



FRANGIPANI SPA

ZANZIBAR

BARAZA RESORT & SPA

The Spa Menu

TREATMENTS & RITUALS OF THE SWAHILI COAST

Reflecting the opulent era of the Sultans, our sanctuary blends timeless techniques with island-inspired rituals, drawing on Zanzibar's heritage of tropical florals, sea minerals and spice.

THE SANCTUARY

Step back in time, on the shores of the Spice Island

Inspired by the spices, botanicals and healing traditions of the Swahili Coast, the Frangipani Spa at Baraza offers restorative treatments designed to relax the body and calm the mind. Drawing on Zanzibar's heritage of tropical florals, sea minerals and traditional coastal therapies, our treatments combine timeless techniques with island-inspired rituals.

Reflecting the opulent era of the Sultans, our sanctuary offers the ultimate recovery after an African safari or Kilimanjaro climb. Enjoy professional treatments including our signature Sultan's Bath Experience and world-class Thai and Balinese massage, then unwind with our spiced teas.

All treatments use the highest-quality natural skincare from locally sourced partners, complemented by a selection of locally inspired spiced essential oils. Our therapists are trained in Thailand, Bali and India.

SIGNATURE SPA RITUALS

Full-body journeys combining exfoliation, ritual and massage

Swahili Warm Sand Therapy 90 Minutes

\$155

Gently warmed sand wrapped in soft linen releases muscular tension, followed by a restorative massage to relax the body and improve circulation.

Spice Island Body Ritual 90 Minutes

\$155

A revitalising treatment beginning with a Zanzibar clove and sea-salt exfoliation, followed by a relaxing full-body massage restoring balance and vitality.

Zanzibar Flower Ritual 90 Minutes

\$155

A calming floral ritual combining a gentle body polish with a soothing massage using botanical oils infused with frangipani and jasmine.

Singo Beauty Ritual 105 Minutes

\$205 per person

Also available as a Couple's experience

A nourishing ritual inspired by traditional Swahili beauty preparations coconut, Flower and aromatic oil scrub, relaxing body massage, warm coconut oil head massage and an Instant Glow Face pack from natural ingredients.

The Sultan's Bath Experience 120 Minutes For Two

\$400 per couple

Inspired by the bathing traditions of the Sultan's palaces of Zanzibar, this romantic ritual begins with a warm aromatic bath in the mosaic-tiled pool, followed by a full body scrub and soothing aromatherapy massage side by side. Spiced herbal tea is served on your private daybed.

BODY MESSAGES

World-class technique from Thailand, Bali and India

Frangipani Signature Massage 60 / 90 Minutes

\$125 / \$155

Flowing movements that release tension and restore a deep sense of calm.

Balinese Massage 60 / 90 Minutes

\$105 / \$135

Gentle stretching and rhythmic pressure to promote relaxation and circulation.

Deep Tissue Massage 60 / 90 Minutes

\$105 / \$135

Focused therapeutic work to release deeper muscle tension and restore mobility.

Aromasoul Relaxing Massage 60 / 90 Minutes

\$105 / \$135

Gentle, flowing movements to soothe the body and mind.

Traditional Thai Massage 60 / 90 Minutes

\$115 / \$145

Stretching and pressure techniques to improve flexibility and balance.

Traditional Thai Massage with Oil 60 / 90 Minutes

\$105 / \$135

A softer variation using aromatic oils for a more fluid and relaxing experience.

Swedish Massage 60 / 90 Minutes

\$105 / \$135

Long, flowing strokes to improve circulation and promote relaxation.

Back, Neck & Shoulder Massage 30 / 60 Minutes

\$75/ \$105

A targeted treatment to relieve tension in the upper body and promote relaxation.

Oriental Foot Massage 30 / 60 Minutes

\$60 / \$80

A soothing foot treatment to relieve tension and encourage circulation.

Traditional Indian Head Massage 30 / 60 Minutes

\$75 / \$105

A calming treatment focusing on the head, neck and shoulders to relieve stress and restore balance

FACIALS & TOUCH TREATMENTS

Targeted treatments and skin therapies

FACIAL - 60 Minutes

Each facial commences with a ritual of cleansing and exfoliation, followed by massage, a specific mask and a finishing cream chosen to your skin's needs.

Hydrating & Nourishing Treatment - 60 Minutes

\$105

Deep hydrating and moisturising to restore vitality to depleted or sun-exposed skin.
A nutrient-rich clay mask with cucumber and rose extracts, finished with a cream enriched with water lily, chamomile and black tea.

Uplifting Anti-Stress Treatment - 60 Minutes

\$105

Relaxing and moisturising, designed to reduce tension and restore a wonderful skin tone.
An oxygenating mask rich in essential oils combined with specialised anti-stress massage techniques.

Purifying & Regenerating Treatment - 60 Minutes

\$105

Deep cleansing and regenerating with a concentrated Shiso extract mask to restore radiance and suppleness, finished with a soothing rice extract cream for the face and neck.

HANDS & FEET

Oriental Essence Treatment with Manicure

Woman \$60 · Man \$50

Oriental Essence Treatment with Pedicure

Woman \$60 · Man \$50

Manicure / Pedicure with Gel Polish

\$75

Wash & Blow-dry

\$30 - 50 (according to hair length)

BODY SCRUBS

Clove & Sea Salt Scrub 45 Minutes

\$90

Detoxifying and purifying, leaving the skin refreshed and renewed.

Island Spice Scrub 45 Minutes

\$90

A blend of island clove and cinnamon to deep-cleanse the skin and stimulate circulation.

Singo Scrub 45 Minutes

\$90

Fresh coconut and rice to gently exfoliate and moisturize the skin.

Zanzibar Flower Scrub 45 Minutes

\$90

Cleanses and eliminates dead skin cells with a scented blend of dried local flowers.

ULTIMATE PACKAGES

Signature journeys for deeper restoration

Stress-Relieving 'Après Safari' 2 Hours 15 Minutes

\$225

A 45-minute back, neck and shoulder massage, followed by a 30-minute Oriental foot & leg massage using lymphatic strokes and acupressure, a 30-minute hydrating facial with African ingredients, and a 30-minute Indian head massage to soothe the nervous system.

Kili Foot Revival & Relaxation 3 Hours

\$250

A 90-minute hot basalt stone massage to release toxins and loosen tight muscles, a 60-minute Oriental foot massage with lymphatic strokes and pressure points, and a 30-minute restorative facial for depleted or sun-exposed skin.

The Thai Stretches Therapeutic Program 3 Sessions x 60 Minutes

\$250

Passive stretches, palm pressure and muscle work to clear the body's energy pathways (Chi), enhance flexibility, improve mobility and increase the flow of life energy.

WELLNESS & YOGA

Spirit of Zanzibar — daily practice by the sea

Join our wellness practitioner for our weekly rhythm of yoga and meditation. Meditation classes are complimentary for all guests.

Monday, 17:00 — Yin Yoga Meditation

Complimentary

Simple postures held longer while you meditate.

Wednesday, 07:30 — Sunrise Yoga

\$35 per person

A flowing series of dynamic yogic postures to provide a powerful start to your day. Suitable for all levels. Can be done outdoors upon request.

Friday, 08:00 — Mindfulness Meditation

Complimentary

A blissful journey of self-awareness, giving space for reflection and acceptance.

Sunday, 17:00 — Slow Flow Yoga

\$35 per person

Connects simple yoga postures with breath and fluid movements, allowing the muscles to stretch and relax.

- **Group classes:** USD 35 per person
- **Private classes:** USD 50 per person
- **Meditation:** Complimentary

To ensure the best possible arrangements, we kindly ask that reservations be made one day in advance.

SPA GUIDELINES

To help you make the most of your visit

— Bookings

Advance reservations are highly recommended to secure your preferred treatment and time. Kindly dial **241** to book directly with our Spa team.

— Arrival

Kindly arrive 15 minutes prior to your scheduled treatment to allow time for check-in and to begin your experience in complete relaxation.

— Cancellations

Should you need to amend or cancel your reservation, we kindly request at least 24 hours' notice. Cancellations made after 19:00 on the day prior will incur a 50% charge.

— Families

Children under 16 years of age are not permitted to use the wet facilities. A parent or guardian must accompany children under 12 years during Kids' Spa treatments.

— Valuables

We recommend leaving jewellery and other valuables securely in your room. The Spa cannot accept responsibility for lost or misplaced items.

— Your Comfort

Your comfort is our priority. Kindly advise your therapist should you wish to adjust the massage pressure, room temperature, music or any other aspect of your treatment.

— Tranquility

To preserve the serene atmosphere of the Spa, we kindly ask that mobile phones are kept on silent and conversations remain discreet within the relaxation areas.

Spa hours · 09:00 – 19:00 daily

Prices are subject to change without prior notice. Some treatments may not be available at certain times.