

@upendoobeach

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SPA  
upendo  
*beach*



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Upendo means love in Swahili.

Through curated signature treatments by healing Earth we connect you to your inner self, one that leads you to a state of stillness, breathing life into your body and spirit.

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# IN ROOM OFFERINGS

Our beautiful property does not have a spa facility as yet, however we still utilize the beauty of our unique villa set ups and our surrounding to offer you a memorable experience.



## SPA JOURNEYS

### In the Heart of Upendo

120\$

A journey that connects you to your inner self, one that leads you to a state of stillness, breathing life into your body and spirit through a gentle rhythmic full body exfoliation followed by a full body aromatherapeutic massage, hydrating facial massage and an energy soothing scalp therapy. 110 min

### African Goddess Healing.

155\$

Enjoy sacred alone time, to rebalance from head to toe. A luxurious Pure Radiance facial including a warm African Potato balm head massage. A full body massage to release tension, and either a full manicure or pedicure to leaving you feeling renewed. 180 min

### Earth's Couple Connection

350\$ per couple

World renowned for its skin healing properties, African potato has been used for centuries to replenish and repair sensitized skin. Wrapped in a healing cocoon, your skin is deeply nourished with an anti-oxidant rich facial, customized to your individual skin care concerns. A full body massage completes this ultimate skin healing ritual. 120 min

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 **HEALING earth™**

### Hydrate & Glow

65\$

A unique aromatherapy formulation to relax, purify and hydrate. Pure extracts of Marula and Neroli combined with a rosehip booster and facial massage to create ultimate radiance and glow. 60 min

### Balance & Restore

65\$

Harnessing the intelligence of bio-identical active ingredients of Neroli, Rose, Marula, Ylang Ylang to create an invigorating experience for tired and uneven skin. Completed with a signature lymph drainage massage for a glowing, energized completion. 60 min

### High Performance Anti-Ageing

90\$

A revolutionary facial care treatment using the latest tri-enzyme peptide anti-ageing technology. The skin is firmed and rejuvenated using a unique formulation that deeply penetrates without affecting the skin barrier function, visibly improving signs of aging. Complete with two mask signature facial. 90 min

### Gentleman's Revive Facial

65\$

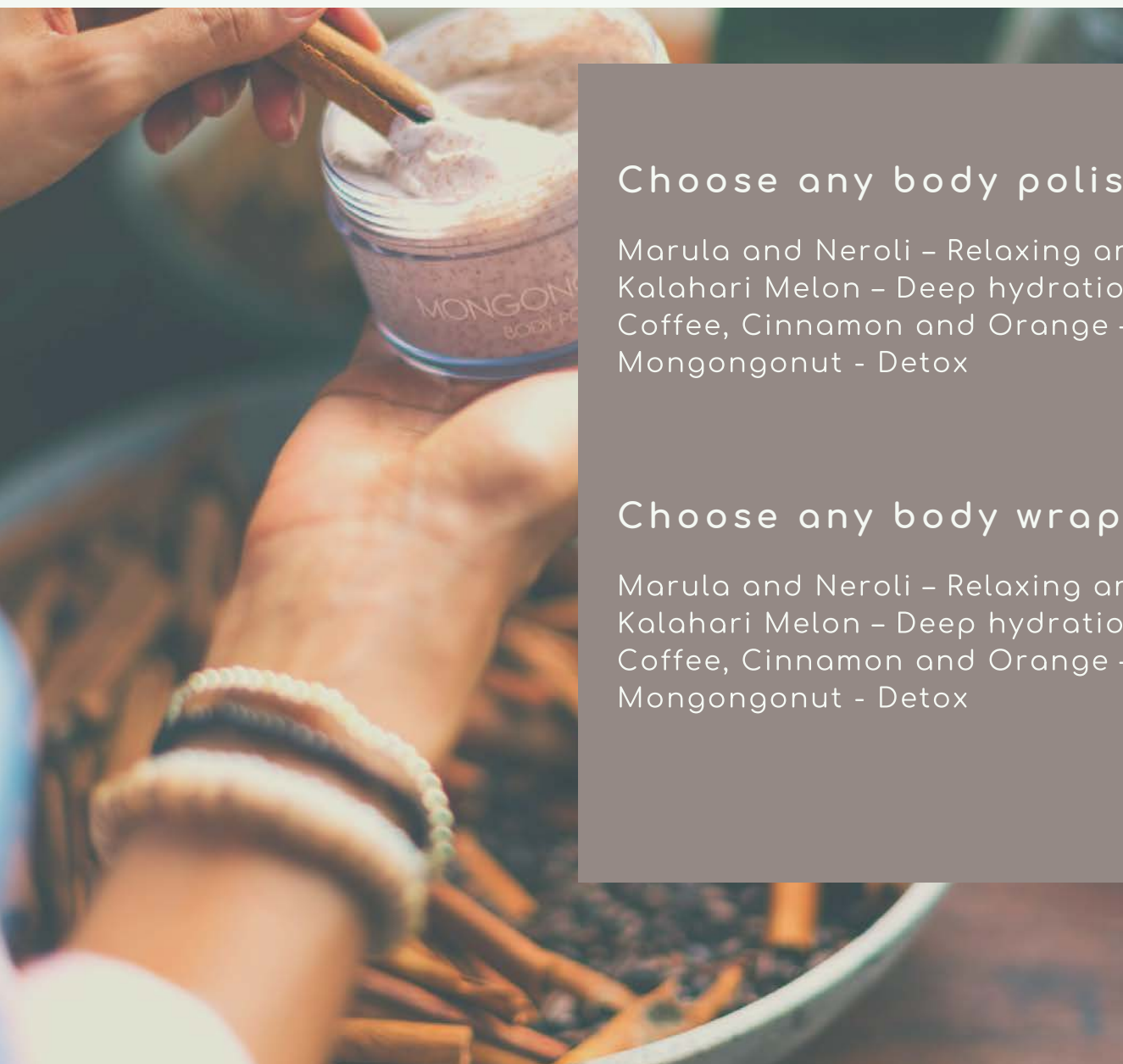
A deep cleansing, exfoliating and balancing treatment for the modern man. Soothes, restores and energizes. Complete with our famous African Potato Balm massage. 60 min



# FACIAL THERAPY

# BODY RITUALS

30 minutes



## Choose any body polish

25\$

Marula and Neroli – Relaxing and Hydrating

Kalahari Melon – Deep hydration

Coffee, Cinnamon and Orange – Tighten, firm and detox

Mongongonut - Detox

## Choose any body wrap

25\$

Marula and Neroli – Relaxing and Hydrating

Kalahari Melon – Deep hydration

Coffee, Cinnamon and Orange – Tighten, firm and detox

Mongongonut - Detox

# MASSAGES

## Aromatherapy Massage

A fragrant and uplifting full body or targeted massage using pure aromatherapy oils according to your unique needs.

45 minutes back only - 40\$ | 60 min - 65\$ | 90 min - 85\$

## Back, Neck and Shoulder Massage

A fragrant and uplifting full body or targeted massage using pure aromatherapy oils according to your unique needs.

45 minutes - 40\$

## Hydrating Shea Butter Massage

A skin soothing full body massage using our carefully curated butters Joy, Rhythm, Stillness and Forest.

60 minutes - 65\$ | 90 min - 95\$

## Deep Tissue Massage

Following ancient muscles focused techniques, a deep tissue releases the tension build up in muscles. Great for tired, aching, travelled muscles.

60 minutes - 65\$ | 90 min - 85\$



All the massages are available also as couple massage on request

# HANDS & FEET

## Hand & Foot Combination

40\$

Melt away stress and rejuvenate tired hands and feet with a mini manicure and a mini pedicure to soften, hydrate and leaving you feeling pampered. 60 min

## Leg Relief Massage

40\$

Starting with a full foot ritual, including a foot soak, wash and polish, to leave you feeling refreshed. Followed by a lymphatic drainage massage to relieve tire legs and feet. Enhanced with a detox gel to increase circulation. 45 min



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 **HEALING earth™**



BOOK NOW

[reservations@upendozanzibar.com](mailto:reservations@upendozanzibar.com)

Discover more

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