

Spa Treatments

Exfoliate and Rejuvenate



Our therapists: All our therapists are highly trained and qualified in their own specialism. Massages, and beauty scrubs are carried out in the privacy of your own villa.

Our scrubs and polishes have been designed with ultimate care and research for both the body and the planet. Where possible ingredients are sourced on the island, all other ingredients are bought in from the Mozambique mainland. Each treatment lasts 30 minutes.

Good enough to eat: an aromatic blend of Sweet almond oil, honey, cinnamon, ginger and sugar. A deeper exfoliation wonderful for warming achy or tired muscles and restoring a radiant glow before hitting the beach.

Balm for the body, mind and spirit: a luxurious blend of creamed coconut, honey and sugar. Used throughout Africa by brides in preparation for their wedding. Polishes off dead skin cells and deeply moisturises and nourishes the skin.

Ocean delight: Vamizi's signature treatment. All ingredients are sourced on the island. Seaweed is recognised for its detoxifying properties and sea salt replenishes the body with vital nutrients and minerals. Perfect after over-indulgence.

Massage Therapy



Beach feet: a gentle foot scrub with lemon juice, grapeseed oil and exotic island sand, followed by a relaxing foot massage. An invigorating blend to soothe skin, leaving feet ready for the beach

Swedish massage: a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones. Essential oils can be applied.

Aromatherapy: aromatherapy uses essential oils from plants to heal, alleviate pain and regulate mood. Essential oils are highly concentrated plant extracts, derived from leaves, bark, roots seed resins and flowers.

Deep tissue: deep tissue massage focuses on re-aligning deep layers of muscles and connective tissue. It alleviates tension and stiff necks, low back pain, stressed shoulders.

Foot massage (reflexology): an ideal treatment on arrival, as it increases circulation and lymph, reducing swelling in the legs. Deeply therapeutic and relaxing.

Indian Head massage: Indian head massage helps to relieve headaches and stress symptoms. It increases joint mobility in the neck and shoulders and improves blood circulation, lymphatic flow and muscular tension. A good de-stresser.

Reiki: A Japanese technique designed for balancing chakras. Deeply relaxing.

Lymph drainage: a massage technique designed to drain the lymph of toxins and circulate blood flow.

Hatha yoga: Hatha yoga is available on request. Classes can be modified to suit all levels, with private tuition and group sessions available. Please speak to the therapists for further details.

Alternative Therapy and Yoga

