



maua
wellness

MANAGED BY HEALING EARTH RETREATS



maua

wellness



A silhouette of a person in a yoga pose, standing on a rocky shore with their arms raised. The background is a soft, hazy landscape with a body of water and a sky with light clouds. The overall tone is serene and natural.

MAUA WELLNESS

WE INVITE YOU TO EMBARK ON OUR WELLNESS JOURNEY AND DISCOVER A PROFOUND PEACE WITHIN - A SAFE PLACE OF TRANQUILITY IN THE SANCTUARY OF OUR MAUA WELLNESS IN THE HEART OF ZURI ZANZIBAR.

We believe in continuous nourishment, protection and harmony of the self, inspiring each guest in the pursuit of vitality and total mind and body rejuvenation during their time with us. This balance can only be found through the holistic care of all aspects of being - body, mind and spirit.

Inspired by the natural abundance of Zanzibar and its spices, we have created signature treatments that reflect the powerful natural plants, herbs and oils of the island.

Our lovingly curated journeys serve as outer expressions of your inner journey, inducing a state of complete relaxation while creating optimum results with the best possible natural ingredients.

MAUA WELLNESS

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FACIAL THERAPY

Pure Radiance	60 min		USD 80
Revive & Renew	60 min		USD 80
High Performance	90 min		USD 130
Gentleman's Facial	60 min		USD 80
Perfect Balance	60 min		USD 80

PACKAGES

Maasai Celebration	90 min		USD 130
Zanzi Spice Journey	90 min		USD 130
Repair & Restore	90 min		USD 130
Maua Ocean Immersion	90 min		USD 130
Couple Connect	90 min		USD 250 /couple
Spirit of the Earth	120 min		USD 190
Island Body Rebalance	90 min		USD 130
Journey to Realignment	180 min		USD 245
Zuri Honeymoon Celebration	180 min		USD 460 /couple

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SOUL OF THE EARTH BODY	Body Polish	45 min		USD 55	
	Body Polish & Massage	90 min		USD 130	
MASSAGE RITUALS	Swedish	60 min		USD 85	
	Thai	60 min		USD 85	
	Back, Neck & Shoulder	30 min		USD 45	
	Aromatherapy	30 min		USD 45	
			60 min		USD 85
			90 min		USD 130
		Heal & Repair African Potato Massage	75 min		USD 90
		Muscle Melt	60 min		USD 85
		Private Villa Massage	60 min		USD 115
			90 min		USD 150

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HAND & FOOT RITUALS

Manicure	60 min		USD 60
Pedicure	60 min		USD 60
Hand & Footprint Ceremony	60 min		USD 70
Nail Varnish (Hands)			USD 25
Nail Varnish (Feet)			USD 25

WAXING

Full Leg	60 min		USD 60
Half Leg	40 min		USD 40
Bikini	30 min		USD 35
Brazilian	40 min		USD 40
Hollywood	60 min		USD 70
Back	45 min		USD 45
Chest			USD 35
Upper Lip			USD 15
Chin			USD 15
Brows			USD 15
Underarm	30 min		USD 35

MAUA WELLNESS

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HOLISTIC WELLBEING

Book a free introductory class of your choice on arrival

Outdoor Fitness

Private session | 45 min USD 50

Group Class | 45 min USD 20

Dynamic Pilates

Private session | 45 min USD 50

Group Class | 45 min USD 20

Yoga

Private session | 75 min USD 70

Group Class | 75 min USD 30

SUP Yoga

Private session | 60 min USD 70

Group Class | 45 min USD 40

Meditation

Private session | 45 min USD 60

Group Class | 45 min USD 20

Life Coaching

Private session | 45 min USD 60

Nutritional Coaching

Private session | 45 min USD 60



* Group class pricing applies to a minimum of four guests



MAUA WELLNESS

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FACIAL THERAPY

Your skin tells a tale as unique as your fingerprint. The secret lies in the correct diagnosis of your skin's unique picture. Our pure, antioxidant-filled products are formulated to deliver optimum hydration and overall results, working in tandem with your skin's inherent ability to renew itself.

PURE RADIANCE

A unique Healing Earth aromatherapy formulation to relax, purify and hydrate. Pure extracts of marula and neroli combined with a 100% rosehip booster and trademark facial massage create ultimate radiance and glow.

60 min | USD 80

REVIVE & RENEW

Harnessing the intelligence of bioidentical active ingredients of neroli, rose, marula, ylang ylang and neroli to create an invigorating experience for tired and uneven skin. Completed with a signature lymph drainage massage for a radiant, glowing and energised complexion.

60 min | USD 80

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FACIAL THERAPY

HIGH PERFORMANCE

A revolutionary facial care treatment using the latest in tri-enzyme peptide anti-ageing technology. The skin is firmed and rejuvenated using a unique formulation that deeply penetrates the skin without affecting its barrier function, visibly improving the signs of ageing. Complete with two masks and a signature facial massage.

90 min | USD 130

GENTLEMAN'S FACIAL

A deep cleansing, exfoliating and balancing treatment for the modern man. Soothes, restores and energizes. Complete with our famous African Potato Balm massage.

60 min | USD 80

PERFECT BALANCE

Combines the powerful antioxidant synergy of jasmine and baobab to create optimal skin pH. Infused with carefully selected herbs to enhance radiance.

60 min | USD 80

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BLISSFUL PACKAGES

MAASAI CELEBRATION

A proudly East African ritual involving a multi-sensory Marula & Neroli body polish, wrap and massage to relax, inspire and transport you to a world of sensual delight.

90 min | USD 130

ZANZI SPICE JOURNEY

A powerful blend of coffee, cinnamon, orange and island spices applied in a body polish, wrap and massage to define, sculpt and revive.

90 min | USD 130

REPAIR & RESTORE

A highly moisturising massage and wrap using our famous African Potato Balm for nourishing, renewing and bringing life back to the skin after sun damage or other environmental exposure.

90 min | USD 130

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BLISSFUL PACKAGES

MAUA OCEAN IMMERSION

An invigorating salt scrub and soothing aloe vera wrap and massage harnessing the powerful healing properties of the ocean.

90 min | USD 130

COUPLE CONNECT

Let the sweet scent and gentle texture of marula and neroli inspire your love with this sensual polish, wrap and massage using a unique blend of African oils and balms.

90 min | USD 250 / couple

SPIRIT OF THE EARTH

Enjoy sacred alone time with a luxurious Pure Radiance Facial including a warm African Potato balm head massage and followed by an African Footprint Luxury Pedicure or Manicure.

120 min | USD 190



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BLISSFUL PACKAGES

ISLAND BODY REBALANCE

Rediscover your balance with the antioxidant benefits of a mineral-rich pinotage clay mask and pinotage shea butter & coconut oil body polish. Begin your experience with a full body exfoliation followed by a pinotage-enriched body wrap. To further enhance your relaxation, your face will be gently cleansed and treated to a hydrating pinotage facial massage. The experience ends with a nourishing relaxation shea butter application.

90 min | USD 130

JOURNEY TO REALIGNMENT

Realign your body to its natural balance with a hot stone massage followed by a rejuvenating footprint ceremony. Your face will then be cleansed and treated to a pressure point massage, and the experience ends off with a stress dissolving head massage.

180 min | USD 245

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BLISSFUL PACKAGES

ZURI HONEYMOON CELEBRATION

This celebration takes place in our romantic couples room. First, get healthy skin with a Marula and Rose hydrating facial followed by a nourishing full body polish. Thereafter you will have time to unwind and enjoy a luxury spa ritual for two.

180 min | USD 460 / couple

SOUL OF THE EARTH BODY

BODY POLISH

Choose from: Hydrating Kalahari Melon, Sculpting Coffee, Cinnamon & Orange, Detoxifying Mongongo Nut, Relaxing Marula & Neroli.

45 min | USD 55

BODY POLISH & MASSAGE

Choose from: Hydrating Kalahari Melon, Sculpting Coffee, Cinnamon & Orange, Detoxifying Mongongo Nut, Relaxing Marula & Neroli.

90 min | USD 130



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MASSAGE RITUALS

SWEDISH MASSAGE

A blend of Swedish massage techniques to invigorate the muscles, energise, increase blood circulation and release tension.

60 min | USD 85

THAI MASSAGE

An ancient healing system combining acupressure, Indian Ayurvedic principles and assisted yoga postures for healing and release.

60 min | USD 85

BACK, NECK & SHOULDER

Enjoy a targeted deep tissue massage to relieve the build-up of tension in the upper body.

30 min | USD 45

MAUA WELLNESS

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MASSAGE RITUALS

AROMATHERAPY MASSAGE

A fragrant and uplifting full-body or targeted massage using pure aromatherapy oils according to your unique needs.

30 min | USD 45

60 min | USD 85

90 min | USD 130

HEAL & REPAIR AFRICAN POTATO MASSAGE

A highly moisturising massage using our famous African Potato Balm for nourishing, renewing and bringing life back to the skin after sun damage or other environmental exposure.

75 min | USD 90

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MASSAGE RITUALS

MUSCLE MELT

A deeply releasing massage with cooling peppermint and soothing aloe vera.

60 min | USD 85

PRIVATE VILLA MASSAGE

Enjoy your own private pamper in this truly exclusive massage in the comfort of your villa.

60 min | USD 115

90 min | USD 150

HAND & FOOT RITUALS

MANICURE

A classic treatment to reshape the nails, neaten up the cuticles and massage moisture into the hands. Finished with a fresh coat of nail lacquer.

60 min | USD 60

PEDICURE

Feet are soaked, skin is gently exfoliated, cuticles are perfected and toenails are clipped, reshaped, buffed and polished. Finished with a fresh coat of nail lacquer.

60 min | USD 60

MAUA WELLNESS

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HAND & FOOT RITUALS

HAND & FOOTPRINT CEREMONY

Melt away stress and rejuvenate tired hands and feet with this specialised treatment to soften, hydrate and leave your hands and feet pampered and silky smooth.

60 min | USD 70

MANICURE

60 min | USD 60

PEDICURE

60 min | USD 60

NAIL VARNISH [HANDS]

USD 25

NAIL VARNISH [FEET]

USD 25

MAUA WELLNESS

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WAXING

FULL LEG

60 min | USD 60

HALF LEG

40 min | USD 40

BIKINI

30 min | USD 35

BRAZILIAN

40 min | USD 40

HOLLYWOOD

60 min | USD 70

BACK

45 min | USD 45

CHEST

USD 35

UPPER LIP

USD 15

CHIN

USD 15

BROWS

USD 15

UNDERARM

30 min | USD 35



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HOLISTIC WELLBEING

Book a free introductory class of your choice on arrival

OUTDOOR FITNESS

Move your body effectively and guarantee maximum oxygen and sunray intake with this energetic fitness class amidst our inspiring natural setting. Guided mindfully by your certified instructor, you will exercise your body without any artificial support. Optimise the interaction with your natural surroundings and learn how to maintain one of the healthiest ways of staying in shape.

Private session | 45 min **USD 50**
Group Class | 45 min **USD 20**

DYNAMIC PILATES

Strengthen and tone in this class that aims at fortifying the deep muscles while delving into slow dancing movements in tune with the breath. Music and nature will offer the perfect background to enjoy a highly efficient and rejuvenating class. Focus is given to the spine, lower back and hips.

Private session | 45 min **USD 50**
Group Class | 45 min **USD 20**

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HOLISTIC WELLBEING

YOGA

Yoga is one of the cores of our resort. Our certified yoga and holistic coach offers a wide range of 90 minute classes:

- Hatha Yoga for a classic approach to your yoga practice
- Vinyasa Yoga for a mindful energy flow
- Chakra Yoga for balancing your energy cores
- Circle of Life Yoga for grounding and rebirth
- Sunrise Yoga to start the day with a positive mindset
- Yin Restorative Yoga for letting go of tension
- * SUP Yoga on the Indian Ocean

The classes include an introductory intention setting (sankalpa), and are completed by mudras and breathing techniques (pranayama) to enhance healing and wellbeing.

Private session | 75 min USD 70

Group Class | 75 min USD 30

SUP Yoga

Private session | 60 min USD 70

Group Class | 45 min USD 40

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HOLISTIC WELLBEING

MEDITATION

The powerful benefits of meditation have been extensively researched and are well established today. However, it may be difficult for you to discover the most effective way of accessing meditation and establishing a routine practice. In these sessions you can try different approaches that are all set in our breathtaking spice garden and are meant to grant you a settled and effective self-practice. Among others, here are some of the guided 45 minute meditation sessions we offer:

- Visualization for a deeper connection to your inner power
- Mandala drawing meditation for creativity-oriented bliss
- Full moon meditation for a natural cleanse using the moon energy
- Qi-gong meditation for mindful movement focalization
- Five Tibetan rituals for a mindful ritual series to inhabit the present

Private session | 45 min USD 60

Group Class | 45 min USD 20

* Group class pricing applies to a minimum of four guests

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HOLISTIC WELLBEING

LIFE COACHING

Our wellbeing philosophy is based on a holistic approach that addresses our four bodies at the physical, mental, emotional and spiritual level. We emphasize the importance of life coaching and one-on-one consultations in our wellness program. The following possible one-on-one consultations are on offer:

- Inner design (or how to identify and plan around your happiness)
- An organic shift toward ways of being your better Self
- A positive affirmation workshop to support your emotional wellbeing

Private session | 45 min USD 60

NUTRITIONAL COACHING

- Ayurveda workshop and self-test on your Dosha type
- Alkaline diet and anti-inflammatory and anti-ageing foods
- Healing Nutriology smart nutrition and superfoods

Private session | 45 min USD 60

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HOLISTIC WELLBEING

OUR PACKAGES

USD 220

You can book your personalised package of 4 sessions of your choice from the above-mentioned options. For example:

- 1 session from the Energy offerings
- 1 session from the Focus offerings
- 1 consultancy from the Transformation offerings
- 1 spa treatment

You can also choose more than one option from each pillar (e.g. 3 focus and 1 transformation session, etc.).

The advantage of the one-on-one and couples package is that you can schedule exactly what you want to explore with your coach. The time can also be scheduled around your preferences, depending on the availability of the holistic coach.

The group package has set times during the day, and you will get to know other interested people who have booked the same sessions.

Our VIP upgrade on the price includes a range of Healing Earth products and one Healing Nutriology superfood product of your choice.

MAUA WELLNESS

OUR PHILOSOPHY

As we believe in holistic health, your treatments can be tailor-made according to your unique needs. Feel free to mix and match the options as you feel. We have created a special natural menu that is backed by scientific research but remains in synergy with nature and its powerful ingredients to heal, restore and rejuvenate.

WELLNESS ETIQUETTE

Please arrive 15 minutes early to allow yourself time for a consultation and to check in and change. 24 hour advance notice is required for cancellation, after which 50% of the treatment cost will be charged. We will however assist in rescheduling your treatment times wherever possible. In the case of late arrivals, treatment duration will be reduced accordingly. Please be sure to inform your therapist of any known allergies or current illnesses that may affect your treatment.



WE BELIEVE IN...

the power of dreams
leading from the heart
celebrating diversity
serving with integrity
transforming the world

...ONE STEP AT A TIME

WE ENCOURAGE...

authenticity
passion and purpose
upliftment through respect
inspiration through innovation
victory through learning

...ONE STEP AT A TIME

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Operating Hours

Monday - Sunday
09:00 - 19:00



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