

Mrembo



Spa

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 marries she uses this scrub daily for a period of two weeks prior her marriage

Sandalwood, Sweet basil, Mpatchori, Geranium, Clove, fresh Jasmine, Ylang, Ylang kichiri 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; we need one hour for this!!
(Including sand, Cardamom and Aloe Vera gel scrub and long massage of the legs)

Herbal Facials

Lemongrass toner, oats meal and orange leaf scrub and mask depending on your skin type; papaya, avocado or Fuller’s Earth (App. 1 hour)

Hair braiding upon request

Our (Massage and scrub) treatments are done by our trained therapists Asha who is blind and Ali who is deaf so please take this in consideration and don’t be in a hurry! (Pole Pole)