

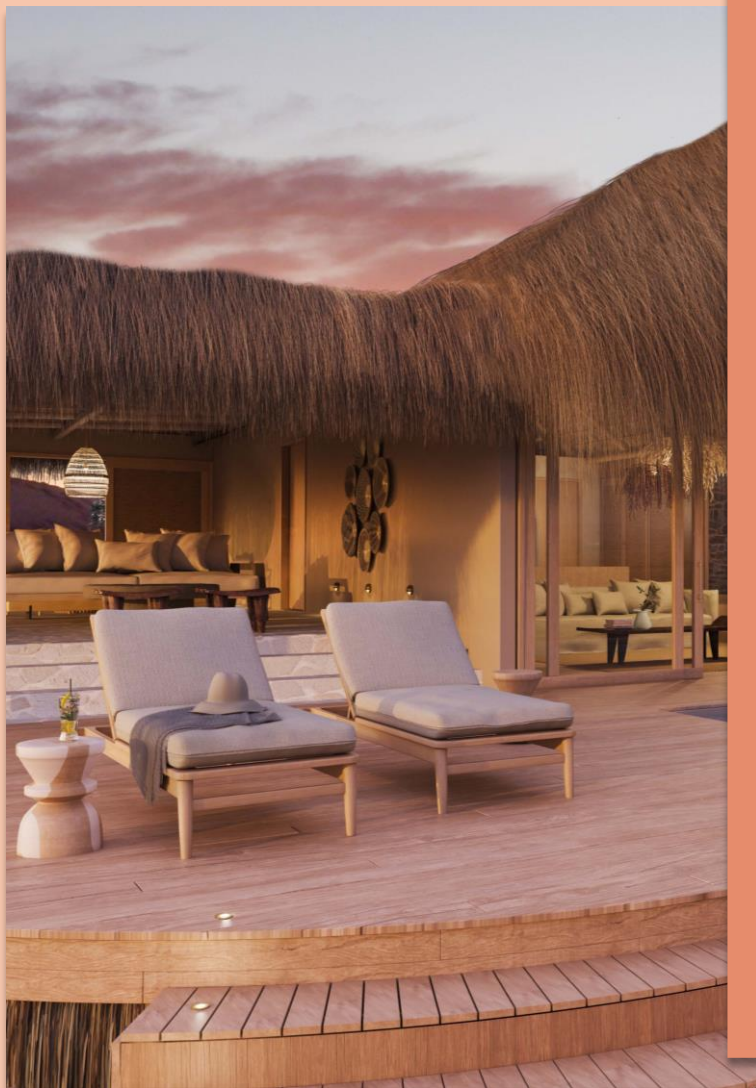


BAWE
Wellness and Spa

BAWE ISLAND

EVERY TOUCH TAILORED FOR YOU

2024



SOLITUDE & SECLUSION

Welcome to Bawe Island, a secluded sanctuary of tranquility and natural beauty nestled in the pristine waters of Tanzania. Our resort offers a retreat from the hustle and bustle of everyday life, inviting guests to reconnect with nature and themselves in unparalleled serenity.

Surrounded by azure waters and lush tropical greenery, our resort captivates visitors with its untouched landscapes and breathtaking vistas. Here, privacy reigns supreme, allowing guests to unwind in absolute seclusion and immerse themselves in the island's tranquil ambiance.



WELCOME TO BAWE ISLAND SPA

YOUR SANCTUARY OF EXCLUSIVE CARE
AND TAILORED TREATMENTS

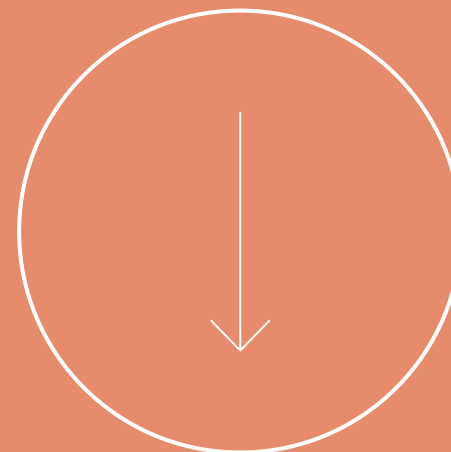


At Bawe Island Resort, we believe in the transformative power of wellness, and our state-of-the-art spa facilities are at the heart of this philosophy. Step into our sanctuary of serenity and discover a world of rejuvenation and renewal, where expert masseuses and wellness practitioners await to guide you on a journey of relaxation and self-discovery.

Indulge in a wide array of spa treatments and programs designed to nurture your body, mind, and soul. From soothing massages to invigorating facials, each experience is carefully tailored to your individual needs, ensuring a truly personalized and meaningful escape. Here, amidst the natural beauty of Tanzania, you'll discover a sanctuary where luxury, wellness, and tranquility converge to create an experience that is truly unforgettable.

EMBARK ON A JOURNEY OF WELLNESS

EXPLORE OUR FACILITIES



ZEN GARDEN & BEACH PAVILION

SERENE SPACES FOR MINDFUL PRACTICES

Immerse yourself in the serenity of our Zen Garden and Beach Pavilion, tranquil sanctuaries designed for rejuvenation and inner harmony. Surrounded by lush greenery and panoramic views of the ocean, these open-air pavilions offer the perfect setting for mindful practices such as Tai Chi, Yoga, and Meditation.





HEAVENLY HYDROTHERAPY

RELAX AND REJUVENATE IN OUR HEATED TUBS

Indulge in pure relaxation in our luxurious heated tub, where tension melts away amidst tranquil surroundings. Immerse yourself in the soothing warmth of our Jacuzzi, as swirling waters gently massage tired muscles. Surrender to serenity and emerge feeling refreshed and revitalized.

ARCTIC REVIVAL

REFRESHING RELIEF IN OUR COLD PLUNGE

Revitalize your body and soothe sore muscles with our Cold Plunge. Dive into the brisk waters to reduce inflammation after workouts or alleviate chronic pain. Feel the invigorating chill stimulate circulation, leaving you refreshed and ready to take on the day.





FLOAT AWAY BLISS

ENHANCE WELLNESS WITH FLOATING THERAPY

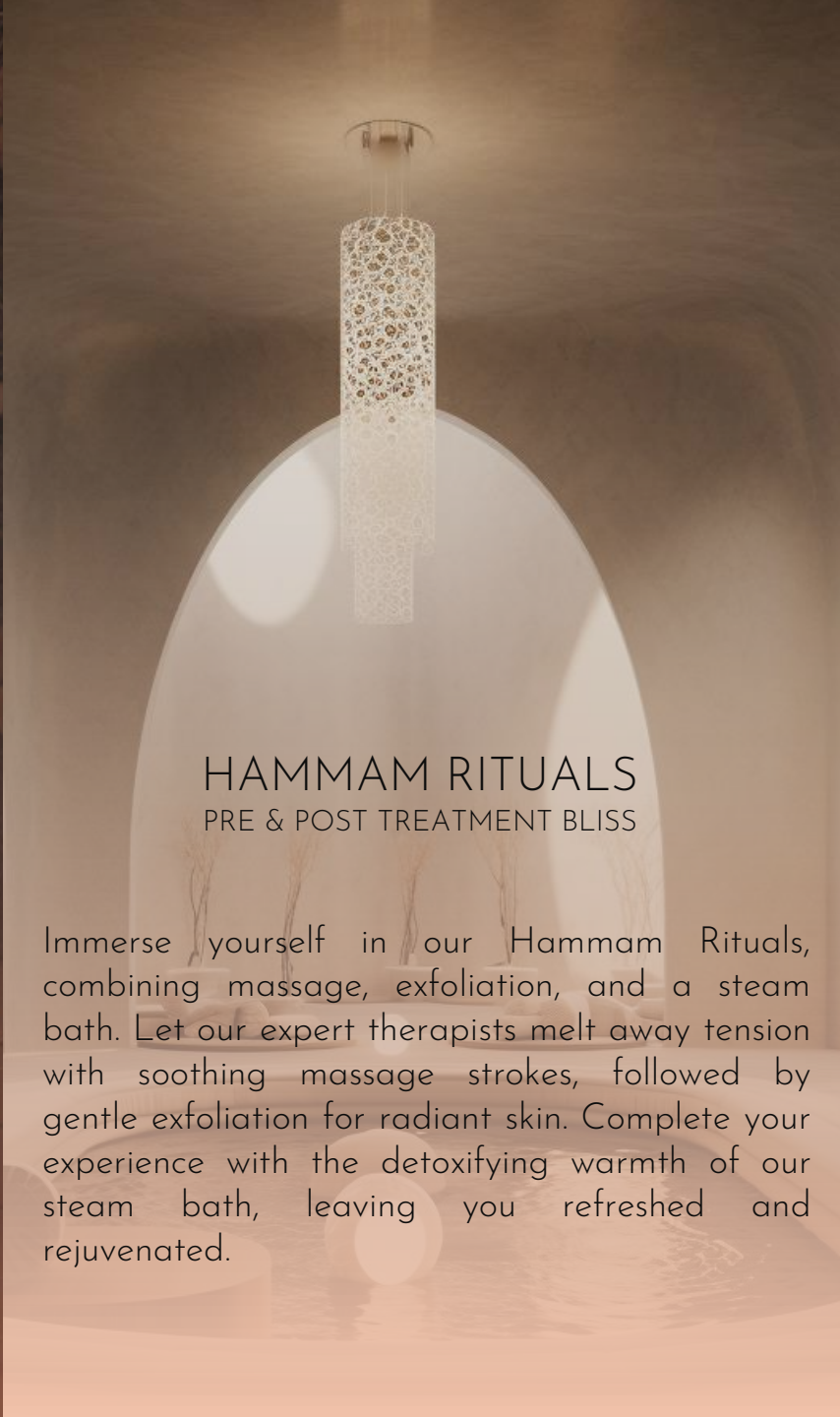
Experience profound relaxation and rejuvenation in our float tanks filled with soothing Epsom salt solution. Drift weightlessly as tensions melt away, stress fades, and your mind finds peace



WARMTH AND WELLNESS

REJUVINATE WITH OUR SAUNA'S HEAT SESSION

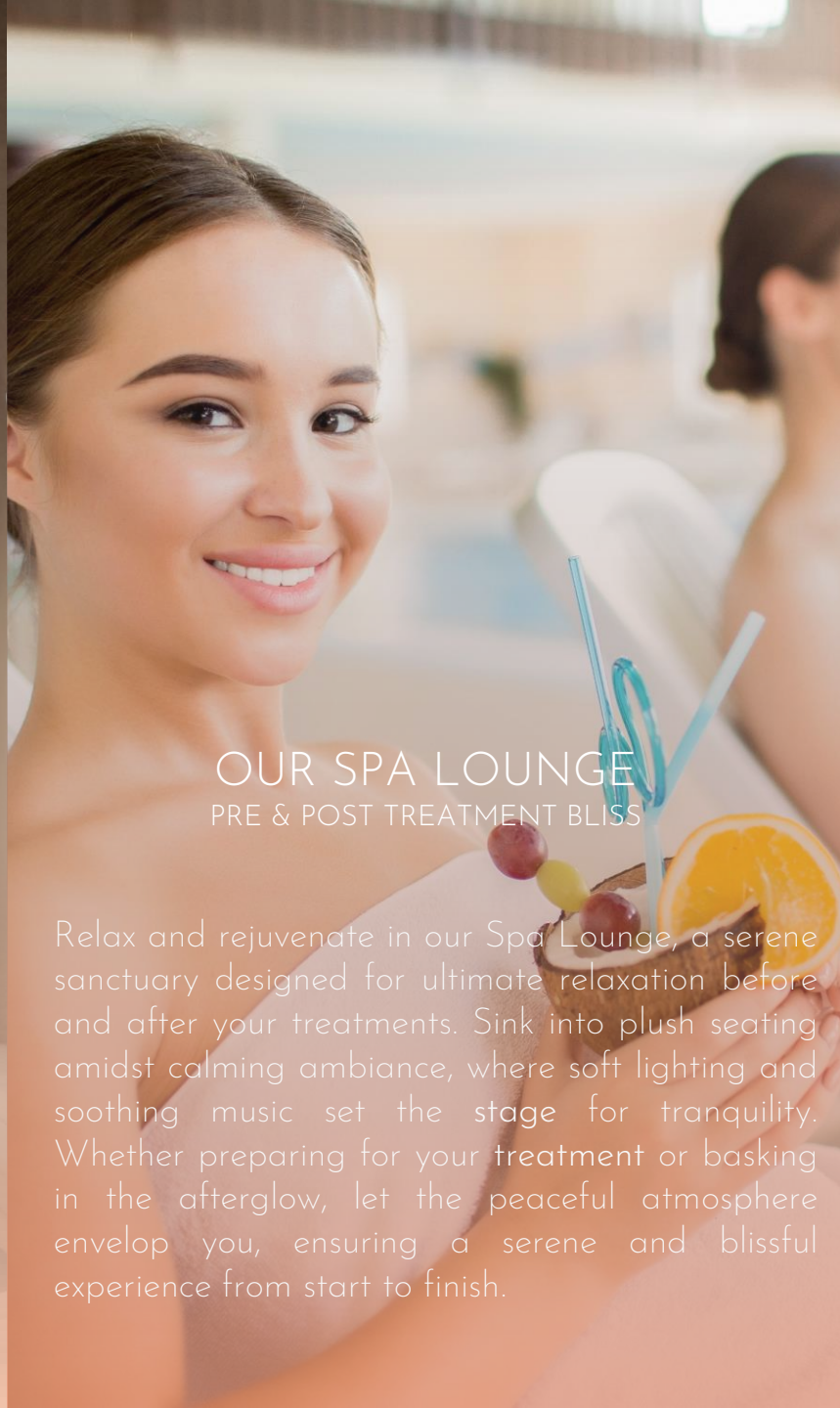
Relax and rejuvenate in our Spa Lounge, a serene sanctuary designed for ultimate relaxation before and after your treatments. Sink into plush seating amidst calming ambiance, where soft lighting and soothing music set the stage for tranquility. Whether preparing for your treatment or basking in the afterglow, let the peaceful atmosphere envelop you, ensuring a serene and blissful experience from start to finish.



HAMMAM RITUALS

PRE & POST TREATMENT BLISS

Immerse yourself in our Hammam Rituals, combining massage, exfoliation, and a steam bath. Let our expert therapists melt away tension with soothing massage strokes, followed by gentle exfoliation for radiant skin. Complete your experience with the detoxifying warmth of our steam bath, leaving you refreshed and rejuvenated.



OUR SPA LOUNGE

PRE & POST TREATMENT BLISS

Relax and rejuvenate in our Spa Lounge, a serene sanctuary designed for ultimate relaxation before and after your treatments. Sink into plush seating amidst calming ambiance, where soft lighting and soothing music set the stage for tranquility. Whether preparing for your treatment or basking in the afterglow, let the peaceful atmosphere envelop you, ensuring a serene and blissful experience from start to finish.



FITNESS REDEFINED

EXPERIENCE TOP-OF-THE-LINE GYM AMENITIES

Unleash your potential in our cutting-edge gym, equipped with state-of-the-art facilities and the latest in fitness technology. Whether you're a seasoned athlete or new to exercise, our gym offers everything you need to achieve your fitness goals. From cardio machines and strength training equipment to group fitness classes and personal training sessions, our comprehensive facilities cater to all fitness levels and interests. Experience the ultimate workout experience and elevate your fitness journey with us.

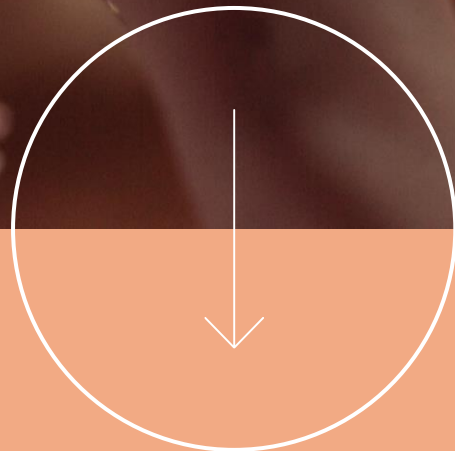
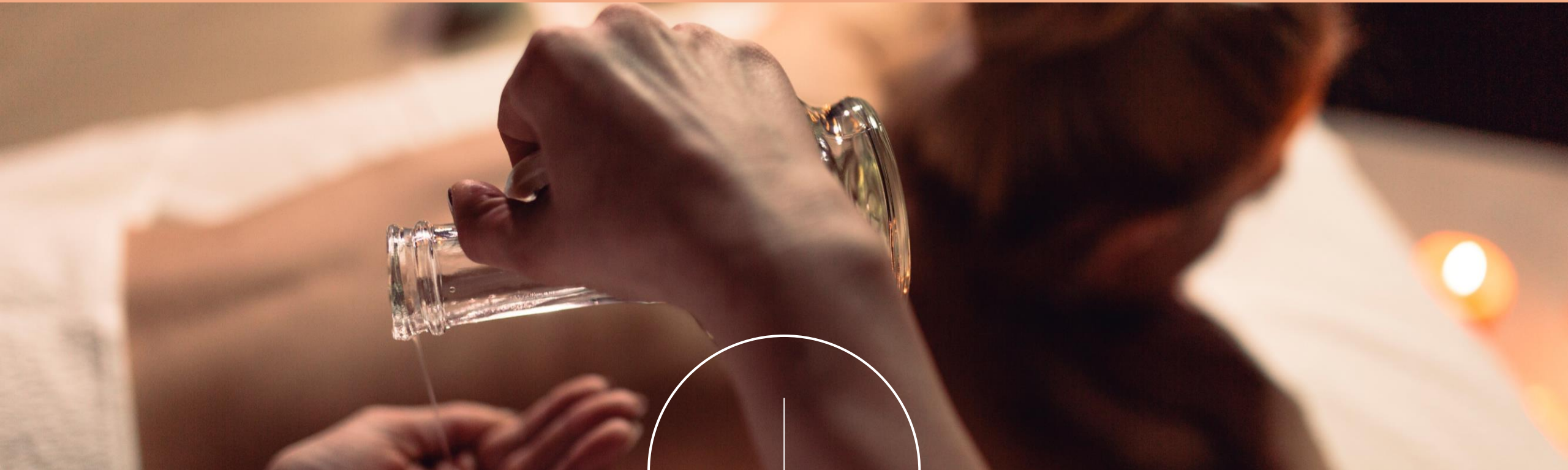


VIBE WELL JUICE BAR

VIBRANT NOURISHMENT

Immerse yourself in a world of vibrant health and wellness at Vibe Well Juice Bar. Indulge in a tantalizing array of organic, cold-pressed juices and nourishing wellness cuisine meticulously crafted to invigorate your senses and rejuvenate your body. Whether you're craving a refreshing juice blend bursting with nutrients or seeking a wholesome meal designed to fuel your vitality, our dedicated juice bar and restaurant offer an oasis of nourishment for mind, body, and soul. Join us at Vibe Well Juice Bar and embark on a journey of vibrant well-being.

OUR *WELLNESS* PROGRAMS



JOURNEY TO YOU

PROGRAM 1

JOURNEY TO YOU - HALF DAY



BEGIN WITH A CUP OF GINGER & LEMON WATER

YOGA/TAI CHI 45 MIN

HEALTHY BREAKFAST CUISINE

FOOT BATH

AFTER 9 PM

EXFOLIATION 25 MIN

BODY WRAP 20 MIN

LAVA STONE THERAPY

STEAM DRINK DETOX 20 MIN

FACE SPA 20 MIN

HOLISTIC NURTURIN & NUTRITION LUNCH

PROGRAM 2

JOURNEY TO YOU - HALF DAY



BEGIN WITH FITNESS 50 MIN

DEEP TOUCH MASSAGE THERAPY 70 MIN

STEAM BATH & DETOX DRINK

FOOT MASSAGE 25 MIN

HEALTHY & DELICIOUS DINNER BY OUR NUTRITIONIST CHEF

PROGRAM 3

JOURNEY TO YOU - FULL DAY

BEGIN WITH A CUP OF GINGER & LEMON WATER

YOGA 45 MIN

HEALTHY BREAKFAST DESIGNER BREAKFAST BY CHEF

CHAKRA THERAPY 70 MIN

EXFOLIATION 25 MIN

WARM BATH 20 MIN

LIGHT HEALTHY LUNCH

CHAKRA THERAPY 70 MIN

EXFOLIATION 25 MIN

WARM BATH 20 MIN

LIGHT HEALTHY LUNCH

BODY WRAP AFTER 3 PM

FACE SPA 50 MIN

CRÈME BATH 15 MIN

SPA MANICURE 50 MIN

SUNSET MEDITATION 45 MIN

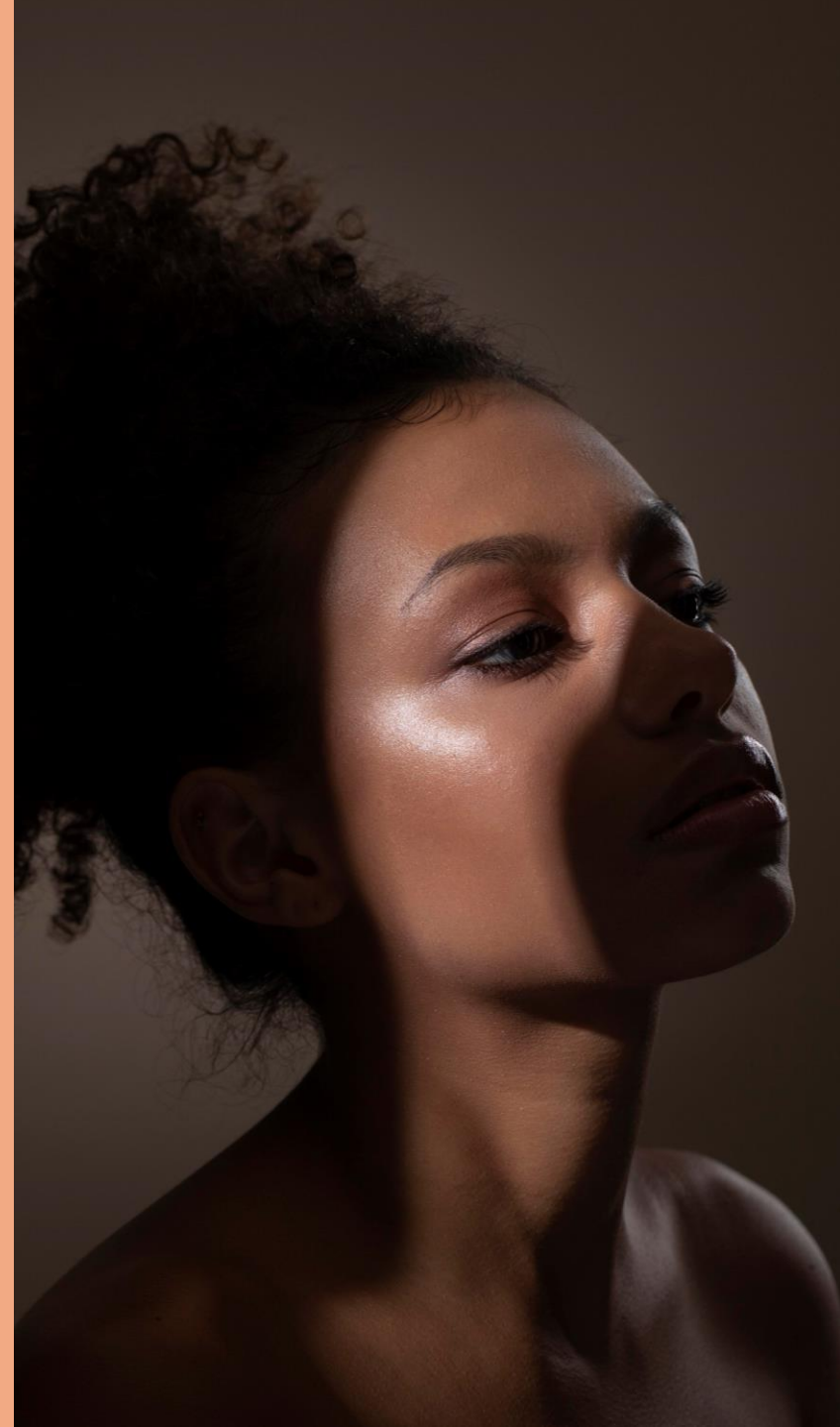
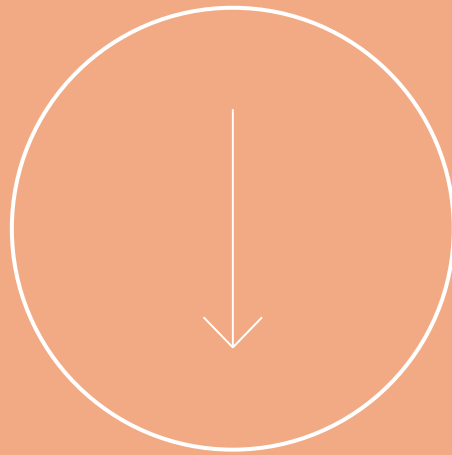
DINNER PREPARE BY NUTRITIONIST CHEF





ENHANCE YOUR EXPERIENCE

DISCOVER OPTIONAL SPA PROGRAMS



ADDITIONAL TOUCH

2 DAY / 3 DAY PROGRAM

FOOT RITUAL

DAY 1 - 105 MIN

EXFOLIATION

CHOICE OF BODY MASSAGE

DETOX REFRESHMENTS

FOOT RITUAL

DAY 2 - 105 MIN

BODY WRAP

FACE SPA

BACK RELIEF

DETOX REFRESHMENTS

FOOT RITUAL

DAY 3 - 90 MIN

CRÈME BATH

PEDICURE

NECK & SHOULDER

DETOX REFRESHMENTS



HOLISTIC HEALING

2 DAY / 3 DAY PROGRAM

PRIVATE YOGA / MEDITATION 45 MIN

DAY 1

FOOT RITUAL

BODY THERAPY

PRIVATE YOGA / MEDITATION 45 MIN

DAY 2

FOOT RITUAL

CHAKRA THERAPY 70 MIN

PRIVATE YOGA / MEDITATION 45 MIN

DAY 3

FOOT RITUAL

BODY THERAPY





BAWE

Wellness and Spa

Our commitment to wellness extends beyond the spa walls. At Bawe Island Resort, every aspect of your stay is designed to promote health and well-being, from our nutritious cuisine to our array of fitness and wellness activities. Whether you're practicing yoga on the beach or enjoying a nourishing spa cuisine meal, you'll find countless opportunities to nourish your body and soul.

Escape to Bawe Island Resort and embark on a journey of wellness and relaxation unlike any other. Here, amidst the natural beauty of Tanzania, you'll discover a sanctuary where luxury, wellness, and tranquility converge to create an experience that is truly unforgettable.