

KISAWA
MOZAMBIQUE



NWC
natural wellness center



NATURAL WELLNESS CENTER

The NWC Concept

According to Ayurveda, the universe is made up of **Pancha Maha Bhutas** or 5 Great Elements:

(Prithvi) earth,

(Jal) water,

(agni) fire,

(vayu) air

and (akash) space.

These elements in combination give rise to three main biological forces or Tridoshas:

Vata (air and space)

Pitta (fire and water)

and Kapha (earth and water).

These forces govern all psycho-physiological functions in the body and mind respectively. They create and construct each individual, serving to maintain it in a dynamic state of health.

THE DESIGN & JOURNEY

The NWC design is based on the Panchamaha Bhuta concept. Our exclusive range of **five signature essential treatment and blended massage oils** has been developed by Kisawa's Head of Wellbeing, Dr Jay Kapparrath in collaboration with certified organic therapeutic oil specialists in Thailand.

NWC daily rituals are designed to **heal mind, body and soul** all carefully programmed to allow guests to reconnect to the natural environment.

A visit to the NWC is a journey through the senses.







NATURAL WELLNESS CENTER

Kisawa Signature Rituals

WELCOME RITUAL

Our Signature Ritual, meaning “we respect our guests with ultimate divinity” symbolises a welcome to Kisawa Sanctuary. This ritual will allow guests to experience the healing energies of the sanctuary and island, immediately following arrival.

In addition to relaxation, this treatment assists in mitigating the physical effects of switching time zones and neutralising the energies accumulated while traveling.

Duration: 60 minutes

Price: One complimentary ritual per guest.

For children 14 and under a 30 minute adaptation will be offered. (The treatment is non-transferable).

Please schedule your Welcome Rituals between 9.00 am to 4.00 pm

WELLNESS CONSULTATION

A private consultation to understand the unique objectives of each guest during their stay at Kisawa. The meeting will allow us to construct a personalised wellness program for the duration of your stay, including culinary recommendations and individual yoga, meditation, and therapeutic treatments to cultivate balance and harmony for mind, body and spirit.

Duration: 30 minutes

Price: Complimentary

MUST
Do

Signature Aromatherapy Ritual

Kisawa's Signature Aromatherapy ritual is an alternative medicine therapy that combines the benefits of essential oils with massage therapy. The ritual promotes deep relaxation, reducing stress and anxiety, while improving mood, sleep and boosting immunity.

CHOICE OF BLENDS:

1. PRITHVI / THE EARTH BLEND:

Root emotions are that of reflection, empathy and grounding. When in harmony the element of Earth brings forth thoughtfulness and support while the negative aspects are that of confusion and worry.

-**Lemongrass** revives and clears the head from reflective mode. **Lavender** eases confusion and worry, while **Orange** brings joy and protection to weary soul.

2. JALA / THE WATER BLEND:

Emotions associated are fear and wisdom. Positive aspects will be willpower, stamina, and ingenuity while the negative extremes will focus on lack of confidence and insecurity.

-**Lavender** soothes and calms the fear and installs security while **Rosemary** boosts confidence, mental clarity for wisdom and **Marjoram** promotes tolerance and determination.

3. AKASH / THE SPACE BLEND:

Associated with attributes that are purposeful, adaptable and with foresight while negative emotions draw on frustration, tension, and anger.

-**Cedarwood** harmonises stress and tension, **Rose wood** uplifts and motivates while **Clove** stimulates energy and clarity for changes and challenges.

4. AGNI / THE FIRE BLEND:

Emotional attributes are awareness, self-identity, harmony, and love. When out of balance, the element of fire will bring forth anxiety, despondency, and low self-esteem.

-**Black pepper**—compliments the warmth and enhances life changes, **Ylang Ylang**—enhances love energy and boosts low self-esteem while **Clove**—harmonizes the mind and spirit.

5. VAYU / THE AIR BLEND:

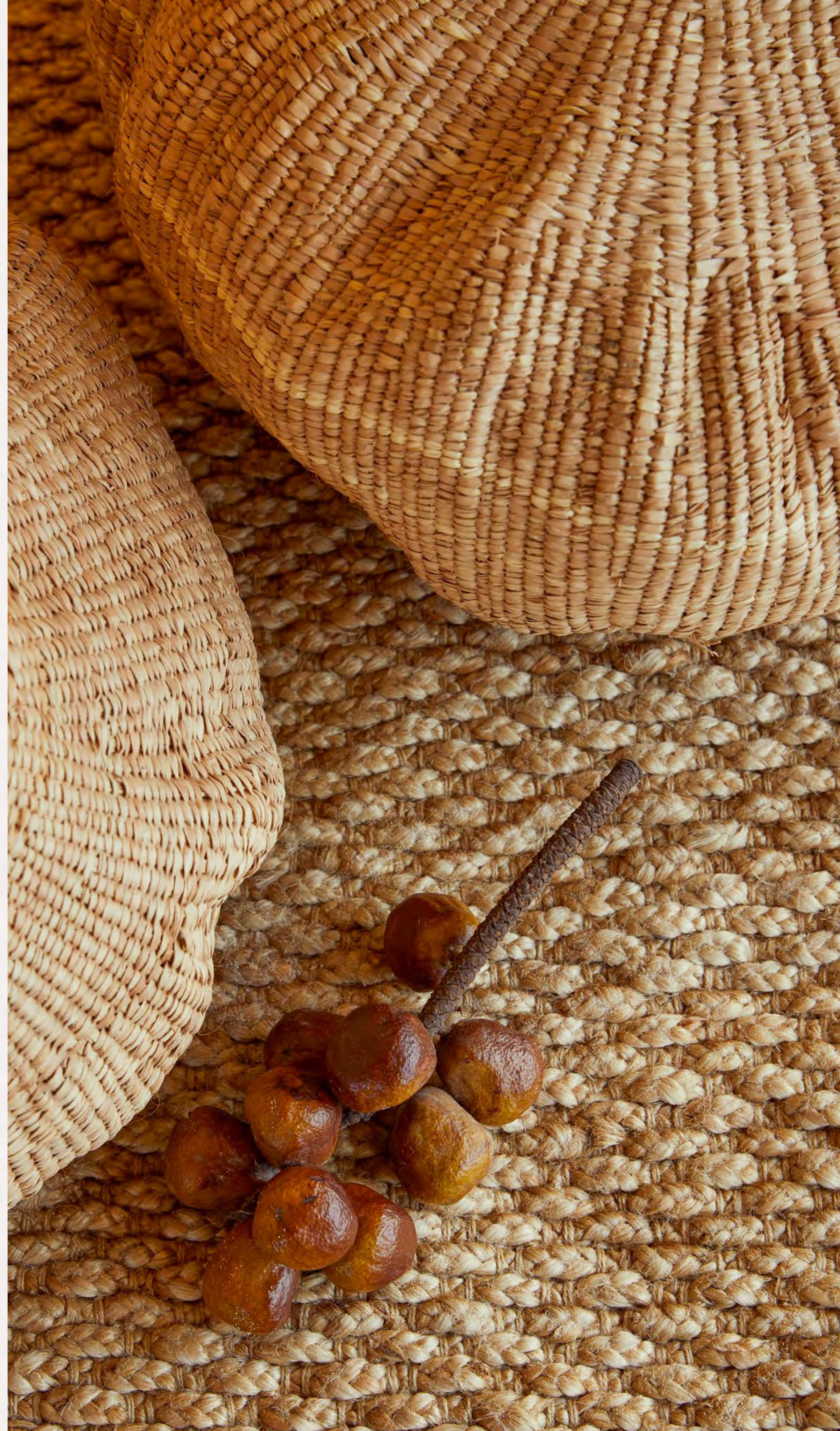
In harmony, this element signifies communication, vitality, and positivity. Disharmony brings vulnerability, remoteness, and melancholy.

-**Frankincense** promotes intuition and communication **Lavender** instills a sense of calm and security while **Geranium** regulates and harmonises our physical and spiritual aspects.

Duration: 60 minutes / 90 minutes

Price: €250++ / €350++**

**Price per person. All prices are in Euros. 17.6% hotel tax to be added.*







NATURAL WELLNESS CENTER

Holistic Wellness Rituals

HATHA YOGA

Hatha is the branch of yoga involving breath, body, and mind. Classes consist of intentional breathing; yoga poses and meditation. Hatha helps to maintain healthy joints, mobility and stimulates the immune system.

Duration: 60 minutes

*Price: €150++**

YIN YOGA

Yin Yoga is a style of yoga that involves long positional holds of 3 to 5 minutes in various seated and reclined poses to access deeper layers of fascia and a quietening of the mind.

Duration: 60 minutes

*Price: €150++**

SURYA NAMASKAR YOGA

Surya namaskar, salute to the sun, is a practice incorporating a sequence of twelve gracefully linked asanas. The lungs, digestive system, as well as muscles and joints all benefit from practicing sun salutations. This practice increases the vital energy of prana in your body, which helps remove energy blockages. A series of sun salutations acts as an enlivening cardiovascular exercise benefitting the whole body.

Duration: 60 minutes

*Price: €150++**

PRANAYAMA YOGA

Pranayama is control of breath, with “prana” meaning breath or vital energy in the body. On subtle levels prana represents the pranic energy responsible for life or life force, and “ayama” means control. Pranayama improves sleep quality increases mindfulness, reduces high blood pressure and enhances cognitive performance.

Duration: 45 minutes

*Price: €150++**

GUIDED MEDITATION

Chakra meditation helps align seven chakras and brings your entire energy system into a state of harmony and balance. It helps in deep relaxation of the mind and promotes a positive outlook. Increases openness, cognitive memory, concentration and awareness.

Duration: 45 minutes

*Price: €150++**

**Price per person. All prices are in Euros. 17.6% hotel tax to be added.*

NATURAL WELLNESS CENTER

Energy, Mind, Soul & Emotion Healing Rituals

REIKI

Reiki is a spiritual healing art. It is an Energy Healing treatment that activates the natural healing processes of the body and restores physical and emotional healing. Providing stress relief, relaxation and revitalization.

A treatment for emotional healing, anxiety, stress, insomnia and Chakra healing and balancing

Duration: 60 minutes

*Price: €200++**

CRYSTAL CHAKRA BALANCING

Crystals and gems possess a powerful energy that can bring the human energy field back into balance. The aim of crystal chakra healing therapy is to restore wholeness, balance, and health on all levels of emotions, mind, spirit as well as physical body.

A treatment for emotional healing, anxiety, stress, insomnia and Chakra healing and balancing.

Duration: 60 minutes

*Price: €250++**

HIMALAYAN SOUND HEALING

The sound that the Therapeutic Singing Bowl emits will work with the brain by producing alfa waves and synchronize both hemispheres of the brain. In alpha state it promotes mental resourcefulness, aids in the ability to mentally coordinate and enhances overall sense of relaxation. The therapeutic singing bowl promotes total relaxation and helps realign your chakras. A result-oriented therapy for anxiety, stress, and insomnia.

Duration: 60 minutes

*Price: €250++**

*Price per person. All prices are in Euros. 17.6% hotel tax to be added.







NATURAL WELLNESS CENTER

Traditional Ayurvedic Rituals

ABHYANGA AYURVEDIC MASSAGE

A traditional Ayurvedic Massage ritual using herbal oils, the ritual uses long strokes and warm infused ayurvedic oils to stimulate circulation, joint mobility, relieve muscle stress, hydrate the skin, and speed up detoxification process.

Duration: 60 minutes

*Price: €300++**

MARMA AND CHAKRA MASSAGE – KUNDALINI AWAKENING

A gentle, nurturing treatment that uses chakra and sound healing to activate the Kundalini – the dormant energy at the base of the spine.

This soothing traditional Ayurvedic treatment is believed to help sustain the flow of energy throughout the body. There are 107 Marma points located around the human body and stimulation of these points is said to affect everything from the health of the organs to the production of hormones.

Duration: 90 minutes

*Price: €350++**

SHIRO ABHYANGA

Based on the ancient healing system Ayurveda, a wonderfully invigorating and relaxing massage to ease stress that has accumulated in the tissues, muscles and joints of the head, neck, shoulders and scalp.

Duration: 60 minutes

*Price: €250++**

*Price per person. All prices are in Euros. 17.6% hotel tax to be added.

NATURAL WELLNESS CENTER

Mozambican Rituals

INHAMBANE COCONUT OIL MASSAGE

A full body, medium or firm pressured massage to provide relaxation, deep comfort and the feeling of regeneration. Coconut oil is heated and applied during the treatment, helping eliminate excess water and enhancing the lymph, immune and nervous system. Coconut oil is rich in antioxidants and vitamin E, keeping skin moisturized and hydrated, while acting as a powerful anti-microbial agent.

Duration: 90 minutes

*Price: 250++**

NATURAL FACIAL

A revitalizing and stimulating facial using all natural, Benguerra Island products. Such as island grown coconuts, cucumbers, oats, milk and honey.

Duration: 60 minutes

*Price: €250++**

**Price per person. All prices are in Euros. 17.6% hotel tax to be added.*





NATURAL WELLNESS CENTER

Traditional Chinese Rituals

TAI CHI

Ancient Chinese martial arts and meditative exercise designed to quiet and focus the mind, promote relaxation and enhance overall balance and health.

Duration: 60 minutes

*Price: €150++**

FOOT REFLEXOLOGY

Our healers will send waves of deep relaxation throughout your body, by expertly massaging the reflex points on your feet. Restoring natural energy flow and improving overall health.

Duration: 60 minutes

*Price: €200++**

*Price per person. All prices are in Euros. 17.6% hotel tax to be added.

NATURAL WELLNESS CENTER

International Experiences

BALINESE MASSAGE

Used for centuries to renew, strengthen and heal body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind.

Duration: 60 minutes

*Price: €250++**

VIETNAMESE VACUUM CUPPING MASSAGE

Improve circulation and rejuvenate the body with this traditional Vietnamese massage incorporating pressure point techniques with invigorating movements to relax muscles. Heated suction cups are placed on the back to stimulate circulation and assist in flushing out toxins.

Duration: 60 minutes

*Price: €250++**

SWEDISH MASSAGE

Traditional Swedish massage uses long, kneading strokes combined with rhythmic tapotement strokes targeting the uppermost layer of muscles and aims to relieve muscle tension and assist with general back discomfort.

Duration: 60 minutes

*Price: €250++**

HOT STONE THERAPY MASSAGE

Holistic rejuvenation via gently heated round basalt stones and a blend of essential oils that induce deep relaxation by soothing away stress and relieving muscular tension, aches, and pains.

Duration: 90 minutes

*Price: €300++**

*Price per person. All prices are in Euros. 17.6% hotel tax to be added.





NATURAL WELLNESS CENTER

International Experiences

DEEP TISSUE MASSAGE

Deep Tissue massage works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. The treatment resolves stress, eases muscle tension, boosts circulation and improves mobility as well as muscle and skin tone.

Duration: 90 minutes

*Price: €300++**

THAI HERBAL COMPRESS

A fusion of Thai massage techniques and stretching complimented with aromatherapy oil blends and a heated herbal compress. This traditional Thai medicinal treatment also called Luk Prakop, involves the careful application of medicinal herbs on the body, which are then absorbed into the underlying tissues, improving blood circulation and repairing neuromuscular conditions to ease joint and muscle pain,

Duration: 90 minutes

*Price: €350++**

*Price per person. All prices are in Euros. 17.6% hotel tax to be added.

NATURAL WELLNESS CENTER

Body Envelopment Rituals

DEAD SEA MUD WRAP

Dead Sea mud is well known for its outstanding detoxifying property. Vitamin E nourishes and leaves the skin soft and supple without any greasy residue. Caramel naturally moisturizes the skin. Organic aromas of Lavender and Chamomile help neutralize the scent of Dead Sea Mud.

Duration: 60 minutes

*Price: €250++**

KISAWA SUN BURN SOOTHER

Experience soft healing and calming nourishment, via concentrated Aloe Vera. The perfect source for sunburn therapy, Aloe Vera comforts wounds, reduces scars as well as encouraging skin rejuvenation by bringing oxygen to cells. It increases syntheses and strengthens skin while Lavender and Chamomile promote relaxation.

Duration: 60 minutes

*Price: €250++**



**Price per person. All prices are in Euros. 17.6% hotel tax to be added.*



NATURAL WELLNESS CENTER

Iyashi Dome Experience

Rooted in Japanese remedial and wellness technology, Iyashi Dôme infratherapy is a risk-free technique that is both gentle and powerful. It enables a distinct increase in body temperature which has an action of detox, slimming, sleep enhancement, skin rejuvenation, physical preparation, muscle recovery and relaxation.

IYASHI DOME EXPRESS

Trial the groundbreaking Iyashi Dome technology. The infratherapy will help restore balance in your body and aid with inflammation, anti-ageing, skin elasticity and skin hydration.

Duration: 30 minutes

*Price: €150++**

IYASHI DOME EXPERIENCE

The full-length treatment using this groundbreaking Japanese technology. Using infratherapy, the Iyashi Dome eliminates toxins, rejuvenates the skin, reduces muscle pain and joint pain and aids deep relaxation.

Duration: 45 minutes

*Price: €200++**

IYASHI DOME (30 MIN) + HEAD MASSAGE (30 MIN)

Combine a 30-minute Iyashi Dome treatment with a rejuvenating head massage.

Duration: 60 minutes

*Price: €250++**

IYASHI DOME (30 MIN) + SHIRO ABHYANGA (60 MIN)

Combine a 30-minute Iyashi Dome treatment with a traditional shiro abhyanga – a head, neck and shoulder massage to release tension, aid with lymphatic drainage and promote wellbeing.

Duration: 90 minutes

*Price: €350++**

**Price per person. All prices are in Euros. 17.6% hotel tax to be added.*

NATURAL WELLNESS CENTER

Body Exfoliation Rituals

EXFOLIATION WITH TRADITIONAL COCONUT

Invigorate your skin and entire body after exfoliating excess oil and dead cells with the gentle touch of charcoal and coconut shell scrub. Cucumber extract soothes irritation while Kaolin White Clay with a coconut oil base pampers and hydrates skin.

Duration: 60 minutes

Price: €250++ per person*

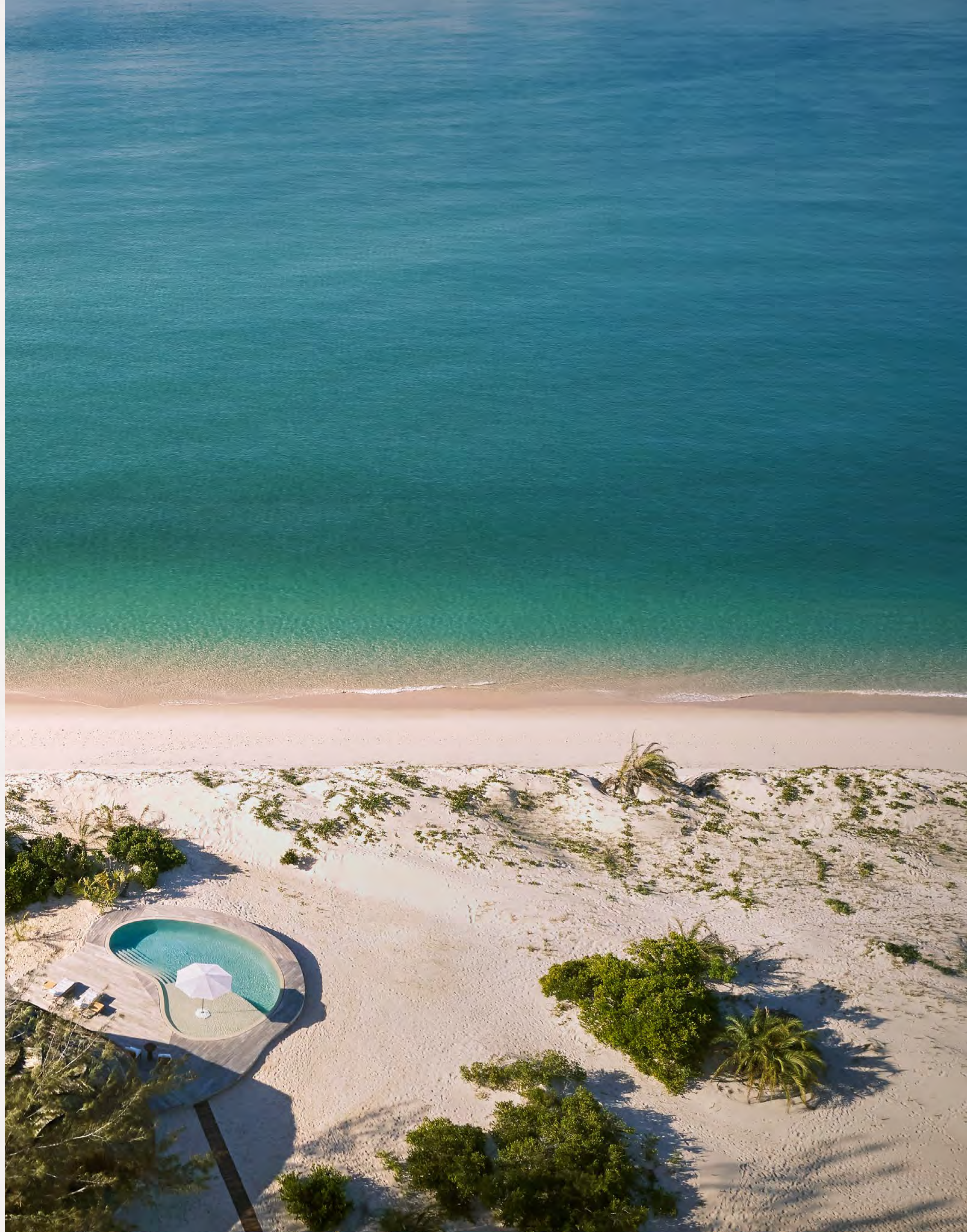
EXFOLIATION WITH FLOWERS

A blend of Lotus, Hibiscus and Frangipani that are rich in Alpha Hydroxy Acid (AHA) naturally exfoliate, removing dead skin cells and resulting in softer, firmer skin tone and texture. Natural charcoal scrub deeply cleanses without damaging the epidermis. The aroma blend of Ylang Ylang, Geranium and Lemon oils compliment the floral tone to bring a fresh spring vibration.

Duration: 60 minutes

Price: €250++ per person*

**Price per person. All prices are in Euros. 17.6% hotel tax to be added.*





NATURAL WELLNESS CENTER

Kisawa International Journeys

Carefully curated treatments and therapies from different parts of the world to create an experiential journey for the senses.

HEALING JOURNEY THROUGH INDIA

Holistic Healing Journey with some of the world's oldest treatments originating from India. Heal your Body with Abhyanga a full body Ayurvedic Massage using herb infused oil based on your Prakruti. Heal your Energy and Emotional body with Crystal Chakra Healing. Heal your Mind and Soul with Himalayan Sound Healing ritual with Singing Bowl.

Treatment Inclusions: Abhyanga—Crystal Chakra Healing—Himalayan Sound Healing
Duration: 150 minutes
*Price: €700++**

REVIVING JOURNEY THROUGH MOZAMBIQUE

The Mozambique Journey is designed to renew, invigorate, and hydrate your entire body and face, using locally grown coconut, coconut oil and local natural facial ingredients.

Treatment Inclusions: Coconut Scrub—Coconut Oil Massage—Natural Facial
Duration: 150 minutes
*Price: €600++**

RELAXING JOURNEY THROUGH ASIA

A full body explorative Journey with treatments originating from across Asia: Iyashi Dome from Japan, Thai Floral Scrub, and a Balinese massage.

Treatment Inclusions: Iyashi Dome—Floral Scrub—Balinese Massage
Duration: 120 minutes
*Price: €500++**

ENERGISING JOURNEY THROUGH INDIA

Energise your Chakras and release emotional blockages with selected Energy Healing Treatments from India.

Treatment Inclusions: Hatha Yoga—Marma Massage—Reiki
Duration: 150 minutes
*Price: €600++**

*Price per person. All prices are in Euros. 17.6% hotel tax to be added.

NATURAL WELLNESS CENTER

Kisawa International Journeys

REFRESHING JOURNEY THROUGH THAILAND

Refresh your skin and body with hand selected treatments from Thailand.

Treatment Inclusions: Thai Floral Scrub—Thai Herbal Compress

Duration: 120 minutes

*Price: €500++**

INVIGORATING JOURNEY THROUGH VIETNAM

Journey with treatments originated from Vietnam. Exfoliate, detoxify your skin and invigorate your senses with a Vietnamese Coffee Scrub. Detoxify your body with a Vietnamese Vacuum Cupping Massage.

Treatment Inclusions: Coffee Scrub—Vietnamese Vacuum Cupping Massage.

Duration: 100 minutes

*Price: €400++**

DETOXIFYING JOURNEY THROUGH JORDAN

Journey with selected treatments to detoxify and nourish the largest organ in the body; the skin. With dead sea mud from Jordan.

Treatment Inclusions: Coconut Body scrub—Dead Sea mud mask

Duration: 100 minutes

*Price: €400++**

*Price per person. All prices are in Euros. 17.6% hotel tax to be added.





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Kisawa International Journeys

MUSCLE RELAXATION JOURNEY THROUGH AMERICA

Release muscle tension, aches and pains with a sequence of treatments originating in America.
Treatment Inclusions: Deep Tissue Massage—Heated Basalt stone therapy
Duration: 90 minutes
*Price: €350++**

NOURISHING JOURNEY THROUGH FRANCE

Nurture and pamper your body and senses with Aroma Therapy treatments originating in France.
Treatment Inclusions: fleur to fleur aromatic Scrub— Aroma Therapy Ritual
Duration: 120 minutes
*Price: €400++**

RYTHMIC JOURNEY THROUGH SWEDEN

Relax into a rhythmic Swedish massage with effleurage, kneading and tapotement strokes that will work on your upper laying muscles to relieve stiffness and tension.
Treatment Inclusions: Choice of Scrub and Swedish Massage
Duration: 90 minutes
*Price: €350++**

*Price per person. All prices are in Euros. 17.6% hotel tax to be added.

NATURAL WELLNESS CENTER

Nail Rituals

Our deluxe nail ritual includes an aromatherapy hand and foot soak, traditional nail care, cuticle stimulation, nail lacquer and a wonderfully relaxing arm or lower leg massage

MANICURE

Duration: 60 minutes

*Price: €100++**

PEDICURE

Duration: 60 Minutes

*Price: €120++**

ADD ONS

HOT STONE

Choose any treatment in the menu combined with 30' minutes Hot Stone Therapy

*Price: €60++**

HERBAL COMPRESS 30 MINUTES

Choose any of the body massage rituals combined with 30' minutes Herbal Compress for pain relief.

*Price: €80++**

**Price per person. All prices are in Euros. 17.6% hotel tax to be added.*



KISAWA
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GET IN TOUCH WITH

Our Reservations Team

reservations@kisawasanctuary.com
+971 4 875 2323
www.kisawasanctuary.com

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