

ENVI  
PAGE

THE SANCTUARY  
SPA MENU



OUR SIGNATURE PHILOSOPHY

# AFYA



ROOTED

African botanical  
wisdom



UNHURRIED

Intentional &  
guided by purpose



SENSORIAL

Wellness  
rituals

Meaning health and wellbeing in Swahili, our AFYA philosophy is rooted in the rhythms of the African continent and guided by intention rather than excess.

Blending African botanical wisdom and ancient practices with modern technology and science-based therapies, we move away from conventional spa menus, and offer unhurried wellness rituals that are sensorial, thoughtful, and deeply connected to place.

# YOUR AFYA JOURNEY

*Wellbeing is not about one treatment or practice; it is the combination of experiences, woven throughout your stay, which makes this journey particularly powerful.*

## WELLNESS INSIGHT SESSION

This session combines wellness technology with a personal consultation to provide insight into your current state of balance, recovery and energy. Based on this, your therapist will suggest treatments, recovery practices and daily rituals tailored to you.

### SESSION FLOW

- Wellness insight reading using Anovator technology
- Personal consultation
- Recommended recovery and wellbeing rituals
- Your tailored journey with activities, treatments and other recommendations

**Understand · Personalise · Enhance**

20 min · 50 USD

Complimentary when booking a 90-minute or longer treatment.



# TRADITIONAL RITUALS

## MILA RITUALS

*Swahili meaning: traditions*

### KUWASILI: THE ARRIVAL

Designed to ease you from movement into stillness. Begin with a warm sea salt foot immersion, infused with clove, cinnamon and lemongrass to stimulate circulation and release travel tension.

A slow unwinding massage follows, focusing on the back, shoulders and scalp — areas most affected by travel and daily stress. Warm baobab and coconut oils are applied using long, rhythmic movements to calm the nervous system. Continue with reflex-inspired foot work to rebalance the body, before closing with a deeply soothing head and temple release. The feeling: anchored, unhurried, present.

*Add a recovery session: compression boots, red light therapy or PEMF, designed to refresh circulation, ease travel fatigue, and deepen relaxation.*

#### **Grounding Ritual**

*The feeling: Anchored, unhurried, present.*

2 hrs · USD 145

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### KUELEA: THE DRIFT

Created for a full body release, this ritual begins with a gentle coconut and sea mineral polish, softly refining the skin and preparing the body for deeper relaxation.

You are then cocooned in a warm baobab cream wrap, allowing nourishing botanicals to deeply hydrate while you enjoy a slow, flowing face and scalp massage. A warm castor oil compress is placed over the liver area, a traditional practice used to support circulation and detoxification, while reducing inflammation.

Once unwrapped, a full-body massage follows, with light to medium pressure, continuous and wave-like. Conclude with gentle stretches and soothing finishing touches that leave the body relaxed and the mind calm.

*Upgrade: complementary. Start with a self-led sauna session to warm the body, soften muscles and deepen the experience of relaxation.*

#### **Floating & Deep Relaxation**

*The feeling: Weightless, deeply rested, almost cloud-like.*

2 hr 30 min · USD 195

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### KUAGA: THE FAREWELL

A replenishing ritual designed to restore hydration and prepare you for your journey home. Begin with a light coconut and sea salt polish to remove sunscreen residue and refresh the skin. A cooling aloe and baobab body wrap follows, calming sun-exposed areas and deeply restoring hydration.

During the wrap, enjoy a slow, rhythmic scalp and neck massage that releases tension and invites deep relaxation while the soothing botanicals nourish the skin.

The ritual continues with a hydrating facial to restore glow and elasticity before closing with a gentle leg and foot massage to ease pre-flight tension.

*Upgrade · +40 min · USD 65 Add a restorative oxygen session in our HBOT cabin, which will leave you refreshed, resilient, and ready for travel.*

#### **Restorative & Radiant**

*The feeling: Nourished, luminous, and protected.*

2 hr 40 min · USD 245

BODY TREATMENT

# ISLAND BOTANICAL

## ENVI BESPOKE BODYWORK

A personalised body treatment shaped around your needs on the day. Following a brief consultation, your therapist will focus on the areas that require attention, adjusting pressure and technique to your preference. Warm oils, herbal compresses, or botanical infusions may be incorporated where beneficial and aligned with your preference.

*Time-Based. Personalised.  
Intuitive. ENVI Bespoke Massage*

30 min · USD 55

60 min · USD 85

90 min · USD 115

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## CLOVE & CINNAMON INVIGORATING POLISH

We blend sea salt with warming clove and cinnamon to gently exfoliate the skin while stimulating circulation and awakening the body. As the aromatic spices warm the skin, you feel a gentle surge of vitality while your body softens and relaxes.

*Circulation & Warmth*

40 min · USD 65

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## COCONUT MILK & BAOBAB COMFORT POLISH

Fine sugar crystals are combined with coconut milk and nourishing baobab oil to softly refine and deeply hydrate your skin. Perfect for delicate or sun-exposed skin, this gentle polish restores softness and comfort, leaving your skin silky, calm, and replenished.

*Hydration & Sensitive Skin*

40 min · USD 65

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## COFFEE & SEA MINERAL REVIVE POLISH

Finely ground coffee and sea minerals come together to buff and revitalise your skin while encouraging circulation and renewed energy. You leave feeling refreshed, lighter, and ready for the day ahead.

*Invigoration & Muscle  
Wake-Up*

40 min · USD 65

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## ALOE & BAOBAB AFTER-SUN COCOON

Cooling aloe vera enriched with nourishing baobab oil is generously applied to calm and replenish your skin after sun exposure. As your body is gently cocooned, deep hydration restores comfort while a soothing scalp or facial massage allows you to fully unwind. Your skin feels cooled, restored, and deeply nourished.

*Sun Recovery & Deep  
Hydration*

50 min · USD 75

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## COASTAL CLAY & WARM HERBAL MUSCLE WRAP

Warm mineral-rich clay infused with clove and lemongrass is smoothed over areas of tension to help ease muscular fatigue and encourage circulation. As you rest cocooned in warmth, gentle scalp or foot work allows your body to soften and release. Your muscles feel lighter, relaxed, and deeply restored.

*Muscle Relief & Deep Ease*

50 min · USD 75

*All body polishes and cocoons conclude with the application of our **Island Skin Nectar**, a light whipped blend of baobab and coconut infused with our signature essential oil blend to seal in hydration and leave the skin soft and delicately scented.*

# OUR SKIN RITUALS

## GENTLE TIDES

### MWANI OCEAN HARVEST FACIAL

60 min · USD 95

Featuring Mwani Zanzibar, a local seaweed-based skincare line crafted by Zanzibari women, this facial draws on the mineral richness of the Indian Ocean. Ocean-derived botanicals calm, hydrate, and restore your skin after sun and wind exposure, while a slow rhythmic massage encourages circulation and deep relaxation.

Your skin is left refreshed, balanced, and naturally luminous.

*Optional enhancement: LED red light therapy USD 15*

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### YOUNG GOOSE REGENERATIVE FACIAL

60 min · USD 120

A science-driven skincare line known for advanced bioactive formulations that support skin resilience and longevity, Young Goose products are used in our regenerative facial, combining gentle resurfacing, peptide-rich hydration, and a sculpting massage to support collagen vitality and strengthen your skin barrier in what is a deeply relaxing experience.

Your skin appears smoother, energised, and quietly rejuvenated.

*Optional enhancement: LED red light therapy (USD 15) or HBOT (40 min oxygen session USD 65)*

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### BOTANICAL HAND RENEWAL

60 min · USD 65

Begin by soaking your hands in warm water infused with lemongrass and citrus peel, to soften the skin and encourage circulation. To smooth the skin, we use a botanical polish of coconut and finely milled sea salt, before nail shaping and cuticle care.

End with a nourishing baobab and coconut mask while enjoying a pressure-point hand and forearm massage to enhance circulation and deep relaxation. Your hands feel softened, restored, and rejuvenated.

*+30 min with polish · USD 25*

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### COASTAL FOOT RESTORATION

60 min · USD 65

Begin with a warm mineral foot soak, infused with lemongrass and crushed clove, helping to relieve fatigue and stimulate circulation after active days on the water.

A smoothing polish of sea salt, coconut, and cardamom gently exfoliates and refreshes the skin.

End with deeply hydrating baobab and aloe mask to soften the feet, while a pressure-point foot massage releases tension and restores comfort.

Your feet feel lighter, relaxed, and airy.

*+30 min with polish · USD 25*

# REGENERATION & RECOVERY

*Designed to support recovery, circulation, and overall vitality, these rituals help your body restore balance after travel, activity, or long days in the sun. Ideal for both active guests and those seeking deeper restoration and reset.*

## CONTRAST THERAPY

### SAUNA

Dry heat therapy helps relax muscles, improve circulation and support detoxification through sweating. Regular sauna use may also support cardiovascular health and stress reduction.

Complimentary, self-led

### ICE BATH

Cold water immersion stimulates circulation, reduces inflammation and supports muscle recovery.

25 min · USD 30

## ELEMENTAL CONTRAST RITUAL

A guided heat and cold ritual designed to restore balance and awaken the body's natural resilience. Alternating sauna and cold immersion, supported by breathwork and rest, encourages circulation, deep recovery, and a renewed sense of energy and clarity.

60 min · USD 60

## CIRCULATION & MUSCLE RECOVERY

### COMPRESSION BOOTS

Dynamic compression therapy gently stimulates circulation and lymphatic flow in the legs. Particularly beneficial after physical activity such as kite surfing, running or long flights.

30 min · USD 35

### PEMF

*Pulsed Electromagnetic Field Therapy*

A non-invasive therapy that uses low-frequency electromagnetic pulses to support cellular recovery, relaxation and improved circulation.

30 min · USD 35

## REGENERATION & VITALITY

### RED LIGHT THERAPY

Red and near-infrared light wavelengths support cellular energy production and collagen stimulation while helping reduce inflammation.

15 min FACE · USD 20

30 min BODY · USD 35

### HBOT

*Hyperbaric Oxygen Therapy*

Increasing oxygen availability in the body and supporting cellular repair, recovery and overall vitality.

45 min · USD 85

### IV THERAPY

Administered by a licensed medical partner, IV therapy delivers vitamins, minerals and hydration directly into the bloodstream to support recovery, immunity and energy levels.

For prices, refer to IV Therapy menu

Sessions may be enjoyed on their own, added to spa treatments, or recommended as part of your personalised recovery routine. Some experiences take place in our Recovery Lounge, while others can be incorporated into treatments or enjoyed privately in your villa.



# REGENERATION & RECOVERY

## REST & RECOVERY PRACTICES

### GUIDED DEEP REST

*Yoga Nidra / Restorative Meditation*

A guided relaxation practice designed to support deep physical and mental recovery. Through gentle awareness and body-based relaxation, the practice encourages the body to enter a restorative state that may help reduce fatigue, improve sleep quality and restore balance after travel or activity.

60 min · USD 60 (1 pax)  
USD 80 (2 pax)  
Group price on request

### BREATHWORK FOR RECOVERY

Gentle guided breathing techniques designed to support nervous system regulation and enhance recovery. Slow breathing patterns may help reduce stress, improve oxygen flow and deepen the body's natural restoration processes.

30 min · USD 35

## MIND & BODY

### MEDITATION & MINDFULNESS

A guided practice designed to calm the mind and bring greater awareness to the present moment. Through meditation, mindfulness, and gentle breath awareness, the experience helps reduce stress, quiet mental activity, and supports a greater sense of balance and clarity.

45 min · USD 45 (1 pax)  
USD 60 (2 pax)  
Group price on request

### PRIVATE YOGA & FUNCTIONAL MOVEMENT

Personalized yoga sessions tailored to your needs, energy levels, and experience. Whether focused on strength, flexibility, relaxation, recovery, or mindful movement, the class is designed to support balance in both body and mind. Sessions may also incorporate red light therapy to enhance relaxation, support recovery, and create a deeper sense of restoration.

60 min · USD 60 (1 pax)  
USD 80 (2 pax)  
Group price on request

### SOUND BATH JOURNEY

A deeply relaxing experience using the gentle resonance of singing bowls and other instruments to calm the nervous system and quiet the mind. The soothing vibrations help release tension, encourage deep rest, and support a greater sense of balance and wellbeing.

60 min · USD 60 (1 pax)  
USD 80 (2 pax)  
Group price on request





FOR YOUNGER GUESTS · 12 – 16 YEARS

# NEXT GENERATION WELLNESS

*A curated selection of treatments from our menu, recommended for younger skin and growing bodies. Each experience is gently adapted to ensure it feels comfortable, safe, and deeply relaxing — perfect after a day in the ocean, kite surfing, or exploring the island. All treatments are priced per our standard menu. Please refer to the relevant section for details*

## RECOMMENDED EXPERIENCES

### BESPOKE MASSAGE

*Focusing on areas of tension*

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### HYDRATING FACIAL

*Suitable for young skin*

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### BOTANICAL HAND OR FOOT CARE

*Happy, Pampered, Glowing*

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### GENTLE RECOVERY SESSIONS

*Sauna, red light therapy, or compression boots*

*Each treatment is adapted to ensure it feels comfortable, safe, and deeply relaxing.*



