



## WELCOME TO ASILIA SPA AT **NABOISHO CAMP**

Asilia In Room Spa offers massages and treatments based on natural healing methods found in traditional well-being practices. Delivered in different locations, our specialist skills in all therapies are designed to nurture the body and mind and enliven the spirit by uncovering nature's beauty and providing a blissful return to balance.

### DISCLAIMER

All prices are quoted in US\$. Please note that services and prices are subject to change without prior notification.



*GOOD  
TO KNOW*



## OPERATING HOURS

Treatments are offered seven days a week between 8 am - 8 pm.

## WHEN TO ARRIVE

Be ready for your appointment 15 minutes before the scheduled time to complete a guest consultation form and spend some time relaxing before your treatment.

## TREATMENT RESERVATIONS

For enquiries and reservations, please liaise with the manager on duty. Bookings are required at least 1 hour before your treatment.

## CONSULTATION

If this is your first treatment with us you will be invited to complete a health questionnaire so we can ensure the best possible spa experience and assure maximum safety and comfort.

## PRIOR TO TREATMENT

We recommend that you leave all jewellery and valuables in the safe in your room. Please shower and clean off any oils or sunscreen prior to your treatment to allow for better absorption of the aromatherapy products. For your enhanced enjoyment, we highly recommend removing hearing aids, spectacles and contact lenses.

## LATE ARRIVAL

As a courtesy to all our guests, please be aware that we are unable to extend your treatment time in case of late arrivals.

## PAYMENT

All treatments will be charged to your room and will appear on your room account at the time of departure.

## AFTER YOUR TREATMENT

Rest and avoid direct sun or vigorous activity for at least one hour after a spa treatment. Drink water before and after each treatment.

## YOUNG GUESTS

Children under the age of 12 years who are booked for treatments are to be accompanied by a guardian at all times.

## YOUR COMFORT

We will do our best to anticipate your needs, however, we also appreciate that each guest is unique and so are their spa needs. Please let our team know if there is anything we can do to improve your experience whether it is a change of massage pressure or room temperature, we are happy to oblige.



*WELLNESS  
MASSAGES*

## MAASAI SIGNATURE MASSAGE

*120 minutes*

Allow the peacefulness of the bush to encompass you as this multi-technique massage enhances the natural body healing process. Using a combination of gentle stretching, Swedish and deep tissue techniques along with the use of a traditional Maasai rungu infused in warm oil you will leave feeling rebalanced and energized.

## SWEDISH MASSAGE

*60/90 minutes*

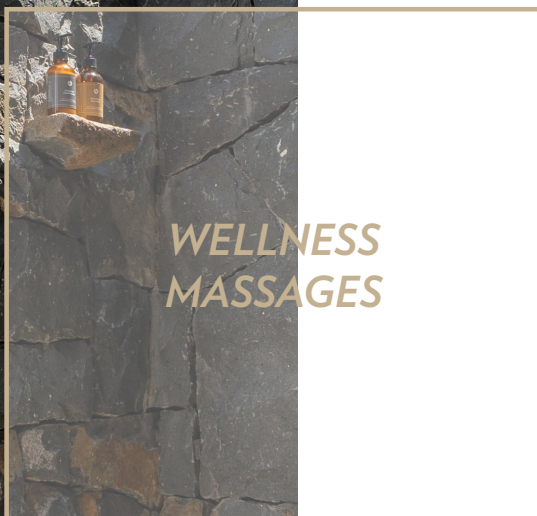
Rest and relax after your safari with this rejuvenating massage, targeting areas of tension to improve your circulation and promote relaxation. It is restorative, provides calm and balance, and improves your overall wellbeing.

## AROMATHERAPY MASSAGE

*70 minutes*

Indulge in a deeply relaxing massage that combines the stress-relieving power of massage with the therapeutic benefits of essential oils. Allow the aromas of neroli and rose geranium to enhance this multi-sensory journey to wellness, leaving you feeling nourished and calm.





*WELLNESS  
MASSAGES*



## DEEP TISSUE

*60/90 minutes*

Designed to relieve tight muscles, this massage uses techniques that focus on the deeper layers to release tension in the body. Allow lavender, ginger and peppermint essential oils to help revitalize tired muscles whilst soothing dry and irritated skin.

## WELLBEING REFLEXOLOGY

*30/60 minutes*

An ancient relaxing treatment using pressure point therapy on the feet to treat different tensions throughout the body. This soothing treatment combines classic reflexology and foot massage techniques to improve your mood and bring balance to corresponding parts of the body.

## HEAD, NECK & SHOULDER MASSAGE

*45/60 minutes*

Drift into deep relaxation with this calming massage of your head, neck and shoulders. Intended to relieve the build-up of stress from the body whilst improving circulation and encouraging complete relaxation.

