

NWC

Natural Wellness Center

KISAWA

MOZAMBIQUE

NWC
A warm welcome

About Natural Wellness Center (NWC)

According to Ayurveda, the universe is made up of **“Pancha Maha Bhutas” or 5 Great Elements:**

Prithvi — Earth
Jala — Water
Akash — Space
Agni — Fire
Vayu — Air

These elements in combination give rise to three main biological forces or Tridoshas:

Vata — Air & Space
Pitta — Fire & Water
Kapha — Earth & Water

These forces govern all psycho-physiological functions in the body and mind respectively. They create and construct each individual, serving to maintain it in a dynamic state of health.

The Design & Journey

Our Natural Wellness Center ‘NWC’ design is based on the Panchamaha Bhuta concept.

NWC daily rituals are designed to heal mind, body and soul all carefully programmed to allow guests to reconnect to the natural environment through whole body healing.

A visit to the NWC is a journey through the senses.





Wellness ‘Rendezvous’

A private moment to understand the unique objectives of each guest. This meeting will allow us to construct a personalised wellness program for the duration of your stay, including yoga, meditation, and therapeutic treatments to cultivate balance and harmony for mind, body and spirit.

Complimentary

KISAWA

Signature Rituals

Welcome Ritual Iyashi Dome & Treatment

An aromatherapy footbath, followed by infrared sauna with an emphasis on detox and circulation. A signature back treatment will allow guests to experience the healing energies of the sanctuary and island, immediately following arrival.

In addition to relaxation, this treatment assists in mitigating the physical effects of switching time zones and neutralizing the energies accumulated while traveling.

*Price: €195** *60 Mins*

One complimentary ritual per guest available for 'Kisawa Guest Experience – All Inclusive' only. For children 14 and under a 30 minutes adaptation will be offered. (The treatment is non-transferable).

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*





Deep Tissue

A deep focus on muscle pain and releasing knots via trigger points using an intuitive approach to read the body. Inhambane coconut oil is used to nurture the skin during treatment.

*Price: €255** *60 Mins*

*Price: €295** *90 Mins*

‘Oya Oya’

A full body massage with consistent pressure & gentle stretching to provide relaxation, deep comfort and the feeling of regeneration. Coconut oil is heated helping eliminate excess water and enhancing the lymph, immune and nervous system. Coconut oil is rich in antioxidants and vitamin E, keeping skin moisturized and hydrated, while acting as a powerful anti-microbial agent.

*Price: €235** *75 Mins*

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*

Aromatherapy Ritual

Kisawa's Aromatherapy Massage is a holistic therapy that combines the benefits of essential oils with massage therapy. The ritual promotes deep relaxation, reducing stress and anxiety, while improving mood, sleep and boosting immunity.

*€215** *60 mins*

*€325** *90 mins*

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*



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Energy Rituals



Kundalini Awakening
Marma ‘Sound Healing’ Massage

A gentle, nurturing session using sound healing to activate the Kundalini – the dormant energy at the base of the spine. This soothing traditional treatment is believed to help sustain the flow of energy throughout the body and the 107 Marma points. Stimulation of these chakra points is said to affect everything from the health of the organs to the production of hormones.

*Price: €385**

90 min

Sriwijaya ‘Sound Healing’

The sound the Therapeutic Singing Bowls emits brain alpha waves synchronizing both hemispheres of the brain. Being in alpha state promotes mental resourcefulness, aids in the ability to mentally coordinate and enhances overall sense of relaxation. The therapeutic singing bowls promotes and helps realign your chakras. A result-oriented therapy for anxiety, stress, and Insomnia.

Price: €320 for up to two persons.*

45–50 min

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*

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Movement Rituals

Hatha Yoga

The branch of yoga involving breath, body, and mind. Classes consist of intentional breathing; yoga poses and meditation. Hatha helps to maintain healthy joints, mobility and stimulates the immune system.

*Price: €175** *60 Mins*

Surya Namaskar Yoga

Salute to the sun, is a practice incorporating a sequence of twelve gracefully linked asanas. The lungs, digestive system, as well as muscles and joints all benefit from practicing sun salutations. This practice increases the vital energy of prana in your body, which helps remove energy blockages.

*Price: €175** *60 Mins*

Pranayama Yoga

Is breathing control, with" prana" meaning breath or vital energy in the body. On subtle levels prana represents the pranic energy responsible for life or life force and "ayama" means control. Pranayama improves sleep quality increases mindfulness, reduces high blood pressure and enhances cognitive performance.

*Price: €175** *45 Mins*

Yoga can be conducted as per preference in the indoor yoga dome, outside by the main pool or in the comfort of your own residence. Please guide the team as to your preference.

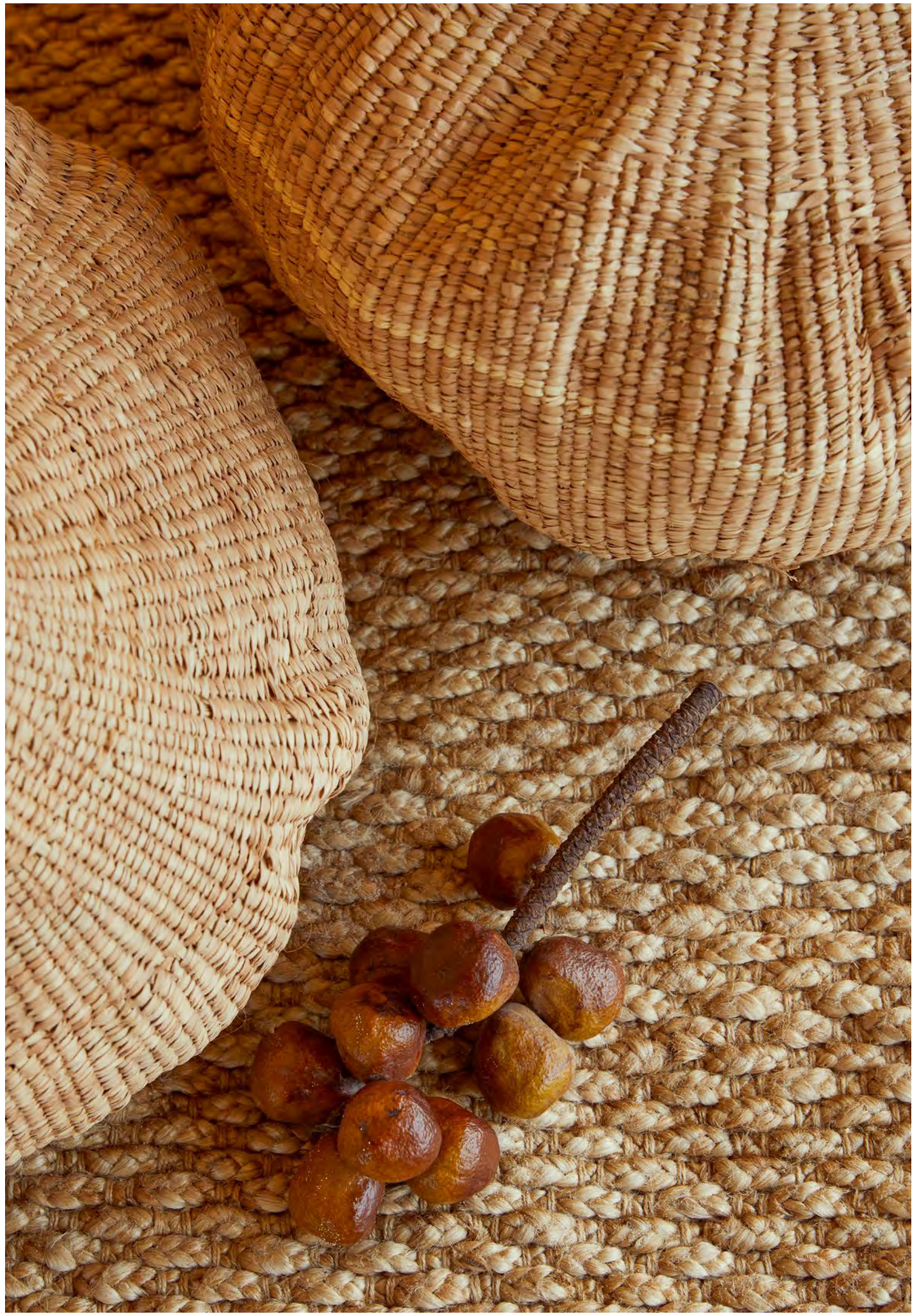
All Yoga classes listed above are instructed by our Yoga Master & Personal Trainer, Ishant.

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*



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Traditional Chinese Rituals



Qi Gong

Ancient Chinese martial arts and meditative exercise uses energy to ignite connection between healing and balance to mind and body.

Price: €120 • Up to three persons* *30 min*

Reflexology

Our practitioners will send waves of deep relaxation throughout your body, by expertly massaging the reflex points on your feet. Restoring natural energy flow and improving overall health.

*Price: €215** *60 min*

Flexibility & Stretching

An immersion to a “passive yoga” enjoying the benefits of working out being taken care by your therapist using oil blend, pressure points, and stretching techniques.

*Price: €385** *90 min*

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*

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International Rituals

Thai Herbal Compress

A fusion of Thai techniques and stretching, this traditional Thai medicinal treatment also called Luk Prakop, involves the careful application of medicinal herbs on the body improving blood circulation and repairing neuromuscular conditions to ease joint and muscle pain.

*Price: €375**

90 Mins

Hot Stone Therapy Massage

Holistic rejuvenation via gently heated round basalt stones and a blend of essential oils that induce deep relaxation by soothing away stress and relieving muscular tension, aches, and pains.

*Price: €320**

90 Mins

Pre Natal Massage

A relaxing experience for you and your little one using only natural organic oils and a gentle approach, including lymphatic drainage relieving stress and reducing arm and leg pain.

Price: €225.*
Recommended after first trimester

60 Mins

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*



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Iyashi Dome Experience



Rooted in Japanese remedial and wellness technology, this infrared sauna is a unique experience on African continent. An effective detox that is both gentle and powerful, it enables slimming, sleep enhancement, skin rejuvenation, physical preparation, muscle recovery and relaxation.

Iyashi Dome ‘Express’

Trial the ground breaking Iyashi Dome technology. The infratherapy will help restore balance in your body and aid with inflammation, anti-ageing, skin elasticity, skin hydration

*Price: €175**

20 Mins

Iyashi Dome Experience

The full-length treatment using this ground-breaking Japanese technology. Using infratherapy, the Iyashi Dome eliminates toxin, rejuvenates the skin, reduces muscle pain and joint pain and aids deep relaxation.

*Price: €290**

45 Mins

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*

Iyashi Dome + Head Massage

Iyashi dome treatment with a rejuvenating head massage, utilising organic coconut oil from Inhambane to nourish your hair and scalp for total relaxation.

*Price: €260**

45 Mins

Aromatherapy Massage + Iyashi Dome

Iyashi dome treatment with a full body Signature Aroma Therapy. The ritual helps reducing stress while improving mood, sleep, boosts immunity, aids in lymphatic circulation and remove toxins from the body, it is a support in tightening tissues.

*Price: €355**

90 Mins

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*



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Body & Exfoliation Rituals

Kisawa Sunburn Soother

The perfect source for sunburn therapy, Aloe Vera comforts wounds, reduces scars as well as encouraging skin rejuvenation by bringing oxygen to cells. It increases syntheses and strengthens skin while Lavender and Chamomile promote relaxation.

*Price: €250** *60 Mins*

Exfoliation with Traditional Coconut

Invigorate your skin and entire body after exfoliating excess oil and dead cells with the gentle touch of charcoal and coconut shell scrub. Cucumber extract soothes irritation while Kaolin White Clay with a coconut oil base pampers and hydrates skin.

*Price: €275** *60 Mins*

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*





Exfoliation with Flowers

A blend of Lotus, Hibiscus and Frangipani that are rich in Alpha Hydroxy Acid (AHA) naturally exfoliate, removing dead skin cells and resulting in softer, firmer skin tone and texture.

*Price: €280**

60 Mins

Dead Sea Mud Wrap

A combination of exfoliation and Dead Sea mud wrap, well known for it's outstanding detoxifying property. Vitamin E nourishes and leaves the skin soft and supple without any greasy residue. Caramel naturally moisturizes the skin. Organic aromas of Lavender and Chamomile help neutralize the scent of Dead Sea Mud.

*Price: €235**

60 Mins

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*

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Beauty Rituals

Natural Facial

A revitalizing and stimulating facial using all natural, Benguerra Island products. Such as island grown coconuts, cucumbers, oatsmeal and aloe vera to nourish your skin according to the below:

PITTA • Dry or sensitive
VATA • Normal Skin
KAPHA • Oily skin

*Price: €235** *60 Mins*

Express Manicure / Pedicure

Duration and price on Demand
Our deluxe nail ritual includes an aromatherapy hand and foot soak, traditional nail care, cuticle stimulation and a wonderfully relaxing arm or lower leg massage.

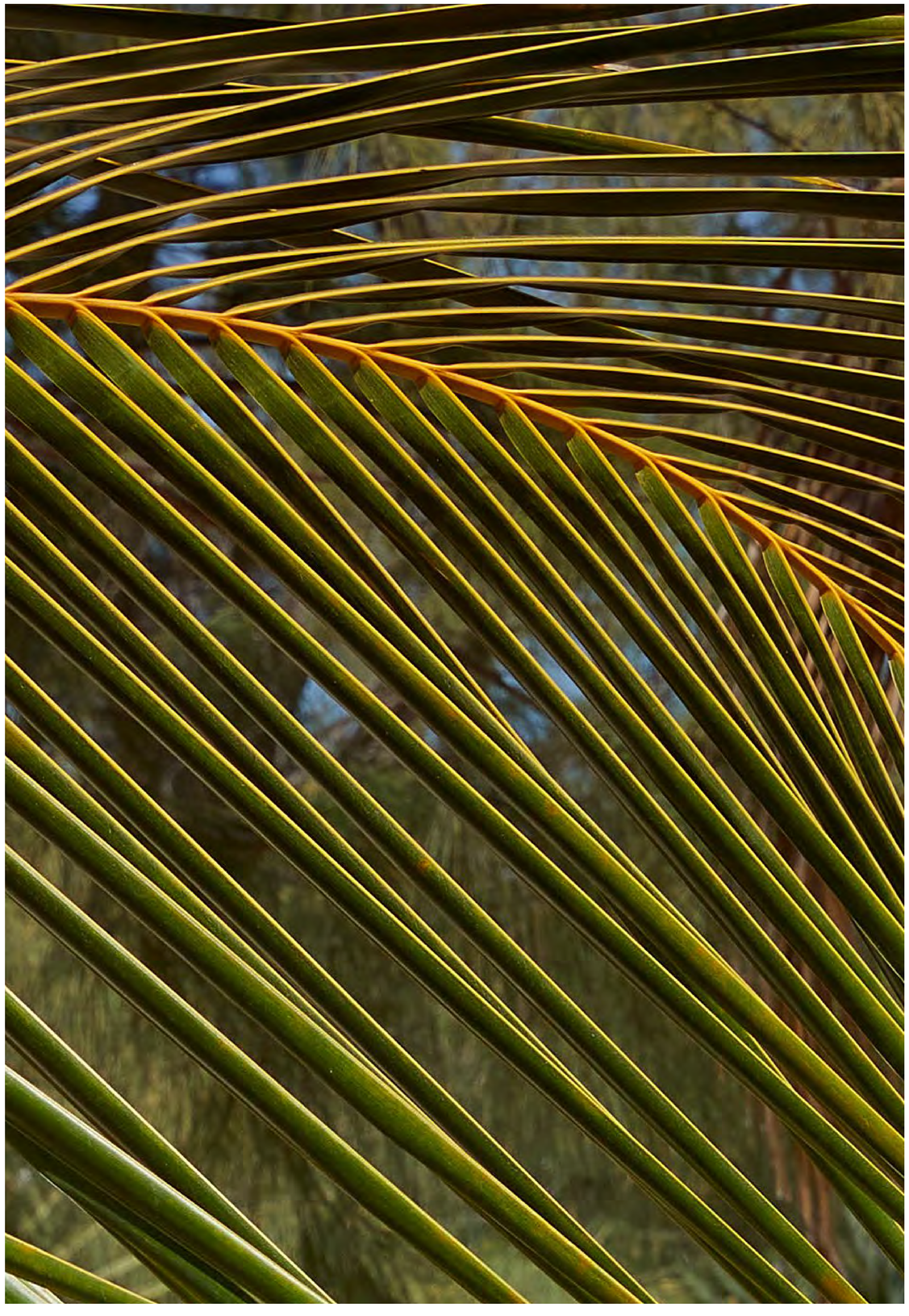
*Price: €185** *60 Mins*

**Price per person. All prices are in EUR. Subject to hotel tax & service charge.*



NWC

Meditation & Fitness



Trataka (Gaze Meditation)

An ancient yogic technique involving focused gazing on a single point (often a candle flame) to achieve deep stillness. Calms the nervous system, relieves digital eye strain, and clears mental clutter, leading to profound relaxation and inner clarity.
Recommended: Before sunrise or after sunset.

Price: €120 • Up to 2 persons.* *30 Mins*

Pranayama Meditation

The Art of Prana Flow. Awaken your inner life force. You will be led through rhythmic breathing exercises (Pranayama) to release deeply held tension, reduce stress hormones, clean your lungs and cultivate profound inner peace and mental clarity. Emerge feeling balanced and rejuvenated.
Recommended: On sunrise and sunset.

Price: €120 • Up to 2 persons.* *30 Mins*

Yoga Nidra Meditation

“Yogic sleep”. You are simply invited to listen as your guide systematically rotates your awareness through every part of your body. It will allow your body to reach a state of deep, restorative rest (theta brainwaves), while your mind remains gently aware.
Recommended: can be practiced anytime.

Price: €120 • Up to 2 persons.* *30 Mins*

**All prices are in EUR. Subject to hotel tax & service charge.*

Fitness Instructor (Personal Trainer)

Train with our Yoga Master & Personal Trainer, Ishant. Benefit from his 15+ years of fitness training, and allow him to develop a personalised program for your stay at Kisawa.

Depending on your goals and experience, Ishant will develop a circuit or cardio and weight training sessions, utilising the gyms equipment.

THIS COULD ENCOMPASS:

Weight Machines
Bodyweight Resistance
Free Weights
Running/Jogging (treadmill or soft sand)
Indoor cyling
Indoor rowing

Price: €150 per person.*
€260 for two persons.*

60 – 90 Mins

**All prices are in EUR. Subject to hotel tax & service charge.*



NWC
Directory



Arriving 10 minutes prior to your treatment will help you benefit and be present for the full healing experience.

Please advise during your “rendezvous” about any special requests or health conditions we should be aware of.

Please avoid any heavy meal consumption immediately before your NWC experience.

Unfortunately, our team will not be able to treat guests for specific medical conditions, or while under the influence of alcohol – subject to NWC manager decision.

Valuables

We recommend that any valuable are kept in your Residence safe before treatment.

What to wear

Dress as comfortably as you like, your privacy and ease is key to us, we also provide changing rooms and disposable underwear.

Opening Hours

10am – 7pm

After hours • outdoors • In-Residence treatments are subject to an extra charge of €150.

In-Residence service or outdoors will require 3 hours advance booking.

A healthy outside starts from the inside.

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natural wellness center

