

# wellbeing treatments

## **ThalasoVine™ Wellbeing Spa Treatment**

90 min • Ksh 5,600

Escape the signs of fatigue with this luxurious wellbeing ritual. Discover the healing and energizing effects of soaking in a marine bath, rich in active ingredients, combined with the relaxing effects of the massage jets. Emerge from the bath to receive an uplifting massage followed by the application of a refreshing, circulation boosting gel. A ritual that leaves you feeling revitalized – and on the path to wellbeing...

## **ThalasoVine™ Detox Treatment**

90 min • Ksh 5,600

After being exfoliated with the salt crystal buff, you are submerged in a heated, aromatic bath infused with a re-mineralising sea water concentrate (rich in mineral salts and trace elements), a detoxifying fucus and marine sediment blend (promotes elimination of toxins and induces perspiration) and a synergistic blend of juniper berry, grapefruit and tea-tree essential oils. Your therapist will then perform a lymphatic drainage massage using a detoxifying body oil – leaving your body restored and completely energized.

## **ThalasoVine™ Cellulite Treatment**

75 min • Ksh 5,500

Experience a specialized treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to 'blockages', cellulite, fluid retention and uneven skin texture. After an exfoliation, a cellulite complex is massaged into the effected areas. You are then wrapped in a Thermoactive Mousse. Relax and experience the warm bubbling sensation of the mousse as your skin's metabolism and lymph activity are in full swing. A circulatory-boosting, refreshing gel is then applied, followed by the application of a contouring cellulite cream.



# hydrotherapy bath treatments

## **Pinotage Bath Treatment**

40 min • Ksh 3,700

Immerse your body in powerful grape skin and vine leaf anti-oxidant extracts combined with indigenous essential oils to promote wellbeing and anti-ageing, whilst achieving a deeper state of therapeutic relaxation. Your body is then glazed in one of the TheraVine™ Pinotage Body Oils to soften and moisturise the skin.

## **HydraVine™ Rich Milk Bath Ritual**

60 min • Ksh 4,200

Let the pressure of everyday life melt away as you submerge in a rich grape-milk bath containing actives of Redbush extract, Panthenol and Hyaluronic acid. Emerge from the bath to enjoy a pampering AromaVine™ back, neck and shoulder massage.





# body massages

## **MusculaVine™ Back Massage**

30 min • Ksh 2,500

## **MusculaVine™ Full Body Massage**

60 min • Ksh 4,500

Intensive massage and muscle reconditioning techniques are used to help relieve muscular tension, followed by the application of a refreshing circulatory gel.

## **Aroma Wellness Massage**

60 min • Ksh 4,300

Enjoy the freedom of choosing your favourite scent from our selection of marula-herb infused body oils or avo and shea massage butters to address your every need, whilst restoring balance. Using specialized relaxing and restorative massage techniques will help the body increase circulation and rejuvenate.

## **African Wood Massage**

90 min • Ksh 4,700

Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm olive and shea butter ointment will nourish and heal dry skin, whilst experiencing blissful relaxation and rejuvenation.

## **Tri-Scented Shea Butter Nugget Massage**

90 min • Ksh 4,500

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and to celebrate the circle of life. Small blocks of aroma infused shea butter are placed on different areas of your body which will aid circulation and relax and clear areas of congestion. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

## **African Awakening Massage**

90 min • Ksh 4,700

Drawing inspiration from the marula tree and the African traditional healing beliefs, an ultra relaxing, indulgent full body massage was created. The skilful combination of contracting and oxygenating breathing techniques will awaken your senses

and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of marula-herb infused body oils to address your every need.

## **Hot Stone Massage**

75 min • Ksh 4,550

Working in harmony, using various massage techniques and warm basalt stones, the body is relaxed to its deepest level, relieving muscular tension and restoring energy.

## **Mother's Touch**

75 min • Ksh 4,400

Relaxation for mum and baby as the therapist gently massages the body using specialized techniques that will help ease any pain and tension in the body and aid the release of any swelling in the hands and feet, making the baby happy because mum is relaxing.

# treatment enhancements

## **Foot Reflex Massage**

30 min • 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.

## **Indian Head Massage**

30 min • Ksh 2,500

An indulgent stress relieving scalp massage, using different massage strokes and acupressure points whilst using stimulating and conditioning oils in the hair, helps to relieve stress and tension in the head, neck and shoulders leaving you feeling calm and relaxed.

## **Hair and Scalp Treatment**

30 min • Ksh 2,700

Spoil yourself with an ultra relaxing, stress relieving scalp massage using a stimulating scalp tonic after which a conditioning hair oil and intensive hair mask are applied to leave your hair silky soft and shining.

# hand and foot treatments

## Express Manicure

30 min • Ksh 1,500

The nails are shaped, cuticles pushed back and neatened. A choice of a hydrating hand massage or nail varnishing is offered.

## Luxury Manicure

60 min • Ksh 2,200

Let your hands enjoy a spa therapy...treating them to a gentle grapeseed exfoliation followed by a moisturising hand oil massage. A moisturising cream mask is applied to soften and smooth the epidermis. This treatment includes nail and cuticle attention, followed by a nail varnish of your choice for your rejuvenated hands.

## Express Pedicure

30 min • Ksh 2,000

The nails are shaped, cuticles pushed back and neatened and soles smoothed. A choice of a hydrating foot massage or nail varnishing is offered.

## Luxury Pedicure

60 min • Ksh 2,700

Pamper tired feet and legs with a soothing spa pedicure, beginning with a foot cleansing ritual followed by a stimulating scrub to remove dead skin cells. Your feet are then massaged with luxurious foot oil, followed by the application of a refreshing menthol gel to improve circulation. This treatment includes nail and cuticle attention, as well as a dazzling colour for your gorgeous new nails.

## Repaint

15 min • Ksh 500

A new colour of nail varnish is applied to the nails of your fingers or toes.



# waxing and tinting

Eyebrow tint	Ksh 250	Eyelash tint	Ksh 250
Threading	Ksh 400		
Facial wax	Ksh 1,000	Eyebrow wax	Ksh 300
Lip wax	Ksh 250	Chin wax	Ksh 250
Underarm wax	Ksh 500	Arm wax	Ksh 850
Half Leg wax	Ksh 900	Full Leg wax	Ksh 1,600
Bikini wax	Ksh 600	Brazilian wax	Ksh 2,000
Back wax	Ksh 1,500	Chest wax	Ksh 1,500

# uzuri hair care treatments

Done in the comfort of your room

Blow dry (long hair)	Ksh 2,700
Blow dry (short hair)	Ksh 2,100
Braiding singles (full head)	Ksh 5,000
Braiding singles (per braid)	Ksh 250
Corn rows with extension	Ksh 2,000
Plain corn rows	Ksh 950
Bridal hair up-style	Ksh 3,000