A top-down photograph of a person with voluminous, curly, light-brown hair. They are in a yoga pose, with their arms raised and hands pressed together in a prayer position (Anjali Mudra) above their head. The person is lying on a dark, textured surface of small pebbles or coarse sand. The lighting is soft and natural, highlighting the texture of the hair and the skin.

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

- 1 couple massage makuti room

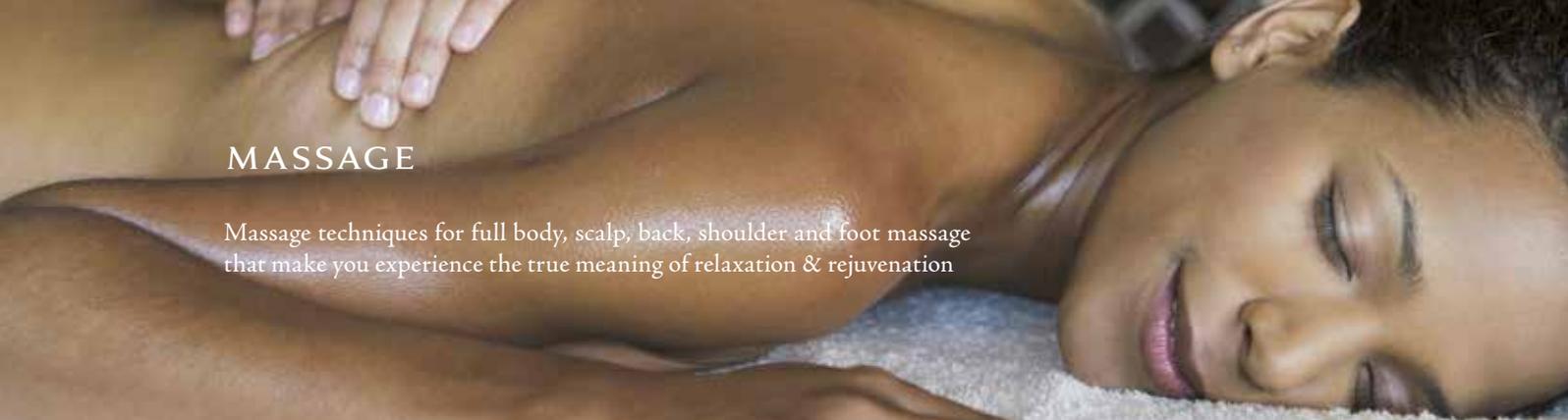
All prices include Tax and Services Charge. Prices are subject to change without notice

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	\$ 65	\$ 120
An executive holistic massage with African warm herbal oils to stimulate blood circulation and strengthen the immune system			
MVUA SECRET MASSAGE	50 MIN	\$ 75	\$ 130
Luxurious and ancient ingredients like honey, wine and gold to rejuvenate your skin and awaken body			
MVUA SECRET FACIAL	60 MIN	\$ 80	\$ 140
Through ancient time, Queen Cleopatra used the extracts of honey, and gold to firm the skin, reduce wrinkles and maintain her youthfulness			

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
STRESS RELIEF MASSAGE	30 MIN	\$ 40	\$ 80
Relieves tension, soothes tired muscles, and invigorates the mind and body			
AFRICAN RAIN FOOT MASSAGE	30 MIN	\$ 40	\$ 80
An old age technique concentrating on reflex points on the feet to relax and ballance the full body			
AFRICAN HOT STONE MASSAGE	75 MIN	\$ 85	\$ 166
Sooth away tension and pain using warm stones and ritual blended oils			
ISLAND HARMONY MASSAGE	50 MIN	\$ 60	\$ 110
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 FIRMING MASSAGE	50 MIN	\$ 80	
Shape up your body and increase skin's firmness and elasticity			
AROMA - LYMPHATIC MASSAGE	50 MIN	\$ 65	
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	\$ 65	\$ 120
Experience a unique blend of African and Asian massage techniques to sooth sore muscles, complete relaxation and freshness			
TAI MASSAGE	50 MIN	\$ 80	
	120 MIN	\$ 130	
An ancient therapy using passive stretching and gentle pressure along energy lines in the body			

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	COUPLE
DEEP HYDRATION	60 MIN	\$ 65	\$ 120
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	\$ 65	\$ 120
An extra mild formula that refines the pores and removes impurities from the skin			
WELL - BEING	60 MIN	\$ 65	\$ 120
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 OR MVUA PEDICURE</u>	<u>\$ 35</u>	<u>AFRICAN HAIR BRAIDING</u>	<u>\$ 50</u>
<u>FRENCH MANICURE OR FRENCH PEDICURE</u>	<u>\$ 25</u>	<u>AFRICAN HAIR BRIDING WITH EXTENSION</u>	<u>\$ 80</u>
<u>EXPRESS MANICURE OR EXPRESS PEDICURE</u>	<u>\$ 20</u>		
<u>NAIL POLISH CHANGE</u>	<u>\$ 15</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?

A reserved hour is held especially for you. A 50% charge will be collected for treatments not cancelled 3 (three) hours in advance

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

- Diamonds Dream of Africa
- Sandies Tropical Village

MVUA SPA IN ZANZIBAR

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

MVUA SPA IN MOZAMBIQUE

- Diamonds Mequfi Beach Resort



PLANHOTEL

1997-2017

20 years of HOSPITALITY

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