



Celcome to the Sea & Spice Spa

Located at Matemwe Main Lodge, and set on a cliff overlooking the Indian Ocean and Mnemba Atoll, the Sea and Spice Spa offers international standard treatments which take their inspiration from the Spice Island and African continent. Whether you have been on safari, climbed Kilimanjaro or are just relaxing on the beach, the Sea and Spice spa is the ideal place to rejuvenate.

The Sea and Spice spa is proud to only use products made in Africa. The spa stocks Healing Earth, a premium organic spa brand inspired by Africa's ancient energy, healing traditions and natural.

So we invite you to come and experience the uplifting combination of centuries old African healing traditions with the continent's most luxurious spa products.

We aim to ensure you emerge refreshed in body, mind and spirit.

Karibu Tena

The Spa Team





HOURS OF OPERATION

The spa is open 7 days a week, from 09h00 until 18h00.

SPA BOOKINGS

Pre-booking treatments is highly recommended, To make an appointment please contact the Spa on ext 126 or via spa.matemwe@zanlink.com or via your agent.

THERAPISTS

Fully trained therapists are employed at our spa. We are committed to continued education and skills development and our therapists attend regular training sessions. Our best reward is your personal recommendation. Gratuities are therefore left to your discretion.

DOUBLE TREATMENT ROOMS

Enjoy a dual treatment of your choice with your partner or friend in one of our double treatment rooms. Pre-booking is essential for a double treatment room and is subject to availability.

PRODUCTS

Only professionally recognized skincare brands are used in our Spa. Product purchases are non-refundable and can only be exchanged if they are in a sellable condition and still in their packaging.

REFRESHMENTS

The spa always has a fresh supply of filtered coffee, tea or lemon and infused filtered water for your enjoyment.





AMANI HYDRA BOOST FACIAL

50 min \$49

An antioxidant enriched skin treatment using Healing Earth natural ingredients to cleanse, exfoliate, masque and nourish your skin. This sensory treatment is so luxurious, so velvety; you will want to be treated like a Goddess every day.

PURIFYING FACIAL

50 min \$45

Bursting with anti-oxidant rich minerals and vitamins this de-stressing and purifying treatment helps remove damaging toxins, regenerate skin cells and balance sebum. The exceptional results are remineralized, rebalanced and renewed skin.

KUMBUKAMATEMWE SIGNATURE FACIAL (Kumbuka meaning to remember)

45 min\$45

A signature facial designed around your skin requirements, to target your specific skin concerns. Whether your skin is dehydrated, undernourished or needing an effective anti-ageing boost. This facial will leave your skin glowing with health.



GLOW AND RADIANCE FACIAL

75 min\$59

Super-hydrating, restorative and energizing, the ultra-pampering facial treatment is revitalizing, it hydrates, firms and soothes the skin. A unique experience of ocean bliss leaving your skin feeling transformed, lifted and illuminated.

"MADE FOR ME" ICE- FACIAL

75 min \$55

An exfoliating and refining facial treatment rich in exotic tropical fruits, to revitalize the dullest of skin types. The use of cold therapy (Cryotherapy) on your skin will tighten, firm and activate the microcirculation reducing puffiness and giving you a youthful glow. All products are freshly prepared according to your specific skin condition. Indulge in nature's bounty.





TENSION RELIEF BACK & NECK MASSAGE

30 min\$29

A gentle soothing massage tailored for you specifically and designed to help relax aching muscles, focusing on the back, neck and shoulders. This is the perfect induction for people who are new to massage or don't have much time.

PUMUZIKA MASSAGE (Pumuzika meaning to relax)

50 min \$49

Balance your mind, body and soul with our signature Swedish massage, select from a blend of essentials oils to suit your mood and to enhance your journey.

- Detoxifying rejuvenating and cleansing
- o Energizing reviving and uplifting
- o Balancing and Relaxing soothes away tension

MATEMWE MAALUM (Deep tissue Massage)

60 min \$59

A massage that works deep into the muscles offering a more intensive massage intended to relieve those stubborn knots and areas of deep tension. Ideal for tension relief.



AFRICAN WOOD MASSAGE

75 min\$59

Enjoy this amazing African massage drawing inspiration from the African traditional healing beliefs this unique ritual was created to encompass our connection with nature and to celebrate the circle of life. Your body is enveloped in Shea butter which aids circulation, helps to relax and clear areas of congestion. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

MAWE MOTO MASSAGE (Hot stone massage)

50 min\$49

75 min\$69

Experience our luxurious Hot Stone Massage, drawn from different modalities using Basalt Lava Stones heated and incorporated into the massage to bring penetrating warmth and deep relaxation to the muscle tissue. The perfect treatment to loosen tight muscles, relieve stress and ease tension. A truly amazing experience.

MATEMWE FOOT RITUAL

30 min\$29

A soul scientific pressure point foot massage with an ancient African blend of healing strokes.



MIKONO MINNE (Synchronized massage with 2 therapists)

75 min \$79

This is truly a unique and wonderful experience. Combining the expertise of two skilled therapists working in perfect synchronicity, combining traditional and contemporary massage techniques to relax, stretch and revive your body. The ultimate experience in tension releasing, deep relaxation, this is one of the most indulgent and luxurious massages available.

TULIA HEAD MASSAGE

30 min \$29

A must for those enduring tension headaches, migraines or insomnia, the dispersal of toxins from tense, knotted muscles and improved blood circulation to the brain make it a highly effective treatment for de-stressing the whole body.

UNYAYO REFLEXOLOGY

30 min.....\$29

An ancient holistic eastern treatment concentrating on the pressure points on the soles of the feet and is used specifically for healing and revitalizing the body.





SAFISHA MAALUM (Back Cleanse Facial)

50 min \$49

A treatment designed to detoxify, purify and heal your skin, leaving you feeling completely relaxed and cleansed.

ZANZIBAR SUNDOWNER BODY POLISH

45 min\$39

This full body skin rejuvenation is designed to invigorate and uplift your mood by using a refreshing blend of body salts and lime citrus essential oils. It also includes a hand or foot treatment, Complete with a complimentary blended Signature Moctail.

SUN BURN TREATMENT

50 min \$49

This Aloe Vera treatment is an effective natural sunburn soother, it soothes burn skin and for moisturizing and encouraging new cell growth. Completed with head and face massage.





SPA PEDICURE

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This truly exceptional pedicure tackles the hardest of skin problems to soften and re-nourish tired, neglected feet. Receive a decadent foot massage to rejuvenate the entire body and calm the senses.

SPA MANICURE

45 min..... \$25

A beautiful treat for hardworking hands, includes gentle exfoliation, soothing massage, cuticle tidy and paint.

FILE & PAINT French paint (extra)

15 min \$10

A Perfect touch up for the hands or feet

HOT - STONE PEDICURE

50 min\$35

A wonderful therapeutic treatment, releasing toxins, pain and improving circulation - the perfect treatment for those worn out feet. After soaking and exfoliating, warm stones will be used to massage your feet and calves rubbing out tension in an experience like no other.





ISLAND DREAMING

3 hrs \$149

Relax, revitalize and rejoice with our signature treatment to reconnect body, mind and soul, from head to toe and from the outside in. The ritual includes your feet, body wrap and exfoliation, full body Massage, cleansing facial, head massage and hand treatment. Renewing your energy and emotions, the soul is left refreshed and smiling with delight.

SAFARI JEMA

2 hrs \$119

The journey starts within you, enjoy our innovated rich african sensation ritual which combines a natural ingredients body polish of your choice combined with the healing powers of a fruit body mask, a pressure point massage to balance your mind, body and soul.



INDULGENCE JOURNEY

2 hrs\$119

This fabulous journey is everything you need in one enticing combination. A synergy of passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension, whilst balancing the body's energy system along with our popular signature facial designed around your skin's requirements. Whether your skin is dehydrated, undernourished or needing an effective anti-ageing boost, this journey will leave your skin invigorated and glowing with health.

WELLNESS FUSION

1.5 hrs\$89

An all-encompassing ritual will promotes relaxation and tranquility to leave you feeling totally rejuvenated. A welcoming foot fusion transports you to a place where tension, fatigue and stress melt away, combined with the wisdom of African hand treat together with a back massage and our signature facial promote balance within, leaving you in a relaxed euphoric state.





WAXING

Full leg	\$30
Half leg	\$20
Bikini - swimsuit cut	\$20
Brazilian	\$25
Underarm	\$15
Arms	\$20
Facial Waxing	\$15
Eyebrows	\$8
Lip	\$8

TINTING

Eyelash Tint	\$25
Eyebrow tint	\$15
ash and brow tint	\$30





After dusk treatments

(to be booked by 16h00 daily)

TENSION RELIEF BACK & NECK MASSAGE

30 min\$39

PUMIZIKA MASSAGE (Pumzika meaning to relax)

50 min \$59

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MAWE MOTO MASSAGE(Hot stone massage)

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TULIA HEAD MASSAGE

30 min \$50

MATEMWE FOOT RITUAL

30 min \$50

OCEAN BLISS PACKAGE (Body polish and hydro-bath)

60 min\$80

A body scrub of your choice that will smooth and tone and cleanse with a nourishing aromatherapy bath and water ritual, complete this ritual with our Kawaida massage ritual, a truly sensory experience.





PRODUCTS

At Sea & Spice Spa we only use high quality and professional recognized spa product ranges.

During your treatment our therapists will select specific products from our range to suit your skin type. They can also provide advice on the most suitable products for day-to-day use.

Healing Earth

Healing Earth was created to provide the best possible natural skincare line for spa's. This commitment to achieving results ensures satisfying and memorable experiences for our clients!

Lillian Terry International

Lillian Terry is an aromatherapy line which offers pre blended and pure essential oils for specific conditions such as muscle pain and stomach cramps which help relax the muscles and improve sleep. The oils are used extensively within the spa especially for aromatherapy treatments.

Jessico

Every part of the Jessica Nail Cultivation System® is about promoting the well-being of the natural nail. The System is a synthesis of technique, philosophy and products. The cornerstone of the JESSICA System is the ability to analyze and recognize each nail type and treat each nail with specially formulated treatments. Any man or woman can achieve healthy nails with proper care and maintenance.