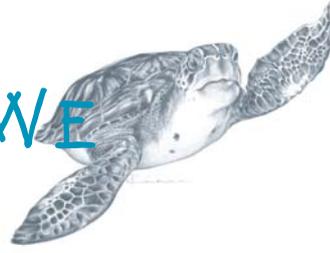


MATEMWE

A photograph of spa-related items: a large grey stone with a white and yellow plumeria flower on top, two smaller grey stones, and two small glass jars containing brown granular products. A white ceramic bowl is partially visible at the bottom.

## WELCOME TO THE ASILIA SPA AT MATEMWE

Allow the exotic breeze of the Indian Ocean to blow away your cares and worries as you rest, relax and rejuvenate at the Asilia Spa at Matemwe. Enjoy pampering wellness offerings that are specially developed to enhance the well-being of body and mind, including massages and treatments based on the natural healing methods of local traditions.

### GOOD TO KNOW

#### OPENING HOURS

The spa is open daily from 9am to 7pm.

#### SPA RESERVATION

For any inquiries or reservations, please contact the spa reception directly on Ext 126 or the hotel reception at Ext 9.

#### PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

Please shower off any oils or sun cream prior to treatment to allow for better absorption of the products. For your enhanced enjoyment we highly recommend removing hearing aids, spectacles and contact lenses.

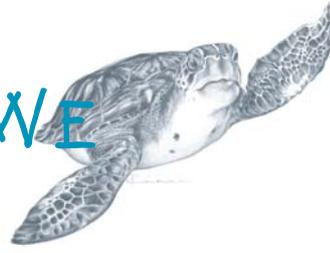
#### WHEN TO ARRIVE

We welcome you to arrive for your spa appointment 15 minutes before your scheduled service to complete a guest consultation form and to take time to breathe before your treatment.

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## CONSULTATION

All new guests to the spa will be invited to complete a health questionnaire so we can ensure the best possible spa experience and assure maximum safety and comfort.

## LATE ARRIVAL

As a courtesy to all our guests, please be aware that we are unable to extend your treatment time in the case of late arrivals.

## CANCELLATION OF A RESERVATION

A booking cancellation fee of 100% will be charged on all services cancelled within 4 hours or less of the appointment time.

## WHAT TO WEAR

The spa provides disposable underwear and shower amenities when you are having wet treatments.

## AFTER YOUR TREATMENT

Take rest and avoid direct sun or vigorous activity for at least 1 hour after a spa treatment. Drink water before and after each treatment.

## PAYMENT

For hotel guests, all treatments will be charged to your room folio and will appear on your room account at the time of departure.

## YOUNG GUESTS

Children under the age of 12 years experiencing treatments are to be accompanied by a guardian at all times.

## YOUR COMFORT

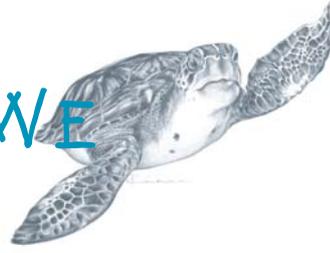
We will do all we can to anticipate your needs however we also appreciate that each guest is unique and so are their spa needs. Please let our team know if there is anything we can do to improve your experience whether it is a change of massage pressure or room temperature, we are happy to oblige.

To maintain the ultimate environment of harmony and privacy, for all our guests to enjoy, Asilia Spa at Matemwe is a mobile phone and smoke free area.

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## SENSE OF PLACE

### AFRICAN WOOD MASSAGE

60 /90 MINUTES

Using heated African wood rolled across the skin to penetrate the deeper layer of muscle tissue, while shea butter nourishes your skin.

### KONOKONO HEALING

90 MINUTES

Through time, the healing energies of the ocean become embedded in seashells – it is these seashells that are used to harmonise the flow of energy as part of this treatment. End off this heavenly treatment with a scalp and face massage, making use of the soothing sound from seashells to add even more relaxation..

### MIKONO MINNE

45 MINUTES

Combining the expertise of two skilled therapists working in perfect synchronicity, with traditional and contemporary massage techniques to relax, stretch, and revive your body to the sound of the African rain stick.

### MATEMWE GLOW

90 MINUTES

Two enchanting spa treatments especially curated to diminish unsightly cellulite and sagging skin, to moisturize, restore collagen, and fight ageing - a lovely start for you to get an even perfect tan.

This African anti-cellulite body scrub plus healing-earth hydrating facial is designed to prime the skin for a wonderful golden glow that will last well beyond your stay.

### SAND AND SPICE TREATMENT

75 MINUTES

A revitalizing body scrub and wrap, using a natural blend of Matemwe sand, turmeric, ginger, coconut milk and oil exfoliates and assists the body in reducing toxin build up. Enjoy a therapeutic foot and scalp massage while enveloped in the healing and nourishing local spices.

### KUMBUKA MATEMWE FACIAL

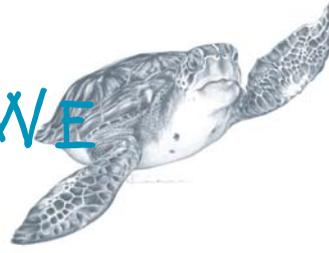
60 MINUTES

A restorative facial treatment that utilises fresh fruits to revitalize even the dullest skin. The use of cold therapy (Cryotherapy) on your skin will tighten, firm, and activate the microcirculation; reduce puffiness and giving you a youthful glow. All products are freshly prepared according to your specific skin condition. Indulge in nature's bounty.

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## WELLNESS MESSAGES

### SHIATSU

60 /90 MINUTES

A therapeutic dry bodywork from Japan. Can be stimulating and invigorating or calming and sedative using pressing, kneading, tapotement and stretching techniques.

### ABHYANGA

60 MINUTES

Experience the ancient Indian oil massage therapy for healing and detoxifying the body, mind and spirit. Ayurvedic massage uses invigorating long strokes to relieve Fatigue.

### HEALING HILOT

60 /90 MINUTES

An age-old healing technique from the Philippines that has been passed down from generation to generation. Based on the concept of energy meridians, the therapist works on the energy lines to increase blood flow, which is necessary for the general well-being.

### ORIENTAL FUSION

60 /90 MINUTES

A traditional Asian deep-pressure massage technique with a fusion of pressure points and stretching to relax muscle tension and improve circulation.

### HOT STONE MASSAGE

90 MINUTES

Melts away your tension through alternate manual movements and hot basalt stone to promote complete relaxation.

### MATEMWE FOOT RITUAL

60 MINUTES

This deeply relaxing foot treatment cleanses, ex-foliates and buffs away hardened soft tissues and finishes off with a herbal poultice massage.

### TULIA HEAD MASSAGE

30 MINUTES

Using a gentle and stimulating technique to massage shoulders neck and scalp to disperse toxins from tense, knotted muscles and improve blood circulation to the brain resulting in deep relaxation.

### INTUITIVE MASSAGE

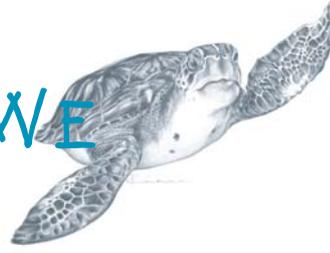
30/45/60/90 MINUTES

A bespoke massage wherein the therapist uses any techniques that he/she feels suits your needs. Whether you want a neck & shoulder, back, feet or full body massage, this session addresses your specific needs.

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## FOUNTAIN OF YOUTH

### HEALING HYDRATING FACIAL

60 MINUTES

A restorative facial treatment providing intense hydration for dry skin. For skin that is tired looking, undernourished, and lacks vitality, this treatment protects the skin from pollution and smoothed out expression lines.

### HEALING PURIFYING FACIAL

60 MINUTES

This deep cleansing, therapeutic facial unblocks pores and eliminates skin blemishes. This treatment reinforces the epidermis and brings out a new radiance.

### HEALING SOOTHING FACIAL

60 MINUTES

A comforting soothing treatment for irritated and sensitive skin. Repairs and rebalances the skins natural defense mechanism.

## BODY THERAPIES

### BODY SCRUB

45 MINUTES

African Coffee - An exfoliation for all skin types that detoxifies and firms the skin  
Salt - Replenish tired and dry skin  
Coconut & Spice - Restores skin vitality

### DECADENT CHOCOLATE BODY COCOON

45 MINUTES

Reap the exceptional rejuvenating benefits of Cocoa. See your skin's revival and feel it's velvety smoothness.

### AFTER SUN TREATMENT

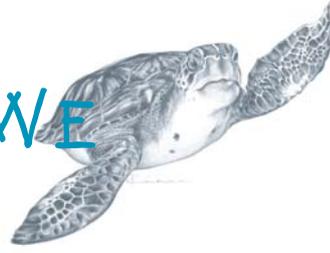
45 MINUTES

This Aloe Vera treatment is an effective natural sunburn soother, it soothes burnt skin, moisturizing and encouraging new cell growth. Completed with head and face massage.

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## ASILIA RITUALS

An exceptional treatment combining the best of Asilia Spa treatments to help you restore your original purity.

### ZANZIBAR SPICE RITUAL

180 MINUTES

Sand and spice treatment  
Kumbuka Matemwe facial  
Spa manicure and pedicure

### ISLAND FANTASY

180 MINUTES

Body scrub  
African wood massage  
Your choice of facial

### INDULGENCE OF TIME

120 MINUTES

Body scrub  
Konokono healing

### TRAVELERS RETREAT

120 MINUTES

Your choice of 60 minute massage  
Your choice of facial

### SWEPT AWAY

3 DAYS

Three blissful days to boost your energy level and see your self-glow with vitality. A detoxifying and nourishing juice is served every session.

#### DAY 1

Your choice of facial  
5 Ancient Rites  
Juice of the day

#### DAY 2

African Coffee Scrub  
Morning yoga  
Juice of the day

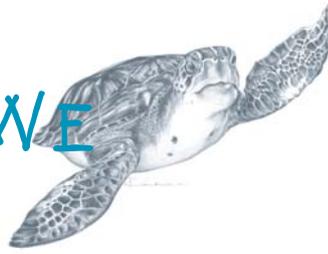
#### DAY 3

Konokono Healing  
Morning & sunset yoga  
Juice of the day

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## TREATMENTS

### BEAUTY THERAPIES

#### SPA MANICURE

45 MINUTES

A beautiful treat for hardworking hands, includes gentle exfoliation, soothing massage, cuticle tidy and paint.

#### SPA PEDICURE

45 MINUTES

Revitalize the feet, nails and cuticles with this invigorating treat to soften and re-nourish tired, neglected feet.

#### HOT - STONE PEDICURE

50 MINUTES

A wonderful therapeutic treatment, releasing toxins, and improving circulation - the perfect treatment for worn out feet. After soaking and exfoliating, warm stones will be used to massage your feet and calves rubbing any tension away.

#### WAXING

Embrace silky smooth skin.

#### TINTING

Beautify the appearance of your eyelashes and eyebrow.

### ADD ON

#### FILE AND PAINT

20 MINUTES

Refresh hands & feet with a file, buff and nail polish application.

#### EXPRESS PEDICURE

30 MINUTES

Refresh and treat your face with some TLC. This mini facial will cleanse exfoliate, tone and moisturize.

### HOLISTIC EXPERIENCE

#### 5 ANCIENT RITES

60 MINUTES

Designed as an elixir to long life, these five Tibetan rites are physical movements which uplift the chakras.

#### YOGA

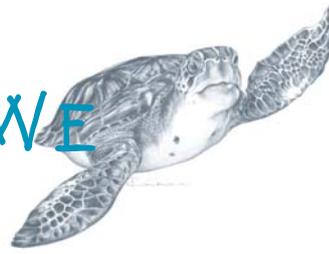
60 MINUTES

Breathe, be steady and be comfortable. Practice, restore and improve your yoga posture.

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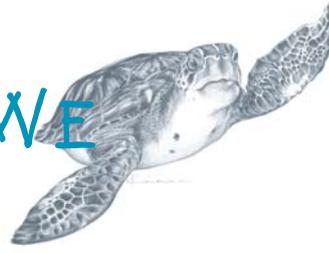
# TREATMENT PRICES

TREATMENTS	DURATION	PRICE
<b>SENSE OF PLACE</b>		
African Wood Massage	60/90 minutes	\$80/\$95
KonoKono Healing	90 minutes	\$95
Mikono Minne	45 minutes	\$105
Matemwe Glow	90 minutes	\$95
Sand & Spice Treatment	75 minutes	\$89
Kumbuka Matemwe Facial	60 minutes	\$65
<b>WELLNESS MASSAGES</b>		
Shiatsu	60/90 minutes	\$80/\$95
Abhyanga	60 minutes	\$80
Healing Hilot	60/90 minutes	\$80/\$95
Oriental Fusion	60/90 minutes	\$80/\$95
Hot Stone Massage	90 minutes	\$95
Matemwe Foot Ritual	60 minutes	\$80
Unyayo Reflex	45 minutes	\$65
Tuliya Head Massage	30 minutes	\$50
Intuitive Massage	30/45/60/90minutes	\$50/\$65/\$80/95
<b>FOUNTAIN OF YOUTH</b>		
Healing Hydrating Facial	60 minutes	\$75
Healing Purifying Facial	60 minutes	\$75
Healing Soothing Facial	60 minutes	\$75
<b>BODY THERAPIES</b>		
Body Scrub	45 minutes	\$55
Decadent Chocolate Body Cocoon	45minutes	\$65
After Sun Treatment	45minutes	\$65
<b>ASILIA RITUALS</b>		
Zanzibar Spice Ritual	180 minutes	\$185
Island Fantasy	180 minutes	\$185
Indulgence of Time	120 minutes	\$125
Travelers Retreat	120 minutes	\$125
Swept Away	3 days	\$265

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## TREATMENT PRICES

TREATMENTS	DURATION	PRICE
BEAUTY THERAPIES		
Spa Manicure	45minutes	\$35
Spa Pedicure	45minutes	\$35
Hot Stone Pedicure	50 minutes	\$45
WAXING		
Full Leg		\$40
Half Leg		\$25
Bikini-Swimsuit Cut		\$25
Brazilian		\$35
Underarm		\$15
Arms		\$20
Face		\$15
Eyebrows		\$10
Lip		\$10
TINTING		
Eyelash		\$25
Eyebrow		\$20
Lash and brow		\$35
ADD ON		
File and Paint	15 minutes	\$15
Express Facial	30 minutes	\$45
HOLISTIC EXPERIENCES		
5 Ancient Rites (Group Class)	60 minutes	\$25
Yoga (Group Class)	60 minutes	\$25
One on One Class	60 minutes	\$40

### Disclaimer

Guests are kindly requested to ensure that they take care of their personal belongings. The Asilia Spa at Matemwe does not accept responsibility for any loss or damage suffered as a result of any cause whatsoever. All prices are quoted in USD. Please note that services and prices are subject to change without prior notification.

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