

# NURU SPA

SPA, WELLNESS & PRACTICAL MAGIC

THE WORLD IS BEAUTIFUL BECAUSE OF YOU

BOOK A TREATMENT  +255 773 233 528  
INSTAGRAM  NURU\_SPA\_WELLNESS



# NURU

## SPA, BEAUTY & MAGIC

MINI ESCAPES 15 MIN  
- 20\$

### Coconut oil hair treatment

Coconut oil deeply moisturise hair from toots to tips, stimulates hair growth, prevents hair breakage - 20\$

### Foot Spa

Foot bath with fresh Zanzibar herbs and essential oils following with exfoliating salt scrub - 20\$

### Coconut hands

Soften your hands with coconut oil massage to keep your skin restored and rehydrated - 20\$

### Face Energy Booster

Hydrating and anti aging face mask with green tea and honey to refresh, clean and add glow to your skin -20\$

### Aloe Vera and Cucumber Face Spa

Healing and rejuvenating face mask. It prevents collagen damage and works inside out to prevent wrinkles from appearing - 20\$

### Mood improval chocolate face

This coffee & cocoa face mask has been a mood saver for decades. It will ensure that your skin is healthy and glowing in the long run - 20\$

### Mini Facial

Refreshing face cleansing and massage - 20\$

### Parafinotherapy

Natural feet treatment in which we apply heat through paraffin and that results in the hydration, nutrition and repair of the skin. -20\$





# BODY WRAPS

30 MIN | 35\$

- Chocolate Body Wrap
- Sea Weed Body Wrap
- Island Fruit Body Wrap
- Sea Weed and Aloe Wrap
- Coconut Wrap

# SCRUBS

30 MIN | 35\$

- Illuminating Mango Body Polish
- Coffee Awakening Scrub
- Clove Island Scrub
- Spicy Dessert
- Coconut scrub

# FACIALS

60 MIN | 55\$

- **Sunkissed** (Main ingredients- aloe vera, cucumbers, rose water)
- **Mukha Lepam** - Organic Aulyrvedic Facial (Main ingredients is herbal spice powders and coconut Milk)
- **Deep Detox** - professional deep fashial with our range of the Facial cosmetics to improve the skin surface and underlying pores.
- **Anti-Aging** - An exfoliating enzyme peel on the face and neck renews the skin, followed by a deep-cleansing massage and a moisturizing mask to refresh and rebalance.
- **Born to glow** - Hydrated bright skin is a must for your beauty! With a deep cleansing, massage, vitamin C-rich products, you can make your skin happy.







# JUNGLE RITUALS

## Shirodhara - 30 min | 50\$

For this amazing Ayurvedic treatment we pour herbalised warm oil over the forehead in a continuous stream, combining with gentle scalp massage. Shirodhara purifies the mind, alleviates anxiety, reduces headaches, and expands awareness, producing a state of deep relaxation.

## Takradhara - 30 min | 50 \$

Similar to Shirodhara treatment, but on the instead of oil we use cooling buttermilk. It is an excellent therapy to fight against fatigue, nervous weakness, stress, depression, poor vitality.



## Thalapothichil - head treatment

30 min | 40\$

We mix Various herbs and spices into a fine paste and then applying on scalp. The scalp is then covered and tied with almond tree leaves. Then we make a hole in a leaf and pouring warm oil. Unforgettable antistress experience!

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# JUNGLE SAUNA

**Jungle Sauna - 1-30 min 50\$**

Jungle Herbal Steam Sauna in a deliciously bizarre lobster trap. Freshly harvested herbs being boiled and transformed into the subtle medium of steam. heat promotes sweating, increases circulation and enhances relaxation, increases metabolism, assists with weight loss and detoxifies the body.

**Yoni Steam (Women only)**

**15 min |30\$**

Also known as 'V-steaming' or 'yoni steaming,' vaginal steaming involves squatting or sitting over a pot of hot, steaming water that is infused with herbs, Is used as a natural remedy to clean the vagina, uterus, and the entire reproductive tract, to increase energy, relieve stress and balance hormones.

**Nyungu - tribal herbal steam**

**inhalation 15 min | 30\$**

Traditional african medicine to cure skin , lungs deseases, astha, covid, flu, cold, reduce blood sugar levels, eye disorders and many more.

The herbal mix consist of raw ginger, lemongrass. neem tree, kivumbasi leaves. NOT DOABLE DURING PREGNANCY!!

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# JUNGLE BATH

1 MIN UP TO 60 MIN

YOU CAN BOOK FOR UP TO 4 PEOPLE IN  
THE SAME TIME IN THE SAME BATH.  
SHOULD BE BOOKED IN ADVANCE

## CHOOSE A BATH:

- Flower bath (flowers, essential oils, spices, sea salt)
- Citrus bath (Leafs, citrus, essence oils, sea salt)

## Bathing packages:

- Bath on its own - 55 \$ per person (up to 1 hr)
- Bath with scrub or wrap - 80\$ per person
- Bath with massage- 100\$ per person

# HERBAL BARRELS

1 MIN UP TO 60 MIN

WE HAVE 4 BARRELS :)  
SHOULD BE BOOKED IN ADVANCE

- Herbal barrel, warm water - 55 USD
- Ice Barrel - 65 USD
- Beer barrel (warm water, herbs, beer) - 75 USD
- Milk Barrel (warm water, coconut milk, rose essence, flowers) - 55 USD

## Barrel packages:

- Barrel on its own - 55 \$ per person (up to 1 hr)
- Barrel with scrub or wrap - 80\$ per person
- Bath with massage- 100\$ per person

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# MASSAGES

## Udvarthana | 60 min | 60\$

Deep tissue Ayurvedic massage using herbal powders and medicated oils.

## Abhyanga | 60 min | 50\$

Relaxing Ayurvedic massage with herbal oils to create deep relaxation in the mind and body.

## Elakizhi | 60 min | 50\$

The traditional herbal bag massage uses a warmed and oiled bag of special herbs chosen for their anti-inflammatory, antiseptic, astringent and antioxidant properties.

## Hot Stones Massage | 75 min | 75\$

Massage with a smooth, heated stones placed or rubbed on your body. The heat from the stones leads to deep relaxation and to warming up of the tight muscles enabling us to work more deeply.

## Padabhyanga Foot Massage

30 min | 35\$

Padabhyanga', In Ayurveda, or 'foot massage' is considered the mother of all therapies. 'Pada' in Sanskrit means 'foot', and 'Abhyanga' - means use of medicated oils..

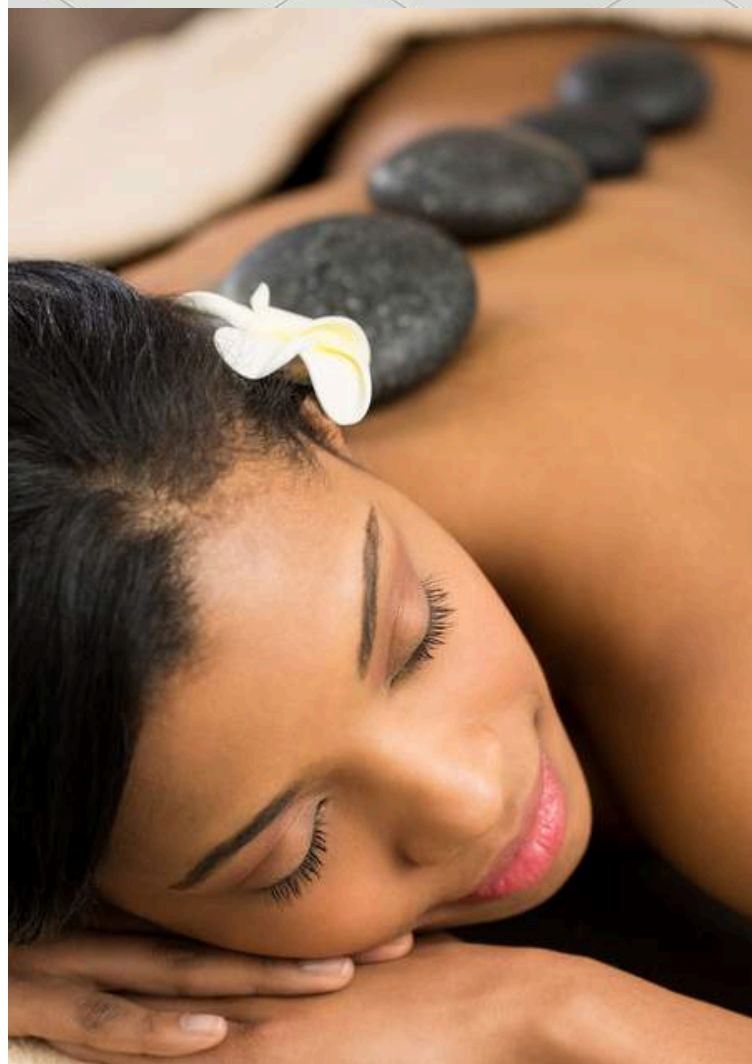
## ShiroAbhyanga Head Massage

30 min | 35\$

Ayurvedic head massage with oils provides relaxation to body and mind and keeps many diseases and stress at bay. It makes us competent enough to face the toughness of day-to-day life with ease.

## Back & Neck 30 min | 35

Traditional back, neck and shoulder massage to release tension in your muscles and making you feel relaxed.



# MASSAGES

## Vinotherapy | 75min | 75\$

Vinotherapy treatment include red wine scrub and massage with red wine, rose water and essential oils. Red wine have been shown to improve skin's elasticity, quell inflammation, and even boost capillary health - basically everything you could ever want.

## Chocolate massage | 60 min | 60\$

Treat yourself to the magic procedure of chocolate massage, give a tide of new forces and beauty to your body.

## Baguan Cupping Massage | 60 min | 60\$

Cupping involves placing modern, silicone cups on the skin and creating a vacuum by suctioning out the air.

We use two types of cupping:

- Dynamic cupping (for pain therapy, for weight lose and slimming) - when therapist moves cups along the mussels
- Static cupping - (for pain therapy, tension or stiff muscles, back or neck pain) when cups are placed on a trigger points for 7-10 minutes.

Please note that we are not doing cupping therapy if you have any internal disease, pregnant, on period, or unwell.

Cupping causes the skin to temporarily turn red or purple under the area that has been cupped (especially static cupping)

## Mom to be | 60 min | 50\$

With reassuring touches, this massage brings relaxation during pregnancy to both mother and child. We use only pure coconut oil, without essential oils for our moms

## Mazoezi Sport Massage | 45 min | 60\$

Sports massage involves kneading and grasping of muscles and other soft tissues. Perfect for you if constantly physically active, having sore muscles or need to reduce and release muscle tension.







# NAILS

## Express Manicure + Pedicure - 40

Rushing to jump in the ocean and swim swim swim? we've got this! Fast dry shaping and nail cut, and you are good to go!!

- to add regular color after the mani/pedi 3 USD (6\$ if feet + hands)
- to add gel after the mani/pedi 5 USD (10 USD if feet+hands)

"I dont want a mani or pedi, I just want to apply color" - gel 15\$ (mani OR pedi) regular color -10\$ (mani OR pedi), gel removal 10\$ .

## Coffee Seduction SPA Manicure

A luxury hand bath manicure, to feel relaxed, nourished, and revitalized.

- With normal polish -35\$
- With Gel polish - 40\$
- Add organic face mask during pedi or mani - 10\$

## Coffee Seduction SPA Pedicure

Paradise for your hard working feet! Including foot spa, exfoliation and massage

- With normal polish -40\$
- With Gel polish - 45\$
- Add organic face mask during pedi or mani - 10\$

# WAXING

- Wax half leg - 20
- Bikini wax - 25
- Back wax - 40
- Lips and chin - 10
- Wax full leg 40
- Brazilian wax - 65
- Eyebrows - 10
- Under arms - 15
- Arms - 30

# LASER

## Semipermanent hair removal

- Half leg - 30
- Bikini - 40
- Arms - 45
- Lips and chin - 30
- Full leg 60
- Brazilian - 65
- Under arms - 30



# HAIR

## Salon Treatments (with head massage)

- Keratin and Collagen Nourishing Hair Mask -40\$
- Maaraes Intensive Hair Care Ritual -40
- GK Keratin straightening (semi-permanent, 3-4 months) -150\$ till shoulders 250\$ bellow shoulders
- OLAPLEX (Intensive salon repair after extreme damage) 40\$ bellow shoulders, 50\$ shoulders to the middle of the shoulder blade, 60\$ middle of the shoulder blade to longer
- K18 (intensive salon repair after hair damage) same pricing as OLAPLEX

## Organic Treatments (with head massage, 30 min)

- Rice Hair Grow Masks - 30 USD
- Fenugreek & black seeds mask (stop hair fall and increase growth) - 30 USD
- Aloe Vera and coconut milk (hydration) - 30 USD
- Wild Honey and coconut oil (for dry and damaged) - 30 USD

## Hairstyle:

- Shampoo only - 10 USD
- Shampoo and blow dry- 20 USD
- Flat iron - 10 USD
- Weaving kanekalon 2 braids - 25 USD
- Weaving kanekalon 1 braid - 15 USD
- African braids (extensions) - 65 USD
- African braids yebo-yebo -50 USD





# SPIRITUAL EXPERIENCES

**Chakra Cleansing  
Sound bath - 45min  
1 person - 55, couple 100\$**

Healing a full-body meditative experience where you will lie down and listen to resonant sounds, which our instruments will retune your body, mind and spirit, encouraging relaxation, healing and wellness.

**Tibetan singing bowl massage  
45 min - 55 per person, couple 100\$**

Unforgettable experience of moving vibrational Tibetan bowls on your body, placing tuning forks on your energy points and healing you with specific frequencies of our instruments. Strong touch of vibration of singing bowls combined with sound therapy will reduce stress, pain, depression, and other forms of mental pressure. Perfect relief if you feel lost, have anxiety or sleeping issues. Please approach us for special rate if you want to buy a monthly pass for this therapy.

**Singing bowl massage in a water  
45 min - 90 per person**

The vibrational effects of Sound Healing Massage on one's body, mind and energy is an incredible inner journey experience to be felt for oneself. You will be laying on our floats in a water while experiencing vibrations of the Singing bowls passing through, helping you to disconnect from their worry and experience the present moment.



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# SPIRITUAL EXPERIENCES

## Cacao Group Ceremony 1 hr., 22 USD/person

Join our magical ceremony for the new moon or special nights (please check our insta!) to manifest your future and heal your past. Please bring something to cover your eyes with. Please book in advance .

## Nyungu Group Ceremony 1 hr., 22 USD/person

Shamanic experience of inhealing special set of Healing Zanzibar Herbs, prepared for you by a local Witch Doctor, combined with African Drums and Cleansing energy of calming Sound Healing. Happening once in a month, follow us on instagram for the next ceremony or ask at the Spa reception.

## Full Moon group ceremony 1 hr., 22 USD/person

Join our traditional sacred ceremony with Sound Healing, Chakra balancing, Magic Healing for the full moon night to restart your life and change your patterns for better. Please bring something to cover your eyes with. Please book in advance and on full moons only.

## Sound Healing group ceremony 1 hr., 22 USD/person

Experience powerful sounds and vibrations of our crystal bowls, Tibetan bowls, Gong, Tuning forks and many more. Get ready for absolute magic!

*Please follow our Instagram @nuru\_spa\_wellness for more news for our upcoming retreats, ceremonies, healing practices and more. Do not hesitate to approach us if you want to book private session, add our offerings to your retreat (we can travel!) or customise your package +255 773 233 528*

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# PACKAGES FOR ONE

Please note that all packages are already discounted and can't be combined with any other discount. You can do your package in one day or split treatments for different days

## 1. Restart the system- 1 hr 30 min | 90\$

Back massage, head massage, foot massage, aloe vera face spa

## 2. Beach escape - 2 hrs | 130\$

Clove scrub, Udwarthana Deep tissue full body massage, body wrap and chocolate face mask

## 3. Leopard Milk- 2 hrs 45 min | 135\$

Full pedicure, full manicure, deep detox facial, coconut hands massage

## 4. Tribe ritual- 2 hrs 30 min | 140\$

Coffee scrub, relaxing massage, warm herbal barrel, foot spa

## 5. Wellness journey- 3 hrs 20 min | 155\$

Deep Detox Facial, Chocolate Massage, foot spa, Citrus bath,

## 6. All about me - 3 hrs 15 min | 195\$

Coffee scrub, Shirodhara Ritual, Relaxing body massage, Facial, foot spa

## 7. Day dream 4hrs | 250\$

Foot Massage, Udwarthana Massage, Shirodhara, Glow Facial, foot spa, flower bath

## 8. Rainforest - 3 hrs 15 min | 205\$

Chakra Cleansing Sound Bath, Facial, Relaxing body massage, Head Massage, foot spa

## 9. Happiness shot - 4 hr 30 min | 255\$

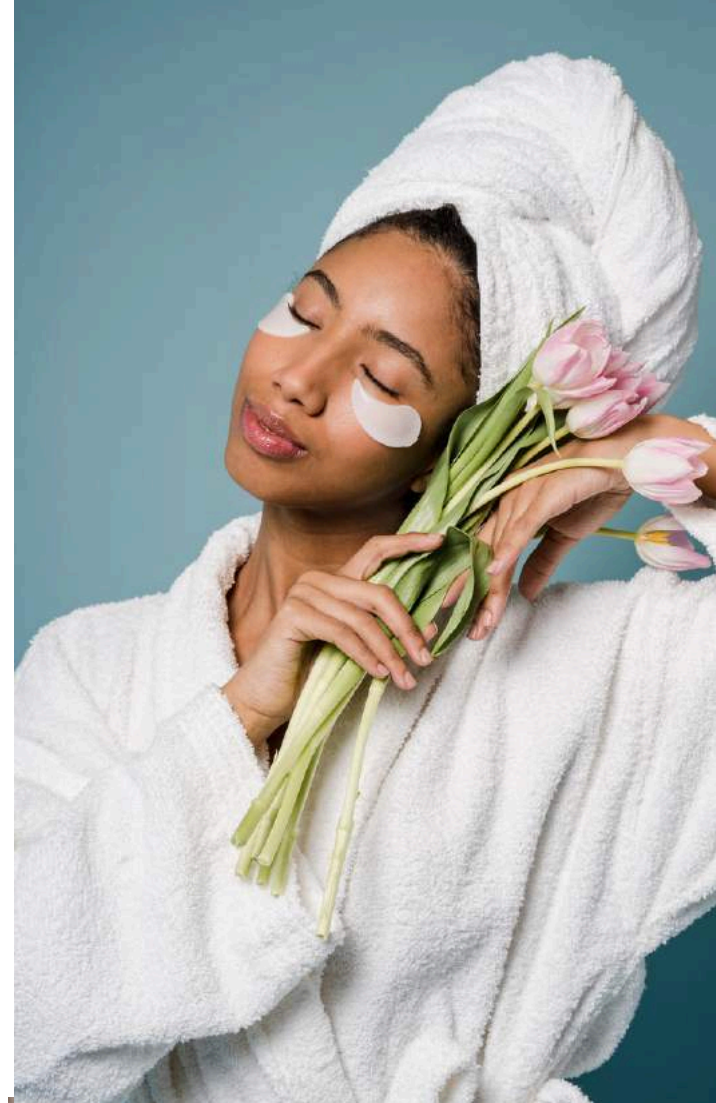
Sauna, body wrap, relaxing massage, facial, full manicure and full pedicure

## 10. Moon made me do it 4 h 30 min | 235\$

Vinotherapy, Facial, Jungle Bath, Sauna, Foot Spa

## 11. It's my life | 5 hrs 320\$

Coffee Scrub, Coconut Body wrap, Facial, Abhyanga body massage, Shirodhara, Warm barrel, Jungle Sauna





# PACKAGES FOR TWO

Please note that all packages are already discounted and can't be combined with any other discount. You can do your package in one day or split treatments for different days

## 1. Together time - 1hr 15 min - 140\$

Shiroabhyanga head massage, foot massage, aloe vera face spa

## 2. Happy o'clock - 2 hrs 15 min - 240\$

ShiroAbhyanga head massage, Abhyanga Body Massage, Padabhyanga Foot Massage, Mini facial

## 3. One in a million - 1hr 45 min - 190\$

Udwarthana deep tissue massages, Shiroabhyanga head massage, Face energy Booster

## 4. Bounty Island - 2hr 30 min 240\$

Coconut Milk Body Wrap, Chocolate massage, Coffee Seduction Pedicures

## 5. Future Me - 1hr 45 min - 240\$

Vynotherapy, Chocolate face mask, Organic hair treatment, Foot Spa

## 6. Lost in paradise - 2hr 30 min - 260\$

Spicy dessert scrub, Abhyanga full body massage, bath for two

## 7. Follow your heart - 3 hrs - 340\$

Coffee awakening Scrubs, Chocolate body Wraps Abhyanga massages, Sunkissed Facials

## 8. Love potion - 3 hrs - 380\$

Relaxing massage, facial, Sauna, Shiroabhyanga head massages, coconut hands treatment

## 9. Just the two of us - 4 hrs - 490\$

Coffee scrub, Udwarthana Massage, Shirodhara, Chakra Cleansing Sound Bath, foot Spa, Jungle Bath

## 10. Our perfect day - 4 hrs 10 min - 500\$

Head massage, Glow Facial, Urwarthana deep tissue massages, Shirodhara, Warm barrels, foot spa





# SPA PARTY

WHEN SPA IS OPEN FOR YOUR GROUP ONLY)

## Adult only:

- Half day (4 hrs) - 140 USD per person, 7 people minimum
- Including light snack and wine
- Full day (8 hrs) - 200 USD per person (including pizza and wine) minimum 7 people.
- Treatments includes whatever you choose from the menu (including spiritual ceremonies). We can also design a special menu for you.

## RETREATS AND PRIVATE CEREMONIES

- Private Spiritual Ceremony, minimum 10 pax at our place in spa at Sharazad - 22USD/person
- Private Spiritual Ceremony, minimum 10 pax at your place in South East Coast - 35 USD/person
- Private Spiritual Ceremony - minimum 10 Pax at your place outside of East Coasts - 35 USD/person plus 100\$ transport for our team (or round way taxi Jambiani Sharazad - your place - Jambiani Sharazad)

We provide our mats, eye masks and covers :)

## CANCELLATION POLICY

Groups/3 or more persons and spa packages: Full payment is required upon booking. More than two weeks notice - no charge incurred. Two to one weeks notice- 50% of the costs will be incurred. Less than one week notice - 100% of the costs will be incurred.

For more details or any inquires please whatsapp us on +255 773 233 528 or mail on [nuruspa Wellness@gmail.com](mailto:nuruspa Wellness@gmail.com)

