

# Message Menu

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To make sure you get the most from the experience, our massage/treatment platform is located on the beach. Relax and enjoy your treatment to the natural sounds of waves swooshing against the rocks as the tide ebbs and flows.

Please book your massage/treatment at least two hours in advance.

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## Mani Pedi

Manicure | \$35

Pedicure | \$45

Waxing | \$10-\$40

## Facials

### TROPICAL NOURISHMENT FACIAL

30 minutes | \$60

Enjoy this nourishing facial treatment with blended tropical fruit as it regenerates your skin with vitamins, helps calming, and rebalances oil-rich pores.

### PAPAYA AND HONEY REVIVAL FACIAL

30 minutes | \$60

Nurture your face with blended papaya and wild honey and give your skin a natural, sun-kissed glow. Honey, replete with antioxidants, is known for purifying oily skin and helps to support the skin's ability to recover from UV damage.

### SOOTHING CUCUMBER FACIAL

30 minutes | \$70

Treat your face to a deep cleansing, suitable for all skin types. The purifying scrub and natural cooling agents of cucumber reduce heat and inflammation and also soothe the eyes.

## Body Scrubs

### KISINGWA BODY SCRUB

60 minutes | \$60

Enjoy a traditional Zanzibarian body scrub with this blend of jasmine, rose, clove, sandalwood, and rosewater.

### COFFEE BODY SCRUB

60 minutes | \$60

Indulge in this delectable mix of coffee and cinnamon, rich in antioxidants, natural fruit acids, and caffeine to stimulate circulation and energize the skin.

# Massages

## LIWA BODY SCRUB

60 minutes | \$60

Soothe your skin with all the benefits of sandalwood oil, savoring the sweet, warm, balsamic, woody aroma.

## ANTI-CELLULITE BODY SCRUB/MASSAGE

60 minutes | \$80

Minimize the orange-peel look with this treatment massage that also increases circulation, drains the lymphatic system, and relaxes muscles.

## SWEDISH MASSAGE

1 hour | \$70

Perhaps the best-known massage, the Swedish massage is a great introduction to massage therapy and targets all the muscles of your body.

## DEEP TISSUE MASSAGE

1 hour | \$80

Using many of the same movements and techniques as a Swedish massage, the pressure of the fingers is far more intense, allowing the therapist to get deep down into the tissue structure.

## HOT STONE MASSAGE

2 hours | \$150

Using smooth, heated stones as an extension of their hands or by placing them on the body, the massage therapist leverages deep relaxation to work more deeply.

## AYURVEDIC MASSAGE

1 hour | \$90

This Indian warm oil massage is a powerful recharger and rejuvenator of both mind and body.

## BACK AND NECK MASSAGE

30 minutes | \$50

Swedish massage techniques focused on these specific areas of high tension.

## FOOT MASSAGE

30 minutes | \$50

Swedish massage techniques focused on your feet.

## INDIAN HEAD MASSAGE

30 minutes | \$50

Based on the Ayurvedic form of healing, this Indian head massage promotes vitality and relaxation.

# Ganban'yoku

The benefits of Ganban'yoku, the Japanese term for a hot stone massage, are plentiful and include a lighter mood, reduced anxiety, improved metabolism, weight control, beautification/anti-aging, sickness prevention, and detoxification.

## **Metabolism and Weight Control**

As you relax in the gentle heat, your body is hard at work producing sweat, pumping blood through your veins, and burning calories. The radiant heat from the infrared stone beds warms three times as deeply as conventional saunas, so you can burn approximately 700 to 1500 calories in a 60-minute treatment, the same energy it would take to run 6 to 9 miles. Ganban'yoku is excellent for people who don't exercise yet want an effective weight control and fitness maintenance program. It is also very effective at reducing cellulite.

## **Beautification and Anti-Aging**

Our treatments can help you achieve and improve overall beauty by detoxifying your skin through the perspiration process induced by lying on a bedrock of hot stones. Profuse sweating rids the body of deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. This is an excellent way to heal burns and scar tissue and treat skin problems like psoriasis, eczema, and acne. Increased circulation draws the skin's natural nutrients to the surface and improves tone, elasticity, and texture, giving it a fresh, new look.

## **Detoxification**

As you sweat, heavy metals detach from fat cells. Through our rock-bathing treatments, you can rid your body of these toxins while naturally burning up body fat.