

## Spa Menu

*Spa treatments are available daily. Please book at reception.*

Our therapist will set up at the Garden Spa for your relaxing massage. A robe will be provided for you - please remove jewellery and dress down to your level of comfort, but do not remove your bottom underwear. Our massages avoid the chest and abdomen areas, and our therapists are trained to ensure your privacy at all times.

Please let our therapist know if you would like any specific areas to be avoided or focused on during your treatment

### Swedish Massage

**40 USD | 30min : 80 USD | 60min**

A relaxing and energizing treatment. Soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscle, also combined with movement of the joints

### Deep Tissue Massage

**40 USD | 30min : 80 USD | 60min**

A massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow deep strokes to target the inner layers of your muscles and connective tissues.

### Head, Neck & Shoulders Massage

**40 USD | 30min**

A treatment aimed at decreasing stress and tension, enhancing circulatory systems of blood and lymph nodes, ultimately optimizing function of the body's glands and organs.

### Reflexology Massage

**40 USD | 30min**

A massage done by application of pressure onto particular areas of the sole of the feet. A reflex action in another part of the body is stimulated by the manipulation of each specific area, hence improving circulation, pain relief and healing injuries and relaxation.

### African Rungu Massage

**90 USD | 60min**

This is a massage of African origin using a traditional Masai wooden baton known as a rungus. The Rungu massage is a deeply stimulating massage using the smooth rounded head of the rungus for a full body deep tissue massage. The long strokes of the rungus helps with relaxation and stress relief, reducing pains and aches, soothing sore or tired muscles, improving blood circulation, and stimulating lymph drainage and muscle toning.

### Hot Stones Massage

**90 USD | 60min**

A combination of traditional massage techniques and heat therapy from hot stones helps relax the muscles reducing pain and tension. Heat therapy promotes a deeper muscle relaxation through the placement of smooth, heated stones at key points on the body. The direct heat of the stones relaxes muscles, allowing the therapist access to deeper muscle layers.. Please ask 1 hour in advance to allow preparation of the stones.

### Body Scrub - Moisturizing and Rejuvenating

**100 USD | 60min**

Our therapist's own scrub blend, based on coconut oil and coffee grains, gently exfoliates and removes dead skin cell build-up. By doing so they unclog pores and allow your skin to absorb moisturizer better leaving your skin feel smoother, energized and hydrated.

