



## segera | spa & gym

At Segera we encourage and support a culture of wellness that extends to the soil, the environment, the communities that surround us, and to you—mind body and soul. Our Wellness Centre offers a variety of luxurious holistic treatments and therapies that nourish your entire being. Luxury starts in the privacy of your own villa bathroom, which is well stocked with a range of natural bath products that nourish the skin.

Massages can be ordered en suite, if you prefer, or at the spa, which also boasts a Rasul Steam Tower, a salt-water swimming pool and a state-of-the-art gymnasium. An array of scrubs, facials, full body therapies and massage treatments available at the Wellness Centre will help you unwind in luxury and comfort, and encourage you to find renewal amidst the peace and beauty of your surroundings.

### MASSAGES

Our tempting holistic Massage treatments are a blend of African traditions and ancient oriental techniques.

#### SWEDISH MASSAGE

Pathway to wellness: an experience that allows your senses to relax after an active day – the gentle strokes technique will leave you relaxed and renewed.

60 MIN | USD 120

#### DEEP TISSUE MASSAGE

A blend of African and oriental deep tissue massage to soothe sore and very tired muscles.

60 MIN | USD 120

#### STRESS RELIEVING MASSAGE

These back, scalp and facial massages will not only relax you, but also bring peace and harmony to an exhausted body and soul.

45 MIN | USD 95





### SIGNATURE SPA JOURNEY

We offer personalised tailor-made treatments to suit your individual needs. The Signature Spa Journey is a customised three- to four-day therapeutic experience developed to eliminate stress and fatigue, preparing the mind to embrace a deep state of relaxation.

4 X 60 MIN | USD 440

Ingredients, Honey, milk, butter cream, Ghee and wine. A spa experience like no other...

### SEGERA SPA RITUALS

#### AKENJU AKIRET | FOOT RITUAL

Foot exfoliation followed by an age-old technique concentrating on reflex points on the feet to relax and balance the whole body.

90 MIN | USD 145

#### ROCK BATH EXPERIENCE

Discover the healing powers of water and medicinal plants combined. This restorative therapy selection includes body brush, followed by exfoliation, and ends with a milk bath with herbs.

75 MIN | USD 120

#### BODY POLISH AND WRAP

An invigorating exfoliation using natural, organic custom-blended products to leave the skin soft and refreshed, followed by an application of hydrating or balancing wrap. Enjoy a relaxing scalp massage while wrapped in a comforting cocoon.

90 MIN | USD 145

#### PERSONALISE YOUR SPA JOURNEY

Depending on your needs there are also different packages available at the spa. Enjoy designing your unique spa journey. Each journey inspires a deeper state of relaxation and wellness.

PER 60 MIN | USD 120







## MANICURES

### SIGNATURE HERBAL PEDICURE OR MANICURE

These are designed to rejuvenate, refresh and renew your senses as well as pamper your hands or feet. Our Herbal Pedicure or Manicure treatment utilises natural herbs and essential oils such as mint, lemongrass, rosemary, lavender flower, and chamomile etc.

This aromatic treatment includes a hands or feet soak, nails and cuticle care, exfoliation, callus removal, massage, and your choice of polish or nail strengthener.

Signature Herbal Pedicure | USD 55

Signature Herbal Manicure | USD 45

### EXPRESS PEDICURE OR MANICURE

This treatment includes exfoliation, massage, and your choice of a new coat of polish or nail strengthener.

30 MIN | USD 30