

AZURA BENGUERRA ISLAND AFRICAN SPA MENU



Azura offers unique African Spa treatments at our beautiful island spa. The signature treatments use only natural ingredients sourced from the wilds of Africa, to offer the ultimate relaxing and pampering experience. We offer an air-conditioned treatment room, treehouse massage pavilion or if you would prefer, you can enjoy most of these world class treatments in the comfort of your own villa.

Please book all Spa treatments through the Spa therapists or reception.



BODY TREATMENTS

African Full Body Scrub (45 minutes)

Our cleansing preparatory body scrubs are made with a 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch. The perfect pick me up after a long journey, or to help prepare skin for gorgeous glowing tan.

African Beginnings (1 hour 30 minutes)

A traditional African ritual that starts by polishing your skin with crushed wild apricot kernel specially blended with aromatherapy oils and added vitamin E to protect and smooth. This is followed by either a detoxifying and cleansing traditional African mud wrap, or a rich and hydrating shea butter wrap.

African Earth Nurturing Wrap (1 hour 30 minutes)

Safe and nurturing care through natural treatment products to meet the increased demand for skin nourishment and hydration, whilst relaxing the body and restoring energy levels. Excellent treatment for sensitive skin. Pregnancy safe.

Too Much Fun In The Sun (1 hour 30 minutes)

A gentle and soothing treatment, using fresh cucumber to cool and refresh, combined with aloe and rooibos for their healing properties. Then be covered with a hydrating aloe and rooibos gel, cocooned around the body, to calm and cool the skin. Perfect for those with delicate skin or those who have seen a little too much sun.

Slim Me Down (1 hour 30 minutes)

Feel like you have been overindulging? Combined with essential oils of juniper, clary sage and lemongrass, this detoxifying scrub and wrap literally melts away fat.

Sole to Soul (45 minutes)

This "soulful" journey will take your feet through a Geranium and Pine sugar exfoliation whilst soaking in a herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with wooden implements will commence followed by a cool, revitalizing mask. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead.

Theranaka Hydrating and replenishing facial [60 min]

A Hydrating facial treatment that is designed to replenish, moisturize, and revitalize giving your face a refreshed calm feeling.

MASSAGES

Tribal Traditions

Mimicking the rhythmical patterns of an African dance, the TheraNaka signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

30 min Back, Neck & Shoulder

60 min Full Body Massage

90 min Full Body Massage

Love Me Do

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra-relaxing indulgent full body massage was created. The skilful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need

30 min Back, Neck & Shoulder

60 min Full Body Massage

90 min Full Body Massage

African Harmony

Enjoy the freedom of choosing your favourite scent from our selection of luxurious herb-infused Avo and Shea-massage butters to address your every need whilst restoring balance. Our most hydrating massage.

30 min Back, Neck & Shoulder

60 min Full Body Massage

90 min Full Body Massage

Sensory Sensation

A gentle, soothing, massage for those who simply want to lie back and relax, using long slow strokes and specially blended aromatic oils.

30 min Back, Neck & Shoulder

60 min Full Body Massage

90 min Full Body Massage

The Big Chill

The perfect end to a warm, sun-soaked day. Aromatic oils are used in conjunction with cold stones to refresh and ease the body.

30 min Back, Neck & Shoulder

60 min Full Body Massage

90 min Full Body Massage

Healing Hands (60minutes)

Let both of our spa therapists soothe your day-to-day stresses away whilst working simultaneously and in synchronization and fall into a deeper sense of relaxation in this one of a kind 4 hands massage experience.

Add On Hot Stones

SPA PACKAGES

African Bliss for two (1hour, 45minutes)

Come to the spa and be pampered together. Our therapists will start with a detoxifying foot ritual in our spa garden with exfoliation and reflexology while you share a cleansing herbal tea, before they perform a couples Love Me Do full body massage using Africa's miracle marula oil, famed for its promotion of harmony, romance and perfect union. Finish up with a head massage for a feeling of total bliss and relaxation. After this harmonizing treatment, relax together on your villa deck with a glass of bubbly and enjoy the spectacular view out over the ocean.

Azura Total Indulgence (3 hours)

It doesn't get better than this! Your therapist will assess your specific needs and then combine the best of everything offered at the Azura Spa in one long indulgent treatment. It starts with a relaxing footbath, full body scrub and wrap and a full body massage. Total Indulgence.

FOR KIDS

Full body massage (45 minutes)

Back, neck and shoulder massage (30 minutes)

Mini manicure or pedicure with varnish (15 minutes)

CLASSIC NAIL TREATMENTS

Classic Manicure (1 hour)

The nails are cut and filed, cuticles pushed back and oiled, hands exfoliated and massaged, and ends with an application of polish.

Classic Pedicure (1 hour 15 minutes)

The feet are beautified by cutting and filing the nails, pushing back cuticles, removing hard skin, exfoliating and massaging and ending with the application of polish.

Mini Manicure or Mini Pedicure (30 minutes)

Cuticle work, file and paint.

Revarnish (10 minutes)

SALA SPA

Want the ultimate in relaxation at your beachfront sala? Let our spa ladies come to you – just lie back and relax.

African Foot Massage (20 minutes)

African Head Massage (20 minutes)

Sunset Spa (20 minutes)

Your host will set up beanbags on the beach, and while you sip on your sunset cocktail one of our spa ladies will indulge you in a relaxing beachside neck and shoulder massage.

PERI PERI SPA CABANA

On certain days our massage therapists will be available at the Spa Cabana at Peri Peri Beach Club. If you are interested and would like to pre-book a slot please let one of the management team know.