



jafferji
house & spa

zanzibar

CINNAMON SPA



ZANZIBAR



SPA MENU

www.jafferjihouse.net • www.cinnamonspa.net



WELCOME TO CINNAMON SPA AT JAFFERJI HOUSE

An escape where existence is effortless, We are pleased to introduce you to a vast array of spa services. Enjoy the experience of a unique space of healing, touch and aroma, to promote within you a deep sense of calm, joy and serene tranquillity.

Allow our staff to delight you and enhance ultimate relaxation and pure spa bliss. We orchestrate all of our services with the finest natural ingredients, therefore, you are never subjected to chemical smells and artificial perfumes. Drift away with a combination of island and modern traditions of skincare and body nurturing with our inspiring ambiance.

*Inspire your body and soul
Relax and let the journey begin
Nurture your body
Enjoy the comfort and ambiance*

ABOUT OUR PRODUCTS:

Cinnamon Spa at Jafferji House uses only the best of what Zanzibar has to offer. All our essential oils are locally sourced from Zanzibarian herbalists. Exfoliating body polishes, sugar scrubs and facial products are sourced from the famous Inaya Zanzibar.

ABOUT INAYA ZANZIBAR

Inaya Zanzibar draws inspiration from Africa's rich nature and diverse cultures when creating natural bath & body care products. Raw material is sourced all over the continent favoring, whenever possible, organic or wild harvested ingredients.

The team at Inaya make luxurious and unique products with the utmost care in small batches in their workshop in Zanzibar. All products are ecofriendly and biodegradable. Free of parabens, SLS, mineral oil, phthalates, artificial colors and cruelty free.

To read more about Inaya Zanzibar, please see leaflets at the reception desk. Cinnamon Spa at Jafferji House also stocks a wide range of Inaya retail products for sale.

SIGNATURE TREATMENTS

SAFARI RECOVERY

The ideal massage to banish dehydration, fatigue and sluggishness associated with a safari or jetlag. Begin with an invigorating feet and legs scrub followed by a body massage designed to stimulate and rejuvenate you with special oils, leaving you feeling renewed.

90 minutes

AMANI BLISS

Kiss your stress goodbye with our tasty combo of a Jafferji Mani Pedi followed by a 60 minutes back, neck, head and shoulder de-stress massage. A Treatment designed to give you the maximum Zanzibar Amani experience from head to toe.

120 minutes

DOUBLE DELIGHT

Select a body scrub from our "Scrubs and Glows" followed by a blissful relaxation massage.

90 minutes

SHEER HEAVEN

It's all in the name! You will be pampered from head to toe during this blissful treatment. Enjoy a relaxing full body massage using the best blends of aromatherapy oils, followed by an Africology balancing and refining facial. The focus turns towards the heavens as you experience mental relaxation and serenity.

110 minutes

HARMONY AND HEALING WITH FOUR HANDS

For those who are relaxation deprived, two hands just wont do! Stop what you are doing now and book our much sought after four hand massage. Never the same and always inspired, this massage transports you to a universe of unrivalled relaxation making you feel virtually levitated. You will not want to land back on Earth! (advance bookings are mandatory for this treatment).

75 minutes



SCRUBS AND GLOWS – THE ULTIMATE EXFOLIATION BLISS

ZANZIBAR COFFEE AND SPICE RADIANCE

A mixture of spices, Zanzibar ground coffee and essential oils are used in this scrub to tighten and purify your skin. With a fascinating earthy scent and a brilliant refining recipe featuring spices, coffee and soft brown sugar, you will discover a satin smooth skin and a stimulating sense of energy.

50 minutes

TRADITIONAL SINGO – ZANZIBAR'S BRIDAL DELIGHT!

Singo: A mixture of Jasmine, ylang ylang, cloves and sandalwood are pounded together with rosewater and floral oils. This is ceremonially, used by Zanzibarian brides. The traditional singo scrub will exfoliate your skin leaving it fragrantly silky, soft and with a glowing radiant look.

60 minutes -

EXOTIC CINNAMON

Freshly ground Cinnamon, sugar and essential oils are applied to your body in circular motions for a polished glow. Softens and hydrates your skin leaving it soft and radiant.

50 minutes



MANGO AND BASIL

Inaya's Mango and Basil sugar scrub refines the skin and promotes skin cell turnover, revealing brighter, younger-looking skin. Mango's antioxidant properties, reinvigorates tired skin and helps nourish and protect the skin.

50 minutes

VANILLA AND LAVENDER

Inaya's Vanilla and Lavender infused with organic coconut oil with gentle exfoliating cane Sugar Scrubs and smoothes the skin while the blend of essential oils benefits the body, mind & mood.

50 mins

WARMING GINGER AND LIME

We use Inaya's most popular infusion of ginger, lime and cane sugar to exfoliate even the toughest skin. Discover your skin quenched with a nourished feeling and a beautifully smooth glow.

60 minutes

BACK CLEANSING

A back cleansing treatment of an often-neglected area. Combined with a leg and foot massage.

60 minutes



BODY MASSAGES



Our most popular massage "Relax and Rejuvenate" Stimulating your senses to boost your body and relax the mind.

RELAX AND REJUVENATE

An Aromatic massage to heighten senses, energize the body and the soul. Using Relaxation blends of oils which calms and relaxes all aspects of body, mind and spirit.

90 minutes

60 minutes

DE-STRESS

Breathe in tranquility whilst your body relaxes and stress slips away. Herbal essential oils are applied to stimulate your body's own ability to release stress and restore peace and well-being to your body mind and soul.

30 mins

60 mins

COUPLE'S INDULGENCE

Relax with the Two therapists transporting two souls to new heights of relaxation and connection.

90 minutes

75 minutes

60 minutes

ZANZIBAR BACK, NECK, HEAD AND SHOULDERS MASSAGE

Recharge with this exhilarating and intensive massage using a blend of coconut, cinnamon and clove oil, designed to release tension and promote blissful relaxation.

45 minutes



DEEP TISSUE

A deep and meaningful body massage designed to work on stiff, tight and fatigued muscles and joints. Involves techniques to manipulate and ease the aching muscle tissues. Lemon grass oil, Peppermint or clove oil is used to aid sore muscles.

75 minutes

60 minutes

HOT STONE THERAPY

Using warm stones, to re-energize response from the body. This treatment is a mind, body and spirit experience where you will reach the point of ultimate relaxation, along with pain relief, stress relief and rejuvenation of the mind.

90 minutes

75 minutes

EUCALYPTUS UPLIFT

Breathe in the scent of the uplifting Eucalyptus essential oil and experience the cleansing, clearing and decongesting benefits of eucalyptus. A scalp massage lightens your heavy head, while drainage movements help unblock your sinuses and ease your headaches.

90 minutes

60 minutes

LYMPHATIC DRAINAGE

This treatment acts as a natural body-lift by reducing puffiness and firming the skin for immediate, visible results and a youthful, healthy and radiant appearance.

75 mins

60 mins

ORIENTAL MASSAGE

This oriental massage uses a variety of ancient techniques with herbal oils from the Far East.

A stress relieving treatment combining a full body massage with acupuncture, reflexology and stretching techniques.

90 minutes



FACIALS

Our Spa facials are tailored to offer the best possible results.

JAFFERJI HOUSE ORGANIC HERBAL FACIAL

This purifying facial is customized to target specific sensitive skin types, beginning with a thorough cleansing, followed by toning and gentle exfoliation using all natural local and herbal products. Fresh fruits, spices and therapeutic herbs are used to create a mask. Enjoy a neck and shoulders massage with soothing herbal creams.

60 minutes

SIGNATURE FACIALS FEATURING ZANZIBAR'S INAYA PROFESSIONAL PRODUCTS:

Blends of lemongrass, avocado oil, organic coconut oil, shea seeds, jojoba oil, aloe vera, Vitamin E, myrrh, Kalahari melon seed oil and frankincense are combined into a facial polish, clay mask, serum and face moisturizer.

BALANCING AND REFINING FACIAL

Brighten your complexion with a combination of antioxidants and vitamins. This treatment is designed to refine and retexture uneven skin. An essential blend of oils and creams are used followed by cleansing, exfoliation, mask, and nourishment serums. Safe for sensitive skin.

60 minutes

AFRICAN ZANZIBAR UPLIFT

A rich vitamin and mineral cocktail is used to replenish the skin, restore elasticity, smoothness, softness and energize the skin. Great for tired, stressed or run-down skin leaving you revitalized.

60 minutes



HANDS & FEET

A handshake is the first step of our Island's true hospitality. Manicures give you that well-groomed look you require.

The treatment includes, a soak in warm spice scented water, and massaging your hands.

DELUXE SPA MANICURE

Luxurious conditioning care for your hands begins with a soak in warm water followed by shaping, cleaning and buffing your nails leaving your hands soft and smooth and nails beautiful. Nail polish application is included if desired.

50 minutes

JAFFERJI PEDICURE

Sit back, relax and enjoy the sounds of Zanzibar. This treatment infuses moisture with deep cleaning into the skin with an invigorating foot scrub and a leg massage.

60 minutes

Extra foot massage (**20 mins**)

ULTIMATE LEG AND FOOT MASSAGE

A treat for tired legs and feet, Begin with a stimulating scrub followed by therapeutic essential oils to provide quick relief to ankles, calves and hamstrings promoting ultimate lower body relaxation.

40 minutes

REFLEX

Treat your feet with whole body benefits. Working on your foot reflex points to restore balance and support the body's own healing. Begin with an invigorating foot scrub followed by a specific therapeutic foot treatment to promote relaxation, relieve stress, unblock congestion and improve circulation, an ultimate foot indulgence.

50 minutes





HOT STONE FOOT MASSAGE

The ultimate spa relaxation begins with this treatment. Start with a foot soak for 10 minutes followed by this blissful massage that demonstrates the timeless healing technique using warm Stones. The combination of the heat from the Stones, the essential oils, and the soothing massage produces a deep and penetrating state of relaxation and well-being. The heat from the warm stones also improves circulation and calms the nervous system. Clove oil is used to enhance relaxation.

50 minutes

HERBAL FOOT MASSAGE

The Herbal Foot Massage leaves you with a feeling of smooth, relaxed and light feet. This foot massage involves compressed warm oriental herbs to reduce foot pressure. It gives relief from pain and relaxes the body from stress with the reflex strokes. This Herbal Foot Massage technique offers potential health benefits such as circulation of blood and stimulating the internal organs.

50 minutes

SHAPE UP AND POLISH

For those, who do not have time for a full manicure or pedicure.

20 minutes





CINNAMON SPA



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CINNAMON SPA AT JAFFERJI HOUSE

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