

# SPA MENU

Our two spacious en-suite spa rooms offer the perfect escape for anyone wishing to indulge in a little 'me' time. Here you can experience our pampering selection of massage and beauty treatments using a range of natural organic balms and oils, each one designed to leave you feeling nourished, hydrated and totally zen.



## MASSAGE TREATMENTS

### SAFARI SOUL

Relax and unwind before or after your safari adventures with this therapeutic wholebody massage. Our expert therapist uses firm but relaxing movements to gently ease away any stress.

**90 mins** Ksh 11,000

**60 mins** Ksh 8,500

### CLASSIC COUPLES' RITUAL

Our double treatment room creates the ideal atmosphere to indulge in a shared relaxation experience. Enjoy a deeply restorative whole body massage.

**60 mins** Ksh 15,000

### THE TRAVELLER

A restorative back, neck and shoulder release for travel-weary bodies.

**30 mins** Ksh 5,500

### ESSENCE OF AFRICA MASSAGE

An intense deep tissue massage which involves working deep into the body to stretch and relax each muscle.

**90 mins** Ksh 12,000

**60 mins** Ksh 9,000

**30 mins** Ksh 6,500

### UPPER BODY AWAKENING

A wonderfully soothing massage of the shoulders, upper arms, neck, scalp, ears and pressure points. Breathe in the uplifting aromatic oils, feel your energy flow rebalance and stress melt away.

**30 mins** Ksh 5,500

### FOOT RELEASE

An indulgent massage incorporating aspects of reflexology to relieve tension, improve circulation and help promote the natural function of the related areas of the body.

**45 mins** Ksh 5,500

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## BEAUTY TREATMENTS

### GOLDEN GLOW FACIAL

An intensely cleansing and nourishing facial which involves toning, gentle exfoliation and masking. A complete pampering experience that will leave your skin glowing.

**60 mins** Ksh 6,500

### AFRICAN GODDESS TREATMENTS

A wonderful way to spruce up hands and feet or revitalise tired limbs.

**Manicure** Ksh 5,000

**Pedicure** Ksh 5,000

**Manicure and pedicure combination treatment** Ksh 6,500

### OIL BASED WAXING

**Full leg wax** Ksh 3,500

**Half leg wax** Ksh 2,500

**Under arms** Ksh 2,000

### TWEEZING

**Eyebrow tweezing** Ksh 1,100

The Retreat Spa uses organic, naturally active products from Healing Earth and Cinnabar Green.

Healing Earth is a premium organic spa brand inspired by ancient African healing traditions and botanicals.

Cinnabar Green is a local family owned company producing natural, organic and eco-friendly cosmetics with delightful aromatic oils from herbs grown on their farm in the foothills of Mount Kenya.

All treatments can be paid for in US dollars as well as Kenyan Shillings.

Please note: Our spa menu may be subject to change in line with evolving pandemic protocols. All our spa therapists have received COVID-19 vaccinations.

**Speak to a member of our team to book your treatment.**

**Hakuna furaha ya  
milele zaidi ya  
uzima wa roho.**

There is no greater  
lasting joy than the  
wellbeing of the soul.

- Swahili proverb -