



NATURA

*Life & Balance*



*"A girl should be two things:  
classy and fabulous."  
Coco Chanel*



*"The beauty of a woman is not in a facial mode but the  
true beauty in a woman is reflected in her soul. It is the  
caring that she lovingly gives the passion that she shows.  
The beauty of a woman grows with the passing years."  
Audrey Hepburn*



*"Beauty is not in the face..  
beauty is a light in the heart."  
Kahlil Gibran*



# ENJOY NATURAL TREATMENTS

ALL OUR TREATMENTS ARE PROUDLY MADE WITH ORGANIC INGREDIENTS FROM THE ISLAND

## GOODNIGHT JET LAG

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Detox Jet lag Treatment  
Goodnight & Sweet dreams

## SUN

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Coco Hot Tan  
Organic Aloe Relief

## FOR HER

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Glow and Radiance  
Thai Foot Ritual  
One hour for Me!

## CELLULITE

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Cinnamon Natural Scrub and Leg Massage  
Coffee & Sugar please!  
Iceberg

## SPA SERVICE GUIDELINES

How can I book a Treatment?

At our Reception or via WhatsApp +39 3428999267 or +39 3517323021

Age requirements

The services are for guests aged 18 years or older.

What do I wear?

For your spa treatment, wear what is most comfortable for you.

Our staff will provide you with disposable undergarments for use during body treatments.

Spa Etiquette

Appointment Times 08.00 - 22.00

- Treatments are carefully planned to accommodate each and every guest. We advise guests to be ready in their Room 5 minutes prior to the appointment time
- Late arrivals will be finished within the scheduled time, reducing the duration of treatment, while the fee will remain unchanged.
- No-Shows will be charged at 50%.
- Cancellations must be made at least 3 hours before your appointment, or it will be considered a No-Show.

## FOR HIM

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Head, Back & Shoulders  
Deep Tissue and Indian Head Ritual  
Invigorating Foot Massage

## AFRICAN JOURNEYS

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Zanzibar Spice Ritual  
Masaai Ritual

## SPECIAL PACKAGES

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Romeo & Juliet  
For My Princess

## HAIR BRAIDING

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Traditional  
Extension



# GOODNIGHT JET LAG

*Sleep solves everything..*

Exotic, far-flung escapes seem like a dream come true when we book them. Until, that is, we step off the plane in paradise to find we're bogged down by jet lag.

There's always the option of travelling some place closer, but for those with a passion for real discovery, distant lands often have the strongest allure. Unfortunately, jet lag becomes more extreme the farther away we venture and reaches a peak a few days after landing. Thankfully, there are wonderful ways to help combat the effects and all you need to do is relax and let someone pamper you...

## JET LAG

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### DETOX JET LAG TREATMENT 30 min

Detox & Stimulating - Legs & Feet Scrub and draining Massage

This treatment helps relieve swollen legs and feet due to travelling. The circulation is stimulated after the leg scrub and then followed by a draining massage to help the release of toxins.

### GOODNIGHT & SWEET DREAMS 60 min

Detox & Deep Relaxing - Soft Scrub | Relaxing Massage

The signature Goodnight package starts with a Detoxifying Scrub to exfoliate, purify and nourish skin, at the same time encouraging healthy blood circulation. Then an invigorating Jet Lag Massage employs long, kneading strokes to relieve muscle tension, particularly on the legs, lower back, neck, shoulders and around the eyes. Purpose-designed movements are enhanced by a Jet Lag Massage Oil that contains natural essential oils of bergamot, lavender and chamomile to relieve fatigue and insomnia, boost concentration and induce relaxation. Guests are invited to book late night appointments, making it even easier to fall into a long, deep sleep





# SUN & TAN

*A good tan is the best Accessory...*

Zanzibar is the perfect place to get the best tan ever! But always be careful and protect your skin by using sun protection starting from 30 SPF to 50+ for sensitive Skin

## BEFORE & AFTER

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### (Before) COCO HOT TAN 45 min

Exfoliate & Nourishing - Full body Scrub | Light Massage

From the very beginning, before proceeding to exposure to tanning bed procedures, it is only proper to prepare your skin. This is especially important, particularly in cases where your skin is white, sensitive and prone to burns. Experts advise not to expose yourself abruptly to the sun and when you do so, use sunscreen with the right UV protection.

The first step is the correct exfoliation of the skin, whereby the dead cells are removed. The procedure for preparing the skin to acquire a great tan starts with a gentle full body massage with a mix of oils, sea salt and brown sugar. With the help of this mixture, the dead cells are gently removed, and the skin becomes tender and soft. For its refreshment, it is recommended to take a warm shower, and the spa procedure ends with the application of a special oil to the whole body, which will help you keep the acquired tan.

### (After) ORGANIC ALOE RELIEF Shoulders 25 min | Face & Shoulders 40 min

Sunburn relief - HALF or FULL Body Organic Aloe

This magical plant is a very popular antidote for irritated skin. The gel within the aloe vera plant naturally eases discomfort and moisturizes skin thanks to its powerful glyconutrients, which speed healing.

Try our local organic ALOE VERA.. It will be love at first touch!





# FOR HER

*Elegance is the only beauty that never fades...*

## FACE & FOOT

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### GLOW & RADIANCE 30 min

Calming, Hydrating and Restoring Face Massage | Cranial Massage

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 gently scrub, soothe, revitalize and hydrate the face, leaving the skin nourished and radiant.

Choose from:

- Hydra boost facial with Lemon and Peppermint
- Purifying facial with Vanilla and Rose
- Glowing and radiance facial with Ylang-Ylang

### THAI FOOT RITUAL 30 min

Foot Massage | Relaxing

Following the typical principles of Chinese plantar reflexology, it prevents and relieves a whole series of ailments such as neck pain, lumbar pain while also improving the functionality of the internal organs.

The Thai foot massage is always performed on both feet and lower legs, through physical pressure and stretching, with the aim of opening the "Sen" energy channels. These points, if stimulated correctly, trigger a process of "self-healing of the body".

## BODY

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### ONE HOUR FOR ME! 60 min

Body Massage | Relaxing

A fully personalized treatment based on each Princess's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Choose your oil fragrance: cinnamon, lavender, vanilla, ylang ylang, patchouli, lemongrass



# CELLULITE

*a strong Woman is one who is able to smile this morning like she wasn't crying last night*

## ANTI CELLULITE

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### CINNAMON NATURAL SCRUB & LEG MASSAGE 30 min

Purifying and detoxing - Scrub | Leg Massage

This body polish contains a blend of natural scrubbing agents with cinnamon, lemongrass extract and pure coconut oil. It is deeply detoxifying, removes dead skin cells and is excellent for sluggish circulation. The cinnamon polish makes this scrub a perfect prelude to the final leg toning massage with Zanzibar Vanilla oil.

### COFFEE & SUGAR PLEASE! 45 min

Fat burning & Detoxing - Scrub | Leg Massage

Let's start with brown sugar and coffee body scrub: Caffeine found in coffee scrubs improves blood circulation, reduce the appearance of cellulite and gives the skin a more even tone look. When a coffee body scrub is applied, the skin absorbs the antioxidant properties to prevent premature aging.

An energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen improve blood circulation, and reduce cellulite by activating the lymphatic system

### ICEBERG 60 min

Lymph drainage & Toning - Scrub | Cryotherapy | Leg Massage

This efficient treatment will help you to reduce the cellulite by an activation of the blood circulation, using a special range of products adapted to your requirements. We start with dynamic and powerful frictions with a body scrub made from Sea Salt and pure essential mint and lemongrass oils to release the toxins, followed by a toning cryotherapy with green tea ice cubes and a vigorous massage to cover your body with a unique blend of pure essential oils of rosemary, orange, ginger and lemongrass, well known for their interaction against cellulite.



# FOR HIM

*"It's like Brad Pitt for us. You might not like blond men with pretty features but c'mon, it's Brad. You're not going to kick him out of bed for eating crackers."*

## MASSAGE

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### HEAD, BACK & SHOULDERS 40 min | +10 min

Relaxing - Back and Shoulders Massage + Purifying Scrub (optional)

Starting from the back to stimulate the blood circulation this massage continues with the neck and shoulders to relieve muscular pain and drain tensions away. It is then concentrated on the head to effectively ease out accumulated stress and to enhance relaxation

+ PURIFYING BACK TREATMENT (optional) +10 min

A super-smoothing treatment designed to rid skin of impurities and rid muscles of stress. A deep-cleansing scrub helps cleanse the pores before ending off with a relaxing massage.

### DEEP TISSUE 50 min | +10 min

Decontracting - Body Massage | Head 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.

+ INDIAN HEAD RITUAL (optional) +10 min

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.

### INVIGORATING FOOT MASSAGE 30 min

Relax - Foot scrub | 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.





# AFRICAN JOURNEYS

*"Butterflies can't see their wings. They can't see how truly beautiful they are, but everyone else can.  
People are like that as well."*

## RITUALS

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### ZANZIBAR SPICE RITUAL 75 min

Ritual for HER or for HIM with local Spices

Rediscover your balance with the benefits of Zanzibar spices.

Begin your experience with a full body exfoliation followed by a Relaxing Massage to stimulate the natural balance of body, mind and soul.

Body Scrub with Zanzibar Spices:

Cloves, lemongrass, lime, cinnamon, coriander and brown sugar 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.

Facial & Body Massage:

Designed for dry, sensitive or damaged skin, this intensely calming and restorative massage delivers a nutrient rich elixir to revitalize the skin.

### MAASAI RITUAL 75 min

Ritual for HER based on Masaai traditional technique

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, vanilla, 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 oil.



# SPECIAL PACKAGES

*"The beauty of a woman is not in a facial mode, but the true beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she shows. The beauty of a woman grows with the passing years."*  
Audrey Hepburn

## PACKAGES & SPECIAL OFFERS

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### ROMEO & JULIET

Special Offer for Couples

For HER:

1 Body Massage "ONE HOUR FOR ME!"

1 Body Treatment Scrub + Lymph Drainage Massage "ICEBERG"

For HIM:

1 Body Massage "HEAD, BACK & SHOULDERS" + purifying Back Scrub

### FOR MY PRINCESS

Special Package for 3 Massages

For HER:

3 Body Massages (one hour each) or any treatment of Her choice

For HIM:

Sorry.. It's Her turn :)







# HAIR BRAIDING

*A Black Experience... Enjoy!*

HAIR BRAIDING by appointment only

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"In the early fifteenth century, hair functioned as a carrier of messages in most West African societies. The citizens of these societies- including the Wolof, Mende, Mandingo, and Yoruba-were the people who filled the slave ships that sailed to the 'New World.' Within these cultures, hair was an integral part of a complex language system. Ever since African civilizations bloomed, hairstyles have been used to indicate a person's marital status, age, religion, ethnic identity, wealth, and rank within the community. In some cultures, a person's surname could be ascertained simply by examining the hair because each clan had its own unique hairstyle. The hairstyle also served as an indicator of a person's geographic origins."

## TRADITIONAL

Tailor-made Hair Braiding service

## EXTENSION

Tailor-made Hair Braiding service + Hair Extension



NATURA

*Life and Balance*

NATURA  
SPA Service  
WhatsApp +39 3428999267

OpenHours of Operation  
Treatments & Massages: 08:00 -00:00hrs by appointment only  
Hours of operation are subject to change