



## Aya Spa

The name 'Aya' can be found across many languages and cultures and means *miracle* or *beautiful*. It is here, amidst the whispering foliage and the soothing cadence of nature's own melodies that one finds a space designed to rejuvenate the soul, invigorate the senses, and invite moments of reflection and renewal.

Our specialists blend the essential tenets of wellness into personalised treatments, using the finest locally sourced natural ingredients. A relaxing foot ritual precedes each therapy, a ceremonial gesture that encapsulates the essence of humble service and the establishment of a profound connection.

Enjoy our treatments alone or in the company of someone special.

## SIGNATURE TREATMENTS

### *The Purifying Clay Experience* (145 min - USD 400)

*Exfoliation / Wrap / Hydro Shower / Massage*

This Signature Treatment begins with a full-body exfoliation, choosing from our selection of detoxifying body scrubs infused with baobab and tea tree oils. Then, let yourself be enveloped by a Rhassoul mud mask and wrap that works magic on your skin, revitalising every pore. The journey continues with the refreshing power of our Vichy hydro shower, ending with a rooting massage using a specially formulated blend of grounding oils that work deep into your muscles.

### *The Chai Indulgence* (120 min - USD 350)

*Exfoliation / Soak / Massage*

This Signature Treatment commences with a full-body exfoliation using a black tea infused scrub. Next, descend into a luxurious bath steeped with Kenya's finest highland black tea and delicate rose petals. Designed to soothe inflammation and deeply hydrate, it will leave your skin smooth, softened, and radiant. End with a full body massage using a bespoke blend of uplifting oils.

### *The White River Treatment* (120 min - USD 350)

*Exfoliation / Soak / Massage*

Your treatment begins with a full body exfoliation, courtesy of a pure coconut and sugar scrub. Then, immerse yourself in the luxury of a rich coconut milk bath that relieves irritated and dehydrated skin. Finally, a harmonising massage with Moringa oil, infused with frankincense and bergamot, promises not just relaxation but a profound healing, leaving you in a state of bliss and well-being.

## **BODY RITUALS**

### *Coffee Bliss* (90 min - USD 250)

*Exfoliation / Massage*

Coffee is a powerhouse antioxidant, adept at soothing inflammation, enhancing skin tone and encouraging fresh skin cell generation. Our creamy coffee scrub will envelop you in its detoxifying embrace, leaving your skin clean and luxuriously moisturised. This is followed by a full body massage using a blend of the uplifting and therapeutic Moringa oil. Known for its anti-inflammatory and anti-aging properties, it brings a rich and refreshing aroma that promises to heal and invigorate your spirit.

## *The Pink Salt Body Scrub* (90 min - USD 250)

Exfoliation / Massage

Treat your skin to the ultimate pampering—especially when it feels stressed, dehydrated, or just plain weary. Himalayan Pink Salt is nature's exquisite gift, brimming with rich minerals designed to exfoliate and detoxify. Begin with a full body exfoliation, followed by a harmonising massage that promises hydration and balance using Moringa oil, lemon, and grapefruit oil.

## MASSAGE TREATMENTS

Drawing inspiration from the serenity of Ishara's surroundings and the wisdom of its wildlife, our massage treatments are crafted to foster tranquility, alleviate tension, and guide you towards a state of balance, comfort, and rejuvenation.

### *The Elephant's Touch* (60/90 min - USD 100/150)

Using deep tissue and stretching techniques, this massage applies slow, firm pressure to release muscle tension. It is recommended for relief of fatigue, to increase blood circulation, and to restore a healthier equilibrium to the body.

### *The Ostrich's Balance* (60/90 min - USD 100/150)

This calming massage combines flowing, soothing and rhythmic movements that realign the body and restore its natural flow of energy. This treatment will bring back your inner balance while relieving fatigue, stress or anxiety.

### *The Giraffe's Neck* (50 min - USD 100)

Treat your neck and shoulders to a rejuvenating massage experience that's guaranteed to wrap you in relaxation and gracefully restore your balance. This focused massage with aromatherapy oils restores comfort to this notoriously tense area.

### *The Gazelle's Foot* (50 min - USD 100)

Discover the timeless magic of foot reflexology—a holistic practice that frees blocked energy along your body's intricate energy pathways. Witness a transformation in your wellbeing as it detoxes your system, increases circulation, and boosts your immune defenses.

## THE NORDIC SPA

For those yearning for a revitalising escape, Ishara introduces a Nordic spa that offers an exhilarating contrast with its elevated sauna, cold plunge, and hot tub.

Renowned for their many health benefits that include improved circulation, detoxification, and enhanced immune response, these therapies present a novel element to our safari and spa offerings.