

# The Frangipani Spa



## FACIAL TREATMENTS

- Hydrating & Nourishing Treatment (60 minutes)
- Uplifting Anti-Stress Treatment (60 minutes)
- Purifying & Regenerating Treatment (60 minutes)

## PRICES

- USD 105
- USD 105
- USD 105

## BODY TREATMENTS

- Frangipani Body Scrub (60 minutes)
- Frangipani Body Scrub with Aromasoul or Balinese Massage (90minutes)
- Oriental Aromatic Salt Body Scrub (60 minutes)
- Aromatic Salt Body Scrub with Aromasoul or Balinese Massage (90 minutes)

- USD 105
- USD 150
- USD 105
- USD 150

## HANDS & FEET TREATMENTS

- Oriental Essence Treatment with Manicure or Pedicure Woman/Man
- Manicure / Pedicure with Gel Polish
- Oriental Foot Massage (30 or 60 minutes)
- Wash & Blow Dry (According to Hair Length)

- USD 60 / 50
- USD 75
- USD 60 / 80
- USD 30 To 50

## BODY MASSAGES

- Frangipani Signature Massage (60 or 90 minutes)
- Balinese Massage (60 minutes or 90 minutes)
- Hot Stone Massage (60 minutes or 90 minutes)
- Back – Neck – Shoulder Massage (30 minutes or 60 minutes)
- Aromasoul Relaxing Massage (60 minutes or 90 minutes)
- Traditional Thai Massage (60 minutes or 90 minutes)
- Traditional Thai Massage with oil (60 minutes or 90 minutes)
- Deep Tissue Massage (60 minutes or 90 minutes)
- Swedish Massage (60 minutes or 90 minutes)
- Traditional Indian Head Massage (30 minutes or 60 minutes)

- USD 125 / 155
- USD 105 / 135
- USD 115 / 145
- USD 75 / 105
- USD 105 / 135
- USD 115 / 145
- USD 105 / 135
- USD 105 / 135
- USD 105 / 135
- USD 75 / 105

## THE ULTIMATE SPA PACKAGE

- The Sultan Bath (For two people - 120 minutes)
- Stress relieving "Apres Safari" (135 minutes)
- Kill Foot Revival & Relaxation (180 minutes)
- Thai Therapeutic Program (180 minutes)

- USD 400
- USD 225
- USD 250
- USD 250

Please be advised that bookings must be cancelled by 6:00 PM one day prior at the Spa to avoid a 50% cancellation fee.

SPA Opening Hours: 09:00 am to 06:00 pm



## WELLNESS GUIDE AT BARAZA

THE

# *Frangipani*

SPA

Join our wellness practitioner at The Frangipani Spa who will guide you through the journey of yoga and meditation.

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**Group Classes: \$35 Per Person. Private Class: \$50 Per Person**  
**Meditation Classes are Complimentary.**

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**Monday 5pm – Yin Yoga Meditation - Complimentary**

Meeting Point: Spa.

Simple postures held longer while you meditate.

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**Wednesday 7.30am – Sunrise Yoga - \$35 Per Person**

Meeting Point: Dhahabu Bar Rooftop.

A flowing series of dynamic yogic postures designed to provide a powerful start to your day. Suitable for all levels.

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**Friday 8am – Mindfulness Meditation - Complimentary**

Meeting Point: Spa.

A blissful journey of self-awareness, giving space for reflection and acceptance.

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**Sunday 5pm – Stretch & Restore - \$35 Per Person**

Meeting Point: Spa.

Connects simple yoga postures with breath and fluid movements, allowing the muscles to stretch and restore energy.

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Please note that any bookings made must be cancelled by 6pm the day before at the Spa in order to avoid a 50% cancellation charge. Kindly make sure to book a day prior.





# The Frangipani Spa

It is our pleasure to welcome you at The Frangipani...the Spa of Baraza.

In this beautiful setting, reflecting the opulent era of the Sultans, enhanced with candlelight and spice-scented aromas, you can enjoy our special herbal tea after your treatment.

Our team of professional therapists offers treatments to soothe and rejuvenate after the dust and bumpy roads of the African Bush and climbing Kilimanjaro.

Excellent options for those who are looking to recover after an adventure-filled African safari.

We highly recommend the unique Sultan's Bath experience, which is a body scrub and relaxing aroma soul massage for two people in a stunning setting featuring a private plunge pool and lounging area.

Each massage or treatment is carried out in a private room so you are assured of an exclusive and relaxed setting. In the tranquil relaxation room, you can unwind and enjoy our special teas after your treatments or massage.

The highest quality natural skin care products from one of the world's leading producers are utilized in all of our treatments, as well as a selection of local spiced essential oils. These treatments, together with a wide array of specialized massage techniques, including the renowned Thai and Balinese massage, will stimulate your senses and allow you to experience a complete relaxation of the body & the mind.

We kindly request you to make all your enquiries & any bookings directly at the Spa.

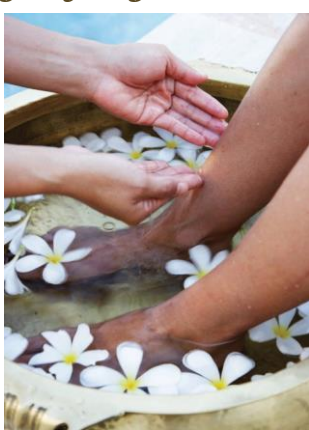
***Please note that any bookings made must be cancelled by 6:00 pm the day before at the spa in order to avoid cancellation charges of 50%.***

Also, kindly note that some treatments may not be available at certain times.

Children below 16 years of age are not permitted to use the spa and its facilities.

We request that you do not bring jewelry or valuables to your spa experience.

***We thank you for your understanding.***







## **FACIAL TREATMENTS**

*Each of the facial treatments commence with a ritual of cleansing, exfoliating followed by massage, a specific mask and finally a cream depending on which of the treatments you choose below:*

### **Hydrating & Nourishing Treatment (60 minutes)**

Deep hydrating and moisturizing action, based on a profound moisture treatment, which restores hydration and vitality to any depleted or sun exposed skin.

The natural nutrient rich clay mask with cucumber and rose extracts helps to absorb toxins and the cream enriched with water lily, chamomile and black tea extracts provides exceptional nourishment, hydration and protection.

### **Uplifting Anti-Stress Treatment (60 minutes)**

Relaxing and moisturizing action, designed as a treatment to reduce tension and stress, this hydrating and oxygenating mask rich in essential oils allows the skin to recover a wonderful tone and color while conferring a deep relaxation.

The cream in combination with specialized anti- stress & relaxation massage techniques is an outstanding and nourishing treatment for stressed, tired and tense skin.

### **Purifying & Regenerating Treatment (60 minutes)**

Deep cleansing & regenerating action, designed to revitalize the skin with a special concentrated facial mask with Shiso extracts that helps to restore radiance and suppleness with a single application.

The soothing rice extract cream is ideal to deeply restore the delicate skin of the face and neck.





## **BODY TREATMENTS**

### **Frangipani Body Scrub**

**(60 minutes)**

**(90 minutes with Aromasoul Relaxing Massage or Balinese Massage)**

Gentle exfoliating and nourishing action. This mild formula is suitable for all skin types with natural scrub of corncob, apricot kernel. Organic Coconut Oil, Rice Bran Oil, Sunflower Seed and Grape Seed Extracts, one of the best natural cleansers helps to remove excess oil and dirt from the skin. Rice bran oil containing high level of essential fatty acids and vitamin E's moisturizes and softens the skin.

The comforting scent of softly Jasmine and Rose essence creates a harmonious diffusion to relax mind and spirit.

This is followed by a relaxing application of oriental essence body milk to silken the skin without clogging the pores.

This treatment can also be followed by an Aromasoul Relaxing Massage or Balinese Massage.

### **Oriental Aromatic Salt Body Scrub**

**(60 minutes)**

**(90 minutes with Aromasoul Relaxing Massage or Balinese Massage)**

Deep exfoliating and nourishing action with an aromatic salt scrub. Moisturizing rice bran oil, exfoliating sea salt and lemongrass oil, which stimulates circulation, combine to gently rid the skin of impurities.

This is followed by a relaxing application of oriental essence body milk to silken the skin without clogging the pores.

This treatment can also be followed by an Aromasoul Relaxing Massage or Balinese Massage.







## **BODY MESSAGES**

### **Frangipani Signature Massage (60 or 90 minutes)**

Indulge in this heavenly experience as you enjoy the soothing strokes of Swedish Massage, the comforting warmth of Hot Stones and the natural healing art of Foot Reflexology, that will leave you revitalized and pampered from head to toe. A soothing special “Body Butter” enriched with shiso and licorice extract is applied to rich hydrate your skin, whilst your scalp is massaged with a special blend of seven precious oil.

### **Balinese Massage (60 or 90 minutes)**

A traditional massage, passed down through many generations. A combination of palm and thumb to release areas of tension, skin rolling, long kneading strokes and foot massage are believed to renew, strengthen and heal the body. The massage is performed using essential oil, which combines with the massage technique applied to promote harmony of the mind, body and soul.

### **Hot Stone Massage (60 or 90 minutes)**

This wonderful therapy is becoming widely known for its deeply relaxing benefits. It employs a technique that uses smooth, heated basalt stones which are placed on specific acupressure points on the body to melt away knots, tension and stress. The hot stones are used in combination with special holistic touch drainage massage oil for the perfect experience to relieve tension and promote harmony.

### **Back-Neck & Shoulder Massage (30 or 60 minutes)**

This customized relaxing massage incorporates deep thumb and palm pressure and long sweeping movements to flush away stress, neck and shoulder aches and tenderness.

### **Aromasoul Relaxing Massage (60 or 90 minutes)**

A full body relaxing massage with a nourishing rich massage oil enhanced with aromatic oils. Bring your body back into alignment with its natural rhythm as it benefits from this soft, relaxing, wave-like massage with long, sweeping movements using palm pressure that soothes your body and mind.







### **Traditional Thai Massage (60 or 90 minutes)**

Developed over 2500 years ago, the traditional Thai massage is based on the ten most important energy channels, which flow through the body. Lying adjacent to these channels are acupuncture points, the so-called “windows to the body.” By massaging these points, one can relax muscles, improve blood circulation, reduce stress and sharpen the senses. This unique and relaxing therapy is designed to create a balance between the energy of the body, mind and spirit. Please note that this massage entails the person wearing soft cotton trousers and shirt, which will be provided, at the spa.

### **Traditional Thai Massage with Oil (60 or 90 minutes)**

A modern variation of the above massage but in combination with selected aromatic oil.

### **Deep Tissue Massage (60 or 90 minutes)**

This massage uses a blend of sport techniques with deep thumb, arm and palm pressure to iron out knots and release adhesions from deep within the muscles. This helps loosen muscle tissue, release toxins from muscle and get blood and oxygen circulating properly. Recommended for quick recovery after a long journey, a sportive day or after diving or water sports activities.

### **Swedish Massage (60 or 90 minutes)**

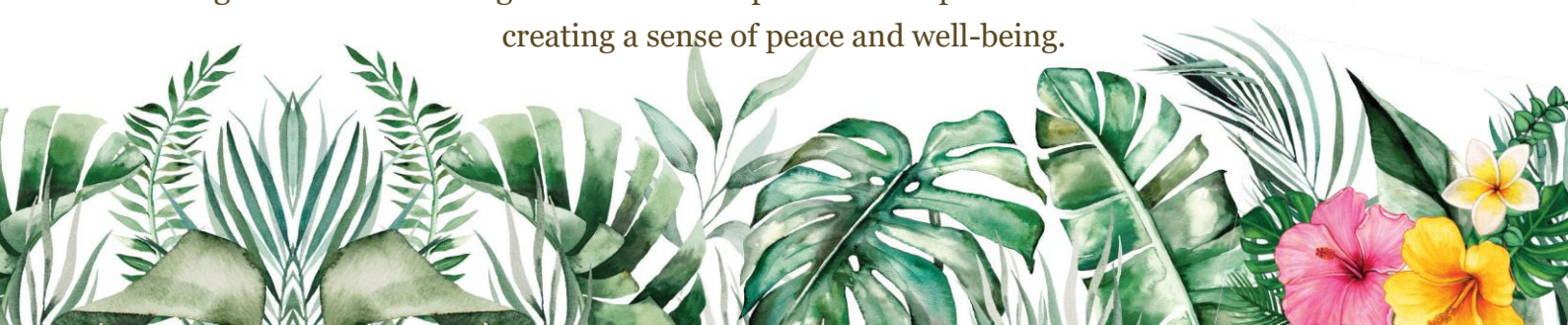
Swedish massage refers to a collection of techniques including long strokes, friction, tapping and shaking motions designed primarily to relax muscles by applying pressure. The main purpose of the Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles. It reduces stress, both emotional and physical & affects the nerves, muscles, glands and circulation.

### **Oriental Foot Massage (30 or 60 minutes)**

This treatment starts with a relaxing foot bath with moisturizing and decongesting effect based on kaffir lime and lemongrass oil. Using our body butter, rich in cocoa butter, licorice and shiso extracts, the feet are massaged with special relaxation techniques, which focus on the reflexive zones of the feet in order to relieve stress and tension.

### **Traditional Indian Head Massage (30 or 60 minutes)**

Indian Head Massage, also known as Champissage, is a form of relaxation massage that focuses on the head, forehead and neck, upper back which are important energy centers within the body. It is very relaxing and has a balancing effect on the recipient as it helps them to release stress and tension creating a sense of peace and well-being.







## THE SULTANS BATH



*Emulating the luxurious old Sultans bath-houses of Zanzibar, we are proud to present the Sultan's Bath at The Frangipani Spa. A truly unique experience not to be missed, it offers a spectacular ambience with the most beautiful décor.*

*(120 minutes)*

The Sultan's Bath is the ultimate in pampering and relaxation, with a peaceful bath in the mosaic-tiled pool, followed by a full body scrub and soothing aromatherapy massage for two people at the same time.

The atmosphere is enhanced with relaxing music, candlelight and spice scented aromas, creating a blissful and tranquil setting stimulating a complete relaxation of the body & mind.

An absolute must for those who want to be pampered and experience the very best of Zanzibar heritage.





# The Frangipani Spa



Baraza  
RESORT & SPA  
ZANZIBAR

## STRESS RELIEVING “APRÈS SAFARI”

*USD 225 - 135 MINUTES*

- A **45 Minute massage** that concentrates specifically on the back, neck and shoulders to eliminate the aches and pains of long hours on safari. Rejuvenating and relaxing, this treatment is bound to leave you feeling refreshed.
- **30 minute Oriental foot & legs massage**, using deep lymphatic strokes and acupressure points on the Foot reflex zones to eliminate fatigue from the legs
- **30 minute hydrating & nourishing facial** using a blend of African ingredients that will leave your skin fresh and rejuvenated.
- **30 minute Indian Head massage** that will relax the nervous system and soothe the mind

## KILI FOOT REVIVAL & RELAXATION

*USD 250 - 180 MINUTES*

- A **90 minute massage** using heated basalt stones that when massaged on the legs & body, will help release accumulated toxins and loosen tight muscles
- **60 minute oriental Foot massage** to recover further from your hike. This massage targets the whole legs & feet using deep lymphatic strokes and pressure points.
- **30 minute Facial treatment** which restores hydration and vitality to any depleted or sun exposed skin.

## THE THAI STRETCHES THERAPEUTIC PROGRAM

*USD 250 - THREE SESSIONS OF 60 MINUTES*

**For a complete healing;** The Thai stretches, dry or with oil performed by our expert therapists is designed, based on your particular needs to achieve wellness of the body & the mind

- Thai massage is an ancient form of healing using passive stretches, palms pressure and pulling of the muscles that helps to clear energy pathways also called “CHI”.
- Enhances flexibility, improves mobility and increases the flow of “Life energy” Chi in the subtle body



THE  
**ZANZIBAR**  
COLLECTION