

TREATMENT MENU

AVANISPA





AVANISPA

Welcome to a refreshingly different spa world; one that feels contemporary, pure and relaxed.

Time is precious and every moment counts, which is why we've created a tailored experience to focus on just what you need, without any hassle or fuss. At Avani SPA, you can leave life's complications behind and enjoy the beauty of simplicity.

Through the combination of high-quality products and our expert touch, trust that you're always in safe hands, while a modern spa environment provides the perfect space for total rejuvenation.

Make time for well-deserved pampering and let us take care of you.

Opening hours: 10:00AM until 08:00PM

MAKE TIME FOR YOU

HOW YOU WANT TO FEEL

Take a few minutes to fill out a quick and easy consultation form about how you feel, your physical needs and lifestyle.

This defines your desired outcome which is best for you, from our four categories designed to Boost, Balance, Calm and Purity.

THE CHOICE IS YOURS

Choose the treatment in the desired outcome section, and if you'd like any add-on experiences.

Then it's time to relax while we customize the details that matter, from the refreshments served before and after your treatments, to the welcome and reawakening rituals.

Even your heavenly therapies are enjoyed with a personal touch, so you can lay back and relax with the ideal music and lighting.

Avani Signatures

MASSAGES

AVANI SIGNATURE TOUCH

Combining a soothing massage with stretching techniques, our signature massage focuses on the shoulders, scapula, upper arms and upper body sides.

Medium to strong pressure. **60min | 90min**

*Reduces muscle tightness | Eases stiffness | Improve flexibility
Promotes deep relaxation | Boost energy*

AFRIQUE IN HARMONY BODY BALANCER

The pure goodness of Terres d' Afrique's Coconut Oil melts into your skin while soothing hands apply pressure to specific points along the meridians to activate the body's natural curative abilities. Never have you experienced such relaxation and balance. Light to medium pressure. **60min**

*Restores body's natural moisture levels | Softens the skin
Provides antioxidant protection | Boost immunity*



FACIAL

KALAHARI HONEY BUSH FACIAL

Sink into deep relaxation with our unique Kalahari Facial that revitalizes dull and dehydrated skin. The skin will be left silky-smooth and deeply moisturized. **60min**

*Cleanses impurities | Relieves congestion
Provides hydration | Leaves the skin looking vibrant*

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Boost

A revitalizing boost is the perfect tonic for low energy, a weak body and tired mind. Perhaps you lack motivation, feel a bit down or seek caffeine sugary foods to keep going. Let us re-energise your body, rejuvenate your mind and uplift your spirit to revive you in every way.



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MASSAGES

ENERGY RUSH

Thai massage is a unique technique, passed down through generations. Nickname “passive yoga”, an expert therapist does all the work, while you enjoy the ultimate body workout. Medium to strong pressure. **60min | 90min**

*Improves flexibility | Unblocks energy flow
Relaxing and stimulating*

DEEP IMPACT

This whole-body deep massage works on the sports muscles, with a heavy focus on the upper back and shoulders. Revive a tired and aching body, and combat the strains of modern life. Medium to strong pressure. **60min | 90min**

*Re-energizes | Releases tension caused by computer work
Relaxing after a sport remedy*

BODY SCRUB

REFRESH SMOOTHIE

Get the glow and give your whole body a healthy boost, with a sea salt and sweet almond oil scrub. Wake up your senses with refreshing scents of citrus and peppermint essential oils. **60min**

*Exfoliates | Brings new skin to the surface | Softens and moisturises
Stimulates the lymphatic and immune systems | Mood uplifting*



BODY SCRUB

FEELING SMOOTH

Sea salt and sweet almond oil blended with lavender and chamomile essential oils are the perfect recipe for silky skin and a calm state of mind. **60min**

*Removes dead and dry skin | Nourishes and soothes
Alleviates emotional worries and depression
Promotes a restful night's sleep*

Calm

Overworked, overwhelmed and stressed out can make it difficult to relax and get a good night's sleep. De-stress with treatments that melt muscle tension, soothe nerves and quiet busy thoughts. Give yourself the gift of a calm and serene glow that radiates from the inside out.

MASSAGES

GENTLE RHYTHMS

An aromatic oil massage calms you from head to toe, with rhythmic flowing techniques, as well full body and facial pressure points. Light to strong pressure. **60min | 90min**

Coaxes deep relaxation | Reduce insomnia | De-stresses

MUSCLE MELT

The back, neck and shoulder massage are where you hold the most tension and this massage offers the perfect stress releasing tonic. Medium to strong pressure. **60min | 90min**

*Increases energy flow to the head and neck | Reduces headaches
De-stresses | Promotes restful sleep*

Balance

Creating balance does a world of good if your emotions bounce from high to low and if you feel out of sync with the rhythm of life. Get back into your natural flow, with therapies to ground your body, mind and mood. Then take on the world afresh-cool, calm and collected.

MASSAGES

HERBAL HARMONY

A full body massage using heated herbal compresses warms and relaxes muscles, followed by a massage with a harmonizing essential oil blend. Medium to strong pressure. **60min | 90min**

Reduces muscle tension

Balances the mood and emotions

PERFECT BALANCE

Balinese massage uses the traditional Indonesian techniques of palm pressure, stroking and warming to give you the balance you need. Light to medium pressure

Increases energy flow

Balances the mind, body and emotions



BODY SCRUB

FRESH FACTOR

A salt and sweet almond scrub with sandalwood and geranium essential oils creates healthy, glowing skin, while stimulating the mind and body back to natural balance.

Removes dead and dry skin

Moisturizes and softens skin

Treats mood and digestive imbalances.



Purity

Environmental toxins, a poor diet and overindulgent lifestyle all take their toll. With specialised techniques and products to detox your body and deep cleanse the skin, you'll find the search for purity comes with a touch of heavenly pampering.

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MASSAGES

DETOX & REDEFINE

This body detox massage uses quick and light movements to stimulate and energise. Specialist techniques smooth skin in problem areas and give your body's system a revitalizing boost. Light to medium pressure. **60min | 90min**

*Reduces cellulite and water retention
Stimulates lymphatic drainage*

CLEAR HEAD

Indian head massage uses pressure point and vibration techniques to stimulate the head and neck. Relaxing and revitalizing, this ancient tradition is the perfect way to sweep away life's modern stresses. **60min | 90min**

*Increases energy flow to the head and neck
Reduces headaches and tension*

BODY SCRUB

RADIANT REFLECTION

Sea salt and sweet almond oil are blended with coffee and ginger essential oil to wake up the body's systems and purify skin. **60min**

*Removes dead and dry skin | Moisturises and softens
Boosts circulation | Detoxes the body*

Tasters

EXPRESS TREATMENTS

BRIGHT SKIN

Refresh your skin with a quick pick-me-up facial.

30min

HEAD SOOTHER

Let go of all your worries with a deeply relaxing head massage.

30min

DEEP RELIEF

Let stress melt off your body with a short but effective back, neck and shoulder massage.

30min

FOOT JOY

Put the pep back in your step with a delightful foot massage.

30min

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Contact us: T: +258 (27) 221 770 /M: +258 84 316 2948 / Extension 2701/2
E-mail: spa.pemba@avanihotels.com



- For a smooth experience please arrive 15 minutes before your appointment. Enjoy a refreshing beverage, fill out a quick and easy consultation form and get in the mood for spa time.
- While we love kids, the spa is not the most fun place for them. If you'd like to leave your little ones in safe hands, just call our front office to ask about babysitting services and kid's club.
- So, you don't lose your jewellery, we recommend you keep it safely at home or in your hotel room.
- We accept cash and credit cards. For hotel guests; all treatments are charged to your guest room and are payable at check-out.
- Let us know if something comes up and you can't make your treatment. 4 hours' notice is required for single treatments and 24 hours for packages. Otherwise we'll need to charge you half the price.
- For your health and comfort please don't sunbathe after aromatherapy treatments.
- Looking for the best results? Men are requested to shave before any facial treatment.
- Let's keep the spa a quiet space. Please don't use your mobile phone.
- Our spa is fresh and exotic, so kindly refrain from smoking.
- Please remember to arrive on time to enjoy every blissful moment of your treatment.