

HEMINGWAYS

NAIROBI

SPA BROCHURE





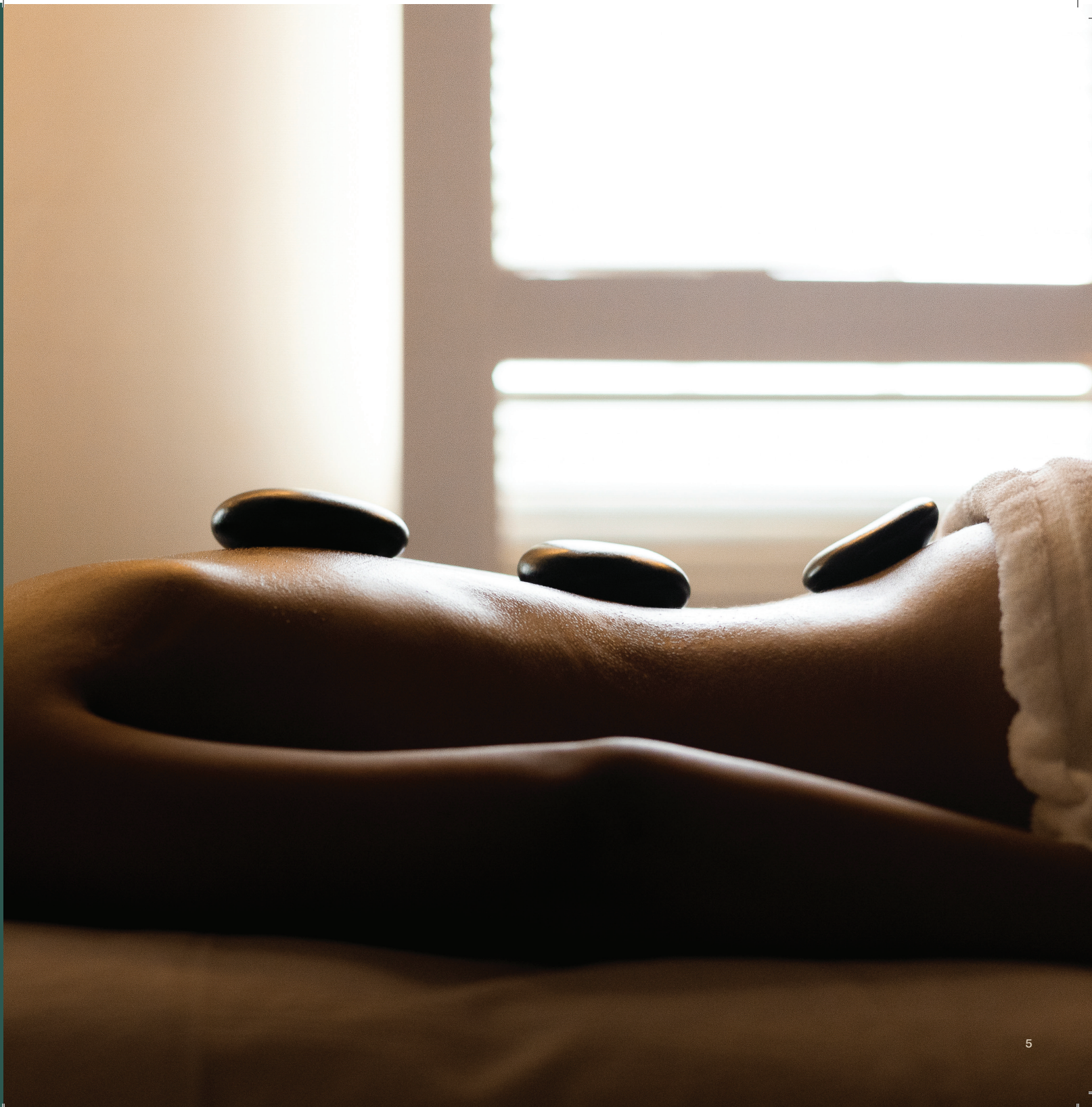
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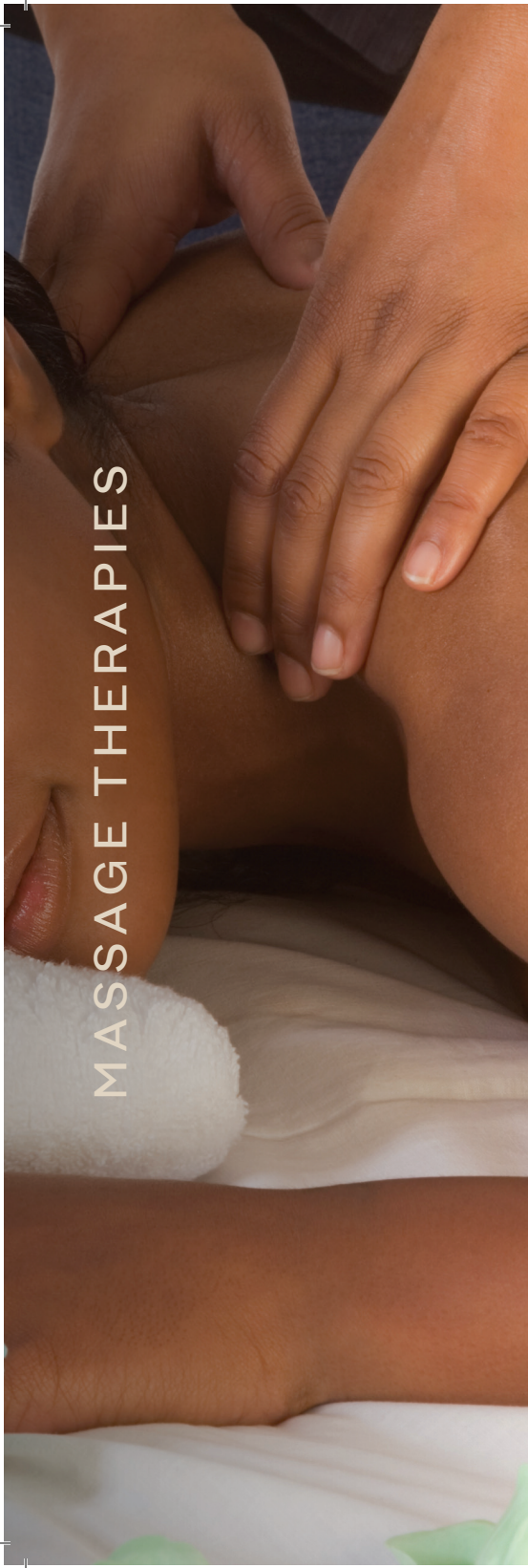
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Hemingways Nairobi Spa

Immerse yourself in the tranquil world of Hemingways Nairobi Spa. Rediscover your senses and emerge relaxed, recharged, and glowing.





MASSAGE THERAPIES

Suitable for both ladies and gentlemen.

SWEDISH MASSAGE

A deeply relaxing full-body massage using long, flowing strokes to improve circulation, oxygenate the blood, release tension and leave you feeling renewed.	60 mins	KSH 8,000
	90 mins	KSH 11,000

BACK, NECK AND SHOULDER MASSAGE

A focused treatment to ease muscular tension and release stress in the upper body, ideal for a midday reset.	30 mins	KSH 5,000
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HEMINGWAYS FUSION MASSAGE

A blend of Thai and classic techniques that stretch, realign and relax the body for complete harmony of mind, body and spirit.	90 mins	KSH 12,000
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AFRICA GOLD MASSAGE

A deeply nourishing massage using Terres d'Afrique shea butter cream, designed to relax the muscles and revitalise the skin.	60 mins	KSH 8,000
	90 mins	KSH 11,000

HEMINGWAYS IN HARMONY MASSAGE

A detoxifying massage using coconut oil by Terres d'Afrique, ideal for rebalancing the body and restoring natural energy.	60 mins	KSH 8,000
	90 mins	KSH 11,000

AFRIQUE AROMA / AROMATHERAPY MASSAGE

Choose your essential oil blend and melt into a calming massage designed to reduce stress, boost immunity and lift the spirit.	60 mins	KSH 10,000
	90 mins	KSH 12,000

HEMINGWAYS DEEP TISSUE MASSAGE

Designed to target deeper layers of muscle, relieve joint stiffness, and improve flexibility using Madagascan essential oils.	60 mins	KSH 10,000
	90 mins	KSH 12,000

HEMINGWAYS HOT STONE RITUAL

Heated black basalt stones and expert massage combine in this holistic treatment to melt away deep-seated tension and boost circulation.	90 mins	KSH 12,000
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SOOTHING AND DETOXING BODY MASK

This full-body ritual includes exfoliation, wrap, and moisturising to cleanse and balance the body using Omumbiri body butter.	90 mins	KSH 12,000
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REJUVENATING BODY MASK

A rich treatment featuring the warm amber scent of Omumbiri resin and Terres d'Afrique butter to deeply hydrate and soften the skin.	90 mins	KSH 12,000
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KENYA SUN KISSED BODY MASK

Designed to calm and repair sun-exposed skin, this body mask is followed by a relaxing foot massage and a soothing gel application.	45 mins	KSH 9,000
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MASSAGE THERAPIES

SEA SALT EXFOLIATION RITUAL

A mineral-rich sea salt scrub followed by a classic Swedish massage to revitalise tired skin and boost circulation.

90 mins

KSH 12,000

PRENATAL MASSAGE

A gentle massage to ease pregnancy-related tension, reduce swelling, and support overall relaxation and wellness.

50 mins

KSH 7,500

KENYA COFFEE SCRUB

A caffeine-rich exfoliating scrub improves circulation and skin tone, followed by a massage to awaken your senses.

90 mins

KSH 13,500

THE CLEOPATRA RITUAL (PER COUPLE)

A full-body exfoliation with honey, oatmeal, and oils, followed by a shower and a deeply relaxing 60-minute massage.

2 hrs

KSH 24,500

FOOT MASSAGE

An intensive massage focused on relieving tension in the feet and lower legs.

45 mins

KSH 7,000

FACIALS

Suitable for both ladies and gentlemen.

DETOXING FACIAL

This deep-cleansing facial combines massage, lymphatic drainage and detoxifying masks to eliminate toxins and leave skin radiant.

90 mins

KSH 9,000

MAISHA MAREFU FACIAL

A revitalising facial combining hydration, detox and anti-aging botanicals for visibly refreshed skin.

60 mins

KSH 9,000

SUN-KISSED FACIAL

Rehydrate and restore sun-exposed skin with omega-rich oils and vitamin-packed botanicals that enhance elasticity and glow.

75 mins

KSH 11,000

CRYSTAL FACIAL

Designed for dry or dehydrated skin, this facial restores moisture and soothes irritation, leaving skin dewy and balanced.

60 mins

KSH 11,000

MEN'S MINI FACIAL

A targeted treatment to improve skin tone and texture while providing instant stress relief.

30 mins

KSH 5,500

FACIAL GROOMING

THREADING, TWEEZING OR WAXING

20 mins

KSH 1,500

EYELASH TINT OR EYEBROW TINT

20 mins

KSH 1,800

EYELASH AND EYEBROW TINT

20 mins

KSH 2,800

SIGNATURE EXPERIENCES

THE HEMINGWAYS EXPLORER PACKAGE

Unwind with an aromatherapy massage, manicure, and pedicure, the ideal pampering session for relaxation and renewal.

3 hrs

KSH 18,000

THE HEMINGWAYS COMPLETE DETOXIFYING JOURNEY

Cleanse and recharge with a detox facial, a full-body mask, and the In Harmony massage, perfect for restoring balance.

3 hrs 30 mins

KSH 26,000

THE HEMINGWAYS HAKUNA MATATA REJUVENATING JOURNEY

This refreshing trio of a rejuvenating facial, body wrap, and Africa Gold massage leaves you glowing and re-energised.

2 hrs 10 mins

KSH 27,000

THE HEMINGWAYS RELAX AND RECONNECT JOURNEY

Enjoy a tailored aromatherapy massage, gel pedicure and a glass of wine in serene spa surroundings.

2 hrs 10 mins

KSH 18,000

THE GIRLS' GETAWAY

Celebrate together with a sun-kissed body mask, massage, manicure and pedicure, a perfect girls' day escape.

3 hrs 30 mins

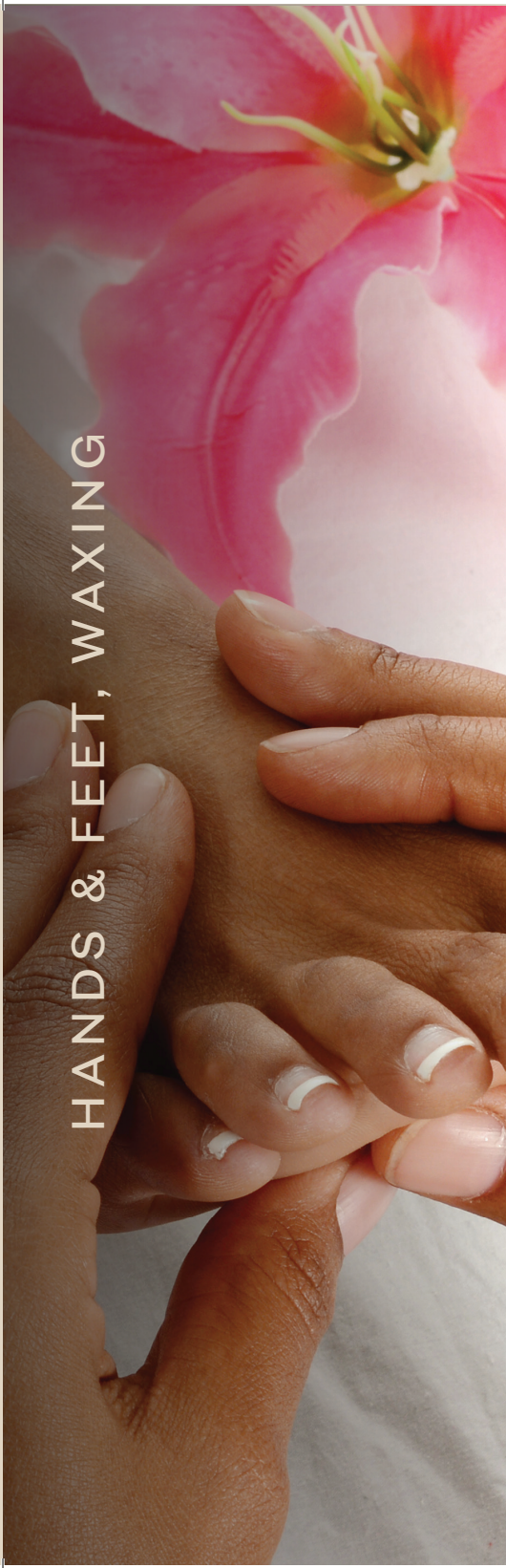
KSH 25,500

THE COUPLES CLEOPATRA RITUAL

Share a romantic spa journey with facials, full-body masks and massages for two, deeply relaxing and connecting.

3 hrs 30 mins

KSH 30,500



HANDS & FEET, WAXING

HANDS & FEET

THE PROFILE PEDICURE A luxurious treatment with exfoliation, massage, cuticle care and polish for refreshed and elegant feet.	1 hrs	KSH 4,000
THE PROFILE MANICURE A detailed manicure including shaping, cuticle work, massage, and polish for beautifully cared-for hands.	45 mins	KSH 3,500
GEL POLISH APPLICATION A long-lasting, flawless polish finish available as an add-on or standalone service.	30 mins	KSH 2,500
GEL POLISH REMOVAL		KSH 1,500

WAXING

BIKINI LINE	KSH 3,000
BRAZILIAN	KSH 5,000
UNDERARM	KSH 3,000
FULL ARM	KSH 4,500
HALF ARM	KSH 4,000
HALF LEG	KSH 4,000
FULL LEG	KSH 5,000

KIDS

LITTLE TEMBO Specially created for our younger guests, this gentle treatment offers a mini manicure, pedicure, or a soothing back massage, a perfect introduction to relaxation and self-care.	30 mins	KSH 4,000
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OUR PRODUCT PHILOSOPHY

We proudly use Terres d'Afrique, a luxury African skincare range rooted in biodiversity and traditional healing practices. These organic, ethically sourced products are infused with botanical actives from across the continent and created in harmony with nature. Rich in essential nutrients, each formula is designed to nourish, heal, and balance, delivering sensorial experiences that awaken the body and calm the spirit.

Their ethos follows the Nagoya Protocol, embracing sustainable harvesting, fair trade, women's empowerment and conservation of indigenous wisdom. Every treatment at Hemingways Spa is thoughtfully curated using Terres d'Afrique to enhance your wellness journey and connect you more deeply with Africa's natural gifts.

ADDITIONAL INFORMATION

All Hemingways Spa treatments include complimentary use of our steam rooms and saunas. Guests are encouraged to relax in our post-treatment lounge with herbal teas, fresh fruit and views of the Ngong Hills.

STEAM AND SAUNA

- Open daily from 8:00 am – 10:00 pm.
- Complimentary for hotel residents.

GYM

- Open daily from 6:00 am – 10:00 pm.
- Equipped with Technogym machines. Complimentary for hotel guests. Personal training available by appointment.

SWIMMING POOL

- Open daily from 7:00 am – 6:00 pm
- Accessible to hotel residents and spa guests for up to 2 hours post-treatment.

IN ROOM TREATMENTS

- Should you require Spa Treatments in your suite, there will be an additional charge of 30% on top of the quoted prices.
- The gym use per hour is KSH 4,000 (for non-residents of the hotel).
- All prices are inclusive of VAT and government charges The Spa & Gym are open 7 days a week from 6:00 am to 10:00 pm.

SPA ETIQUETTE

- We recommend arriving 15 minutes early to unwind before your treatment, as late arrivals may reduce your session time.
- To preserve the spa's serene atmosphere, kindly switch off mobile phones.
- Cancellations should be made at least four hours in advance to avoid full charges.
- Payments can be settled by room charge or major credit cards; all prices are in KSH and subject to change.
- Your therapist will begin with a short consultation to tailor the experience to your needs.
- For your peace of mind, we ask that valuables be left in your room.

HAIRDRESSING SERVICES

Available on request.

RESERVATIONS

Hotel Residents: Please call Spa extension 215

Non-Hotel Residents: T. +254 (0) 711 032 215

E: spa.nairobi@hemingways.co







LOCATION & CONTACT

Hemingways Nairobi
Mbagathi Ridge, Karen
Nairobi, Kenya



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