



GREENSIDE

W E L L N E S S



Spa · Treatments · Rituals

R E S T · R E S T O R E · R E N E W





GREENSIDE
W E L L N E S S

Welcome

However you arrive — road-weary from a long journey, dust still on your boots after days on safari, or simply in need of an afternoon that belongs to you alone — you are warmly welcomed here.

Greenside Wellness is a quiet corner of the hotel given over entirely to slowing down. Our therapists work with natural ingredients and unhurried hands, drawing on both timeless technique and the botanical richness of Tanzania, so that every treatment leaves you a little lighter than you arrived.

And because hospitality sits at the heart of all we do, a complimentary spa menu of refreshing drinks and light bites is offered to every guest throughout their visit — with our compliments. Settle in, sip something cool, and let the day soften around you.

R E S T • R E S T O R E • R E N E W





MASSAGE THERAPIES

The healing power of touch — to release what the body holds, rebalance the mind, and restore a quiet sense of ease.

Stress-Relieving Massage

30 min • USD 40

Leave the tension behind. This soothing massage focuses on the back, shoulders and legs, using relaxing strokes to ease tired muscles, release built-up tension and restore a sense of calm. Perfect after a long journey, an adventurous day or whenever your body simply needs a moment to unwind.

Indian Head Massage

30 min • USD 40

Quiet the mind and release the day's tension. This deeply relaxing massage focuses on the scalp, neck and shoulders, using soothing techniques to ease muscle tension, encourage relaxation and leave you feeling lighter, calmer and refreshed.

Swedish Massage

60 min • USD 70

Surrender to complete relaxation. This full-body massage uses smooth, flowing strokes to ease tight muscles, improve circulation and gently release built-up tension. Ideal for restoring balance and leaving your body feeling relaxed, refreshed and renewed.

Aromatherapy Massage

60 min • USD 100

Breathe in, slow down and let go. This gentle full-body massage combines soothing techniques with aromatic essential oils to melt away tension, calm the mind and restore a sense of balance. A deeply relaxing experience that leaves your body refreshed and your senses renewed.

Reflexology Foot Massage

50 min • USD 80

Give tired feet the attention they deserve. Inspired by reflexology techniques, this soothing massage targets key pressure points to release tension, encourage deep relaxation and restore a sense of balance throughout the body. Perfect after a long journey, safari or an active day.

Thai Massage

60 min • USD 110

Stretch, release and reconnect with your body. This traditional Thai-inspired massage combines gentle acupressure with assisted stretching to ease muscle tension, improve flexibility and encourage deep relaxation. Ideal for tired or stiff muscles, leaving your body feeling lighter, more mobile and beautifully restored.

Hot Stone Massage

60 min • USD 110

Feel tension melt away as the comforting warmth of smooth stones meets slow, flowing massage techniques. Designed to relax tired muscles, ease built-up tension and encourage deep relaxation, this warming experience leaves your body feeling restored, balanced and wonderfully at ease.

Deep Tissue Massage

60 min • USD 100

Release deep-seated tension and give hardworking muscles the recovery they deserve. Using slow, firm pressure to target deeper layers of muscle, this therapeutic massage helps ease stubborn knots, stiffness and areas of built-up tension, leaving your body feeling looser, lighter and restored.

Signature Massage • SIGNATURE

60 min • USD 100

Our signature experience, created for complete relaxation and renewal. A harmonious blend of flowing strokes, gentle stretching and targeted pressure works to release muscle tension, restore balance and calm the senses. A deeply soothing journey that leaves your body relaxed, your mind refreshed and your energy renewed.

FACIALS & SKIN

Reveal skin that feels rested and looks quietly radiant.

Radiance Facial

60 min • USD 50

A rejuvenating treatment that breathes new life into your complexion. Through a meticulously curated sequence of cleansing, toning, gentle exfoliation and clarifying steam, we prepare your skin for a nourishing mask. Finished with a soothing facial massage, this treatment reveals a fresh, calm and unmistakably radiant complexion.





SIGNATURE RITUALS

Unhurried journeys that unfold over an afternoon — for the moments when a single treatment simply isn't enough.

The Kijani Ritual · OUR SIGNATURE

120 min • USD 150

Surrender to a journey created to restore you from head to toe. Your ritual begins with a soothing aromatherapy massage, where calming essential oils and flowing movements ease away tension and quiet the senses. A deeply relaxing Indian head massage follows, releasing the stresses held within the scalp, neck and shoulders.

Your skin is then renewed with our indulgent coffee, brown sugar and coconut body scrub, gently polishing and nourishing the body to reveal beautifully soft, radiant skin.

With your body restored and your mind at ease, the experience continues at the table with a delicious meal of your choice.

More than a treatment, this is your time to slow down, reconnect and leave the world behind — the Greenside way.

The Body Glow · BODY WRAP RITUAL

120 min • USD 80

A nourishing ritual created to restore softness and radiance from head to toe. Begin with an invigorating blend of coffee, brown sugar and coconut, gently exfoliating the skin to reveal a naturally smooth glow. Your body is then wrapped in a warm, velvety cocoon of coconut milk, deeply nourishing and hydrating the skin.

Complete your journey in the soothing warmth of our steam bath and sauna, allowing your body to unwind as you emerge with beautifully soft, replenished and radiant skin.

Exfoliating & Hydrating Body Scrub

30 min • USD 50

Reveal beautifully smooth, radiant skin with our signature blend of aromatic coffee, raw brown sugar and nourishing coconut. This indulgent body polish gently buffs away dull, tired skin while replenishing it with lasting moisture. The result is irresistibly soft, refreshed and glowing skin — perfectly polished and ready to shine.





NAIL STUDIO

Manicure & Hand Massage	USD 25
Pedicure & Foot Massage	USD 30

HAIR STUDIO

GENTLEMEN'S CUTS & GROOMING

Haircut	USD 15
Beard Trim	USD 10
Hair & Beard	USD 20
Young Gentleman's Haircut • 12 & under	USD 10

LADIES' CUTS

Haircut	USD 30
Finger Cut	USD 15
Young Ladies' Cut	USD 20

HAIR CARE

Wash & Dry	USD 15
Moisturizing Treatment	USD 25
Trim	USD 20

COLOUR

Full Head	USD 30
Highlights	USD 20

WAXING

Smooth, cared-for skin, gently done.

Upper Lip & Chin	USD 15
Underarm	USD 15
Bikini Line	USD 20
Half Arm or Half Leg	USD 20
Full Arm or Full Leg	USD 40
Chest or Back	USD 40
Full Bikini • Brazilian	USD 35
Silky Smooth • underarm, full leg & bikini	USD 70





YOUR TIME AT GREENSIDE

Arrival

Please arrive 15 minutes before your treatment, so you can settle in and begin without rushing.

Reservations

Advance booking is recommended, and treatments are subject to availability. Spa packages and day-guest bookings are payable in full at the time of booking.

Your Comfort

Do let our Wellness Team know of any allergies, injuries or sensitivities beforehand. A male or female therapist is available on request — simply mention your preference when booking.

Changes & Cancellations

We kindly ask for 24 hours' notice to change or cancel a treatment, and 72 hours' for a spa package or ritual. A no-show or late cancellation may be charged in full.

Gratuities

Gratuities are not included and are always at your discretion.



Because sometimes the best part
of the journey is stopping for a while.



G R E E N S I D E H O T E L

S C A N T O B O O K Y O U R V I S I T



greensidehotel.com