



Spa Etiquette

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.
- Under 16 years of age parental supervision is required.
- Please note that the spa is unsuitable for small children and babies as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your room before coming to the spa.
- Please give at least four hours cancellation notice on any treatment booked, otherwise 50% of the price will be charged to your account.
- We recommend that you do not sunbathe after oil treatments.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or suffer from any other medical conditions, are advised to consult a doctor before signing up for any treatments and must notify spa staff at the time of booking



Welcome to **The Spa**

Reminiscent of the days when Out of Africa author Karen Blixen came to this timeless paradise. Experience at The Spa provides an authentic connection with the local culture, people and history of Africa.

Our spa menu is a lyrical meditation on the strength and grace of Blixen and the stunning beauty of landscape, which so captivated her after arriving as a young bride in 1924. Explore a range of spa journeys and healing treatments inspired by the raw beauty of the Savannah, the majesty of the mountains of this great continent, as well as the exquisite allure of the local flora and fauna.

Immerse yourself in the luxury of our spa sanctuary and indulge in an Out Of Africa journey full of 1920s charm and refinement. By stepping into this intimate world you can discover true relaxation and complete pleasure.

Natural elements from Africa have been chosen for their purity and cultural authenticity.

Discover exquisite new fragrances in oils and elixirs that will soothe all five senses. In addition, explore centuries-old therapies from East to West that have been reinvented for the modern age – all of them tailored exactly to your personal choice and needs. Experience a wonderful balance for the skin, relaxation to the body and wellbeing to the mind. Your rejuvenating journey awaits.

A close-up photograph of a woman's face, focusing on her eye and cheek. Several green grass blades are positioned in the foreground, some touching her face and others near her eye, creating a natural and serene aesthetic.

The Spa

The Spa situated on the first floor at the Hyatt Regency Dar es Salaam is accessible to both hotel residence and the general public. Its central to the hotels fitness gym and swimming pool. Its main aim is to provide a haven of peace, offering international and local spa treatments.

A range of treatments are designed for self care to release tension, maintain healthy skin and enhance your natural energy with locally sourced products.



Signature Journeys

KILIMANJARO EXPERIENCE (150 Min) 400,000 TZS.

Embark on a journey to outer wellbeing and inner fulfillment with a series of pampering and soothing therapies incorporating locally produced oils, plants and herbs that will alleviate your senses and leave your body soft, smooth and relaxed.

Kilimanjaro Coffee Scrub, Kilimanjaro Wrap, Kilimanjaro Massage, Express Facial

ROMANTIC ESCAPE-COUPLES PACKAGE (120 Min) 500,000 TZS.

Share a special occasion with your loved one and retreat to a state of aromatic bliss.

Sea Salt Milky Bath, Aromatic Massage

SPA SUITE PACKAGE (120 MIN) 250,000 TSH @ person | 500,000 TZS @ Couple.

Enjoy our exclusive pampering spa treatment with the following:
*Steam, Body Scrub, Back Massage, Milky Bath *Glass of Sparkling*

STEAM & SAUNA Only. @ 50,000 TZS.



HERBAL WARM COMPRESS MASSAGE (90 Min) 270,000 TZS.

This traditional herbal therapy begins with the application of a warm herbal poultice and is followed by full body massage.

TRADITIONAL THAI MASSAGE (60/90 Min) 200,000/270,000TZS.

This centuries-old therapy, known as passive yoga, is perfect for anyone searching for optimal health, the release of tension and the restoration of vitality.

SWEDISH MASSAGE (60/90 Min) 200,000/270,000TZS.

Five variations of strokes manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, and mental wellbeing.

AROMATIC MASSAGE (60/90 Min) 200,000/270,000TZS.

Using a combination of strokes, acupressure techniques and the specially blended signature oil of your choice, this gentle massage is a definite jetlag tonic.

BACK MASSAGE (30/60 Min) 130,000/190,000 TZS.

For those high on stress and low on time this massage focuses on the back, neck and shoulders and is carried out by a combination of techniques targeting tension-filled areas.

FOOT MASSAGE (30/60 Min) 100,000/ 170,000TZS.

An age-old therapy that links the reflex zones on the feet to specific parts of the body. Emerge feeling stress-free with your energy levels balanced.

Massages

KILIMANJARO MASSAGE (60/90 Min) 200,000/270,000 TZS.

The perfect relaxation after a long day at work or a business meeting. This medium to firm pressure massage soothes tired and aching muscles.

THE SPA SIGNATURE MASSAGE (60/90 Min) 200,000/270,000 TZS.

Our signature blend of oils, combined with purpose-designed movement, stimulates circulation and promotes deep relaxation. Restores the energy flow along the meridian lines.



Signature Body Scrub & Wraps

SCRUBS OR WRAPS (45/60 Min) 120,000/ 155,000TZS.

The physical and spiritual purity of Africa's vast Savannah is the inspiration for our range of body scrubs and wraps, which will leave you feeling clean and serene.

Scrub or Wrap, Body Moisturizer



Facials

PURIFYING FACIAL (60 Min) 200,000 TZS.

This purifying treatment helps nourish your skin, with the finest natural ingredients that delicately cleanses, regenerate skin cells, rebalances sebum and moisturizes the skin. The results; radiant silky smooth and more balanced skin.

EXPRESS CLEANSING FACIAL (30 Min) 120,000 TZS.

This introductory facial will give you a quick and instant pick-me-up for fresh look and feel.

PRICE LIST

SIGNATURE JOURNEY

	Min	Price (TZS)
Kilimanjaro Experience	150	400,000
Couple Package-Romantic Escapade	120	500,000
Relaxing Foot Massage	90	200,000
Spa Suite Package	120	250,000 @ person 500,000 @ Couple

MASSAGE

Kilimanjaro Massage	60/90	200,000 / 270,000
The Spa Signature Massage	60/90	200,000 / 270,000
Herbal Warm Compress Massage	90	270,000
Traditional Thai Massage	60/90	200,000 / 270,000
Swedish Massage	60/90	200,000 / 270,000
Aromatic Massage	60/90	200,000 / 270,000
Back Massage	30/60	130,000 / 190,000
Foot Massage	30/60	100,000 / 170,000

SCRUBS OR WRAPS

Scrub	45/60	120,000 / 155,000
Wrap	30/45	95,000 / 120,000

FACIAL

Purifying Facial	60	200,000
Express Facial	30	120,000

The Spa



HYATT
REGENCY™

DAR ES SALAAM
THE KILIMANJARO

Treatments are available
from 09:00 am - 09:00 pm
For RESERVATIONS,
please call +255 764 701 234, +255 764 704 828
Email us at spa.thekilimanjaro@hyatt.com



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