

VAMIZI ISLAND

M O Z A M B I Q U E



TREATMENTS & YOGA

'YOU'LL PUT AWAY YOUR SHOES BUT YOU MIGHT DIG OUT YOUR LIPSTICK'

FIONA DUNCAN, THE SUNDAY TELEGRAPH



‘THIS IS PURE
ESCAPISM IN
EVERY SENSE
OF THE WORD’

All our therapists are highly trained and qualified in their own specialism. Treatments 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.

SWEDISH MASSAGE

A traditional light pressured massage inducing stillness & relaxation.

AROMATHERAPY MASSAGE

Unique aromatherapy oils blended to suit your specific needs, promoting a sense of well-being & balance.

DEEP TISSUE THERAPEUTIC MASSAGE

Neuromuscular and myofascial release techniques are used to alleviate muscular tension.

ARNICA MUSCLE MELT MASSAGE

A deep tissue massage tailored to treat specific areas of discomfort using a therapeutic blend of Arnica Oil and Arnica Ice to melt away muscular pain and tension.

SOUL OF AFRICA BODY CONDITIONING MASSAGE

Be enveloped in the rich oils and ancient wisdom of Africa in this skin-enhancing body treatment. A rejuvenating and healing combination of soothing mud and Marula oil releases negativity in the muscles and helps soothe sun-damaged skin.

INTONGA AMASATCHI

Designed to release tension in the very core of your muscles, this Intonga stick massage uses African therapeutics to treat your skin, while deep tissue massage relaxes tight muscles and assists with lymph drainage.

BESPOKE YOGA BODY MASSAGE

Harnessing the powerful and respected knowledge of Indian yoga, this massage works with the meridians of the body as well as the muscles. Pressure is used to activate the body's natural energy before limbs are stretched and massaged.

LYMPH DRAINAGE DETOX

Gentle rhythmic pulse techniques are used to stimulate your immune system, improve circulation, relieve water retention & remove toxins from the body.

HEATED HERBAL STONE MASSAGE

This treatment uses nature's volcanic basalt rock that retains heat and enables its sun-charged properties to penetrate deep into stressed muscles. Stones are placed on pressure points to soothe nerve endings and balance energy, and to relax, nourish and protect your skin.

REFLEXOLOGY

Using a unique blend of African therapeutics, this Ancient Healing Method works on specific reflex points on the feet to stimulate self healing and bring harmony to body and mind.

EXOTIC LIME & GINGER SALT GLOW

A refreshing exfoliation ritual to cleanse, polish and soften your skin to perfection. A perfect addition to any massage.

MOZAMBIKAN HONEY & SPICE EXFOLIATION RITUAL

A luxurious ritual to help soften your skin and indulge your African Spirit. A perfect addition to any massage.

AFRICOLOGY REJUVENATING FACIAL

Surrender to the healing touch of an Africology cleansing and exfoliating ritual. Relaxing massage techniques combined with a deep cleansing clay mask will help to de-stress and rejuvenate your skin. Includes a foot or hand massage.

AFRICOLOGY HEAD MASSAGE

Enter into a state of pure bliss as you enjoy a heavenly pressure point massage. Organic therapeutics of coconut and pineapple or neroli will help to nourish your hair and leave you feeling pampered and perfectly relaxed.

VAMIZI JOURNEY OF THE SENSES

Drift away to the sounds of the sea as you indulge in three of the following Africology 'mini' treatments: Back Massage / Back Scrub / Head Massage / Mini Facial / Foot Massage / Hand Massage / Manicure or Pedicure

MANICURE OR PEDICURE RITUAL

YOGA

A hatha/flow fusion to help you connect body and breath through gentle movement. Available in the comfort of your own villa.