

A close-up photograph of a woman lying on her back, receiving a massage. Her eyes are closed, and she has a peaceful expression. The masseuse's hands are visible, applying pressure to the woman's shoulder. The background is softly blurred, showing white towels and a dark surface.

Discover the journey
to outer wellbeing
and
inner fulfillment



Anantara Spa

Welcome

Anantara Spa...

Anantara comes from Sanskrit and is translated as 'without borders' – a concept that reflects perfectly the fusion of cultures in our treatments at Hyatt Regency Dar es Salaam, The Kilimanjaro

Reminiscent of the days when Out of Africa author Karen Blixen came to this timeless paradise, the Anantara experience provides an authentic connection with the local culture, people and history of Africa.

Our spa menu is a lyrical meditation on the strength and grace of Blixen and the stunning beauty of landscape, which so captivated her after arriving as a young bride in 1924. Explore a range of spa journeys and healing treatments inspired by the raw beauty of the Savannah, the majesty of the mountains of this great continent, as well as the exquisite allure of the local flora and fauna.

Immerse yourself in the luxury of our spa sanctuary and indulge in an Out Of Africa journey full of 1920s charm and refinement. By stepping into this intimate world you can discover true relaxation and complete pleasure.

Natural elements from Africa have been chosen for their purity and cultural authenticity.

Discover exquisite new fragrances in oils and elixirs that will soothe all five senses. In addition, explore centuries-old therapies from East to West that have been reinvented for the modern age – all of them tailored exactly to your personal choice and desire. Through original and personalised treatment techniques Anantara Spa provides balance to the skin, relaxation to the body and wellbeing to the mind.

At Anantara Spa, the greatest journeys are felt not told.

Signature Journey



From the majesty of Mount Meru and the rugged beauty of the Savannah to the cool flowing water of the Lake Manyara, the exquisite landscape of Tanzania provides the inspiration for spa journeys and treatments to awaken your soul.

Kilimanjaro Experience (180minutes)

Embark on a journey to outer wellbeing and inner fulfillment with a series of pampering and soothing therapies incorporating locally produced oils, plants and herbs that will intoxicate your senses and leave your body soft, smooth and relaxed.

Floral Foot Ritual • Kilimanjaro Scrub • Kilimanjaro Wrap • Shower • Kilimanjaro Massage • Anantara Signature Facial • Refreshment

Journey of Siam (150minutes)

Rediscover your inner strength and vigor with an exquisite journey through Thailand.

Floral Foot Ritual • Thai Herbal Steam • Detoxifying Green Tea Scrub or Wrap • Shower • Thai Herbal Compress Massage • Refreshment

Couple Package -Romantic Escapade (120minutes)

Make it a special occasion with your loved one and retreat to a state of aromatic bliss.

Floral Foot Ritual • Anantara Milky Bath Collection • Aromatic Massage • Refreshment

Revitalizing Package (150minutes)

Detoxify and rehydrate in a heavenly cocoon, before reviving tired muscles to feel completely refreshed and restored.

Floral Foot Ritual • Detoxifying Green Tea Scrub or Wrap • Shower • Swedish Massage • Refreshment

Executive Awakening (70minutes)

Let ancient massage techniques soothe away tension, while the sensual aromas of coconut, lemongrass, ginger, and sweet almond create a perfectly uplifting experience.

Floral Foot Ritual • Back Massage • Head Massage • Refreshment

Total Time Out for Men (90minutes)

Tailored to the specific needs of men, incorporating a deep tissue back, neck and shoulder massage with a prescription facial custom made for the male skin. Ensured to leave you feeling refreshed and well pampered.

Floral Foot Ritual • Back Massage • Elemis IQ+ Facial • Refreshments



Mount Meru

Gain physical and emotional strength from the might of Mount Meru, Tanzania's most stunning volcano and its second highest mountain.

Kilimanjaro Massage [60/90 minutes]

The perfect relaxation after a long day at work or a business meeting. This medium to firm pressure massage soothes tired and aching muscles.

Shower • Floral Foot Ritual • Kilimanjaro Massage • Refreshment

Anantara Signature Massage [60/90 minutes]

Our signature blend of oils, combined with purpose-designed movement, stimulates circulation and promotes deep relaxation. Restores the energy flow or prana, along the meridian lines.

Shower • Floral Foot bath • Anantara Signature Massage • Refreshment

Thai Herbal Compress Massage [90 minutes]

This traditional Thai herbal therapy begins with the application of a warm herbal poultice and is followed by full body massage.

Shower • Floral Foot Bath • Thai Herbal Compress Massage • Refreshment

Traditional Thai Massage [60/90 minutes]

This centuries-old therapy, known as passive yoga, is perfect for anyone searching for optimal health, the release of tension and the restoration of dwindling vitality.

Shower • Floral Foot Bath • Traditional Thai Massage • Refreshment

Aromatic Massage [60/90 minutes]

Using a combination of strokes, acupressure techniques and the specially blended signature oil of your choice, this gentle massage is a definite jetlag tonic.

Shower • Floral Foot Ritual • Aromatic Massage • Refreshment

Swedish Massage [60/90 minutes]

Five variations of strokes manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, and mental wellbeing.

Shower • Floral Foot Ritual • Swedish Massage • Refreshment

De-stress Back Massage [30/45 Minutes]

For those high on stress and low on time this massage focus on the back, neck and shoulders and is carried out by a combination of techniques targeting tension-filled areas.

Shower • Floral Foot Ritual • De-stress Back Massage • Refreshment

Oriental Foot Massage [30/60 minutes]

An age-old therapy that links the reflex zones on the feet to specific parts of the body. Emerge feeling stress-free with your energy levels high.

Shower • Floral Foot Ritual • Oriental Foot Massage • Refreshment

Savannah

The physical and spiritual purity of Africa's vast Savannah is the inspiration for our range of body wraps and scrubs that leave you feeling refreshed and serene.

Kilimanjaro Scrub (45 Minutes)

Oils from indigenous Boabab, Marula and Argan are combined with an exfoliant made from local coffee beans to stimulate, energise and aid weight loss.

Floral Foot Ritual • Kilimanjaro Scrub • Shower • Body Moisturiser • Refreshment

Kilimanjaro Body Wrap (45 Minutes)

Feel the full smoothing pleasure of Africa's most precious gifts. Oil from the Argan and Marula trees have been renowned for centuries for their power to nourish and boost skin texture.

Floral Foot Ritual • Kilimanjaro Wrap • Shower • Body Moisturiser • Refreshment

Detoxifying Green Tea Scrub (45 Minutes)

Nourish and rejuvenate your body with the therapeutic properties of green tea.

Floral Foot Ritual • Detoxifying Green Tea Scrub • Shower • Body Moisturiser • Refreshment

Detoxifying Green Tea Body Wrap (45 Minutes)

Immerse yourself in a calming cocoon of gently cleansing and hydrating green tea.

Floral Foot Ritual • Detoxifying Green Tea Wrap • Shower • Body Moisturiser • Refreshment



Ayana

Meaning beautiful flower in the local dialect and a popular girl's name, Ayana gives you the inspiration to unlock your inner beauty.

Anantara Signature Facial (60 minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalize skin. A gentle massage will induce a deep state of relaxation while the herbal mask will restore the natural balance of your skin.

Elemis Visible Brilliance Facial (75 minutes)

To combat ageing, stressed and slackened skin. Special micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino active mask to help smooth, sculpt and restore skin radiance.



Elemis Pro-Collagen Quartz Lift Facial (75 minutes)

Anti-wrinkle facial with proven results. Special lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

Elemis Pure Skin Facial (60 Minutes)

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results; a clearer, radiant and more balanced skin.

Elemis Skin IQ Facial for Men (75 Minutes)

An intelligent Anti-Ageing facial that adapts to super boost the skin. Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for male skin.

Elemis Express Facial (30 Minutes)

This introductory facial will give a quick and instant pick-me up for dull, lifeless skin.



Lake Manyara



Feel your spirit flow towards true relaxation with calming and restoring water-based therapies inspired by the beauty of Lake Manyara, renowned for being one of Africa's best freshwater lakes.

Steam Ritual

Thai Herbal Steam (30 minutes)

Inspired by the healing properties of Thai herbs, this exotic ritual stimulates the circulatory system, and can be enjoyed as a prelude to any treatment.

Bath Ritual

Anantara Milky Bath Collection or Kilimanjaro Bath (30 minutes)

Balance and moisturize sun-exposed skin with a relaxing bath infused with an exotic blend of African oils.



Beauty Treatment

Trim
Shampoo, Blow Dry
Shampoo, Set, Blow Dry
Shampoo, Cut, Blow Dry
Manicure
Pedicure
French Manicure
French Pedicure

Depilatory

Bikini
Brazilian
¹/₂Leg
Underarm
Full leg
Back
Lip

Spa Etiquette

Please arrive 15 minutes prior to your treatment, in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.

- If under 12 years of age, treatments are half price if booked before 2pm. Parents are welcome to attend the treatments.
- Please note that the Spa is unsuitable for small children & babies, unless receiving treatment.
- We try to ensure that all our guests benefit from the tranquil surroundings. We recommend that you leave all jewellery in your room before coming to the Spa.
- Please give five hours cancellation notice on individual treatments and twenty-four hours notice on packages, otherwise 50% of the treatment price may be charged to your account.
- We recommend that you do not sunbathe after oil treatments. For men – please shave prior to all facial treatments to ensure that best results are achieved.
- Smoking or use of mobile phones is not permitted in the Spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart condition, allergy, pregnancy or other medical complications are advised to consult the doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions
- All prices are in Tanzanian Shillings and are inclusive of 5% service charge and Government tax.

Prices are subject to change without prior notice.

Treatments are available from 09:00 a.m. – 10:00 p.m.

For reservations, please call +255 764 701 234 ext.828

Email: spa.thekilimanjaro@hyatt.com



Hyatt Regency Dar es Salaam, The Kilimanjaro
Kivukoni Street P.O. Box 9574, Dar es Salaam, Tanzania
Tel: 255 764 701 234 Ext. 828
Fax: 255 22 212 0777
Email: spa.thekilimanjaro@hyatt.com
spa.anantara.com