

# AZURA

at Gabriel's  
BENGUERRA ISLAND, MOZAMBIQUE

## AZURA BENGUERRA ISLAND AFRICAN SPA MENU



Azura offers unique African Spa treatments at our beautiful island spa. The signature treatments use only natural ingredients sourced from the wilds of Africa, to offer the ultimate relaxing and pampering experience.

If you would prefer, you can enjoy most of these world class treatments in the comfort of your own villa.  
Please book all Spa treatments through the Spa therapists or reception.

**Relax... Revive...Renew...**



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## BODY TREATMENTS

### Luxurious Hair and Scalp Treatment (30 minutes)

**\$ 50**

Experience self-indulgence during an ultra-relaxing, stress relieving scalp massage using a stimulating scalp tonic after which a conditioning hair oil and intensive hair mask is applied to leave your hair silky soft and shining.

### African Full Body Scrub (45 minutes)

**\$75**

Our cleansing preparatory body scrubs are made with a 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch. The perfect pick me up after a long journey, or to help prepare skin for gorgeous glowing tan.

### African Beginnings (1 hour 30 minutes)

**\$130**

A traditional African ritual that starts by polishing your skin with crushed wild apricot kernel specially blended with aromatherapy oils and added vitamin E to protect and smooth. This is followed by either a detoxifying and cleansing traditional African mud wrap, or a rich and hydrating shea butter wrap.

### African Earth Nurturing Wrap (1 hour 30 minutes)

**\$95**

Safe and nurturing care through natural treatment products to meet the increased demand for skin nourishment and hydration, whilst relaxing the body and restoring energy levels. Excellent treatment for sensitive skin. Pregnancy safe.

### Too Much Fun In The Sun (1 hour 30 minutes)

**\$130**

A gentle and soothing treatment, using fresh cucumber to cool and refresh, combined with aloe and rooibos for their healing properties. Then be covered with a hydrating aloe and rooibos gel, cocooned around the body, to calm and cool the skin. Perfect for those with delicate skin or those who have seen a little too much sun.

### Skin Defence (1 hour 30 minutes)

**\$95**

A blend of walnut and Marula shell is used to gently exfoliate, revealing skin that is ready for the application of calendula, arnica and grape seed extract, which promotes a healthy immune system by stimulating lymph and eliminating toxins.

## **Slim Me Down (1 hour 30 minutes)**

**\$150**

Feel like you have been over indulging? Combined with essential oils of juniper, clary sage and lemongrass, this detoxifying scrub and wrap literally melts away fat.

## **Sole to Soul (45 minutes)**

**\$75**

This "soleful" journey will take your feet through a Geranium and Pine sugar exfoliation whilst soaking in a herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with wooden implements will commence followed by a cool, revitalising mask. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead.

## **MASSAGES**

### **Tribal Traditions**

Mimicking the rhythmical patterns of an African dance, the TheraNaka signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

#### **30 min Back, Neck & Shoulder**

**\$50**

#### **60 min Full Body Massage**

**\$90**

#### **90 min Full Body Massage**

**\$120**

### **Essence of Africa**

Inspired by the people of Africa's use of the circular form, the unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

#### **30 min Back, Neck & Shoulder**

**\$55**

#### **60 min Full Body Massage**

**\$100**

#### **90 min Full Body Massage**

**\$140**

## Love Me Do

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra-relaxing indulgent full body massage was created. The skilful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need

<b>30 min Back, Neck &amp; Shoulder</b>	<b>\$55</b>
<b>60 min Full Body Massage</b>	<b>\$95</b>
<b>90 min Full Body Massage</b>	<b>\$130</b>

## African Vigour

Goodbye aches and pains. Total tension relieve for sore, aching muscles with an invigorating, therapeutic blend of essential oils.

<b>30 min Back, Neck &amp; Shoulder</b>	<b>\$50</b>
<b>60 min Full Body Massage</b>	<b>\$90</b>
<b>90 min Full Body Massage</b>	<b>\$120</b>

## African Harmony

Enjoy the freedom of choosing your favourite scent from our selection of luxurious herb-infused Avo and Shea-massage butters to address your every need whilst restoring balance. Our most hydrating massage.

<b>30 min Back, Neck &amp; Shoulder</b>	<b>\$50</b>
<b>60 min Full Body Massage</b>	<b>\$90</b>
<b>90 min Full Body Massage</b>	<b>\$120</b>

## Sensory Sensation

A gentle, soothing, massage for those who simply want to lie back and relax, using long slow strokes and specially blended aromatic oils.

<b>30 min Back, Neck &amp; Shoulder</b>	<b>\$45</b>
<b>60 min Full Body Massage</b>	<b>\$80</b>

## The Big Chill

The perfect end to a warm, sun soaked day. Aromatic oils are used in conjunction with cold stones to refresh and ease the body.

<b>30 min Back, Neck &amp; Shoulder</b>	<b>\$50</b>
<b>60 min Full Body Massage</b>	<b>\$90</b>
<b>90 min Full Body Massage</b>	<b>\$120</b>

## SPA PACKAGES

<b>African Anti-Aging Body Experience (2 hours 15 minutes)</b>	<b>\$225</b>
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This body experience begins with a full body Marula and walnut scrub to remove dead skin cells and prepare the body for the application of the special anti-aging wrap which nourishes, boosts skin immunity, and act as anti-inflammatory and anti-oxidant. The treatment finishes off with a relaxing full body massage using Marula oil.

<b>Azura Total Indulgence (3 hours)</b>	<b>\$295</b>
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It doesn't get better than this! Your therapist will assess your specific needs and then combine the best of everything offered at the Azura Spa in one long indulgent treatment. It starts with a relaxing footbath, full body scrub and wrap and a full body massage. Total Indulgence...

## CLASSIC TREATMENTS

<b>Classic Manicure (1 hour)</b>	<b>\$70</b>
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The nails are cut and filed, cuticles pushed back and oiled, hands exfoliated and massaged, and ends with an application of polish.

<b>Classic Pedicure (1 hour 15 minutes)</b>	<b>\$90</b>
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The feet are beautified by cutting and filing the nails, pushing back cuticles, removing hard skin, exfoliating and massaging and ending with the application of polish.

<b>Mini Manicure or Mini Pedicure (30 minutes)</b>	<b>\$40</b>
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Cuticle work, file and paint.

<b>Revarnish</b>	<b>\$20</b>
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Notes:

- Treatment times are listed next to treatments, booking time is an additional 15 minutes to allow for relaxation.
- 50% cancellation fee for treatments not cancelled timeously.
- Azura's African Spa Treatments are all based on natural ingredients. From time to time these may not be available and substitutions or alternatives may need to be offered. This is to ensure the highest quality offering.
- All treatment prices are exclusive of local taxes.
- All treatments, and in particular couples treatments, are based on the availability of therapists. Your understanding is appreciated.

Azura African Spa is owned, managed and operated by Indian Ocean Eco-Islands Limited.

**Relax... Revive...Renew...**