



KISAWA
MOZAMBIQUE

NWC
natural wellness center



NATURAL WELLNESS CENTER

The NWC Concept

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 and space)
PITTA (fire and water)
KAPHA (earth and 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. Our exclusive range of five signature essential treatment and blended massage oils has been developed by Kisawa in collaboration with certified organic therapeutic oil specialists.

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.





Signature Aromatherapy Ritual

Kisawa’s Signature Aromatherapy ritual is an alternative medicine 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.

RITUAL BLENDS TO CHOOSE FROM:

1. PRITHVI / THE EARTH BLEND:

Root emotions are that of reflection, empathy and grounding. When in harmony the element of Earth brings forth thoughtfulness and support. **Lemongrass** revives and clears the head from reflective mode. **Lavender** eases confusion and worry, while **Orange** brings joy and protection to weary soul.

2. JALA / THE WATER BLEND:

Emotions associated are fear and wisdom. Positive aspects will be willpower, stamina and ingenuity. **Lavender** soothes and calms the fear and installs security while **Rosemary** boosts confidence, mental clarity for wisdom and **Marjoram** promotes tolerance and determination.

3. AKASH / THE SPACE BLEND:

Associated with attributes that are purposeful, adaptable and with foresight. **Cedarwood** harmonises stress and tension, **Rosewood** uplifts and motivates while **Clove** stimulates energy and clarity for changes and challenges.

4. AGNI / THE FIRE BLEND:

Motional attributes are awareness, self- identity, harmony, and love. **Black pepper** compliments the warmth and enhances life changes, **Ylang Ylang** enhances love energy and boosts low self- esteem while **Clove** harmonizes the mind and spirit.

5. VAYU / THE AIR BLEND:

In harmony, this element means vitality, communication and positivity. **Frankincense** promotes intuition and communication. **Lavender** instills a sense of calm and security while **Geranium** regulates and harmonises our physical and spiritual aspects.

Duration: 60 minutes • 90 minutes
Price: €215 • €325

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





NATURAL WELLNESS CENTER

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.

Duration: 60 minutes

Price: €195 • 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).

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.

Duration: 60 minutes • Price: €255

Duration: 90 minutes • Price: €295

“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.

Duration: 75 minutes • Price: €235

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





NATURAL WELLNESS CENTER

Ayurvedic, Energy, Mind, Soul & Emotion Healing Rituals

KUNDALINI AWAKENING MARMA "SOUND HEALING" MASSAGE

A gentle, nurturing treatment using sound healing and chakra to activate the Kundalini – the dormant energy at the base of the spine.

This soothing traditional kundalini treatment is believed to help sustain the flow of energy throughout the body and the 107 Marma points located around the human body and stimulation of these chakra points is said to affect everything from the health of the organs to the production of hormones.

Duration: 90 minutes • Price: €385 per person

SRIWIJAYA "SOUND HEALING"

The sound the Therapeutic Singing Bowl emits work with the brain by producing 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 bowl promotes total relaxation and helps realign your chakras. A result-oriented therapy for anxiety, stress, and Insomnia.

Duration: 45/50 minutes • Price: €320 for up to two persons

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





NATURAL WELLNESS CENTER

Holistic Wellness 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.
Duration: 60 minutes

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. A series of sun salutations acts as an enlivening cardiovascular exercise benefitting the whole body.
Duration: 60 minutes

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.
Duration: 45 minutes • All sessions price: €175
Duration is subject to yoga type

PREGANCY 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.
Duration: 60 minutes • Price: €225

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

NATURAL WELLNESS CENTER

Traditional Chinese Rituals & International Rituals

QI GONG

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

Duration: 30 minutes • Price: €120 • Up to three persons

FOOT REFLEXOLOGY OR MASSAGE – AT YOUR CONVENIENCE...

Our healers 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.

Duration: 60 minutes • Price: €215

THAI HERBAL COMPRESS

A fusion of Thai techniques and stretching complimented with aromatherapy oil blends and a heated herbal compress. 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.

Duration: 90 minutes • Price: €375

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.

Duration: 90 minutes • Price: €385

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.

Duration: 90 minutes • Price: €320

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





NATURAL WELLNESS CENTER

Iyashi Dome Experience

Rooted in Japanese remedial and wellness technology, this infrared sauna is a unique experience on African continent. It is a risk-free technique providing deep and effective detox that is both gentle and powerful. It enables a distinct increase in body temperature which has an action of 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
Duration: 20 minutes • Price: €175

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.
Duration: 45 minutes • Price: €290

COMBINATIONS:

"LET GO"

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.
Duration: 45 minutes • Price: €260

"DETOX & SLIM"

SIGNATURE AROMATHERAPY (30 MIN) + IYASHI DOME (30 MIN)

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.
Duration: 90 minutes • Price: €355

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

NATURAL WELLNESS CENTER

Body Envelopment & Exfoliation Rituals

KISAWA SUNBURN SOOTHER

Experience soft healing and calming nourishment, via concentrated Aloe Vera. 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.

Duration: 60 minutes • Price: €250

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.

Duration: 60 minutes • Price: €275

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.

Duration: 60 minutes • Price: €280

COMBINATION:

DEAD SEA MUD WRAP

A combination of exfoliation and Dead Sea mud wrap, well known for its 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.

Duration: 60 minutes • Price: €235

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





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Nail + Facial 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

Duration: 60 minutes • Price: €235

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.

Duration: 60 minutes • Price: €185

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

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Directory

Advance bookings for the NWC are recommended, please ask your 'Sawa' to assist you.

Arriving 10 minutes prior to your treatment will help 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."



KISAWA
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GET IN TOUCH WITH

Our Reservations Team

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