POZ

A moment to pause, from Mauritius to Zanzibar

Taking time out shouldn’t need an excuse.

At POZ, we see rest for what it truly is: a resource.

That philosophy took root in Mauritius, where POZ spas were born, and now finds its echo in Zanzibar. Two islands, one spirit. Here, life flows pole pole – gently, at the pace of the tides, while fishermen return at dusk or over a spiced tea in Stone Town. It’s not about slowness, but about breathing. So, to the sound of the sea breeze, we invite you to take time for yourself.

And because without nature there can be no true pause, we’ve chosen to honour it: our treatments are made with regional ingredients, hand–harvested sustainably from wild plants, and packaged in recyclable containers.

For the better and for the green.

**Pole pole is a Swahili expression meaning gently, slowly.*

Treating you is in our nature!

For more details, see the following pages or contact the spa reception. We are happy to chat it through and find the right treatment for you.

This symbol highlights treatments available in your room. All in-room spa services must be booked at least 4 hours in advance and will incur a 20% surcharge.

classic massages

Pumziko
Relaxing & Soothing

A gentle, comforting full-body massage designed to melt away stress, calm the mind, and restore inner balance. Ideal for deep relaxation and improved sleep.

	TZS	USD
50mins	195,000	80
75mins	280,000	115

Nguvu
Deep Tissue massage

A targeted technique applying firm pressure to release chronic muscle tension, improve circulation, and ease stiffness. Perfect for active individuals and those with persistent tightness.

	TZS	USD
50mins	195,000	80
75mins	280,000	115

Viungo Moto
Detox & Slimming

An invigorating massage combining warm pindas infused with aromatic spices to stimulate circulation, aid detoxification, and promote a smoother, more toned silhouette.

	TZS	USD
50mins	195,000	80
75mins	280,000	115

Chombeza Mwendo 			
Mobility & Anti-Inflammatory			
A restorative treatment blending therapeutic movements and natural anti-inflammatory oils to improve joint mobility, relieve muscle soreness, and support recovery.	**50mins**	220,000	90
	75mins	295,000	120

face care

		TZS	USD
Purifying Facial	**60mins**	220,000	90
A clarifying treatment that draws out impurities and balances the skin using mineral-rich clays and aromatic plant essences for a clear, refreshed complexion.			
Hydrating & Restorative Facial	**60mins**	220,000	90
Deeply replenishes moisture and soothes dryness with nutrient-rich botanicals and gentle oils, leaving skin supple and luminous.			
Anti-Ageing Facial	**90mins**	315,000	130
Smooths and revitalises mature skin with a blend of powerful antioxidants and rejuvenating essential oils to restore youthful radiance.			
Men's Facial	**60mins**	220,000	90
Specifically designed for men, this treatment cleanses, calms, and energises the skin with naturally derived active ingredients to reduce irritation and boost vitality.			

special care

These treatments may be added to any of our classic massages or enjoyed as stand-alone care.

		TZS	USD
Neck, Back & Shoulder	30mins	120,000	50

A focused treatment to release deep-seated tension and ease muscular stiffness in the upper body, restoring comfort and mobility.

Leg or Foot	30mins	120,000	50

A soothing lymphatic drainage massage to reduce swelling, boost circulation, and revive tired legs and feet.

Head	30mins	120,000	50

A calming scalp ritual that relaxes the mind while nutrient-rich oils condition and strengthen the hair.

Post-sun Soothing Treatment	45mins	170,000	70

A cooling therapy designed to calm heat-stressed skin, reduce inflammation, and replenish lost hydration after sun exposure.

body care

		TZS	USD
Body Scrub	**30mins**	135,000	55

Design your own body renewal experience by selecting natural exfoliating ingredients tailored to your needs. Choose from blends that:

Smooth & Refine – Reveal soft, polished skin by gently buffing away dullness.

Detox & Purify – Draw out impurities and stimulate circulation for a fresh, revitalised feel.

Nourish & Hydrate – Infuse the skin with moisture–rich elements, leaving it supple and radiant.

Body Wrap	**45mins**	170,000	70

A restorative treatment that envelops the body in nutrient–rich natural extracts to deeply hydrate, smooth, and renew the skin. Leaves you feeling refreshed, revitalised, and beautifully radiant.

our packages

The more time you POZ, the more you can save! Create your own spa day with multiple treatments or make your holiday extra happy by locking in that dedicated me-time. These discounts are available on treatments of 50 minutes and above:

4 Treatments Or more

10% off

when paid upfront

6 Treatments Or more

12% off

when paid upfront

8 Treatments Or more

15% off

when paid upfront

10 Treatments Or more

25% off

when paid upfront

Kindly note that treatments included in packages are not eligible for other offers or discounts

Spa facilities/Services

The spa is open seven days a week from 09:00 to 20:00 subject to reservations.

Our outdoor massage kiosks are available every day between 09.00 to 18.00 with advance booking

At POZ, we do everything to help you feel comfortable while respecting others: nudity is not permitted.

We recommend leaving your valuables in your room safe.

Our spa is designed for simplicity. As there are no changing rooms or lockers, please arrive in light clothing, without jewellery, and enjoy a shower beforehand to fully benefit from your treatment.

Reservations

We highly recommend booking your treatments in advance to ensure that your preferred time and service are available. Please contact the spa reception to schedule your appointments.

You are advised to arrive 10 minutes before your scheduled booking time. This will allow you time to fill in our Guest Consultation Form, which helps us give you the best treatment possible to meet your goals.

It is important to let us know if you are pregnant or have any condition making you susceptible to high blood pressure, allergies, previous injuries or any other medical condition.

Late arrivals

Arriving late will reduce the amount of time you will get to enjoy your treatment and possibly lessen its effectiveness. Your treatment will end at the scheduled time to accommodate the next guest who has scheduled an appointment.

Cancellation policy

Plans can change, we understand – as long as the team is informed in good time!

Any cancellation should be communicated to us at least 4 hours before your scheduled booking OR before 18:00 on the evening before your scheduled booking. If we are not informed of your cancellation, 50% of the price of the treatment will be charged to you.

No show will be subject to the full charge of the treatment booked and automatically charged to the room.

Payment method

For a seamless experience, all spa services are charged directly to your room. We kindly inform you that cash payments are not accepted.

Kindly consider prices in TZS and USD is indicative only

General advisory

All areas in the POZ Spa are smoke – and alcohol–free.

To ensure a relaxing atmosphere, we ask that you avoid using your mobile phone in the Spa and that you keep it in silent mode.

POZ Spa is not responsible for any lost or misplaced items.

Reservations

For all bookings or further information

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POZ

made in moris™

attitude