

# Mrembo



Mrembo (meaning: beautiful, sophisticated woman) is a small, traditional spa. Come visit us and learn about the flowers, herbs and spices used for Swahili beauty treatments on both Unguja and Pemba..

## **Aromatherapy Massage**

Coconut oil as base oil blended with the essential oils of Jasmine, Ylang Ylang, Lemongrass or Rose Oil  
*One hour*

## **“Singo” Traditional Body Scrub**

When a Zanzibari girl gets married, she uses this scrub daily for a period of two weeks prior her marriage  
Sandalwood, Sweet basil, Mpatchori, Geranium, Clove, fresh Jasmine, Ylang, Ylang, kachiri and rose flowers blended with rosewater to a paste.  
*15 minutes followed by 45 minutes of aromatherapy massage*

## **Pemba Clove Body Scrub**

This traditional clove scrub “Vidonge” originates from Pemba and makes your skin glow. *15 minutes followed by 45 minutes of aromatherapy massage*

## **Hot “Mbarika” leaf traditional massage**

The leaves of the Mbarika plant (Castor seed) are soaked in hot water and used in a Swahili massage for 15 minutes, followed by aromatherapy massage to relief body aches, exhaustion, post natal fatigue and sport injuries  
*15 minutes followed by 45 minutes of aromatherapy massage*

## **Hot sand Traditional massage**

Sand gets heated and put into a cloth to “kukandwa” or softly pressurize your body for 15 minutes followed by aromatherapy massage  
*15 minutes followed by 45 minutes of aromatherapy massage*

## **Manicure/Pedicure**

Take your time, sit back and relax!  
Including sand, Cardamom and Aloe Vera gel scrub and massage of the legs

## **Herbal Facials**

Lemongrass toner, fresh sandalwood, oats meal and orange leaf scrub and mask depending on your skin type; papaya, avocado, Fuller’s Earth or fresh sandalwood

## **Henna Painting**

(Only natural dried henna leaves mixed with lime and tea leaves)  
And again... real henna takes time... listen to the Taarab music

**For reservations please call: 0777-430117 or ask reception**