

The Spa





THE SPA & WELLNESS

A serene sanctuary where relaxation
and rejuvenation come together in
perfect harmony.





YOUR SPA JOURNEY

Escape into a sanctuary of wellness where every treatment is thoughtfully tailored to your individual desires. Let your mind, body and soul drift into a haven of tranquility, where relaxation and rejuvenation meet. Select from a menu of indulgent treatments and exclusive spa journeys designed to complete your day of relaxation.





BEGIN YOUR RITUAL

WHAT TO EXPECT FROM YOUR SPA JOURNEY

Warm Welcome

Begin with a refreshing herbal drink infused with natural African botanicals, surrounded by calming earth tones, gentle music and soothing plant aromas.

Wellness Facilities

Prepare your body with access to the gym, pool, steam room and sauna before your personalized treatment.

Personalized Treatment

Choose a massage, facial or body exfoliation using plant-based products enriched with African ingredients to nourish the skin and awaken the senses.

Quiet Aftercare

Relax in the quiet area with a selection of herbal teas, allowing your body to fully absorb the benefits of your experience.



SIGNATURE EXPERIENCES

THE SPA JOURNEY

Holistic rituals inspired by African botanicals, natural aromas and deep relaxation.

Signature Spa Journey | 150 min | US\$ 180

A holistic wellness experience inspired by African botanicals, natural aromas and deep relaxation rituals. This carefully designed journey stimulates the body's natural systems, helping to restore balance while promoting deep relaxation and overall well-being.

Includes: Herbal Welcome Ritual; Signature Body Exfoliation; Signature Massage; Express Facial Skin Refresh.

Pure Detox Retreat | 150 min | US\$ 170

This revitalizing detox retreat is designed to deeply cleanse and purify the body while stimulating the body's natural detoxification process. Through a combination of detoxifying techniques, it helps eliminate impurities, support lymphatic flow and restore internal balance.

Includes: Herbal Welcome Ritual; Detox Body Exfoliation; Detox Body Wrap; Warm Botanical Oil Massage.

Botanical Escape | 120 min | US\$ 120

Indulge in a deeply nourishing experience designed to restore moisture, improve skin elasticity and leave your body feeling soft, smooth and revitalized. Ideal for dry or dehydrated skin, this ritual helps replenish and protect your natural glow.

Includes: Herbal Welcome Ritual; Botanical Body Exfoliation; Forest Body Butter Massage.



SIGNATURE EXPERIENCES

THE SPA JOURNEY

Holistic rituals inspired by African botanicals, natural aromas and deep relaxation.

Earth & Soul Couple Experience | 120 min | US\$ 250

Share a relaxing journey together. This side-by-side experience is designed to reconnect, relax and rejuvenate both body and mind.

Includes: Floral Aromatic Bath; Couple Tea Ritual; Aromatherapy Massage.

Healing Earth Face & Body Ritual | 90 min | US\$ 110

Reconnect, restore and renew with a 90-minute inspired wellness journey combining a tension-releasing back, neck and shoulder massage with a personalized Healing Earth facial. Complete with soothing scalp, hand and arm rituals, leaving you deeply relaxed and your skin refreshed and replenished.

Includes: Herbal Welcome Ritual; A tension-releasing back, neck and shoulder massage; Healing Earth facial treatment.



The background of the advertisement is a photograph of a spa treatment area. It features two rolled-up orange towels resting on a patterned towel with a blue and white checkered border. In the background, there is a small vase with greenery. The right side of the image has a light beige overlay containing text.

BODY RITUALS

SPA THERAPY TREATMENTS

Targeted treatments designed to relax, restore
and release tension.

The Spa Signature Massage | 60 min / 90 min | US\$ 60 / US\$ 80

This perfect relaxation massage employs medium-to-firm pressure and warm aroma oils to help stimulate blood circulation and promote deep relaxation.

Aromatic Massage | 60 min / 90 min | US\$ 60 / US\$ 80

A gentle, relaxing massage using the restorative properties of essential oils to relax and soothe body and mind.





Deep Tissue Massage | 60 min / 90 min | US\$ 70 / US\$ 90

Focusing on specific stress points and muscle tension, this deeper-pressure massage uses techniques that work into the muscle layers to release stiffness.

Healing Hot Stone Massage | 90 min | US\$ 100

This massage uses hot stones applied to specific points on the body to help release muscle knots, relax the body and improve circulation, leaving you de-stressed and refreshed.

Foot Reflexology | 30 min | US\$ 50

A deeply relaxing and stimulating foot massage that can improve overall energy and help restore balance to the body's systems.

De-Stress Back Massage | 30 min | US\$ 50

Using a combination of firm massage strokes, we work on the upper body to soothe tension from the lower back, neck and shoulders.





SKIN RITUALS

SKIN INDULGE TREATMENTS

Botanical-inspired facial and body treatments to cleanse, nourish and reveal your natural glow.

Age-Defying Facial Treatment | 75 min | US\$ 95

A targeted treatment powered by Healing Earth botanical actives and plant-based ingredients. This rejuvenating facial is designed to visibly reduce the signs of aging while enhancing skin firmness.

Glow & Radiance Facial Treatment | 60 min | US\$ 80

Inspired by the richness of the vine, this antioxidant-powered facial floods the skin with grape-derived botanicals to unveil a lit-from-within, even and glowing complexion - the ultimate skin pick-me-up.



A warm, inviting spa treatment background featuring three lit candles of varying heights, a small dark amber glass bottle with a black cap, and a cluster of small purple flowers in the foreground. The background is a soft, out-of-focus green and brown.

Reset & Refine Deep Purifying Facial Treatment | 60 min | US\$ 80

A thorough skin-clearing treatment that decongests, balances and purifies. Ideal for urban skin exposed to pollution and stress, this facial resurfaces and resets for a clean, refined finish.

Express Facial Treatment | 30 min | US\$ 50

A quick, refreshing treatment designed to cleanse, hydrate and revive the skin - perfect for an instant glow on the go.

Body Exfoliation | 30 min | US\$ 50

A full-body skin renewal therapy designed to deeply cleanse, smooth and refresh the skin by removing dead skin cells and improving overall skin texture.

Body Cocoon Wrap | 30 min | US\$ 40

A deeply nurturing spa experience where the body is gently enveloped in warm, nourishing ingredients and wrapped to create a cocoon-like effect that promotes detoxification, hydration and full-body relaxation.





SPA & FITNESS MEMBERSHIP

Wellness, movement and restorative
time - with flexible access and
membership privileges.





DAILY ACCESS

Pool Day Use \$30.00 Swimming pool use

Fitness Day Use \$30.00 Fitness facilities, Sauna & Steam room

MEMBERSHIP NOTES

- Membership includes full access to the spa and fitness facilities during the membership period.
- Guest day passes are valid for up to 4 guests per visit.
- Discounts cannot be combined with other promotions unless otherwise stated.
- Food & Beverage discounts apply for up to 4 guests per visit.



MEMBERSHIP OPTIONS

1 Month | US\$ 250

Includes: 1 Signature Massage Voucher (60 minutes) • 1 complimentary day pass to the pool & spa facilities for family or friends (up to 4 guests) • 10% discount on spa treatments and spa gift vouchers • 10% discount at Food & Beverage outlet.

3 Months | US\$ 700

Includes: 1 Signature Massage Voucher (60 minutes) • 1 Facial Treatment Voucher • 1 complimentary day pass to the pool & spa facilities for family or friends (up to 4 guests) • 10% discount on spa treatments and spa gift vouchers • 10% discount at Food & Beverage outlets.

6 Months | US\$ 1350

Includes: 1 Signature Spa Package Voucher (150 minutes) • 1 Facial Treatment Voucher • 2 complimentary day passes to the pool & spa facilities for family or friends (up to 4 guests per visit) • 10% discount on spa treatments and spa gift vouchers • 10% discount at Food & Beverage outlets.

12 Months | US\$ 2550

Includes: 2 Signature Spa Package Vouchers (150 minutes each) • 2 Facial Treatment Vouchers • 4 complimentary day passes to the pool & spa facilities for family or friends (up to 4 guests per visit) • 10% discount on spa treatments and spa gift vouchers • 10% discount at Food & Beverage outlets.





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.
- The spa maintains an adult-oriented atmosphere; however the minimum age for treatments is 12 years, with parental supervision.
- 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.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or from any other medical conditions, are advised to consult a doctor before signing up for any treatments and must notify spa at the time of booking



SPA POLICY

- Gift certificates are available for purchase and are valid for one month. They can be redeemed for any spa treatment or applied as a value toward services as detailed. Under 16 years of age parental supervision is required.
- All prices are inclusive of government tax and are subject to change without prior notice.
- Please note that smoking, alcoholic beverages, and food with strong odors are not permitted within the spa premises. Additionally, professional photo or video shoots require prior permission and guaranteed access approval.

HOW TO BOOK FOR YOUR APPOINTMENT

- Our spa is available from 09:00 AM to 9:00 PM, Sunday to Monday. Please bear in mind that prior booking is required at least 24 hours before your spa day with us.
- To make your reservation: From outside the hotel, please dial: +263 242 701234. From within the hotel, please dial Ext. 3978
- WhatsApp Us On:- +263 790 021 259
- You can also email us at:- HRERH-SMB-spa.themeikles@hyatt.com





**HYATT
REGENCY™**

HARARE
THE MEIKLES

THE SPA & WELLNESS
Relax. Reconnect. Rejuvenate.