



A Retreat

IN THE HEART OF STONE TOWN



CINNAMON SPA



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IN THE HEART OF STONE TOWN



CINNAMON SPA



“YOUR POWER IS PROPORTIONAL
TO YOUR ABILITY TO RELAX”

DAVID ALLEN

SIGNATURE TREATMENTS



Salme's Cinnamon Experience

Indulge yourself and your loved one in a historical beauty treatment, created for none other than Princess Salme of Zanzibar. Enjoy a cooling papaya and sugar exfoliation, a milk, cream and honey body wrap, which will then be topped off by a relaxing back, neck and shoulder massage.

150mins

US\$350

Twin Bliss

Make it a special occasion with your loved one and retreat into romantic bliss. Together, side by side in our signature room, enjoy a milk bath of your choice, a Floral Foot Ritual, a Zanzibar Sea Salt Glow Exfoliation, and full body massage.

150mins

US\$260



"Sometimes THE MOST IMPORTANT
in a whole day THING
IS THE REST WE TAKE BETWEEN TWO
deep breathes."

ETTY HILLESUM

CINNAMON JOURNEYS

Cinnamon Detox Express

Embark on the road to a more balanced lifestyle with a three day journey to boost physical, emotional and spiritual harmony. This wonderful package includes a Sultan Citrus Milk Bath, a Cinnamon Coffee Swirl Exfoliation, a detoxifying Indian Ocean Seaweed Wrap and aromatherapy.

180mins

US\$225

Cinnamon Beauty

Treat yourself with a Coconut Milk and essential oil bath, followed by a wonderful back neck and shoulder massage, and a manicure or a pedicure.

120mins

US\$105

Full Cinnamon Pamper Package

Rejuvenate with this truly exquisite package. Experience a Cleopatra style Milk and Honey Bath complete with a Coconut and Almond exfoliation, aromatherapy, a manicure and pedicure, and a facial of your choice.

240mins

US\$320

Just for Him

The perfect gift for the man in your life, this package includes a full Karafuu Body Exfoliation, infused with Zanzibar cloves, a 60-minute massage, a spa pedicure and a specially designed man's facial.

195mins

US\$230

Teen's Treat

A great introduction to the Cinnamon Spa for the youth, this package includes a 30 minute massage, 30 minute face cleansing, and a manicure or pedicure. Minimum age is 16.

105mins

US\$115

Cinnamon Spa Pre Wedding Package

Enjoy our pre-wedding pamper package to ensure that as you walk down the aisle, you look radiant and relaxed and feel on top of the world. Included are a Coconut and Almond Exfoliation for both of you, a luscious Milk Bath, a back, neck and shoulder massage, face treatments and finally a relaxing foot massage.

210mins

US\$400

Cinnamon Spa Honeymooners Memories

Indulge yourself in this specially created honeymoon package, just for the two of you. Included in this package are a Cinnamon Swirl Exfoliation just for her and a Karafuu (clove) and Coconut Exfoliation just for him. While he enjoys a full body massage get cocooned in our conditioning Cinnamon Carrot Hydrating Wrap. Top it all up with an Indian Head Massage.

120mins

US\$235

“THERE IS MORE
to life
THAN INCREASING
ITS Speed.”

MAHATMA GANDHI

MASSAGE THERAPIES

Back Neck And Shoulder Massage

Due to daily pressures and stress in our hectic lives, our muscles become tense and strained. The back, neck and shoulders end up carrying almost all that strain and tension. This massage is specially designed to relieve the tension, soothing those tired muscles and invigorating the mind.

30mins

US\$30

Foot Massage

This provides perfect relaxation after a walk in Zanzibar's historic Stone town. Combinations of pressure points on the feet are massaged, followed by a soothing massage on the calf muscles.

30mins

US\$30

Indian Head Massage

Here we offer an age old Indian therapy that was designed to relief tension from the scalp therefore relaxing the face muscles and giving you a youthful look.

30mins

US\$30

Swedish Massage

A deeply relaxing massage with variations of strokes that manipulate each part of the body to stimulate and improve the circulatory system, flexibility and generally enhance physical and mental wellbeing.

60mins

US\$60

Reflexology

An ancient Chinese therapy, reflexology helps to stimulate various zones on the feet helping to bring harmony and balance in your body.

60mins

US\$65

Aromatherapy

This treatment is specially designed to relax, detox, balance and relieve stress by using a cocktail of organic essential oils which, with a specific combination of techniques and movements, help to drain the lymphatic system, cleansing your body from the inside out.

60mins

US\$65

Deep Tissue Massage

This is a full-body, deep-tissue, holistic therapy which incorporates acupressure techniques that are renowned for their ability to release muscle tension, promote blood circulation and encourage the flow of oxygen in the body.

60mins

US\$75

Hot Herbal Compress Therapy

This full-body therapy soothes away tension and pain using hot herbal compresses and traditional blended warm oils. It increases circulation, eases tired muscles and assists in deep relaxation.

90mins

US\$90



BODY SRUBS

"NOTHING IS PERMANENT IN THIS

Wicked World

- NOT EVEN OUR TROUBLES."

CHARLIE CHAPLIN



Cinnamon Coffee Swirl Exfoliation

An aromatic exfoliant made from local coffee beans. The caffeine in the coffee helps stimulate the lymphatic system, assisting in the break down and even distribution of fatty cells. It helps in decreasing the formation of cellulite and is a good aid to weight loss.

60mins

US\$65

Coconut And Almond Exfoliation

Coconut is rich in vitamins, oils and is a very strong antioxidant. The granules from the almond unclog the pores of the skin and the coconut hydrates you revealing skin soft and smooth to touch.

60mins

US\$65

Sea Salt And Tumeric Glow Exfolation

A delightful exfoliation using sea salt crystal to gently exfoliate, soften and leave your skin glowing and buffed while the anti-inflammatory and healing properties in the turmeric help cleanse and clear up the complexion of the skin. You will finish the treatment with a hydrating and moisturizing cocktail.

60mins

US\$65

Singo Traditional Zanzibar Exfoliation

Used for ages in Zanzibar on brides in the weeks before they got married. A mixture of sandalwood and clove is used to gently exfoliate the skin while Sweet Basil, fresh Jasmine, Ylang-ylang and Rose blended with Rose water hydrates the body.

60mins

US\$65

*24hrs advance booking is required

Cinnamon Spices Polisher

Zanzibar is known all over the world as the Spice Island. Using the locally available spices, Cinnamon Spa has created this herbal body polisher which provides antiseptic skin cleansing, soothing the skin and stimulating blood circulation.

60mins

US\$65

BODY WRAPS

Indian Ocean Seaweed Wrap

Seaweed is extremely rich in minerals and acts as very powerful detoxifier. After a sea salt exfoliation, ground seaweed, collected by women around Zanzibar archipelago, is gently applied as a mask on the body. Minerals penetrate into the body assisting in the detoxification of the lymph system it also reenergizes and restores the skin natural pH balance.

60mins

US\$75

Cinnamon Coconut Wrap

This gloriously fragranced wrap rejuvenates, moistures and hydrates the skin. An almond and cinnamon paste acts as an exfoliator, after which a warm coconut mask is applied to the body.

60mins

US\$75

Cinnamon Aloe Sun Soother

Aloe Vera has been used throughout Africa, including Zanzibar, as an anti-inflammatory for centuries where it is known for its quick healing properties we blend this unique plant with fresh, cooling cucumber. This tantalizing mask is gently applied on your sun kissed skin followed by hydrating Aloe Vera lotion to cool and heal your skin.

60mins

US\$75

Africa Slimming Detox Mud With Africology Products

This body-wrap starts with a mild body exfoliation to help open the pores of the skin and thus allow better penetration of the properties in the mud. This mud contains a botanical blend of seaweed and ivy which is very effective for slimming and firming. It is enriched with caffeine and guaranaextract which accelerates the oxidation of free fatty acids creating activity in the cells. A perfect treatment for boosting the lymphatic system.

90mins

US\$100

Immune Boosting Body Wrap With Africology Products

After a full body exfoliation, this wonderful wrap rich in minerals, vitamins and active enzymes that assist in building up the immune system is topically applied to enhance absorption in the body through the blood stream. It draws toxins and superfluous fat from the skin, helps stimulate blood circulation, tones the skin and strengthens connective tissue.

90mins

US\$100

Heavy Legs Treatment With Africology Products

After a long flight this is the ideal treatment to sooth tired leg muscles. A gentle exfoliation on the legs, followed by a leg massage to nourish and relax the muscles which target reflex points and nerves to encourage complete relaxation and restore balance. A Leg wrap are included to reduce swelling and water retention. It also assists with lymphatic drainage.

45mins

US\$65

“IF YOU CAN ATTAIN

*Respose
& Calm*

BELIEVE THAT YOU HAVE SIEZED

happiness.”

JAPANESE PROVERB

BATH RITUALS

“LIFE IS TOO
important
TO BE TAKEN
seriously.”

OSCAR WILDE



In the ancient days of Cleopatra, best way to maintain youthful looking skin was to bath in milk. Milk and honey baths were not only used in Egypt and we believe Zanzibar's Princess Salme did use the treatment. Scientific evidence suggests that milk and honey are very rich in antioxidants which help keep free radicals at bay giving you that youthful look. Indulge in our luxurious choice of baths listed below.

Milk And Honey Purifying Bath Ritual

The goodness of honey as a medicinal substance helps to cleanse and soothe the antioxidants from the body as the milk hydrates and moisturizes.

30mins

US\$30

Five Nectar Boosting Bath Ritual

A five-nectar skin-tingling boost nourishes the skin and softens it, leaving it smooth and silky. A mixture of coconut milk, honey, milk and yoghurt helps to slightly lighten the skin.

30mins

US\$30

Tangy Citrus Bath Ritual

Feeling tired and a bit under the weather? This ginger, lime and lemon grass bath will get you up in no time. The rejuvenating properties in the ingredients leave you feeling fresh and energized.

30mins

US\$30

FACIALS

All our beauty treatments have been entrusted to africology. Africology's products have been developed to revitalise the skin and protect it from damage inflicted upon it by free radicals, stress and harsh climate. Africology makes use of the purifying essence of some of africa's wonderful healing plants. The active ingredients are powerful agents in repairing and restoring damaged skin tissue.

African Goddess Anti Aging Facial

Your therapeutic journey begins with a warm back scrub followed by back, neck and shoulder massage. Traditionally blend oil is used. This is followed by an antioxidant enriched skin treatment combining cleansing, exfoliation, masque and nourishment. A sensory treatment so luxurious, so velvety, you will want to be treated like a goddess every day.

90mins **US\$100**

Balancing Rose Facial

This is a great facial for sensitive or stressed skin. This fragrant, rejuvenating therapy has a high vitamin C content which is great for sensitive skin and mild dermatitis. This treatment works for the face, neck, décolleté and feet to reduce tension, reduce the fine lines, fight the sign of photo aging and increase hydration and cell renewal.

80 mins **US\$80**

Vitamin Booster Facial

This uplifting facial uses a rich vitamin and mineral cocktail to replenish the skin, boost your immune system and energize the skin. Vitamin C stimulates collagen production while A, E and B complexes restores and strengthens your skin naturally. It's perfect for tired and stressed skin.

75mins **US\$70**

Balancing And Refining Facial

This facial helps to brighten your complexion with a combination of alpha-hydroxyl acids and vitamin B & C complexes. It clears clogged pores and encourages production of elastin, refining and retexturing uneven skin tone.

75mins **US\$70**

Aloe Ferox Firming Facial

To create a youthful, resilient and buoyant skin, Aloe Ferox helps calm, lift and firm the skin naturally by encouraging fibroblast growth and repair. It helps to stimulate collagen and elastin growth, creating a rejuvenating youthful appearance.

75mins **US\$70**

Repair Face Therapy

Therapeutic serums treat appropriate skin conditions to give the skin what it needs. Circulation, nutrient supply and radiance are improved through massage, and hydration is maintained to protect and support the skin.

75mins **US\$70**



MANICURES, PEDICURES AND NAILS

“YOU CAN’T SWEEP PEOPLE
OFF
their feet
IF YOU CAN’T BE SWEEPED
OFF
your own.”
CLARENCE DAY



FEET FIRST

Most of us do not give much thought to our feet unless we are buying shoes, or they are giving us problems! This treatment combines beauty and relaxation. After being filed, soaked in scented warm water, sanded, and exfoliated (you can choose what exfoliator you love, between sandalwood and sugar foot scrub or rejuvenating sea salt and mint foot scrub) they are then massaged, concentrating on the reflex areas. A warm mask is put on your feet to help seal and moisturize your feet, leaving you feeling light and relaxed. You choose the colour of your choice from our exclusive line of polishes.

60min

US\$45

CREATIVE HANDS

After the therapist has filed and shaped your nails, you will get a warm scented soak, then an exfoliation to the elbow a massage detailed on all those muscles you work every day. A warm mask comes next and last you get to choose a colour of your choice from our exclusive line of polishes.

40min

US\$30

HALF PEDICURE

We remove old polish, file the nails, clean the feet and apply new polish.

20mins

US\$25

HALF MANICURE

We remove old polish, file the nails, clean the hands and apply new polish.

15mins

US\$20

NAIL POLISH

10mins

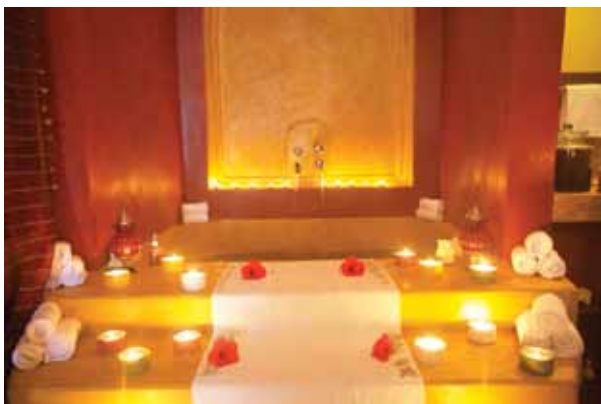
US\$10

FRENCH POLISH

20mins

US\$20

“HOW *Beautiful*
IT IS TO DO NOTHING,
AND THEN TO
rest again
AFTERWARD.”
SPANISH PROVERB



EVENING MAKE UP

US\$20

BRIDAL MAKE UP

30mins

US\$50

WAXING

Full leg	30mins	US\$35
Half leg	20mins	US\$20
Full Arm	30mins	US\$25
Half Arm	20mins	US\$15
Under Arm	15mins	US\$15
Bikini	30mins	US\$30
Brazilian	30mins	US\$35
Back	30mins	US\$35
Lip	10mins	US\$10
Chin	15mins	US\$15
Eyebrow shaping (waxing or tweezing)	15mins	US\$10

HENNA

Henna is a locally grow flowering plant used since antiquity to dye the skin and hair. The plant's leaves once ground and mixed into a paste are applied to the skin in a traditional Swahili floral pattern. Once dry, the natural ochre colored tattoo is revealed and will last up to two weeks.

Small design on hand,

foot or shoulder 15mins US\$10

Detailed design on hand or leg 20mins US\$15