

@upendohouse



SPA
upendo
house



“

Upendo means love in Swahili.

In the heart of Stone Town, we created a sacred space to take you on a journey. 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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SPA JOURNEYS



BY

 **HEALING earth™**

In the Heart of Upendo

120\$

Breathing life into your body and spirit through a gentle rhythmic full body exfoliation followed by a full body aroma-therapeutic massage, hydrating facial massage and an energy soothing scalp therapy. 110 min

African Goddess Healing.

155\$

Breathing life into your body and spirit through a gentle rhythmic full body exfoliation followed by a full body aroma-therapeutic massage, hydrating facial massage and an energy soothing scalp therapy. 180 min

Earth's Couple Connection

350\$ per couple

Breathing life into your body and spirit through a gentle rhythmic full body exfoliation followed by a full body aroma-therapeutic massage, hydrating facial massage and an energy soothing scalp therapy. 120 min

African Goddess Healing

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 bioidentical 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\$

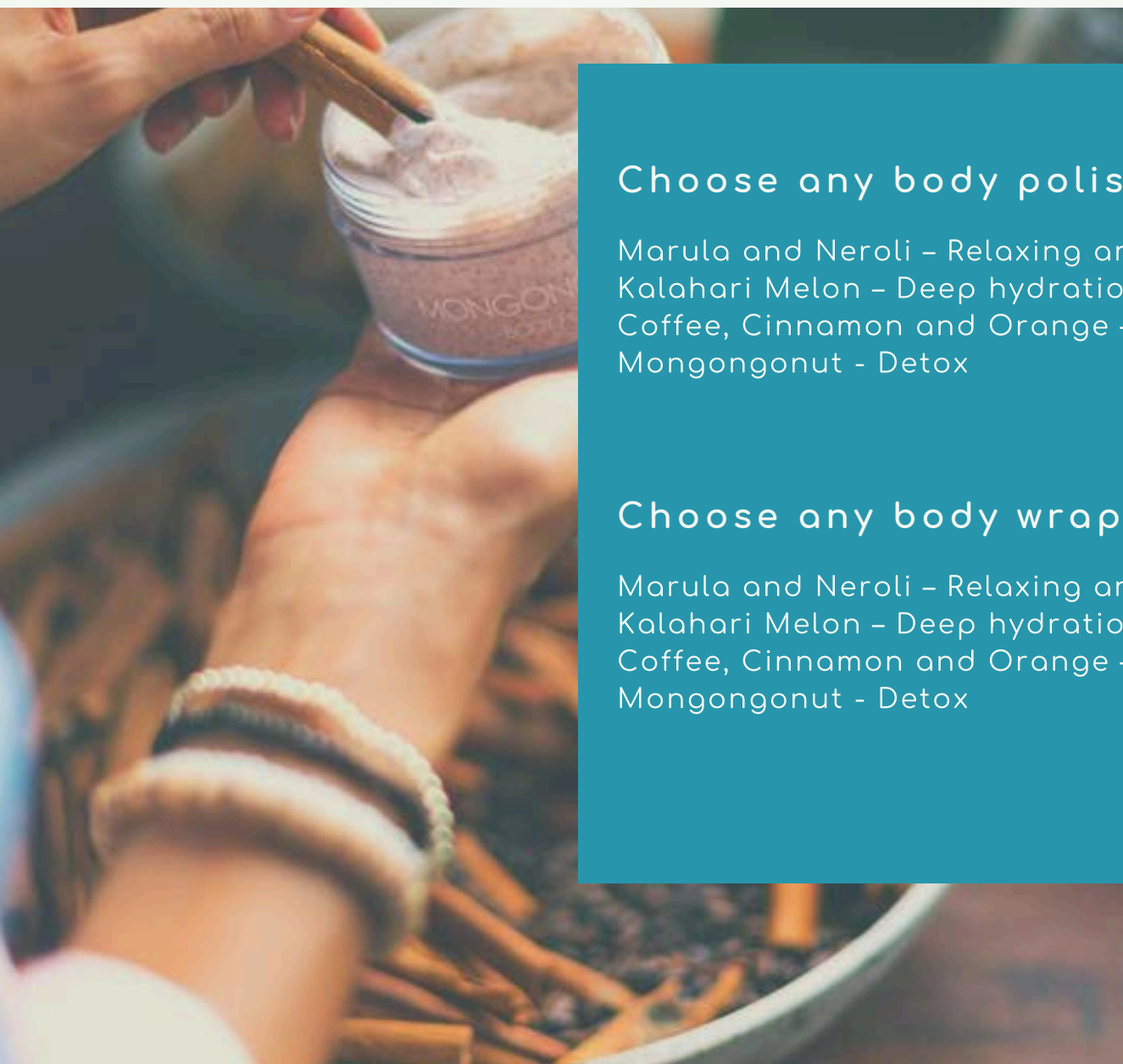
A deep cleansing, exfoliating and balancing treatment for the modern man. Soothes, restores and energizes. Complete with our famous African Potato Balm massage. 60 min



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.

30 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.

30 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\$



HANDS & FEET

Upendo Hand Ceremony

40\$

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.

40 min

Upendo Foot Ceremony

40\$

The feet are soaked, skin gently exfoliated, cuticles are perfected and toenails clipped, shaped, buffed and polished. Finishing with a nourishing foot massage and a fresh coat of nail lacquer.

40 min

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.

30 min



BY

 **HEALING earth™**



BOOK NOW

reservations@upendozanzibar.com

Discover more

www.upendozanzibar.com/upendohouse

