

A top-down view of a person with voluminous, curly, light-brown hair performing a yoga pose on a dark, textured stone floor. Their hands are pressed together in a prayer position (Anjali Mudra) above their head, and their arms are extended upwards, forming a triangular shape with their head. The lighting is soft, highlighting the texture of the hair and the grain of the stone.

MVUA AFRICAN RAIN SPA

NEW HORIZONS OF RELAXATION AND WELLNESS

## MVUA IS AN AFRICAN SWAHILI WORD WHICH MEANS “RAIN”

In Africa, rain brings life and life depends on it...

Rain is the gift that brings wealth to the earth and to all those who live in it. Rain refreshes from the still heat of the day by cooling the thirsty land, awakening the senses and sharpening the aromas in the bush.

Capturing the beauty and magic of African décor, Mvua African Rain Spa blends earthy colours and dramatic images to evoke a sensory journey and inviting guests to build a personal experience in its calming and welcoming ambiance.

At the Mvua African Rain Spa you will find everything you need to revitalize your body and mind.

At Mvua African Rain Spa we utilize indigenous natural ingredients and other native resources as plants, flowers, salt, grains, spices, wild honey and raw sugar. Our tempting choices of treatments are based on ancient African, Asian and European traditions designed to soothe the spirit, rejuvenate the body and enrich the mind.

After experiencing the attentive service and warm ambiance, your desire to repeat your visit will bring you back again and again.

Experience new horizons of relaxation and wellness

## SPA FACILITIES



### FACILITIES INCLUDE

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- 2 couple massage rooms with makuti roof

A new Mvua African Rain Spa will soon be opened at Diamonds Mapenzi Beach. The entire Spa area will be separated from the rest of the resort by lush landscaping. The building will be in an enclosed tropical garden in the midst of blooming exotic plants and coconut trees, all within the sight and sound of the ocean

- 4 double massage rooms
- Male and female changing area
- Relaxation pavilion

*All prices include Tax and Services Charge. Prices are subject to change without notice*

## SIGNATURE TREATMENTS

Signature treatments are the perfect way to pamper yourself during your holiday. Healthy products with natural active ingredients are used to rebalance, refresh and relax your body & mind

		SINGLE	COUPLE
ZANZIBAR WARM HERBAL OIL	50 MIN	\$52	\$96
An executive holistic massage with African warm herbal oils to stimulate blood circulation and strengthen the immune system			

*All prices include Tax and Services Charge. Prices are subject to change without notice.*





## MASSAGE

Massage techniques for full body, scalp, back, shoulder and foot massage that make you experience the true meaning of relaxation & rejuvenation

		SINGLE	COUPLE
<b>STRESS RELIEF MASSAGE</b>	<b>30 MIN</b>	<b>\$ 32</b>	<b>\$ 64</b>
Relieves tension, soothes tired muscles, and invigorates the mind and body			
<b>AFRICAN RAIN FOOT MASSAGE</b>	<b>30 MIN</b>	<b>\$ 32</b>	<b>\$ 64</b>
An old age technique concentrating on reflex points on the feet to relax and ballance the full body			
<b>AFRICAN HOT STONE MASSAGE</b>	<b>75 MIN</b>	<b>\$ 68</b>	<b>\$ 133</b>
Sooth away tension and pain using warm stones and ritual blended oils			
<b>ISLAND HARMONY MASSAGE</b>	<b>50 MIN</b>	<b>\$ 48</b>	<b>\$ 88</b>
An experience to allow your senses to relax after an active day. Gentle strokes will leave you renewed and rejuvenated just as Mother Africa washes away her dust with rain			

*All prices include Tax and Services Charge. Prices are subject to change without notice.*

## MASSAGE

Massage techniques for full body, scalp, back, shoulder and foot massage that make you experience the true meaning of relaxation & rejuvenation

		SINGLE	COUPLE
SUPERIOR FIRING MASSAGE	50 MIN	\$ 60	
Shape up your body and increase skin's firmness and elasticity			
AROMA - LYMPHATIC MASSAGE	50 MIN	\$ 52	\$ 96
Help muscles indulge into deep relaxation, healing the body of day to day tension. It also relieves water retention and stimulates the lymphatic system			
ZEN CHI MASSAGE	50 MIN	\$ 52	\$ 96
Experience a unique blend of African and Asian massage techniques to sooth sore muscles, complete relaxation and freshness			

*All prices include Tax and Services Charge. Prices are subject to change without notice.*



## FACIALS

Rejuvenate your skin with a relaxing facial. The healing hands of our dedicated therapists will support you to achieve your skin care goals with organic elements, high performance treatments and professional advice

		SINGLE
DEEP HYDRATION	60 MIN	\$ 52
A unique blend for dry or mature skin leaving your skin skimmering with luninosity and supplness. This facial imparts smoothing, anti-aging and long-lasting moisturizing effects		
PURIFYING	60 MIN	\$ 52
An extra mild formula that refines the pores and removes impurities from the skin		
WELL - BEING	60 MIN	\$ 52
An exotic blend to help balance the skin's pH while firming and toning, activating skin collagen and repairing damaged tissues while rejuvenating the appearance of the skin		

*All prices include Tax and Services Charge. Prices are subject to change without notice.*

## ADDITIONAL BEAUTY TREATMENTS

Our Spa manicures and pedicures can add the final touch to your Mvua Spa experience

<u>MVUA MANICURE</u>	<u>\$ 28</u>	<u>NAIL POLISHING</u>	<u>\$ 12</u>
<u>MVUA PEDICURE</u>	<u>\$ 32</u>		

*All prices include Tax and Services Charge. Prices are subject to change without notice.*





## SPA BASICS

### WHAT SHOULD I WEAR TO THE SPA?

There is no specific dress code except what you feel comfortable with. Upon arrival you will be provided with Bathrobes & slippers.

### HOW EARLY SHOULD I ARRIVE FOR MY APPOINTMENT?

Please arrive 15 minutes prior to your schedule time in order to prepare yourself and get changed. Please take note that arriving late will limit the time for your treatment in order not to delay the next guest's appointment. However, if there are no scheduled treatments after your bookings, the full duration of your treatment will be given.

### IS THERE SOMEONE TO HELP ME DECIDE THE BEST TREATMENT FOR ME?

Our Spa staff will be able to assist you in choosing the best treatments to suit your needs. Please advise our Spa staff should you have any health ailments.

### WHAT DO I WEAR DURING MY TREATMENTS?

You may wish to wear your own underwear or we can provide you with hygienic disposable brief. Alternatively, treatments may be enjoyed without clothing. Our therapists will use draping techniques to respect your privacy.

*Minimum age to use the spa facilities and having treatments is 15 years old*

## SPA BASICS

### WHAT ABOUT MY VALUABLES AND JEWELLERY?

Please leave your valuables in your Safe Box inside your room, or for your convenience, lockers are available for your use during our treatments at the spa.

### WHAT IF I AM UNABLE TO ATTEND MY RESERVATION?

To avoid charges, please honour 6 hours advance notice cancellation policy. 50% cancellation charges will be applied.

*The Mvua African Rain Spa is a place for relaxation. Please respect the peacefulness and privacy of our other Spa guests. Smoking, alcohol consumption and the use of mobile phones should be avoided within the Spa area*

*Minimum age to use the spa facilities and having treatments is 15 years old*

## INGREDIENTS ESSENCE OF NATURE

### PAPAYA



It's great natural digestive aid and it promotes digestive health

### ALOE VERA



Maintain moisture balance, soothes sunburn and other irritations

### CUCUMBER



Rich in vitamin C and known for its astringent and soothing properties

### GINGER



Good for circulation also helps to fight off colds and flu by increasing body temperature

### SEAWEED



Rich in minerals and trace elements which soften and hydrate the skin

### ORANGE



Helps to improve congested and dried skin condition, especially wrinkly and dermatitis skin

### TUMERIC



Natural antibiotic with fungicide properties and stimulates circulation

## INGREDIENTS ESSENCE OF NATURE

### GREEN TEA



Excellent antioxidant helps to soothe the skin. Work toward whitening the skin by actively slowing the transportation of melanin to the skin surface

### CINNAMON



Benefits include controlling blood sugar, improving colon and heart function and boosting brain power

### HONEY



Maintain moisture balance, soothe sunburn and other irritation

### GOLD



Removal of toxins, assisting with lymphatic drainage, prevents ageing and has rejuvenating effects on the skin

### WINE



The antioxidants that are found in the grapes can have a wonderful healing effect on the skin by countering the damage that free radicals in our environment can cause

### IVY



Has toning and tightening properties. Helps to prevent water retention in the skin tissue

### BLACK SESAME



Stimulating blood circulation and benefiting the nervous system



## MVUA SPA IN KENYA

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- Diamonds Dream of Africa

## MVUA SPA IN ZANZIBAR

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- Diamonds Star of the East
- Diamonds La Gemma dell' Est
- Diamonds Mapenzi Beach Club

## MVUA SPA IN MOZAMBIQUE

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- Diamonds Mequfi Beach Resort