



**amara's**  
health spa

*Inspiring relaxed minds*

Spa Menu

Quality is never an  
accident; it is always  
the result of high  
intention, sincere  
effort, intelligent  
direction and skillful  
execution.





# SPA ETIQUETTE

*\*Treatment time can be modified to suit your needs (2hrs max)*

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- Please arrive 15 minutes prior to your appointment in order to complete the consultation form and skin analysis. Arriving late will automatically reduce treatment time.
- While the spa provides all disposable clothing, gowns, towels and slippers for treatments, we recommend that you bring a costume for hydrotherapy treatments.
- Please note that we have a restaurant on the premises to serve you before or after your treatment.
- Please note that the spa is unsuitable for babies and children under 12 years of age unless they are booked in for treatments.
- Kindly please remember to switch off all gadgets prior to treatments.
- Our rooms are equipped with safes for your convenience.
- Please give 24 hours' notice for cancellation of individual treatments and 48 hours' notice on packages as lack of will attract a 50% penalty fee. All group bookings to be paid in advance.
- We recommend that you do not sunbathe before and after waxing and advanced electric facials and peels.
- Smoking is not permitted in the spa.
- Acceptable payment methods: Local (in Zimbabwe) Cash, Ecocash, Swipe, PayNow, Zippit, Bank Transfers. International: VISA, Mastercard.
- Please call ahead if you wish to have wine or champagne with your treatment so that we can prepare it accordingly.



# BODY WRAPS

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## Full body THALASPA Wrap

\$60 / R720 ⌚ 1hr.

Thalaspia Algae Gel has detoxifying properties and aids the elimination of fatty tissues by activating the blood circulation. Enriched with minerals and trace elements, this wrap also presents a re-mineralizing and firming action.

## Cellutox Aroma Wrap

\$80 / R960 ⌚ 1hr. 15min.

Elemis ocean wrap therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky smooth and soft. This treatment also includes a cellulite massage.

# ADVANCED SLIMMING SOLUTIONS

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## Body Vacuum Suction

\$30 / R360 ⌚ 20min.

Vacuum Suction Treatment (also known as Electronic Lymphatic Drainage): Anti - cellulite, reduce fluid retention, improve skin texture, increase lymphatic and blood circulation, reduce muscle tension.

## Light Emitting Diode (Healing)

\$50 / R600 ⌚ 30min.

This involves emitting red, low-light wavelengths through the skin to stimulate cellular rejuvenation, increase blood flow and increase collagen production.

## Ultrasound Treatment

\$24 / R288 ⌚ 20min.

Ultrasound therapy reduces the healing time of certain soft tissue injuries. Ultrasound also stimulates the production of collagen which is the main protein component in soft tissue such as tendons and ligaments.

## Cellulite Massage

\$24 / R288 ⌚ 20min.

A cellulite massage has many health benefits for the body, mainly by it's direct action on superficial layers of the skin. This type of massage stimulates the suppleness and elasticity of the skin to activate blood circulation and reduce stress.



BUSINESS HOURS:

Open:

Monday - Saturday  
· 8am - 7pm

Sunday  
· 9am - 5pm

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Website



Mobile App