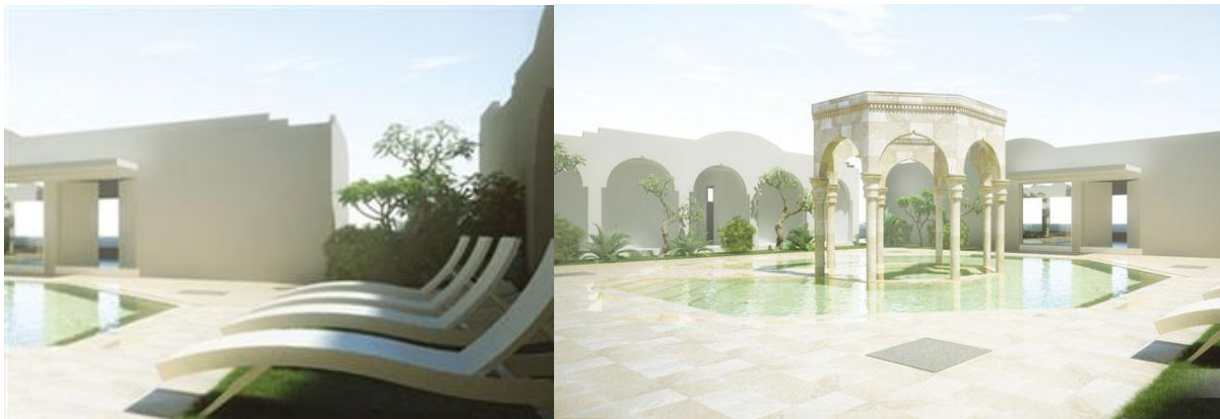




## **SPA TREATMENT GUIDE**

### **The Hideaway Spa & Health Club**

Lead your body and mind on a journey of inner and outer peace at the Hideaway Spa & Health Club, achieving true synergy of the mind, body and soul. We offer an extensive and unusual range of spa services tailored to your personal needs, such as Hammam, hydrotherapy, body and beauty treatments. Selected oil and fine products will make your stay at Hideaway of Nungwi Resort and Spa even more delightful. Also available is a spectacular central relaxation area with Jacuzzi and pool, a fitness centre with Technogym® equipment, personal trainers available at extra charge and yoga classes.



### **Spa Facilities**

#### **Fitness Center**

Our Hideaway Spa and Fitness centre embodies the active beach lifestyle of our destination with engaging activities and services whilst enjoying the breathtaking view of the Indian Ocean. The newly refreshed Spa and Fitness centre provides the latest in Technogym® equipment, yoga classes and personal trainers in order to meet the needs and desires of our guests at Hideaway of Nungwi Resort and Spa.





### **Steam Room**

Unwind amid clouds of steam in the modern Hammam of Ancient Rome. The gentle heat and penetrating humidity relax your body, easing your muscles and soothing away the cares of the day. At the same time the steam cleanses every pore, leaving your skin baby-soft and smooth. There's no better way to feel rejuvenated and refreshed.

### **Frigidarium**

Invigorate your mind and body by dipping into the cool drop pool to enhance the cooling process, stimulating circulation and refreshing the body between heat experiences.

### **Relaxation Area**

Round off your memorable and relaxing experience with personal service and quiet indulgence in our outdoor Relaxation Area.

### **Additional Facilities:**

- 2 Couple Massage Rooms
- 2 Single Massage Rooms
- 1 Thai Massage Room
- 1 Beauty Room
- Relaxation Area

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





## **The Signature of Hideaway Spa and Fitness Centre**

All our unique and luxurious therapies start with a traditional foot cleanse ritual including a hot stone foot massage, followed by our signature body welcome touch, end off your experience with a relaxing iced tea beverage and a fruit and muffin basket while you relax in our beautiful Frigidarium and Hammam pool.

## **Signature Spa Rituals and Journeys**

*"The spa experience will lead both your body and mind on a journey of inner and outer peace, tranquility and complete relaxation."*

### **Healing EARTH Signature African Body Rituals**

Discover the essence of Africa with one of our unique African Full Body Rituals. This treatment includes a Full Body Exfoliation, Massage and Body Wrap. Also included in this African Ritual are a Face Treatment and Scalp Massage to give you a head-to-toe spa experience for the ultimate in relaxation.

Choose from the following:

#### **Kalahari Melon Hydrating Treatment**

To Hydrate and moisturise dry and flaky skin.

#### **African Ginger Firming and Slimming Treatment**

To tone and tighten loose skin.

#### **Mongongo Nut Detoxing Treatment**

To drain toxins from the body.

#### **Coffee Cinnamon and Orange Cellu-Low Treatment**

To treat cellulite and drain toxins from the skin.

#### **Marula and Neroli Relaxing Treatment**

Encouraging deep relaxation and inner peace.

Package Price: \$120  
Treatment Time: 120min





### **Pinotage Rituals**

#### **Pinotage Body Wraps**

Hydrate, relax, detox, contour and de-stress by encapsulating your body in one of our Pinotage Grape Extract Infused Masks, Gels or Oils. Inclusive of this treatment you will receive a pampering facial and scalp massage leaving you with a feeling of Well-Being.

Choose from the following:

#### **Pinotage Hydra Body Embalm**

#### **Pinotage Relax Body Embalm**

#### **Pinotage Detox Body Embalm**

#### **Pinotage Contour Body Embalm**

#### **Pinotage De-Stress Body Embalm**

Package Price: \$100  
Treatment Time: 120 min

### **Karafuu (Clove) Spa Journey**

This traditional Swahili ritual is performed before the bridal wedding ceremony. A mixture of clove body scrub is used to exfoliate the body and traditional Zanzibari oil is used to massage the body after this invigorating exfoliation.

Package Price: \$105  
Treatment Time: 90 min

### **Upya (Renew) Day Spa Journey**

Take the chance to indulge and renew your mind and body with a Therapeutic Aromatherapy and Reflexology massage, a Signature Facial, Manicure and Pedicure.

Package Price: \$235  
Treatment Time: 270 min

### **Kimapenzi (Romantic) Couples Spa Journey**

Couples can succumb to the pleasures of a rejuvenating Full Body Scrub, Hot-Stone Massage and Signature Facial, perfect for revitalising in a sensuous environment and is an ideal for a romantic couple's getaway.

Package Price: \$260 pp.  
Treatment Time: 180 min





### **Healing EARTH Exfoliating**

Renew your body and skin by polishing away dead skin cells from the epidermis leaving you with a healthy glowing skin, feeling smooth, soft and retextured.

Choose from the following:

#### **Kalahari Melon Hydrating Exfoliation Treatment**

Polishes away dead skin cells and hydrates the skin leaving it feeling soft and smooth.

#### **African Ginger Firming Exfoliation Treatment**

Tightens and increases the skin's tone leaving it feeling supple and firm.

#### **Mongongo Nut Detoxing Exfoliation Treatment**

Drains toxins from the body and assists in weight loss.

#### **Coffee Cinnamon and Orange Cellu-Low Exfoliation Treatment**

Increases blood circulation while removing dead skin cells for ultimate product penetration.

Package Price: \$60  
Treatment Time: 45 min

### **Massages**

#### **Hideaway Signature Massage**

Indulge in our signature Full Body Massage that is created specifically for your needs. This massage includes our deep touch technique to help release deep-down muscle stress and tension, while the lighter touch massage using hot stones gently soothes away aches and pain, easing the tension away with Indian head massage and Foot Reflexology.

Package Price: \$120  
Treatment Time: 120 min

#### **Traditional Back, neck and shoulder Massage**

Encouraging deep relaxation with our traditional back, neck and shoulder massage, focusing on built up stress and muscle tension.

Package Price: \$50  
Treatment Time: 30 min

#### **Indian Head Massage**

A deep style massage derived from the Ayurvedic tradition that focuses on the head, shoulders and neck by using relaxing scalp treatment oils.

Package Price: \$50  
Treatment Time: 30 min





### **Therapeutic Foot Reflexology**

Relaxing and stimulating techniques are used by applying pressure to the feet, resulting in increased circulation and promoting specific bodily and muscular functions.

Package Price: \$55  
Treatment Time: 40 min

### **Therapeutic Aromatherapy Massage**

Promoting healing, relaxation and a feeling of well-being in the body by gliding along the body's pressure points with the use of essential oils.

Package Price: \$90  
Treatment Time: 60 min

### **Deep Tissue Massage**

A deep tissue Full Body Massage concentrating on working deep into the muscles and relaxing body tissues, eliminating any toxins in the area.

Package Price: \$90  
Treatment Time: 60 min

### **Basalt Hot Stone Massage**

Melts away tension, eases muscle stiffness and increases circulation and metabolism by promoting deeper muscle relaxation through the placement of smooth, heated stones at key points on the body. This treatment also incorporates a customised massage, with the use of hot stones.

Package Price: \$110  
Treatment Time: 90 min

### **Lomi-lomi Massage**

This Hawaiian inspired Full Body Massage technique works gently yet deeply into the muscles with continuous, flowing strokes, totally nurturing the body and enabling the recipient to relax.

Package Price: \$90  
Treatment Time: 60 min

### **Traditional Thai Massage**

The traditional Thai massage is a system of massage and assisted stretching developed in Thailand, influenced by the traditional medicine systems of India, China, and Southeast Asia.

Package Price: \$100  
Treatment Time: 80 min





## **Facials**

Our Luxuriant **Healing EARTH Facial** journeys commence with a relaxing signature massage of the back, neck and face, integrating a deluxe eye treatment and an indulgent hand and foot massage.

### **Hydrating Treatment with Marula and Rose Pinotage**

This high in anti-oxidant treatment fights wrinkles and fine lines by adding our specialized Pinotage serum which is applied to the skin using manual lymphatic drainage movements to drain water retention. Unique active ingredients, Marula and Rose, are used to enhance and improve toning and firming, renewing the skin to add an instant visible result. These two active ingredients nurture and harmonize the skin.

Package Price: \$110  
Treatment Time: 90 min

### **Balancing Treatment with Hot-stones and Neroli Pinotage**

An effective treatment developed to restore, purify and revitalise the skin by placing warm stones with highly active skin boosters, Neroli and Rose oil, to balance and improve microcirculation of the skin. This highly active product will help you to visibly improve the skin condition, restore health and vitality and will deliver instant results and a glowing skin.

Package Price: \$110  
Treatment Time: 90 min

### **Stimulating Treatment with Jasmine and Baobab Pinotage**

This treatment will renew even the most lifeless skin. Designed to invigorate devitalized and dehydrated skin; leaving the skin feeling softer and nourished to the inner most layers. This treatment uses Jasmine and Baobab as an active ingredient, and will visibly improve skin texture, color and circulation.

Package Price: \$110  
Treatment Time: 90 min





## **Beauty treatments**

*"Hand and foot journeys to add finishing touches for a healthy, well groomed and brand new you."*

### **Hewa (Air) Deluxe Spa Manicure**

In addition to a basic manicure, you will enjoy a special hand and arm treatment plus warm paraffin wax with a finishing lotion for your hands. Our Spa Manicure will give your hands a more youthful looking skin that is hydrated, replenished and protected.

Package Price: \$70  
Treatment Time: 60 min

### **Nchi (Earth) Deluxe Spa Pedicure**

Melt your stress away with this special pedicure which will leave your feet feeling not only relaxed but silky smooth and beautifully moisturised using relaxing oils and moisturising paraffin wax.

Package Price: \$70  
Treatment Time: 60 min

### **Tinting of the eyebrows**

Package Price: \$10  
Treatment Time: 15 min

### **Tinting of the eyelashes**

Package Price: \$20  
Treatment Time: 25 min

### **Waxing options**

Lip/ chin/ brow	15 min. \$20 each
Underarms	20 min. \$30
Bikini	40 min. \$35
Half leg	30 min. \$40
Full leg/ back / chest	40 min. \$50 each





### **Hair treatments**

<b>Shampoo and blow dry</b>	30 min. \$60
<b>Shampoo and style</b>	30 min. \$60
<b>Moisturizing hair spa treatment</b>	30 min. \$60

### **Fitness center – Gym - Yoga**

A body composition analysis with nutritional consultation can be done on request where a fitness trainer will be appointed to tailor-make a treatment, exercise and nutritional program for you according to your own personal needs.

Package Price: \$40  
Treatment Time: 30 min

Join us for your complimentary fun and energising 30 minute basic **Yoga** classes each morning which will relax and prepare you for the activities of the day.

