



*Siringit*  
SPA

BY HEALING **earth**<sup>TM</sup>





Siringit  
SPA  
BY HEALING **earth**<sup>™</sup>

We welcome you in the heart of Africa, where you get to enjoy the ultimate Healing Earth Experiences. A sanctuary of complete stillness in which restorative pleasures, first class luxury and personalised journeys await. Our range of bespoke treatments and rituals are exclusively designed to pay homage to the vibrant multicultural tapestry of Africa and the idyllic wildlife areas we furnish with our natural luxury products. Discover the healing, rejuvenating potential of Healing Earth's pure and premium ingredients combined with the magic touch of local inspiration. These treatments promise a journey through Africa's alluring and mystical heart.

# Signature Experiences

## SIGNATURE EXPERIENCES

### **SIRINGIT COUPLES CONNECTION JOURNEY**

120 MINS | USD 280 PER COUPLE

Full Body Polish | Full Body Massage | Mini Facial

Dedicate some precious time to relax in the heart of Africa while you connect and delight in being together as a couple. Harness the soothing aroma of Marula & Neroli and surrender with this ultimate couple's bliss. Starting with a welcoming foot ritual ceremony, continue with a gentle full body polish to soften and smooth skin. Surrender to a tailored and targeted full body massage with a deeply hydrating balm to feed the skin with powerful vitamins and nutrients. Complete with a hydrating, refreshing mini facial to sooth and repair the skin.

### **AFRICAN SPICE AND DEFINE CEREMONY**

120 MINS | USD 125

Full Body Polish | Full Body Mask | Full Body Massage

Drawing from rich local and traditional resources, this stimulating body ritual using Healing Earth's specially blended Coffee, Cinnamon & Orange range invigorates, sculpt and define. Start with a full body polish to soften and smooth the skin while a gel mask is applied to targeted focus areas. After a quick shower, an invigorating full body massage application is performed to assist with improving circulation and lymph drainage.

### **ULTIMATE ANTI-OXIDANT BODY RESTORE**

120 MINS | USD 125

Full Body Polish | Full Body Wrap | Full Body Massage

Healing Earth, pioneers in vinotherapy, uses the powerful Pinotage grape for its high concentration of anti-oxidants, providing the ultimate skin protection. The grapes synergises the anti oxidant properties, with essential vitamins A, E and C extracted from the grape seed, skin and leaves of the vine. This Signature journey offers a Pinotage full body polish to smooth skin before you are cocooned with a choice of Aloe Body or Grape clay wrap. Choose from our Signature Vinotherapy oils to Relax & Destress, Detox & Uplift or Conditions and Hydrates while you enjoy a tailored full body massage to ease any areas that needs the ultimate treat.

# Body Ceremonies

## BODY CEREMONIES

### **JETLAG RELIEF JOURNEY**

120 MINS | USD 125

Full Body Brushing | Full Clay Body Wrap| Full Body Massage

The perfect unwind after a long travel. Start with an invigorating Full Body Brushing to boost lymphatic circulation and clearing unwanted toxins. Continue with an Earth green Clay Mask infused with a Detox body oil to aid in clearing fluid and toxins. While cocooned, surrender to a facial cleanse and relaxing pressure point face massage. Step into a warm shower, before you continue with a 60 minutes tailored deep tissue massage to release deep seated tension areas. A cooling gel is applied to targeted areas to relieve achy muscles, leaving it feeling refreshed. Ideal to relax, rewind and to energize yourself.

### **BESPOKE ME TIME RITUAL**

120 MINS | USD 135

Enjoy some special rejuvenating 'me-time' with this highly personalized and tailored treatment journey. Consult with your skilled therapist and mix and match your preferred treatments for 2 hours to create your own ultimate "Me Time". This nurturing experience is highly tailored to your needs and state of wellbeing.

### **JEWEL OF ARUSHA**

90 MINS | USD 105

Full Body Polish | Full Body Massage

Choose between the fragrant Marula & Neroli for a deeply calming and relaxing journey or if you need a hydration boost, gentle Kalahari Melon is the perfect choice to take you on a journey through the African desert. For a cleanse and detox journey, opt for our Mongongo Nut family to boost the blood and lymphatic system, clearing toxins from the body. The journey begins with a full body polish to cleanse, soothe, and brighten the skin. Follow with a relaxing full body massage to relax, relieve, and release any concerns and stresses.

# Body Ceremonies

## BODY CEREMONIES

### AFTER SUN SOOTHER CEREMONY

90 MINS | USD 105

Full Body Wrap | Full Body Massage | Facial Cleanse and Massage

A wonderful soothing and hydrating journey using the healing powers of Aloe Vera lavishly applied to over - sun exposed and dehydrated skins. While wrapped in a cocoon, relax, and allow the products to absorb and boost the natural skin's moisture barrier. A full body massage follows, using our award-winning African Potato Balm, World renowned for its skin healing properties and have been used for centuries to replenish and repair sensitive skin. This ultimate skin healing ritual is complete with a hydrating facial refresher.



# Body Rituals

## BODY RITUALS

### FULL BODY POLISH AND REFINE

45 MINS | USD 45

Full Body polish includes the choice of any of the below premixed and blended polishes, enriched with crushed grapeseed and apricot kernel and infused with powerful essential oils to allow relaxation.

- **Powerful Antioxidant** Pinotage polish
- **Hydrating** Kalahari Melon body polish
- **Relaxing** Marula & Neroli body polish
- **Detoxifying** Mongongo Nut body polish
- **Stimulating** Coffee, Cinnamon & Orange body polish

All scrub rituals include a nourishing body butter application for a luxury pampering and hydrating experience. For optimum results, add any of our scrub rituals to your preferred massage therapy.

### FULL BODY WRAPS

45 MINS | USD 45

Add any of the following Full Body Wraps to your Polish Ritual to aid in cellular regeneration and improving skin tone and textures.

- **Detoxifying** Mongongo Nut
- **Stimulating** Coffee, Cinnamon & Orange
- **Powerful Antioxidant** Pinotage Pink Clay
- **Cleansing** Earth Green Body Clay
- **Healing** White Clay
- **Soothing** Aloe Vera – Calming, After Sun Repair, Skin Reviver

# Face Care Therapies

## FACE CARE THERAPIES

### **GODDESS GLOW FACIAL CEREMONY**

Suitable for tired, stressed skin

90 MINS | USD 90

Harness the power of antioxidant-rich natural wonder ingredients that will recharge your skin with a boost of powerful nutrients, hyaluronic acid and probiotics. Using Healing Earth's patented vinotherapy, this unique facial treatment combines a double dose of antioxidants with a range of skin-loving vitamins to drain toxins, stimulate cell tissue, and rejuvenate from deep layers of the epidermis (allowing for better absorption of the vitamins and minerals). Rose Quartz facial rollers incorporated to stimulate collagen and elastin leaving the skin radiant and renewed.

### **BRIGHTENING VIT C BOOST FACIAL**

Suitable for stressed, pigmentation concerns

60 MINS | USD 75

This brightening and radiance boosting facial, harnesses the powerful functions of powerful Rosehip and Vitamin C. Starting with a cleanse to remove impurities, followed with our microfoliant enzyme clay to exfoliate and soften the skin. A facial massage helps to relax while the Radiance Rosehip serum regenerating and renews skin cells. This is followed by a therapeutically enriched mask that with Cranberry leaving it brightened, refreshed and radiant. Complete with hydration boosting serum, our active brightening Vitamin C treatment cream and moisturizer to leave the skin nourished and youthful.

### **HYALURONIC HYDRATION FACIAL**

Suitable for all skin types, ideal for dehydrated and sun exposed skin

60 MINS | USD 75

An intensive hydration infused facial specially targeting dehydrated, and water lacking skins. Start with a nourishing cleanse best suited to your individual skin to begin the ultimate hydrating experience. Active ingredient Hyaluronic acid is lavishly used to feed the skin with nutrients, moisture and assist with the skins natural Hyaluronic production, leaving the skin plump and moisture rich. Incorporating Rose Quartz roller to aid in boosting circulation, resulting in optimum skin glow.

# Face Care Therapies

## FACE CARE THERAPIES

### **RENEW AND REJUVENATE**

Suitable for anti aging skin

60 MINS | USD 70

Marula, Rose, Geranium and Ylang-Ylang essential oils are mixed into an invigorating blend of sheer skin bliss. Excellent for tired dehydrated skin, needing a special boost to even out texture, create a vibrant glow and combat ageing. Rose Quartz crystals boost circulation and radiance and combat fine lines and wrinkles.

### **CLEAN AND CLEAR SKIN JOURNEY**

Suitable for oily, combination and problematic skin

60 MINS | USD 70

This Purifying facial harnessing the cleansing properties of Jade to brighten the complexion, reduces puffiness, stimulates lymphatic drainage, and promotes blood circulation. Starting with a gentle cleanse of the skin to remove impurities, and exfoliation to smooth skin texture. A draining facial massage improves skin appearance, which is followed by an absorbing and deep cleansing mask to help balance the skin.

### **SKIN SOOTHE AND RESTORE FACIAL**

Suitable for sensitive, sun exposed skin

60 MINS | USD 70

This gentle facial is specially designed for skin that has been damaged by the sun or exposure to other environmental toxins. Using natural, nourishing powers of superfoods used to heal, nourish, and soothe the skin. Hydrating boosters, masks, serums and natural oils with herbs and shea butters are all combined for optimum restoration. We use our famous aloe vera healing gel in combination with our award-winning African potato for ultimate healing and rejuvenation.

# Face Care Therapies

## FACE CARE THERAPIES

### GENTLEMAN'S SKIN CEREMONY

Suitable for all skin types

60 MINS | USD 70

This treatment is especially for the gents. A facial focusing on deep cleansing leaving the skin refreshed, nourished, and soothed for visible results. Facial compresses and a regenerating facial massage using Healing Earth's healing and restoring African Potato is the ideal treatment.

\*For the full pamper, upgrade this experience with a 30 mins stress relieving back, neck and shoulder massage at an additional cost.



# Massage Therapies

## **MASSAGE THERAPIES**

### **AFRICAN SHEA MASSAGE**

60/90 MINS | USD 80/100

Take a journey across the plains of Africa in this full-body massage using a selection of powerful specially blended and nourishing body butters. Ingredients sourced and selected for their connection and roots with Africa will help relieve dry and dehydrated skins. Whether you want to target problem areas, reduce tension and stress, or are looking for a unique experience, this massage allows your skillful therapist to use a Bamboo massage tool to help you relax and unwind, restore, and rejuvenate. Choose and surrender into an Energizing, Relaxing, Stillness or Nourishing state.

### **HEAL AND REPAIR AFRICAN POTATO MASSAGE**

60/90 MINS | USD 80/100

This Signature Bespoke massage harnesses the magical powers from Healing Earth Award Wining African Potato Balm as you surrender to a skillful massage to target any and all tension and concerns. Perfect treatment for stressed and sun exposed skins; while it deeply nourishes, repairs and restores the skin to a state of bliss. Excellent treatment for Eczema and extreme dry, sensitive skins.

### **DEEP TISSUE MUSCLE EASE MASSAGE**

60/90 MINS | USD 80/100

This massage targets stiff and sore muscles by concentrating on the areas where lactic acid has built up. Pressure is altered from medium to deep to adapt to those tough tension areas and improve blood circulation. A cooling gel is applied to the upper back to refresh, calm and soothe the relieved area.

# Massage Therapies

## MASSAGE THERAPIES

### **HEALING TOUCH AROMATHERAPY MASSAGE**

60/90 MINS | USD 70/90

A relaxing light to medium pressure full-body massage to help you drift away while enjoying the African ambience. Choose your beautifully blended aromatherapy oil of preference to Condition & Hydrate, Detox & Uplift or Relax & Destress.

### **BODY CONTOURING MASSAGE**

75 MINS | USD 80

Start with a full body brisk brushing aids to improve lymphatic and blood circulation. Continue with a stimulating full body massage using Coffee, Cinnamon and Orange body oil to warm, firm and refine body contours.

### **DE STRESS BACK AND FOOT RELIEF**

60 MINS | USD 70

A popular option for those wanting to relieve tension in the upper body through a combination of skilled manual manipulation and healing oils. The treatment includes a foot focus massage to relieve tired, achy lower body muscles using our award-winning antioxidant-rich oils. This massage is complimented with the use of a deep tissue relief gel enriched with detoxifying peppermint, stimulating rosemary and eucalyptus to sooth aches and pains.

# Massage Therapies

## MASSAGE THERAPIES

### COOLING FOOT REVIVER

45 MINS | USD 50

A refreshing foot focus treatment to treat tired feet and legs. Start with a refreshing foot bath to soak, soothe, and relax the feet. A peppermint and eucalyptus infused salt scrub, rich in natural oils helps soften and revitalize. A foot and lower leg massage using a mint infused oil follows to stimulate circulation and release tension. Complete with a cooling foot gel to leave you cool and refreshed.

### EXTRA TIME

30 MINS

Should you wish to extend your spa experience, you may select any of the below Extra Time menu items. These treatments cannot be booked as a single treatment or combined.

- Refining Body Polish USD 30
- Hydrate Refreshing Facial USD 30
- Muscle Ease Back Relief USD 30
- Revitalising Foot Reliever USD 30
- Relaxing Head Massage USD 30

# Hands & Feet

## HANDS & FEET

### **AFRICAN HANDPRINT RITUAL**

45 MINS | USD 60

The ultimate treat for the hands. A manicure starting with a polish to soften and smooth the skin, reshape of the nails, neaten of cuticles, and relaxing massage makes the perfect spoils for the hands. A nourishing mask application deeply moisturises and nourishes the hands. Lastly, finish with a fresh coat of lacquer.

### **AFRICAN FOOTPRINT RITUAL**

45 MINS | USD 65

The ultimate treat for the feet. A pedicure starting with a polish to soften and smooth the skin, reshape of the nails, neaten of cuticles, and relaxing massage makes the perfect spoils for the feet. A nourishing mask application deeply moisturises and nourishes dryness on the feet and heels. Lastly, finish with a fresh coat of lacquer.



# Spa Etiquette

## SPA ETIQUETTE

### SPA EXPERIENCE

Siringit Spa by Healing Earth offers a variety of luxury experiences using only the very best in spa products. Choose from our list of signature packages, body ceremonies, facials, massages, and hands & feet treatments. When making a booking, please advise us of any health conditions, including pregnancy or allergies that could affect the choice of treatment and hinder your spa experience.

### SPA ENVIRONMENT

Siringit Spa by Healing Earth is a tranquil environment, and we kindly request that guests switch off or silence their mobile phone to ensure the spa experience is at its best. Kindly respect other guests by limiting noise while using spa facilities.

### SPA ATTIRE

You will receive a bathrobe, disposable underwear, and slippers to wear between treatments. We request that you please leave jewellery and valuables in your hotel room or at home. We offer complimentary amenities for your use.

### GIFT VOUCHERS

Gift vouchers for all spa services or monetary vouchers are available for purchase. Gift vouchers are digital. Please contact our Spa Reception for further information.

### SPA ARRIVAL & ETIQUETTE

We recommend that you arrive 15 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. We require you to fill in a Guest Consultation Form advising us of any medical history and concerns in order for us to tailor your treatment experience. Please note that late arrivals may result in a reduction of your treatment experience.

### SPA CANCELLATION POLICY

Treatment times have been scheduled for you. If you must reschedule or cancel any spa appointments or packages, please notify the spa 24 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services.

### SERVICE PRICES

All prices are listed in US Dollars (USD) and are subject to change at any time. Gratuities are not included and are welcome at your discretion. Please note international surcharge may apply for payments made by bank transfer or Forex.

**SIRINGIT COLLECTION**

siringitspa@healingearth.co.tz

www.siringit.co.tz

Operating Hours:  
Monday - Sunday  
09:00 - 18:00

*Siringit*  
COLLECTION



HEALING  
**earth**<sup>TM</sup>

**TRANSFORMATIVE**

*wellness*

slow beauty • slow food • slow living