

# THE SPA

— TREATMENTS —

When you reach THE SPA, you enter the place where aromas, your spirit and the touch of expert hands will create an unforgettable wellbeing moment to last in your memory.

We have selected extraordinary treatments with the most prestigious products to balance, revitalize and replenish the energy in all your body.

Welcome to THE SPA

# THE SPA

— TREATMENTS —

[thespa.granmeliaarusha@melia.com](mailto:thespa.granmeliaarusha@melia.com)

+255 746 981 916

9 AM - 9 PM





## KUCHUA - THERAPEUTIC MASSAGE

Indulge in the healing power of touch treat your body,  
balance and recharge your energies.

### Signature Massage

60 m  
90 m

284,000 Tsh  
392,000 Tsh

A firm relaxing massage using the signature oils of clove and neroli or vanilla and lavender with the combined signature techniques of kneading, palm gliding, muscle rolling, accupresure with stretching to open up the joints, relieve muscle tension and creates a deep relaxation and a harmony between body and mind.

### Deep Tissue Massage

60 m  
90 m

284,000 Tsh  
392,000 Tsh

Deep tissue massage involves applying deep pressure using knuckles, forearm and elbows in a slow strokes movements to reach deeper layer of muscles. It is used for chronic aches and pains, contracted areas such as a stiff neck, upper and lower back pain, leg muscle tightness and sore shoulders.

### Aromatherapy Massage

60 m  
90 m

284,000 Tsh  
392,000 Tsh

A gentle lymphatic massage combining the healing therapy of aromatherapy to relax your body, mind and soul. A pure essential oil of relaxing, uplifting or detoxifying is chosen and balanced for your individual massage experience.

### Thai Massage

60 m  
90 m

315,000 Tsh  
425,000 Tsh

Traditional Thai massage healing combines acupresure and assisted Yoga stretching to release muscle tension and improve flexibility, creating deep relaxation and well-being.

Prices are inclusive of 18% VAT and 5% service charge.

MELIÄ  
REWARDS

*Pamper yourself with your Melia Reward points, redeem them for any spa treatments and retail products. 250 points = 1\$*



## KUCHUA - THERAPEUTIC MASSAGE

Indulge in the healing power of touch treat your body, balance and recharge your energies.

<b>Hot Stone Massage</b>	60 m	315,000 Tsh
	90 m	425,000 Tsh

A full-body treatment that blends the penetrating heat of warm volcanic stones with the firm, flowing strokes of Swedish massage to melt away emotional tension throughout the body

## JUST A TOUCH BUT MAYBE NOT ENOUGH

<b>Back, Neck and Shoulder Massage</b>	30 m	162,000 Tsh
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A relaxing Swedish massage to loosen tight muscles, soothe soreness and increase circulation in the neck, shoulders and lower back.

<b>Detox Jet Leg Treatment</b>	30 m	162,000 Tsh
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This treatment helps relieve swollen legs and feet due to traveling. The circulation is stimulated after the leg scrub and then followed by a draining massage to help the release to toxins.

<b>Foot Massage</b>	30 m	162,000 Tsh
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Foot massage encourages deep relaxation and helps balance the entire body, by using the principles of reflexology.

<b>Indian Head Massage</b>	30 m	162,000 Tsh
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This form of therapy provides deep relaxation, relieves stress and tension of the body and mind and relieves muscles stiffness.

Prices are inclusive of 18% VAT and 5% service charge.

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## OUR SIGNATURE RITUALS

### THE MAASAI RITUAL

120 m

492,000 Tsh

Ceremonies and rituals are a very essential part of the culture and lifestyle of the Maasai people. With our Maasai ritual our aim is to take you on a renewed journey, deeply immersed in the traditional sight and sound of Maasai culture.

**Foot Ritual:** Deep cleansing of your feet to leave your skin smooth. This treatment helps immediately to release tension and feel relaxed.

**Singo Scrub & Aromatherapy Massage:** The singo body is a traditional ritual used by swahili women before their wedding day, using African ingredients like moringa leaves, cinnamon powder, ylang ylang and raw sugar, all blended in a kinu traditional blender with rose water. This scrub will leave your skin smooth and glowing, ready for an aromatherapy massage, which uses a delicate combination of coconut, citronella, cinnamon and orange essential oils.

**African Facial:** This facial de-stresses, rebalances and hydrates your skin with pure natural oils and botanical wonders. A fresh yoghurt cleanses, followed by our cucumber tonic, raw sugar gentle scrub, all finishing with a full facial massage with 100 natural moisturizers to lead to an intense rejuvenation.

### BURKA RITUAL

120 m

492,000 Tsh

Burka is one of the oldest and largest Arabica coffee farms in Arusha located on the Mount Meru and majestic Mount Kilimanjaro area.

A beautiful experience in which the energetic essence of the plant, captured in order to work in harmony with the body's own simulation gives youthful radiant skin rejuvenated achieving glowing skin, and reduces water retention.

Starting with our Arabica coffee and natural sugar scrub your body will be later wrapped in a banana leaves with our homemade coffee and coconut balm. You will finish with a relaxing massage that will enhance the effect on a cellular rejuvenation, as coffee is a powerhouse of antioxidant properties, reviving your inner beauty.

Prices are inclusive of 18% VAT and 5% service charge.

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## BODY ADORATION

Immerse yourself in a deep sense of well-being and relaxation

**Scrubs** 35 m 176,000 Tsh

Our skin is the expression of the conditions of our hearts and minds. A gentle scrub with natural ingredients to leave your skin clean and glowing.

Energizing & Detox – Clove and Neroli  
Rejuvenating - Coffee  
Relaxing - Vanilla & Lavender

**Parachichi Nourishing wrap** 75 m 284,000 Tsh

Starting with a gentle sugar scrub to open up the pores and prepare the skin for an avocado, coconut milk and lime paste wrap. While our wrap hydrates the layers of skin and rejuvenates your body, you will be relax with a head massage. Fresh avocado are rich source of antioxidant, deeply nourish the skin, stimulate collagen production and improve skin elasticity.

**Foot Indulgence** 60 m 230,000 Tsh

This relaxing treatment designed to invigorate and refresh tired legs and feet that involves a calming warm bath, exfoliation, mask and foot massage.

**Pampering The Little Ones** 30 m 130,000 Tsh

Your little ones will definitely enjoy the spa pampering with a relaxing massage using only natural oil of Coconut, Vanilla-Lavender and Clove-Neroli.

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## AYURVEDA TREATMENTS

The oldest traditional medicine that has evolved in India a thousand years ago. Ayurvedic treatment purifies, nurtures and balances energy of the body and mind. Choose between two treatments that The Spa at Gran Melia Arusha has to offer.

**Shirodhara**, an ayurvedic healing technique comes from a Sanskrit words "shiro" (head) and "dhara"(flow). This journey of traditional healing of pouring of warm oil, milk or water onto your forehead.

45 m

230,000 Tsh

**Shirodhara and Signature Massage**, by combining Shirodhara with our own signature massage this journey will take you back to a ritual which focuses on rebalancing life forces, called "doshas" and a deep relaxation within your body and mind.

120 m

492,000 Tsh

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Prices are inclusive of 18% VAT and 5% service charge.

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## YOUR SKIN THERAPY

Revive and renew your skin.

**Express African Facial** 30 m 156,000 Tsh

This facial de-stresses, rebalances and hydrates your skin with pure natural and botanical wonders. A fresh youghurt cleanses, followed by our cucumber tonic, raw sugar gentle scrub and 100% natural moisturizer to lead to an intense rejuvenation.

**Zuri Facial** 60 m 256,000 Tsh

Zuri means beautiful in Swahili. This organic facial uses different plants and herbs like frankincense, ylang ylang, rose geranium and lavender. Combined with the facial procedures of cleansing, exfoliating, mask and a nourishing facial massage, it will make your skin look healthier, younger and beautiful.

**Inaya Signature Facial** 60 m 256,000 Tsh

Nourish both skin and soul, using only the finest and the most natural ingredients. This ritual facial will give you excellent anti-aging and moisturizing properties, and will boost your skin and give you young and glowing skin.

**Aqua Peel Facial** 75 m 324,000 Tsh

Feel the suppleness of your skin with the Aqua Peel Facial to nourish, rejuvenate and renew your skin. A treatment that will give an instant long lasting results.

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## RELAX AT THE POOL

<b>Pool Foot Massage</b>	30 m	122,000 Tsh
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Foot massage encourages deep relaxation and helps balance the entire body, by using the principles of reflexology.

## DEPILATION

Eyebrow or Lip	50,000 Tsh
Underarm	62,000 Tsh
Half arm or Half Leg	80,000 Tsh
Full Arm or Full Leg	124,000 Tsh
Chest or Back	124,000 Tsh
Bikini	90,000 Tsh
Brazilian	118,000 Tsh
Prepare for the beach (underarm, full leg and bikini )	225,000 Tsh

## SALON

Manicure	96,000 Tsh
Pedicure	108,000 Tsh
Touch up polish	54,000 Tsh
Gel manicure	115,000 Tsh
Gel pedicure	130,000 Tsh
Gel removal	54,000 Tsh

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## Cancellation Policy

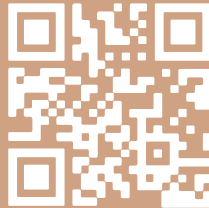
Shall you wish to cancel or reschedule an appointment, kindly inform the spa reception 4 hours prior to your appointment time to avoid a 50% charge of the treatment. For any spa package cancellation, it requires a 24 hours' notice or you will be charged a 50% of the treatment.

For non-in-house guests, non-guaranteed bookings unless prior payment, a 30 mins arrival time is required. If you did not show, we will send a cancellation message and another booking may be taken in this time instead.

We understand that plans do change, should you wish to cancel or reschedule your appointment, a phone call is always appreciated. For any late arrivals, the length of your treatment will be reduced to end as scheduled allowing us to take next scheduled appointment on time. In this case you will still be charged the full amount for your scheduled treatment.

## No show

Kindly note that no show will be charged the full treatment price.



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