



EMERALD
ZANZIBAR RESORT & SPA

The Emerald Spa

A MEMBER OF



THE LEADING HOTELS
OF THE WORLD



By going back to the source
and listening to the earth’s secrets
we can live in serenity, harmony
and balance.

Lead your body and mind on a journey of inner
and outer peace at Emerald Spa, achieving
true synergy of the mind, body, and soul.

Open every day from 09:00 to 21:00

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Couple Massage Room

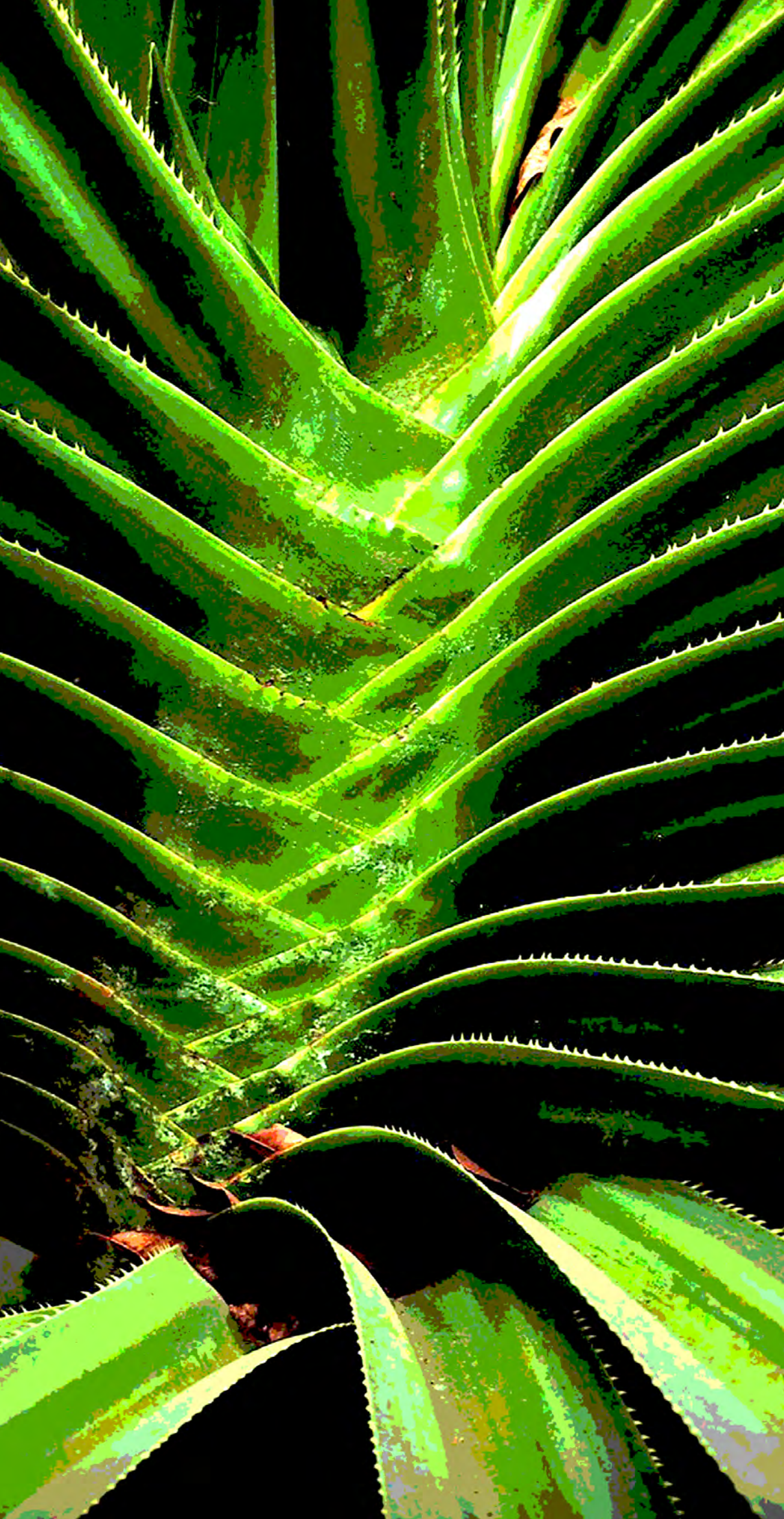
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Ayurvedic Massage Room

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Beauty Treatment Room

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Relaxation Area

.....
Retail Boutique

.....
Spa Facilities



Signature Massages

Restore harmony and equilibrium by investing in a few precious hours in the cradle of nurturing.

Stillness Reconnection

Boost circulation and relax tired muscles with this relaxing balancing journey. Start with an erythematic full body exfoliation utilizing our anti-oxidant body polish to revive and restore skin balance. A tailored Aromatherapy massage using our signature Stillness Butter for full relaxation and stillness. Complete with a mini facial and skilled facial massage to complete your journey. Ideal to relax, rewind and to energize yourself from head to toe.
Treatment Duration: 120 mins

Couples Togetherness

Time to enjoy and cherish each other as you escape into a journey to relax and revive. Starting with a full body exfoliation choosing from our selection: detox/energise/nourish which tailor to your needs. This is followed by a full body massage using our signature body butters to enrich and nourish your skin while allowing time to reconnect and unwind with your loved one. Your escape is completed with a radiant mini facial with the use of our Rose Quarts rollers to increase circulation and revitalise the skin leaving you feeling replenished and glowing. We will use a Pinotage antioxidant serum tailor made to your skins requirements to fully quench the skin.
Treatment Duration: 120 mins

Zanzi Island Spice Ritual

Inspired by traditional spices our Coffee, Cinnamon and Orange is formulated as a perfect blend to stimulate and energise while illuminating the skin. Start off your ritual with a full body exfoliation with our creamy body polish to rewind and remove dead skin cells. Followed by a full body wrap, cocooned in our Coffee, Cinnamon and Orange wrap to stimulate the lymphatic system. Followed with a full body massage to balance and restore while eliminating toxins from the body. Completed with a foot reflexology for perfect balance restoration. Your body with thank you for complete rejuvenation and detoxification.
Treatment Duration: 150 mins

Zanzi Goddess Journey

For some 'me time' this is a perfect head to toe balance and escape journey. Powered by our multi-vitamin antioxidant range to relax and feed the skin. Start off with a tension release back, neck and shoulder massage. Your skilled therapist will incorporate our muscle ease gel utilizing rosemary and peppermint to uplift and increase circulation. Followed by a Pinotage antioxidant facial tailor made to your skins needs. During your facial mask, we will apply our hydrating and repair mask to your hands to repair and hydrate while leaving your refreshed and restored.
Treatment Duration: 120 mins

Choose one of the below options to complete your treatment:

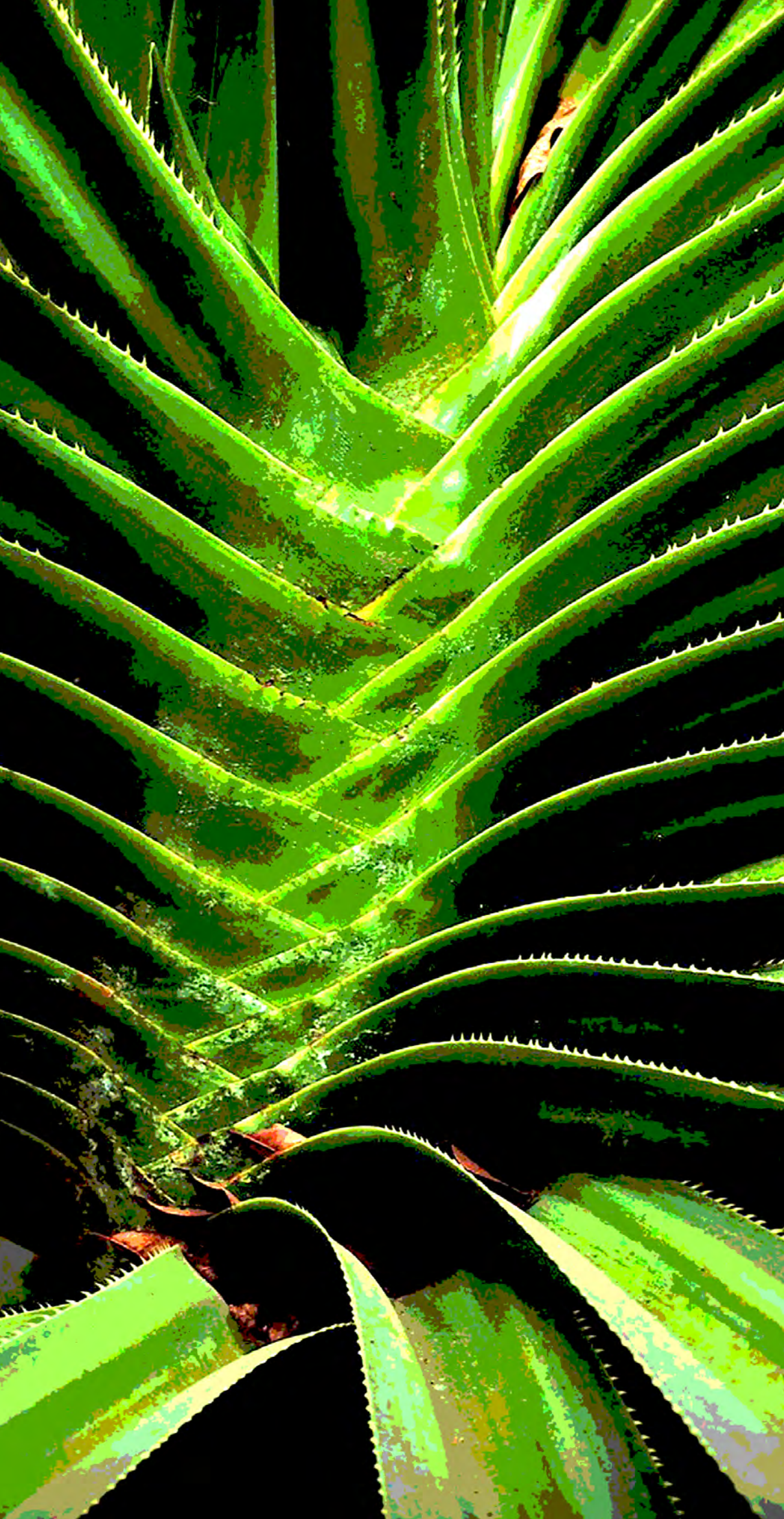
Back Exfoliation
Treatment Duration: 30 mins

Mini Manicure
Treatment Duration: 30 mins

Mini Pedicure
Treatment Duration: 30 mins

Wrap
Treatment Duration: 30 mins

Hyaluronic Boost to plump skin elasticity
Treatment Duration: 15 mins



Detox Ritual

Inspired by Rosemary and Peppermint to detox the body and eliminate unwanted toxins. A full body exfoliation using our Mongongo Nut creamy polish to remove dead skin cells while hydrating the skin. Completed with your choice of a cocooned detox gel wrap or a full body lymphatic massage to fully revive one's self.

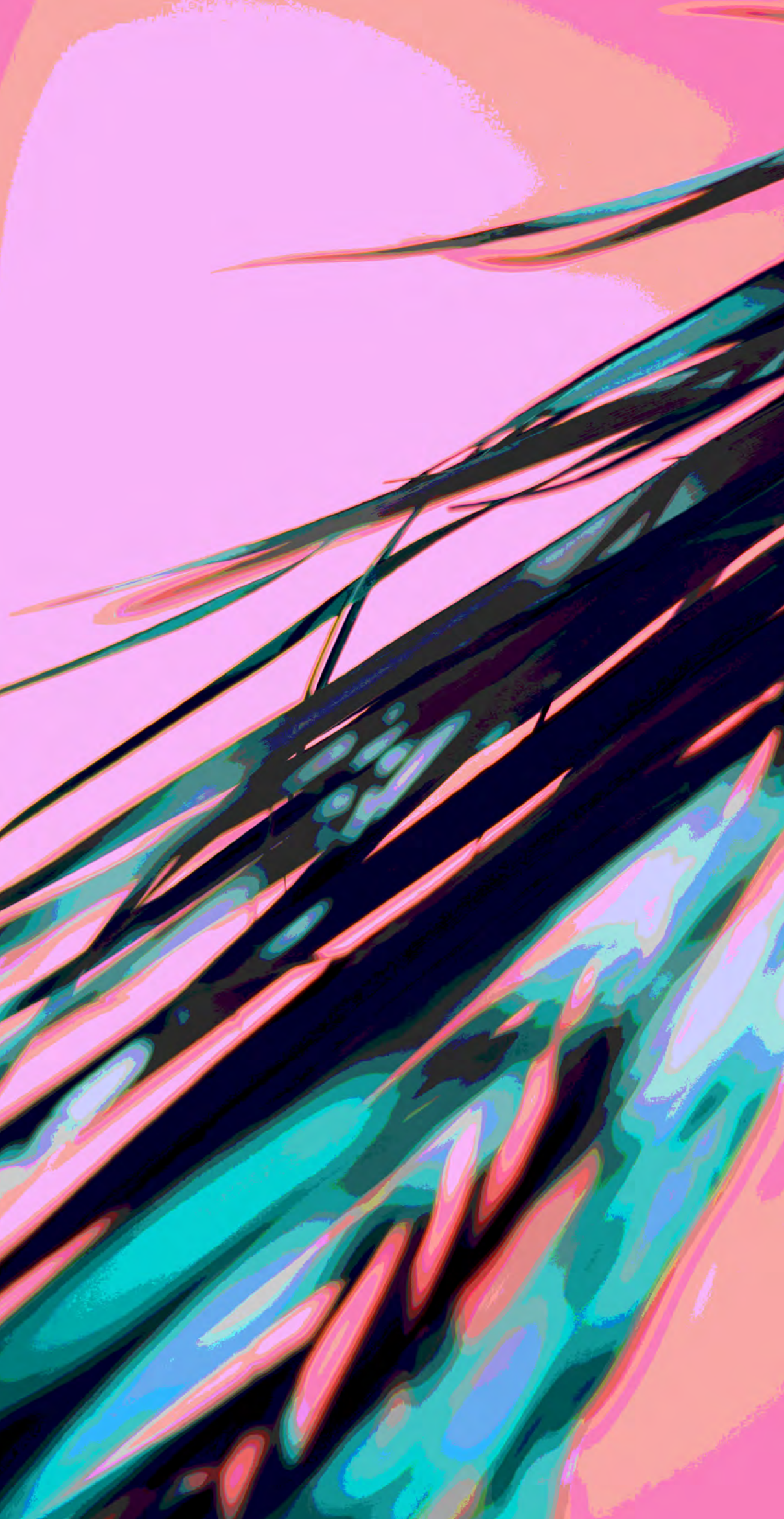
Treatment Duration: 90 mins

After Sun Heal & Repair

After sun recovery is most important to prevent skin damage. Inspired by the healing properties of Aloe Vera and our award winning African Potato Balm to nourish and restore skins balance. These natural ingredients are utilized to help all skins and the sensitivity from sun exposure. A full body wrap to cocoon the skin allowing the healing properties to repair the skin. During your wrap a relaxing head massage to allow you time to relax and unwind.

Followed by a full body massage with our African Potato balm to nourish, balance and restore the skins moisture, while our balm aids in the reduced redness and itch on the skin.

Treatment Duration: 90 mins



Body Massage Ceremonies

The Use of the steam room before a massage and Jacuzzi is recommended after treatments to elevate benefits. Asia's tradition of traditions, a masterpiece of unique and strong cultural identity of different ancient massages. All massages can be booked by 60 minutes or 90 minutes and can be individual or combined as a package.

Balinese Massage Relaxing

Employing the principles of acupressure, cross fibre strokes and gentle stretches, and aromatherapy is used to stimulate the flow of blood and "qi" (energy) around your body. This treatment brings a sense of wellbeing, calm and deep relaxation.
Treatment Duration: 60/90 mins

Authentic Thai Massage Flexibility

This ancient Thai treatment has been used all over the world to alleviate muscle pain and fatigue while conditioning the skin with herbs and oils. Concentrating on major energy meridians this treatment helps to harmonize the body and loosen energy blockages. A relaxing experience that regenerates skin, relieves muscle discomfort and promotes a better flow of energy.
Treatment Duration: 60/90 mins

Hawaiian Lomi-Lomi Massage Balancing

Characterized by the Huna's loving and nurturing approach, this massage brings the balance in physical, mental and spiritual dimensions. With long and gentle rhythmic strokes, this sensual massage will awaken your sense of well-being.
Treatment Duration: 60/90 mins

Muscle Ease Deep Tissue Massage

This massage targets stiff and sore muscles by concentrating on the areas where lactic acid has built up. Pressure is altered from medium to deep to adapt to those tough tension areas and improve blood circulation. A cooling gel is applied to the upper back to refresh, calm and soothe the relieved area.
Treatment Duration: 60/90 mins

Expecting Mom

A much-needed tailored massage therapy for the mom to be. Ease away any muscle tension and tiredness using Healing Earth's award winning African Potato Balm, packed with vitamins, minerals and powerful organic bio-identical active ingredients deeply nurturing and nourishing the skin.
Treatment Duration: 60 mins

Foot Reflexology Stimulating

An ancient healing based on the principle that there are reflex points on the feet that correspond to the body's different organs and glands.
Treatment Duration: 60 mins

Anti-Cellulite Massage Toning/Firming

Restore the natural appearance of your skin as we use the powerful combination of our Coffee, Cinnamon & Orange range to firm and stimulate stubborn areas. Body brushing is utilized to increase circulation in the area removing stuck toxins. Followed by a full body lymphatic drainage massage which helps to further improve the skin texture and aid in detoxification.
Treatment Duration: 90 mins



Massage Ceremonies

Traditional Filipino Massage Intuitive

With origins from Northern Province, Traditional Hilot Massage start with scanning of banana leaves which are then used to identify areas of imbalance in the physiology. An upside-down glass or cupping therapy "Ventosa" is then placed for few minutes to create suction, an ancient form of alternative medicine to assist in reducing pain, inflammation, blood flow, relaxation and well-being. The experience continues with the combination of long and deep strokes of Hilot. Combined with stretching, it improves circulation and relieves stress and tension.
Treatment Duration: 90 mins

Shirodhara Massage Ayurvedic

Awakening your senses and spirit with Shirodhara massage, warm oil is placed over the third eye and hairline. This holistic healing approach harmonizes the body, mind and soul and creates a balancing effect in the deepest blissful state of consciousness.
Treatment Duration: 60 mins

Traditional Hot Stone

Relax with this full-body massage using special warmed basalt stones to stimulate circulation and ease muscle tensions. A combination of manual massage and these unique stones helps treat focus areas of tension while creating a rejuvenating massage experience.
Choice of Pinotage Oils: Relax & Distress/ Detox & Uplift / Condition & Hydrate
Treatment Duration: 90 mins

Add on menu:

Hydrating Taster Facial
Treatment Duration: 30 mins

Full body polish
Treatment Duration: 30 mins

Relaxing Head Massage
Treatment Duration: 30 mins

Revitalizing Foot and Ankle massage
Treatment Duration: 30 mins

Yoga session
Treatment Duration: 30 mins



Body Ceremonies

Polishing Body Ritual

All scrub rituals include a nourishing body butter application. For optimum results, add any of our scrub rituals to your preferred massage therapy.

- Mineral Rich Himalayan Salt therapy
- Powerful Antioxidant Pinotage polish
- Relaxing Marula & Neroli body polish
- Detoxifying Mongongo Nut body polish
- Stimulating Coffee, Cinnamon & Orange body polish

Treatment Duration: 45 mins

Body Wrap Ritual

Our targeted body masks are designed to treat specific guest concerns creating both immediate and lasting results. All mask wraps are completed with a hydrating shea butter application. Choose from:

- Grape Anti-Oxidant Clay Mask – Skin Brightening
- Coffee, Cinnamon & Orange – Stimulate, Sculpt & Define
- Mongongo Nut – Detoxifying
- Aloe Vera – Soothing, calming, after sun repair, skin reviver
- Earth Green Body Clay Mask – Deep Cleansing, clears impurities, hydrating, toning

Treatment Duration: 45 mins



Facial Ceremonies

Vitamin Peptide Anti-Ageing Facial Performance

A high performance, specialized and results driven facial formulated for cellular rejuvenation, gently stimulates skin cell renewal and works on deeper levels of the skin. Presence of high dosage of vitamin C actively boost skins regeneration and anti-ages. The unique delivery of active ingredients offers highly nourishing results from the cocktail of peptides, hyaluronic acid, enzymes, and probiotics. This is the ultimate anti-ageing facial for mature, dry skins.

Treatment Duration: 90 mins

Brightening Microfoliant Enzyme Booster

This brightening and radiance boosting facial, harnesses the powerful functions of pure Rosehip. An active facial starting with a cleanse to remove impurities, followed with our Microfoliant enzyme clay to exfoliate and soften the skin. A lifting facial massage help relax facial muscles and regenerate skin cells. This is followed by a therapeutically enriched mask and serum application that lathers the skin with the best nature has to offer, leaving it refreshed and radiant.

Treatment Duration: 75 mins

Pure Hydrate & Revitalise Facial

A intensive hydration infused facial specially targeting dehydrated, and water lacking skins. Start with a nourishing cleanse best suited to your individual skin to begin the ultimate hydrating experience. Active ingredient Hyaluronic acid is lavishly used to feed the skin with nutrients, moisture and assist with the skins natural hyaluronic production, leaving the skin plump and moisture rich. Incorporating Rose Quartz Roller to aid in boosting circulation, resulting in optimum skin glow. Suitable for all skin types, ideal for dehydrated and sun exposed skin.

Treatment Duration: 60 mins

Gentleman's Facial Ceremony

This treatment is especially for the gents. A facial focusing on deep cleansing leaving the skin refreshed, nourished and soothed for visible results. Facial compresses and a regenerating facial massage using Healing Earth's healing and restoring African Potato is the ideal treatment. 90mins offering includes a Stress relieving back massage.

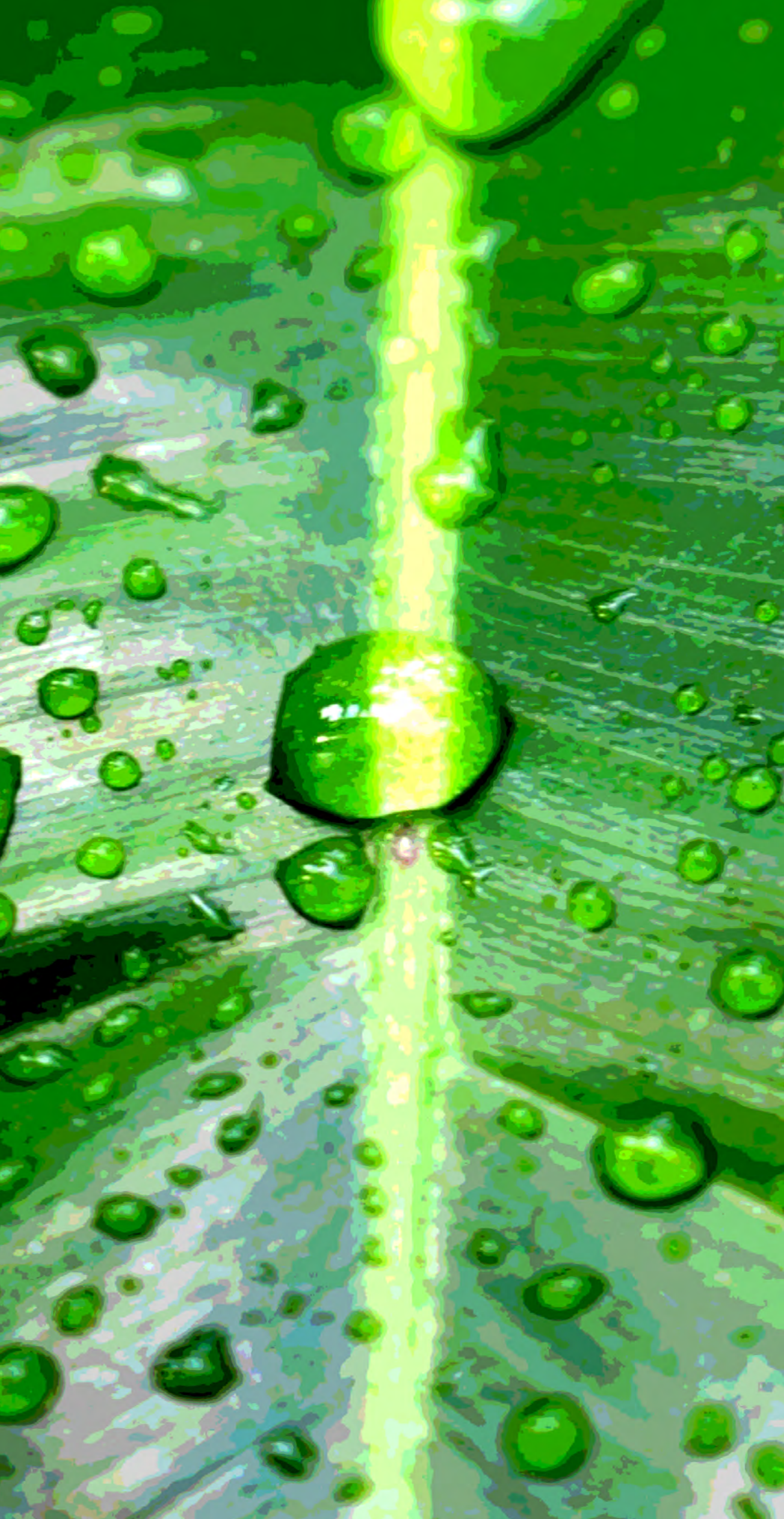
Treatment Duration: 60/90 mins

Soothe and Repair facial

This gentle facial is specially designed for skin that has been damaged by the sun or exposure to other environmental toxins. It harnesses the naturally nourishing powers of superfoods to heal the skin without the use of chemicals. Masks, serums and natural oils with herbs and shea butters are all combined for optimum restoration. We use our famous aloe vera healing gel in combination with our award-winning African potato for ultimate healing and rejuvenation.

Suitable for sensitive and over sun exposed skins.

Treatment Duration: 60 mins



Hands & Feet

All manicures and pedicures include an invigorating exfoliation and a revitalising mask with peppermint, eucalyptus and camphor to restore and revitalise the skin.

Emerald Handprint Ceremony

A classic treatment including a polish to soften, reshape of the nails, neaten cuticles, and massage to moisture and nourish the hands. Finished with a fresh coat of lacquer
Treatment Duration: 60 mins

Emerald Footprint Ceremony

The feet are soaked, skin gently exfoliated, cuticles are perfected, and toenails clipped, shaped, buffed and polished. Finishing with a nourishing foot massage and a fresh coat of nail lacquer.
Treatment Duration: 60 mins

Gents Handprint or Footprint Ceremony

Perfect treat for the gentleman. Soaked, exfoliated, nail and cuticle treatment. Includes nail shaping, and trimming of the cuticle.
Treatment Duration: 45 mins

Express Mani/Express Pedi

An express nail service for the hands or feet if time is essential. This treatment will also include nail filing, shaping, and trimming of the cuticle. To complete, a polish application is done to add some colour and shine.
Treatment Duration: 30 mins

Soak Off

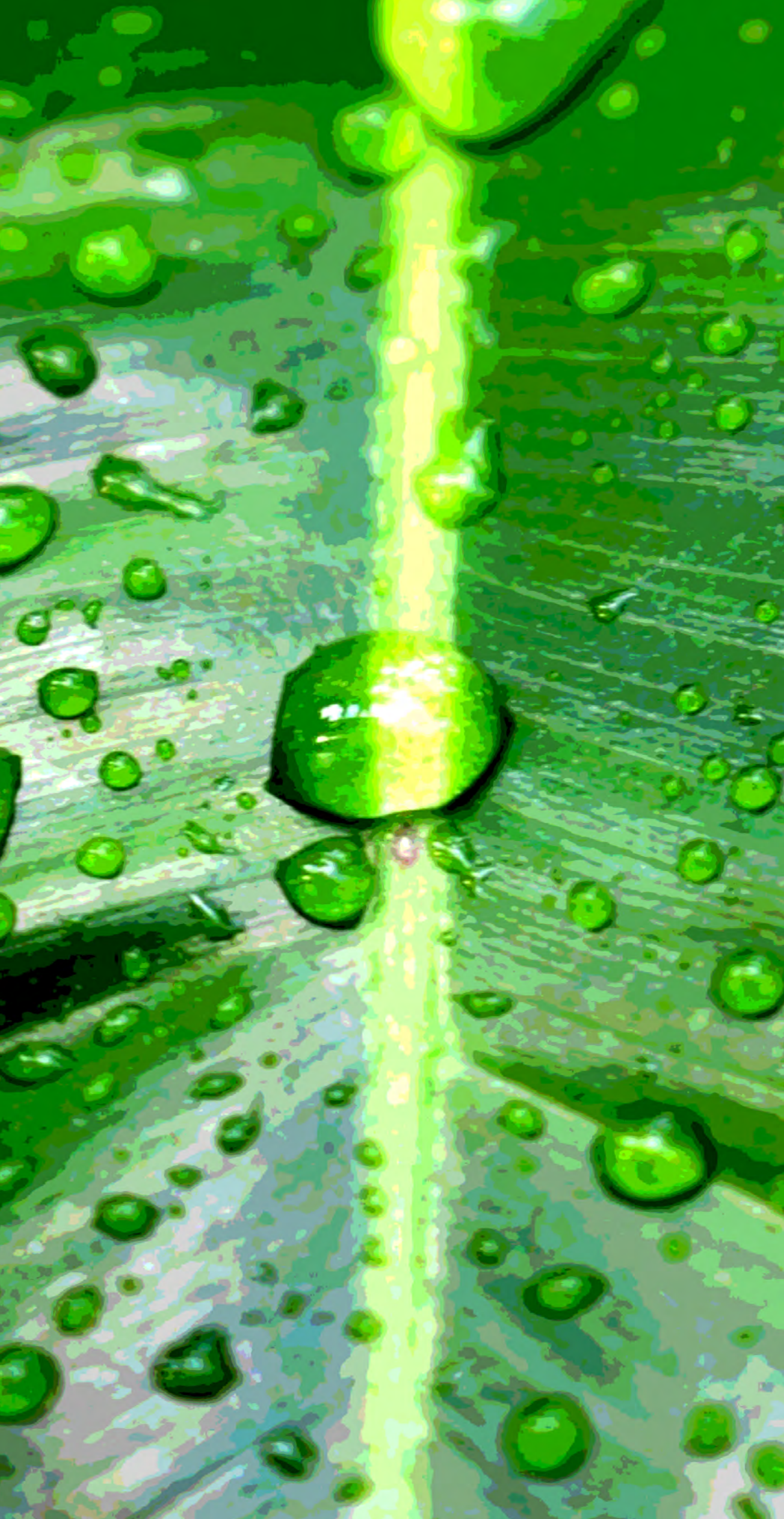
Treatment Duration: 30 mins

Gel Add On

Treatment Duration: 30 mins

File and Varnish

Treatment Duration: 20 mins



Earth Child

Mini Pamper Manicure

Mini Pamper Pedicure

Hydrating Facial

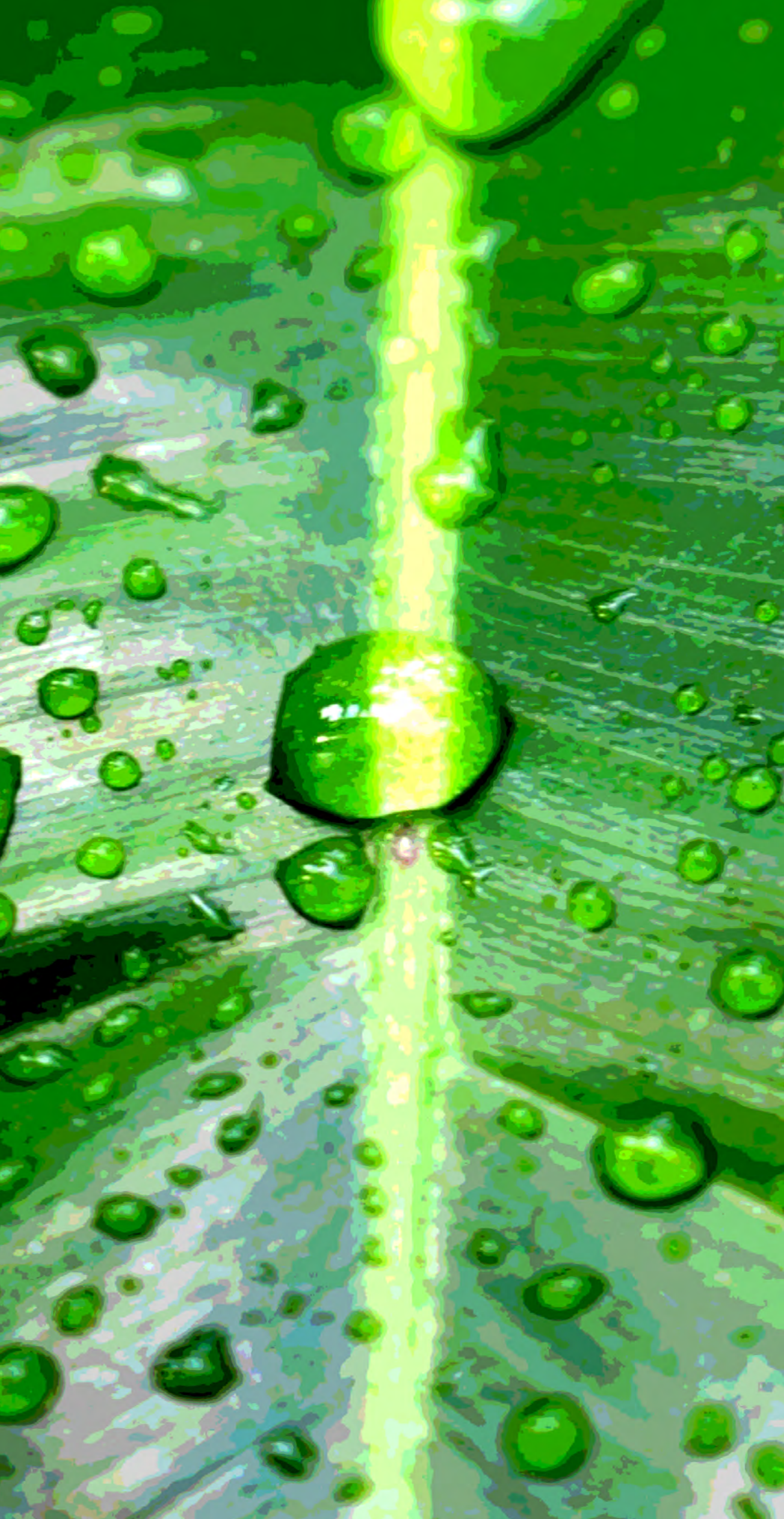
A refreshing healing earth facial enriched with neroli infusions to assist with Balancing oil production and hydrate the skin by adding moisture.
Treatment Duration: 30 mins

Body Polish

A gentle full-body polish ideal for the little ones to energize the body and nourish The skin.
Treatment Duration: 30 mins

Relaxation Massage

A soothing full-body massage ideal for kids. A gentle pressure aids with improving circulation, helps to relax, and improves the body's immune system.
Treatment Duration: 45 mins



Salon Services

Whether you're in the mood for a subtle change or a dynamic new look, you can be sure; The Emerald Spa Salon offerings will get you there! We offer a variety of salon services to make you feel style unique.

Waxing

Brow / Lip / Chin

Face

Half Arms / Full Arms

Under Arms

Half Legs / Full Legs

Bikini Line

Back / Chest

Stomach / Bust

Hair Treatments

Hair Spa S/M/L

Deep Conditioning S/M/L

Shampoo

Blow dry



Wellness

Yoga holds the key to good health, vibrant living and is said to delay the onset of ageing and disease. Yoga is the cornerstone approach to holistic wellness and individual well-being. Special Yoga class with instructors in all levels are available to suit your style. Lessons can be enjoyed as a group or individually, making the experience personalized, discreet and very enjoyable for all ages. Energize and tone your body, still your mind and calm your emotions in one of our Yoga classes.

Sun Salutation

Treatment Duration: 30 mins

Yoga for Beginners

Treatment Duration: 30 mins

Pranayama

Treatment Duration: 30 mins

Aqua Yoga

Treatment Duration: 30 mins



Spa Etiquette

Spa Appointments

Please consult our specialist for assistance in selecting treatments to fulfil your personal requirements. Appointments can be made in the spa reception desk or you can dial spa local number. We suggest that you schedule your appointments in advance to obtain your preferred time.

Cancellation Policy

Should you wish to cancel your appointments please informed us 4 hours before hand or 50% of the total price will be charged. No Show will also be charged 50% of the total price.

Arrival

We recommend that you arrive at least 15minutes prior to your appointments time in order to relax and enjoy our facilities. Arriving late will limit the time of your treatment. Here at our spa, you will be asked to complete brief, confidential consultation form. This is to check for possible contra indication to any treatments.

What To Wear

At The Emerald Spa we provide robe and a pair of slippers, for you comfort, disposable undergarment is provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy.

Health Conditions

Please inform us of any health conditions when booking your appointment. These include high blood pressure, heart conditions, any allergies, recent surgeries or pregnancy.

Admission

The Emerald Spa guests aged under 12 and below should be accompanied with the presence of parents/ guardians. Selections of treatments are available, subject to the advice of our specialist.

Valuables

While we take precautions. The Emerald Spa accepts no responsibility for the loss of money or valuables of any kind.

Comfort

The Spa is an area of relaxation and tranquillity. We ask you to refrain from using your cell phone while on the premises. The Spa is a **non-smoking** area. Please do not consume alcohol prior to or immediately following your treatment as it may impair the effectiveness of the treatment.

Shower

Sand can be an irritant to the body during any kind of massage. We kindly ask that you be showered and sand-free prior to your treatment. We would like to suggest allowing time either before or after your treatment to enjoy our wet area or relaxation areas.

Prices

All prices are quoted in US Dollars, subject to 15% applicable taxes.

Price List

Massage: 60 Mins	Minutes	USD
Balinese Massage Relaxing	60	120,00
Authentic Thai Massage Flexibility	60	120,00
Hawaiian Lomi-lomi Massage Balancing	60	120,00
Deep Tissue Massage Energizing	60	120,00
Shirodhara Ayurvedic	60	120,00
Expecting mom Massage	60	120,00
Foot Reflexology Stimulating	60	120,00

Massage: 90 Mins	Minutes	USD
Balinese Massage Relaxing	90	150,00
Authentic Thai Massage Flexibility	90	150,00
Hawaiian Lomi-lomi Massage Balancing	90	150,00
Deep Tissue Massage Energizing	90	150,00
Traditional Filipino Massage Intuitive	90	150,00
Hot Stone Massage Balancing	90	150,00
Anti-Cellulite Massage Toning	90	150,00

Scrub	Minutes	USD
Himalayan Salt Therapy	45	120,00
Marula Neruli Polish	45	120,00
Pinotage Polish	45	120,00
Mongongonut Polish	45	120,00
Coffee Cinnamon Orange Polish	45	120,00

Wrap	Minutes	USD
Grape Anti-Oxidant Clay Mask	45	120,00
Coffee, Cinnamon & Orange	45	120,00
Mongongo Nut	45	120,00
Aloe Vera	45	120,00
Earth Green Body Clay Mask	45	120,00

Facial	Minutes	USD
Vitamin Peptide Anti-Ageing Facial Performance	90	150,00
Brightening Microfoliant Enzyme Booster	75	145,00
Pure Hydrate & Revitalise Facial	60	120,00
Gentleman's Facial Ceremony	60	120,00
Gentleman's Facial Ceremony	90	150,00
Soothe and Repair Facial	60	120,00

Emerald Spa Packages	Minutes	USD
Stillness Reconnection	120	200,00
Couples Togetherness	120	200,00
Zanzi Island Spice Ritual	150	230,00
Zanzi Goddess Journey	120	200,00
Detox Ritual (90 mins)	90	150,00
After Sun Heal & Repair	90	150,00



Price List

The Art of Wellness	Minutes	USD
Sun Salutation	30	50,00
Yoga For Beginners	30	50,00
Pranayama	30	50,00
Aqua Yoga	30	50,00

Add On	Minutes	USD
Shoulder, Neck and Head Massage	30	50,00
Express Cleansing Facial	30	50,00
Wrap	30	50,00
Polish	30	50,00

Salon	Minutes	USD
Manicure	60	60,00
Pedicure	60	60,00
Mini Mani	30	30,00
Mini Pedi	30	30,00
Waxing Brow/ Lip / Chin	60	20,00
Waxing Face	60	20,00
Waxing half Arms	60	20,00
Waxing Full Arms	60	30,00
Waxing Under Arms	60	30,00
Waxing Half Legs	60	20,00
Waxing Full Legs	60	30,00
Waxing Bikini Line	60	40,00
Waxing Chest / Back	60	40,00
Waxing Stomach / Bust	60	30,00
Hair Spa S / M / L	60	30,00
Deep Conditioning S/M/L	60	40,00
Blow Dry	60	20,00
Shampoo	30	20,00



