

# Spa Basics



Please arrive 15 minutes before your scheduled appointment.

Ensure that you have taken a shower, especially if you have been in the pool, the ocean or have applied sunscreen.

You should wear whatever makes you feel comfortable.

A bath robe and slippers are provided in your private spa treatment room. You may wear your own underwear (not boxers for men) or we can provide you with hygienic disposable briefs. If you choose to wear your own underwear or decide to use your swimming costume, please ensure it is not wet for your own comfort.

Please notify the Spa Manager or Therapist before booking your treatment if you have any symptoms to be noted.

Including high blood pressure, Allergies, physical ailments, disabilities, any nervous system or respiratory disorders and if you are pregnant.

We recommend that you leave your personal valuables in your room safe before coming to the spa.

Arriving late will limit the time of your appointment.

Your treatment will end on time so that we do not delay the next guest. However, if there is no following booking we will do our best to complete the full duration of your treatment.

The treatments you selected are reserved especially for you, and no other treatment can be taken at the same time.

A 50% charge will be taken for treatments not cancelled with three hours advance notice.

Treatments are available from 9:00 am - 6:00 pm

For reservation please call +255 774 413 321/3  
Extension 173.

E-mail [spa@bluebayzanzibar.com](mailto:spa@bluebayzanzibar.com)

The Spa environment is one of tranquility and relaxation. Please respect the peacefulness and privacy of other Spa guests.

Kindly do not smoke, take alcohol or use your mobile phone within the Spa vicinity.

*Thank You*

# Oasis Journeys



## Harmony Couples Romance

This is a romantic time in the Oasis Spa where you can enjoy a pampering massage together to be free from tension, smooth the texture of your skin followed by aqua therapy - a truly aromatic experience.

1:30 Hours | \$155

## Wisdom Of Zanzibar.

Embrace and rejuvenate yourself with a traditional beauty secret of Zanzibar women. This exotic experience combines the nourishing benefit of Zanzibar Island spice body scrub followed by a cool yoghurt splash to restore your energy and a full body massage by using herbal oil to stimulate analgesic properties.

2:15 Hours | \$135

## Safari Recovery

To recover from bumpy roads and hours of safari and those early morning starts, relax your muscles and mind, and enjoy the healing powers of warm volcanic stones to the back of your neck with a shoulder massage to follow and the stimulating activity of foot reflexology followed by a variety of facial treatments.

2:15 Hours | \$150

## Ayurveda Retreat

An ancient Indian therapy to calm your mind and balance your body composed of one or a combination of Dosha Vata (Air-Earth), Pita (Fire-Water), Khapa (Earth-Water) which helps blood circulation and energy levels. Pamper your mind and energize your soul with a steam bath ritual followed by an ayurvedic massage and Indian head massage.

2:00 Hours | \$130

# Oasis Massages



## Aroma therapy Massage

55 Minutes or 1:20 Hours  
\$70 | \$ 90

This is the most relaxing massage using aromatic blended oil. A combination of strokes and acupressure techniques enable this soothing and gentle massage to provide the healing properties of these natural oils to penetrate into the skin leaving your relaxed. The scent of massage oil will calm body and mind.

## Swedish Massage

55 Minutes or 1:20 Hours  
\$70 | \$ 90

A classic in its own right, the swedish massage provides an indulgent sense of relaxation. Pure massage oil combined with the five classic strokes - gliding, kneading, vibration and percussion movements designed to stimulate the nervous system, reduce muscle tension and energize the body.

## Ayurvedic Massage

55 Minutes or 1:20 Hours  
\$70 | \$ 90

Ayurveda is an ancient art of Indian massage. Sanskrit in origin, the word “ayurveda” is a combination of two words - “ayur” meaning “life” and “veda” meaning “science of life.” When you put the two together, you have an ancient Indian way of medicine. Ayurvedic therapists believe that it helps to increase circulation and energy levels as well as balance your mind, body and spirit.

## Indian Head Massage

30 Minutes | \$ 45

This is a rhythmic flow of invigorating Ayurvedic massage using warm coconut oil applied to the “Mama Point” on the head and neck while also restoring vital tranquilly. Excellent for insomnia, Headaches and migraines.

# Oasis Massages



## Deep Tissue Massage

55 Minutes or 1:20 Hours

\$75 | \$ 95

This massage employs classic Swedish stroke techniques that work deeply into the muscles, stretching muscle fibre and releasing tension. It increases blood flow, thus improving circulation and speeding up the healing process of sore or pulled muscles.

## Hot Stone Massage

1:20 Hours | \$ 95

This ancient healing art of hot stone massage is a variation on the classic massage therapy of smooth, flat stones which are placed on the key points of the body. Lighter massage and deep penetrating heat from the stones will release muscular tension and create energy flow.

## Traditional Thai Massage

1:30 Hours | \$ 95

This healing therapy has been taught, practiced and handed down through generations in Thailand for over 2,500 years. The massage combines acupressure and stretching techniques along the life energy lines to improve flexibility, stimulate blood circulation and relieve tension.

# Oasis Massages



## Thai Herbal Compress

90 Minutes | \$95

The healing practice of thai herbal compress therapy dates back nearly 5,000 years, "Luk Pra Kob". It induces deep relaxation, relieves stress and fatigue, boosts both emotional and physical well-being, and assists alignment and posture integrity of the body. It also improves circulation of blood and lymph systems as well as stimulates the internal organs. The hot compresses are ideal for alleviating pain, stiff sore or pulled muscles and ligaments. Also treats chronic back aches, arthritis, migraines as well as chronic stress or anxiety. The blend traditional Thai herbs used in these compresses has a relaxing and invigorating effect on the body and mind.

## Foot Reflexology Massage

50 Minutes | \$45

An ancient Chinese massage which has been used for more than 3,000 years, this is a holistic foot massage that works on the reflex points of the feet which correspond to different organs of the body thus restoring balance, relieving stress and helping the body to heal.

## Back, Neck & Shoulders Massage. 30 minutes | \$45

This tailor-made massage concentrates on the back, neck and shoulder areas particularly suitable after a long safari or to relieve that let-lagged feeling.

# Body Treatment



A body scrub is a beauty ritual which exfoliates the skin by removing dead skin cells. It leaves the skin feeling soft and smooth, while simultaneously assisting the body to flush away toxins, improving circulation and well-being.

## Tropical Fantasy

1:15 Hours | \$80

Local full-body tropical delight. Sweet harmony exfoliation is the sensation. The fragrant tropical mix of mango, coconut and banana is used to moisturize and nourish your skin.

## Exotic Papaya

1:15 Hours | \$80

Revitalize your senses with a full-body exotic exfoliation followed by the cooling and refreshing effects of a papaya enzymes body wrap to soften and rejuvenate your skin.

## Zanzibar Indulgence

1:15 Hours | \$80

Deep cleansing and nourishing of your skin with the scent of orange peel blended with natural honey to exfoliate and polish with an anti-oxidant body rub of fresh carrots, Rich in vitamin A.

## Aloe Vera Sun Soothes

1:00 Hours | \$60

Anti-bacterial and energy tonic with the natural healing of Aloe Vera to alleviate burns and wounds from too much sun. Combined with mint yoghurt this will soothe your skin.

## Body Scrub

45 Minutes | \$45

A smoothing exfoliation with a natural scrub your treatment, leaving your skin healthy, body scrub of your choice.

# Oasis Facials



Recover and pamper your face with a purifying facial of natural ingredients from this tropical Island, including a light relaxing facial massage, leaving, leaving the skin feeling radiant and Oasis Spa beautiful.

## Tropical Nourishment

1:00 Hours | \$70

A nourishing facial treatment with tropical fruit blended to regenerate the skin with the benefit of vitamins to help calm and rebalance oil rich pores, revealing beautiful skin.

## Papaya Honey Revival

1:00 Hours | \$70

Nurture your face with blended papaya and wild honey giving your face a natural sun-kissed glow. Honey has been long known for purifying oily skin and antioxidants help support the skin's ability to rejuvenate from UV damage from the sun.

## Cucumber Soother

1:00 Hours | \$70

This facial treatment provides a deep cleansing, suitable for all skin types. The purifying scrub and natural cooling agents of cucumber, mashed to reduce heat and inflammation, also soothe the eye.

## Flower Power Age

1:15 Hours | \$80

Created with belief that nature has more than enough to offer us healthy and beautiful skin. Combine hydrating and age defying effects of organic jojoba and Apricot Kernel oils, Peueraria mirifica (kacao krua) extract, Bio Cellulose coconut mask with sericin milk protein 1005 from nature and the pure science of aromatherapy using essential oils.

## Express Facial

30 Min | \$45

This provides a deep cleansiny, scrub and rich moistirizer.

# Beauty Treatments



Express Spa Manicure      30 Min | \$25

Spa Manicure      30 Min | \$35

Express Pedicure      30 Min | \$30

Spa Pedicure      30 Min | \$45

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Waxing

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Hair Braiding



# Welcome Back