



## MASSAGES

- Deep Tissue (1hr)** **35,000/=**  
A massage technique that works on the deeper layers of muscle tissue. Similar to Swedish massage however deep tissue massage uses slower and firmer strokes with deep pressure that concentrate on particular areas assisting circulation & Lymphatic drainage.
- Swedish (1hr)** **30,000/=**  
Incorporates regulated pressure to release knots and tension in the body which eases muscular strain and flushes out toxins and Improves circulation.
- De-Stress (40mins)** **27,000/=**  
Perfect for those on a tight schedule. Relieves the head, neck, shoulders and back of stress and tension.
- Vital Leg Massage (30mins)** **22,000/=**  
Designed to address heaviness, fluid retention & general discomfort. Improves circulation and swelling, particularly useful after a long flight.
- Warmed Scalp Massage (20 mins)** **17,000/=**  
Relax and enjoy as a warmed coconut unique blend of oil is drizzled upon your scalp, followed by a stimulating scalp massage. This treatment helps to invigorate the hair follicles promoting healthy, shiny hair. Harmonises your Chakras!

## BODY SCRUBS (40mins)

- Zanzibar Mocha** **30,000/=**  
Indulge in this delectable mix of Coffee & Cinnamon. Coffee is rich in anti-oxidants, natural fruit acids & caffeine. Stimulates circulation & reduces cellulite.
- Lemon Grass** **30,000/=**  
Lemon grass has analgesic, antiseptic, antifungal and astringent properties to name a few. Keeps the mosquitoes at bay!

# LEMON

Spa

**“Singo” Traditional Zanzibar Scrub 35,000/=**

A natural scrub traditionally used when one is preparing for marriage. Singo is prepared from fresh jasmine, ylang ylang flowers, rose petals, mpatchori (not patchouli) mpompia (geranium), mrehani (sweet basil) and liwa (sandalwood) ground together in a “Kinu” (pestle mortar) with a little rosewater. Daily Singo, scrub exfoliates the skin, leaving it fragrant, glowing and as soft as silk.

**Soothing After Sun Care 35,000/=**

Cold Chamomile compress, followed by Aloe Vera Gel applied to the skin (Includes a relaxing head massage)

## FACIALS

**Lemon Signature 35,000/=**

Deep cleansing facial for all skin types with an emphasis on pore extractions; Steam, cleansing and gentle exfoliation followed by a relaxing face, neck and shoulder massage.

**Spirulina (50mins) 30,000/=**

Sea Water Spirulina has been in existence for at least 2.3 billion years & is believed to be the oldest aquatic micro vegetable on earth. It is considered to be the richest & most complete source of total organic nutrition in the world containing vitamins, minerals & antioxidants which prevent wrinkles & combat acne & most importantly the effects of free radicals.

**Calming Green Tea (50mins) 27,000/=**

A calming, anti-oxidant facial which helps fight free radicals, great for rosacea & over-exposed skin. Green Tea prevents the formation of Melanin pigments and inhibits the formation of freckles & dark spots via its excess amounts of Vitamin C. It also contains vitamins A & B2 the best anti acne ingredients. It provides skin elasticity through its astringent & soothing actions and contains Tannins which contract pores and Flavonoids which have a strong detergent effect.

**Back Acne Facial (1hr) 40,000/=**

This treatment includes steam, extractions, exfoliation and a gentle massage, with a specially formulated mask that helps to remove excess oils, blemishes, impurities. An intensive treatment deemed for the beauty and health of your back.



**HANDS & FEET**

**Vanilla -Almond**

Nails are shaped, soaked and cuticles pushed back. Includes a coarse vanilla scrub for exfoliation and a soothing massage.

Manicure (30min)	15,000/=
Pedicure (50min)	20,000/=

**French**

Manicure (40mins)	17,000/=
Pedicure (1 hr)	22,000/=

**DEPILATION**

100% natural sugar & citrus wax

**Women**

Under Arm.....	8,000/=
Full Arms.....	10,000/=
Half Leg.....	8,000/=
Full Leg.....	12,000/=
Bikini line.....	8,000/=
Full bikini.....	30,000/=
Stomach.....	8,000/=
Upper Lip.....	2,000/=
Chin.....	3,000/=
Side Face.....	7,000/=
Full face.....	10,000/=

**Men**

Nose.....	10,000/=
Ears.....	10,000/=
Neck.....	7,000/=
Chest.....	15,000/=
Back & Shoulders.....	15,000/=



### *EYE CARE*

<b>Brow Shape (waxing, tweezing or threading)</b>	<b>5,000/=</b>
<b>Refectocil Tints in Black, Blue Black, Light &amp; Dark Brown:</b>	
<b>Eye Brow Tinting</b>	<b>10,000/=</b>
<b>Eyelash Tinting</b>	<b>12,000/=</b>
<b>Lash &amp; Brow Tinting</b>	<b>20,000/=</b>

### *BLEACHING (Facial/Body Hair)*

<b>Face</b>	<b>8,000/=</b>
<b>Arms</b>	<b>12,000/=</b>
<b>Legs</b>	<b>20,000/=</b>

### *PACKAGES*

Come and spend the morning or afternoon with us enjoying the following treatments:

<b>Tranquility</b> Vanilla-Almond Manicure & Pedicure followed by a Swedish massage	<b>63,000/=</b>
<b>Balance &amp; Harmony</b> Traditional Zanzibar Body Scrub ~ Spirulina Facial ~ Warm Scalp Massage.	<b>74,000/=</b>
<b>Indulgence</b> One hour Deep Tissue Massage ~ Lemon Signature Facial ~ French Manicure & Pedicure.	<b>98,000/=</b>

**Gift Vouchers Available!**

**FOR RESERVATIONS PLEASE CALL:**

**(0754) 814 531 | (0752) 220 120 – Dar es Salaam  
(0772) 877365 – Zanzibar**

**lemonzpa@yahoo.com**