



ZALU SPA

WELLNESS RETREAT

POOL SIDE WELLNESS

In our efforts to make your time with us as comfortable and relaxing as we can, we bring the Spa to you.

These pool side therapies have been specially designed with the healing and soothing effects of the fresh Indian Ocean breeze in mind.



Indian Head Massage

30

This form of therapy, effectively provides instant muscular pain relief, releases blocked energy zones and relieves stress and tension of body and mind.

Back, Neck & Shoulder Massage

30

Soothing massage done with warm aromatherapy infused oil combined with herbal bags to improve circulation and absorption of oils, this therapy works on tight muscles and lymph drainage, combating tension in stiff aching body.

Foot Massage

30

Using a fresh coconut and sand scrub, followed by a light foot massage with fresh lime, coconut and lime essential oil, this treatment helps to immediately release tension by working on reflexology points as well as reduce muscle pains.

Bespoke Body Yoga Massage

90

The massage will be focusing on areas of low energy and stiffness. The stretching movements affect the entire body by increasing flexibility, releasing both deep and superficial tensions.

Chakra Balancing (Shaman's Healing Journey)

60|90

A gentle, kind massage performed with warm gemstones which help release pent-up energy likely to cause muscular stress. The Shaman's journey looks into the Chakra energy centers and removes all negative energy blocks caused by stress. The therapist will use one of our 7 Chakra