$80 (depending on length)  
Women: \$50 - \$90 (depending on length)  
Children: \$30

Please note that all the above colour services may be subject to additional costs depending on the complexity of the work.

### TREATMENTS

#### **Skin health** (including dandruff, oily roots) \$45

*Deeply cleanses the scalp and hair to answer main hair concerns for a healthy, shiny and bouncy look.*

#### **Anti-hair fall treatment** \$45

*Helps reduce hair fall due to breakage, fortifies and nourishes the hair.*

#### **Anti-breakage** (for dull hair, split ends) \$45

*Luxurious haircare that strengthens hair from root to tip for a healthy and radiant look.*

#### **Coloured hair care** (all colours, including blond) \$45

*The ultimate answer for all coloured hair. Deeply nourishes the hair whilst caring for the colour from the inside out.*

#### **Sun protection** \$45

*Provides sublime hair protection from the sun, salt and chlorinated water.*

#### **Ultra-moisturizing** \$45

*An intensely moisturizing and nourishing treatment for dried-out hair that makes it silky smooth and soft to the touch.*

#### **Frizzy Hair** \$45

*Great for textured hair, providing nourishment, definition, smoothness and strength with frizz control, fluidity and shine.*



ZANZIBAR

WHITE SAND

LUXURY VILLAS & SPA



[whitesandvillas.com](http://whitesandvillas.com)