



1. TOUCH THERAPIES & SKIN AND BODY CARE TREATMENTS

With an abundance of exotic scents and herbs with well-reputed healing properties, Africa provides the ultimate sensory load for natural beauty as well as complete relaxation and rejuvenation.

From heavenly aromas, to herbal purity our African range of products TheraNaka™ is a mesmerising and innovative body and sense-soothing safari, replicating the earthy scents and the awe-inspiring wonder of this most profound continent... and from beneath pointed cathedrals of mountainous solitude and a serenely azure sky, the Cape vineyards of South Africa provide the essence which - when imbued with natural fynbos and other herbal extracts - presents a sensory spa range, promising natural beauty, and skin care.

TheraVine™'s patented process draws on extracts of the vine's powerful anti-oxidants (50 times the strength of Vitamin E and 20 times that of Vitamin C) which are known to successfully combat ageing as well as act as an anti-dote to stress & pollutants.

Containing powerful anti-wrinkle and cell wall-strengthening properties, our vine therapy treatments are able to combat free-radicals to provide for a healthier, more beautiful skin & body. Distinctive to TheraVine™ is the infusion of essential oils of aroma-therapeutic, organic, and healing indigenous Cape botanicals which refresh sooth and rejuvenate - an extra-sensory range of next generation, vine-derived beauty from the soul of the Cape."

2. BODY TREATMENTS

MOISTURIZING MILK BATH - 60min KSH 3,900

This treatment begins with an exfoliation after which the client is immersed in a rich, luxurious Moisturising milk bath containing Baobab Tree Oil, An oil of choice is then massaged into the body including a head and shoulder leaving your skin silky smooth and soft.

THE AFRICAN MOISTURISING BEAUTY ATLANTIC MINERAL SALT BATH - 60min KSH 3,700

This treatment begins with an exfoliation after which the client is immersed in an Atlantic mineral salt enriched bath. An oil of Choice is then massaged into the body including a head and shoulder massage leaving your skin silky smooth and soft.

3. TOUCH THERAPIES

Although touch therapies and massages have been around for centuries, never before has the quest for wellness and harmony been so great.

AVOCADO AND SHEA BUTTER NUGGET MASSAGE EXPERIENCE - 60min KSH 4,300

Relax into the rhythm of Africa as blocks of Avocado- and Shea butter are placed on different areas of the body. As the butter begins to melt with the body's temperature, a trained Therapist will conduct a deep massage, combined with trigger point therapy. This treatment creates a soothing warm effect, leaving you relaxed and your skin hydrated and nourished.

AFRICAN WOOD MASSAGE - 75min KSH 4,500

This signature treatment begins with gentle stretching movements to warm and relax the muscles. A warm Olive- and Shea butter is then applied, after which a massage using special designed "Swarthout" dumbbells is introduced, resulting in absolute relaxation and rejuvenation.

ULTRA DELUXE RELAXATION MASSAGE EXPERIENCE - 75min KSH 4,500

Treat yourself to this indulging full body massage using TheraNaka™ body oils. A scalp massage is also performed whilst relaxing. Awaken to the gentle sound of an African Rain stick - An experience not to be missed.

CLIENT COMFORT - 60min KSH 4,200

Both release chronic patterns of muscular tension. The deep tissue massage uses slow strokes, direct pressure, or friction, usually on a focused problem area. The movements are directed across the grain of the muscle (cross-fibre). This is applied with greater pressure and at deeper layers of the muscle.

BACK, NECK AND SHOULDER MASSAGE - 30min KSH 2,200

This "rapid tension release" treatment makes use of a special massage technique. Slow strokes focus direct pressure on problem areas. The result is that the circulation to the back and neck area is increased which in turn leaves you induced with an overall sense of well-being.

FOOT REFLEX MASSAGE - 30min KSH 2,700

Focused on the feet, this oriental treatment applies pressure point massage to relieve stress and tension. It will restore energy and improve circulation throughout the body.

THE LEOPARD AROMA WELLNESS MASSAGE - 60min KSH 4,150

Essential oils are selected to suit personal requirements, using a specialized relaxing and restorative massage technique.

UZURI WELLNESS DETOX MASSAGE - 60min KSH 5,250

This form of massage is used to detoxify the body and to stimulate lymphatic drainage.

FOUR HANDS MASSAGE - 60min KSH 8,000

Indulge yourself in an ultra relaxing massage with the melodic rhythm of two synchronized therapists who make use of their strokes in harmony to create a full body massage that is truly an African indulgence.

4. SPA BODY TREATMENTS

For centuries, Spa Body Therapy treatments have been embraced for their revitalising and therapeutic effects - these treatments detoxify the body, de-stress the mind and revitalise the skin.

AFRICAN BEAUTY MUD WRAP - 75min KSH 5,000

This treatment begins with a full body exfoliation rich in Marula, Baobab and Mafura Butter extracts followed by a drainage massage using detoxifying oils. Your body will then be covered in a rich African body mud, and then you will be wrapped in warm blankets to detoxify.

THE CHEMICHEMI VICHY EXPERIENCE - 90min KSH 5,300

A choice of a luxurious mud wrap or hydrating gel wrap with the Vichy experience. Your body will be exfoliated and enveloped in a medium of your choice followed by a Vichy hydro shower which gently stimulates your bodies chakras. This treatment will relax and rejuvenate your mind, body and soul.

UZURI HYDRATING GEL WRAP - 75min KSH 5,200

Enjoy this hydrating body treatment designed to intensely hydrate and soothe your skin, giving a smoothing effect on the skin surface. Essential for sunburnt skins, the wrap is anti-inflammatory and will leave your skin soft and supple.

5. SKIN CARE TREATMENTS

All our treatments begin with a thorough consultation to assess your individual concerns so as to give the most appropriate treatment, ensuring that your experience is all you would expect it to be and more!

UZURI BALANCING FACIAL - 60min KSH 4,250

The facial treatment uses specially selected aromatic essential oils for restoring balance to the skin. This treatment includes deep pore cleansing, to gently remove surface impurities, and a special TheraVine™ mask is chosen based on specific skin types. This facial is adapted to the client's lifestyle needs and desires, and the solution obtained will allow the client to obtain a most radiant complexion.

THERAVINE™ HYDRATING FACIAL - 60min KSH 4,150

This facial allows for deep relaxation with the aromatic scent of essential oils designed for deep hydration of the skin. A TheraVine™ Moisturising Cream Mask, rich in Pinotage Grape seed extract, is applied over the essential oils to bond moisture molecules to the skin leaving it feeling soft to the touch. A Nourishing and Firming Day Cream concludes this treatment.

BACK TREATMENT - 60min KSH 4,400

Using specially selected Theravine products, the back is cleansed by gently removing surface impurities, a mask applied to rebalance the skin and is finished off with a moisturizer leaving the back looking and feeling soft and radiant.

MENS EXPRESS FACIAL - 40min KSH 3,250

This rejuvenating facial treatment will leave your skin deeply cleansed, and revitalised. The treatment includes deep pore cleansing, to gently remove surface impurities, and heal the dull, congested complexion and hydrate thirsty skin. A special TheraVine™ mask is chosen based on specific skin types.

THERAVINE™ DELUX ANTI-AGEING FACIAL - 90min KSH 6,600

This replenishing treatment helps smooth out wrinkles and fine lines using various specialised skin boosters and anti-ageing botanicals. A specialised face mask is applied for better penetration and hydration.

THERAPACK NUTRITIONAL FACIAL - 90min KSH 6,200

This luxurious treatment helps hydrate, nourish and moisturise the skin. A warm, nutritional pack consisting of finely milled grape seeds and linseeds is applied.

UZURI HAIR CARE TREATMENTS

	KSH		KSH
Blow dry (Long hair)	2,700	Blow dry (Short Hair)	2,100
Braiding Singles (full head)	5,000	Braiding singles (per braid)	250
Corn rows with extension	2,000	Plain corn rows	950
Bridal hair put up	3,000		

MANICURE, PEDICURE & WAXING

Manicure - 45min	2,000	Pedicure - 60min	2,500
Half leg waxing	850	Full leg waxing	1,500
Bikini waxing	550	Brazilian waxing	2,000
Back wax	1,500	Full facial wax	1,000
Full arm wax	850	Underarm waxing	450
Eyebrow waxing	300	Eyebrow & eyelash tinting	500
Treading	400	Lip & Chin	200
Repaint	500		

Men's Executive hand treatment - 30min	KSH 1,000
Men's Executive foot treatment - 45min	KSH 2,000

FITNESS & HEALTH FACILITIES

Operating Hours: Mon-Sat: 6.30am - 8pm Sun: 6.30am - 6pm

AFYA GYM

Gym facilities including the use of steam and sauna facilities

One Day pass KSH 400 • 7 Days pass KSH 2,400

14 Days pass KSH 4,800 • Monthly pass KSH 5,000

6 Month Contract KSH 4,500 • Yearly contract KSH 3,750

Personal training sessions (per hour) KSH 600 per hour

Please enquire with Spa Reception to find out the weekly schedule of the aerobic and fitness classes

Tel: (+254 40) 3202721 / 3202110 / 11 / 12 • Fax: (+254 40) 3203424
uzurispa@leopardbeachresort.com • www.leopardbeachresortandspa.com

THE PERFECT SPA EXPERIENCE

Making an Appointment: To schedule your appointment, please phone (04) 3202721 or dial 369 from your room. The Spa is open Monday – Saturday from 09h00 – 20.00 and Sunday from 9h00 – 18h00. Hours may vary with the season. All Spa services are subject to availability. Prices and service selections are subject to change without prior notice.

When should I arrive for my Appointment? Please check in at the Spa Reception Desk 20 minutes prior to your first appointment. Unfortunately, late arrivals may not receive an extension of scheduled treatments, so as not to inconvenience other spa guests. To begin your relaxation, we recommend a lovely warm shower prior to your services.

What should I bring to the Spa? We will never compromise your modesty. You will be given a Robe, Slippers, and disposable underwear to change into before your treatment. What should you wear under the robe? That is up to you. Our Spa therapists will only expose the portion of your body that is being treated at the time.

What should I do if I need to cancel my appointment? Because your Spa appointments are reserved specifically for you, we ask that you notify The Spa a minimum of 8 hours in advance should you wish to cancel or reschedule to avoid a 50% charge for the service. All no-show appointments will be charged at full value.

Should I tell the Therapist about any physical, medical or allergy concerns? Upon arrival to The Spa, we encourage you to disclose any pertinent health conditions that may affect your Spa experience. Thus ensuring that your Therapist will provide you with the best possible experience and to assure your maximum safety and comfort.

May I bring my child to The Spa? As The Spa is an adult-orientated atmosphere, guests must be 16 or older to enjoy Spa services. Babysitting services for registered hotel guests may also be arranged with the Concierge Desk.

If I feel uncomfortable, what should I do? If you are uncomfortable with having any particular part of your body massaged; please alert your therapist before the treatment begins.

How tentative are Therapists? Therapists may pay close attention to your face to assess if you are uncomfortable, if the pressure is too great or too light, and to adjust the technique accordingly. When they look closely at your body it is to check for areas of varicosity, bruising, or cuts or abrasions. You will be draped with a Bath Sheet that covers most of your body but allows your therapist to work on specific areas. Because it may move around a little, your therapist will adjust the sheet if he/she notices it is out of place. The concentration is on the massage, though, and a slipping sheet can sometimes be overlooked.

What is the Standard Practice in a professional Massage? It is standard practice to work on the inner thighs (adductor muscles), the buttocks (gluteus maximus, minimus, and medius), and the chest (pectorals). It is also possible that your therapist will manually stretch you in attempt to improve muscle stiffness, soreness, or sciatica. A towel will be used to drape you.

What if I experience a little soreness? Do not panic, some old kinks may have been worked out during the treatment. Please wait 48 hours and see how invigorating you will begin to feel.

May I use my cell phone while at The Spa? So that an atmosphere of relaxation can be maintained and as a courtesy to other guests in The Spa, we ask that all cell phones be turned off and not used while in The Spa. For your convenience, a house phone situated in The Spa can be used.

What shall I do with my jewellery and other valuables? Please leave your jewellery and other valuables at home or in the safe located in your room.

I would like to purchase a gift. What do you suggest? Spa Gift Certificates are available for purchase for any special occasion. Whether for an anniversary, a birthday, or as a holiday gift, a congratulations or thank you gift, what better way to say you care than with a gift from The Spa?



LEOPARD BEACH RESORT & SPA
• DIANI BEACH - KENYA •

UZURI SPA
FITNESS & FOREST
AT LEOPARD BEACH RESORT

DIRECTORY OF SPA SERVICES

A SELECTION OF TOUCH THERAPIES, SKIN AND BODY CARE TREATMENT & FITNESS FACILITIES