

# Body Massages

## Matlai Massage

60 min - 88 \$

Experience ultimate relaxation with our 60-minute Matlai Massage.. Tailor your session by choosing your desired pressure level, complemented by the calming touch of our garden-sourced coconut oil. This natural therapy revitalizes both body and mind, ensuring a rejuvenated and harmonious feeling. Alternatively, explore our handpicked range of essential oils for a personalized touch.

## Mchai Chai Massage

50 min - 45 \$

Mchai chai in swahili means lemon grass.

Embark on a journey of tranquillity with our Machi Chai Massage, inspired by the invigorating essence of lemongrass oil. Experience a fusion of skilled touch and aromatic delight as stress and tension dissolve, leaving you renewed and invigorated.

## Zanzibar Massage

50 min - 55 \$

It provides an indulging sense of relaxation. Pure massage oil combined with medium pressure kneading and rubbing increase the circulation and soothe the muscles.

## Deep Tissue Massage

50 min - 70 \$

Elevate your relaxation with our Deep Tissue Massage, a variant of the Swedish Massage. By incorporating intensified and deep pressure, this treatment uniquely focuses on deeper muscles, revitalising your body and leaving you refreshed.

## Aroma Therapie Massage

60 min - 82 \$

A gentle body massage, a gentle and rejuvenating treatment thoughtfully crafted for both healing and relaxation. Choose two distinct essential oils from our selection. This massage will treat all areas of the body most prone to stress and tension, such as the back, shoulders and neck, along with the upper and lower legs, arms and hands. The blend of incredible oils and the luxurious massage will send you into complete relaxation, and you'll leave feeling renewed.

## African Wood Massage

50 min - 60 \$

Inspired by African traditional healing beliefs, this distinctive ritual celebrates our connection with nature. Your body is cocooned in warm oil for enhanced circulation. Experience the added touch of warm African wood, harmonising centuries-old wisdom and nature's embrace in a rejuvenating journey.

## Holistic Fitness for Men

60 min - 75 \$

Energising massage infused with homemade made clove and rosemary oil, harmonised with tailored dynamic stretches. Unlocks muscle tension, soothes aches, and revitalises weary muscles. Elevates your pre- and post-workout .

## Bustani Packages

### PACKAGE MATLAI BASIC

235 \$

Day 1 Body Scrub & Indian Head Massage

Day 2 Matlai De-Stress Massage & Foot Massage

Day 3 Swedish Massage & Facial Treatment

### PACKAGE MATLAI SUPERIOR

285 \$

Day 1 Body Scrub & Back, Neck & Shoulder Massage

Day 2 Kleopatra Bath or Foot Massage & Natural Facial Treatment

Day 3 Matlai Massage & Manicure

## Special Treatments

### Body Scrub

50 min - 60 \$

Excellent to prepare the skin to a massage & before sun bathing

Your choice: Zanzibar Spice, Sea Salt & Oil or Tanzania Coffee

### Sun Burn Treatment

60 min - 55 \$

with natural Aloe Vera completed with head & face massage

### Natural Facial Treatment

50 min - 55 \$

Intensive cleaning, de-stressing facial massage & facemask plus a relaxing head massage



## Partial Body Massages

### Matlai De-Stress Massage

40 min - 45 \$

Back, Neck & Shoulder

### Indian Head Massage

30 min - 30 \$

Head & Shoulder

### Foot Massage

30 min - 30 \$

Feet & lower legs

### Reflex Zone Massage

50 min - 55 \$

Discover the art of Reflex Zone Massage, a holistic technique that targets specific points on your feet, hands, connected to different areas of your body. Through gentle pressure and precise movements, stimulate these reflex points For enhanced relaxation and better sleep.

### Men's Relaxing Massage

60 min - 60 \$

Starting with facial treatment and Face massage & Head ,Shoulder

## Hands & Feet

MANICURE with normal nail polish

40 \$

MANICURE with semi permanent nail polish (gel)

55 \$

Normal Nail Polish Change

15 \$

PEDICURE with normal nail polish

45 \$

PEDICURE with semi permanent nail polish (gel)

60 \$

