

# FACIALS

**THE ILLUMINATE DEEP CLEANSE FACIAL**  
**Kshs 6500 • 60 mins** | Glow like a Geisha. Totally paraben free and inspired by the rice water Geishas would wash their faces with. Rice may not have the LUXURY appeal of champagne, strawberries or cocoa, but I bet you didn't know that rice water is full of vitamins and minerals and can cleanse, tone, brighten and soothe your skin. Our sensitive illuminate range is filled with actives to help reduce skin blemishes and age spots including rice bran oil, vanilla and a complex of wild alpine botanicals to lighten blemishes, even skin-tone and reduce the appearance of age spots.

**DRENCH & HYDRATE** – for dry and tired skin  
**Kshs 7000 • 70 mins** | Deep hydration is key to keeping your skin looking healthy and luminous. Rose water, green tea & aloe vera combine to hydrate, detox & soothe the skin, and a natural microdermabrasion with Bamboo aids in brightening and stimulating skin cell renewal. Deeply hydrating Cucumber will remineralise and drench skin in moisture. Anti-oxidant enriched pomegranate day cream is massaged into skin to soothe & hydrate – pomegranate creates micro channels for moisture to travel in to skin to ensure day long, protected hydration. Skin is left radiant, balanced and hydrated. If you have dull, sensitive or dry skin, this is perfect for you.

**OUTER GLOW / BRIGHT & CALM**  
**Kshs 6500 • 60 mins** | Brilliant for sensitive skin, this facial both revitalizes and soothes your skin, targeting redness or easily irritated skin types. With incredible natural botanicals including coconut oil, rice water, bilberry and chamomile your face will be deeply cleansed, gently exfoliated, stimulated and soothed, leaving your skin radiant and glowing. You'll notice the difference immediately, with a more even complexion and much calmer, soothed & glowing skin.

# LET'S FACE IT

Why not include a face mask during a massage, a reflexology, even maybe when you get your nails done (don't be shy)?

## KSXS 1300

**CUCUMBER** – More than 96% water, cucumber is a naturally moisturising plant. Detoxifies, moisturises, heals and strengthens the skin.

**TEA TREE** – The practice of using tea-tree started in Australia thousands of years ago when native Aborigines discovered its antiseptic and anti-microbial properties. The essential oil used in this tea tree face mask is no exception.

**BILBERRY** – For sensitive types, this gel like mask combines algae and bilberry extract enriched with vitamins B, C & E – nutrients well known to help nourish the skin.

## KSXS 1600

**GOLD** – A refreshing, luxury mask. Revives dull skin, retains moisture and leaves skin radiant and beautiful. Its soft structure and its gold colour is a true renewal booster.

**BRIGHT EYES WITH AN EXPRESS FACIAL**  
**Kshs 4000 • 45 mins** | Specifically targeted to your eye area, lifting the skin naturally, draining & soothing puffiness away. Dark circles will be addressed using our Eye Patch and the Gold Eye Contour Serum, overflowing with hyaluronic acid, renowned as one of the best healthy ageing ingredients available, perfect for plumping out the fine lines and hydrating the area to increase blood circulation. This is the one to go for after a heavy night out when your eyes need some love and care, and it's great for all skin types.

**DETOX & SOOTHE**  
**Kshs 7500 • 80 mins** | Kind enough for all skin types, using the purest botanicals to deeply penetrate the skin and remove all the toxins. The treatment starts with a grounding peppermint foot scrub to invigorate and refresh the feet, the gateway to the rest of the body. Witch hazel is the key ingredient used to thoroughly clean the face while natural bamboo is used as an exfoliant – a great natural microdermabrasion to resurface and stimulate skin cell renewal. Tea tree, willow leaf and menthol are applied in mask form, incredible for balancing oils, drawing out impurities and remineralising. If you have problematic skin, this is the facial to try.

**THE GOLD FACIAL** – Deeply luxurious and nourishing  
**Kshs 8000 • 70 mins** | Go on, treat yourself. With no parabens involved, our anti-ageing facial combines the power of Gold, extract of Caviar, Pearl and Grape Leaf as well as Hyaluronic Acid to stimulate and renew skin cells, restore skin elasticity and help slow down collagen depletion. Gold is both an anti-oxidant and anti-inflammatory and ensures that skin elasticity is maintained leaving skin looking youthful and glowing. This luxurious facial is for everyone who likes to treat their face to something more than just a deep cleanse.

# MUD BATH

With 3 steam rooms (1 in Gigiri and 2 in Kitisuru), this is the perfect relaxing, quick fix detox treatment including scrub, mud, relaxing massage & steam.

## KSXS 7500 • 90 MINS | CHOOSE ONE MUD

**WHITE MUD** – the ultimate purification ritual to cleanse your body and soul purifying and deep cleansing

**BLUE MUD** – get rid of those toxins, and let this mud work it's regenerating magic detoxifying and regenerating

**VANILLA CANDY WHITE MUD** – white mud as above but with a delicious vanilla scent with a mellow vanilla scent

# NAIL SPA

**JESSICA CLASSIC MANICURE**  
**Kshs 1000 • 40 mins** | For the client 'On-The-Go'. A manicure to reshape your nails, clean up your cuticles and soften your hands with a moisture rich massage. Finish with a fresh coat of nail polish.

**JESSICA CLASSIC PEDICURE**  
**Kshs 1200 • 50 mins** | A classic shape, soak and hydrate. Want to do it the French way? Just add another Kshs 250 to the Classic treatment.

*Jessica Phenom nails allow you to get gel-like lustrous nails in a much shorter time than traditional gel nails. Because Jessica Phenom varnishes are super quick drying, there's no need to use a UV light to set the layers.*

**JESSICA PHENOM MANICURE – 45 mins • Kshs 1500**  
**JESSICA PHENOM PEDICURE – 60 mins • Kshs 1700**

**SERENITY SPA MANICURE**  
**Kshs 2000 • 60 mins** | Taking care of over-exposed, over-worked and overly dry hands. Our mani-scrub and Vanilla Cream mask not only smells good but will help to rid you of your tired, dead skin and moisturize your digits back to health. An extra 20 minutes of hand and arm massage is included.

**SERENITY SPA PEDICURE**  
**Kshs 2500 • 70 mins** | Taking care of tired, dry feet: our pedi-scrub and Vanilla Cream mask not only smells good but will help to rid you of your tired, dead skin and moisturise your tootsies back to health. An extra 20 minutes of leg massage included.

# GROOMING

**FULL LEG** **Kshs 2000**  
**3/4 LEG** **Kshs 1800**  
**1/2 LEG** **Kshs 1200**  
**THIGH** **Kshs 1000**  
**BIKINI** **Kshs 1000**  
**BRAZILIAN FULL** **Kshs 3500**  
**BRAZILIAN EXCLUDING G STRING** **Kshs 2000**  
**MINI BRAZILIAN** **Kshs 1500**  
**UNDER ARM** **Kshs 800**  
**FULL ARM** **Kshs 1500**  
**1/2 ARM** **Kshs 900**  
**LIP/CHIN** **Kshs 400**  
**EYEBROW WAX** **Kshs 400**  
**THREADING EYEBROW** **Kshs 400**  
**EYEBROW SHAPING WITH TWEEZERS** **Kshs 350**

**open: MON-SAT: 9AM-9PM, SUNDAYS: 10AM - 8PM**

**GIGIRI tel: 0708 202020 | 0702 221877 | 020 365 3900/1**  
**email: bookgigiri@serenityspa.co.ke**

**KITISURU tel: 0714 931317 | 020 365 3950/1**  
**email: bookkitisuru@serenityspa.co.ke**

**web: www.serenityspa.co.ke**

**GIGIRI** 412 UN Crescent, Gigiri, Village Market, Nairobi, Kenya  
**KITISURU** Ngecha Road, Nairobi, Kenya

**PARAFFIN WAX**  
**Manicure Kshs 1500 • 45 mins | Pedicure Kshs 1800 • 60 mins**  
When you're hands and feet have been severely neglected, this is the way to go. The entire hand/foot is dipped in oily paraffin wax before the nails are polished, in order to seal in softness and moisture. The wax is left on the skin for some time; when it is removed your skin will feel silky soft, refreshed and revitalised.

**ACRYLIC NAILS**  
**Full Set – Kshs 5000**  
**Acrylic/Gel Overlays on Natural Nails – Kshs 3000**  
**Acrylic/Gel Infill – Kshs 2500**  
**1 Nail Replacement – Kshs 300**  
**Acrylic Soak Offs – Kshs 1000**

**CND SHELLAC**  
On the nail polish menu is Shellac, an 'innovation in chip-free, extended-wear colour', which goes on like polish and wears like gel. Start with Shellac Base Coat which provides the foundation for the Shellac system. Next, choose your Shellac Colour Coat, followed by the Shellac Top Coat which seals the deal with a mirror-like finish. The CND UV Lamp is used to set the layers immediately and create the scratch-resistant, high-shine finish that Shellac is known for. Shellac contains no nasty chemicals and lasts for 14+ days.

**Pedicure – Kshs 3000 • 75 mins**  
**Manicure – Kshs 2500 • 60 mins**  
**Soak offs – Kshs 500**  
**Re-varnish – Kshs 2000**

**GEL NAILS Kshs 5000 • approx 60 mins**

**BACK** **(F)Kshs 2000 | (M)Kshs 2500 - 4000**  
**CHEST (M)** **Kshs 1500 - 2500**  
**STOMACH** **Kshs 1000**  
**EYELASH TINT** **Kshs 1050**  
**EYEBROW TINT** **Kshs 950**  
**EYELASH & BROW** **Kshs 1800**  
**CLASHES EYELASH EXTENSIONS "FLUTTER"** **Kshs 5000**  
**approx 60 mins**  
**EYELASH INFILL 30 minutes** **Kshs 3000**

We offer hot wax (no strips needed here) for sensitive areas:  
**BIKINI** **Kshs 1500**  
**BRAZILIAN** **Kshs 4500**  
**UNDERARM** **Kshs 1200**

## GIVE THE GIFT OF LUXURY

AN IDEAL GIFT FOR ANY OCCASION

And why not combine them with something special from our wide selection of beauty products?

AVAILABLE ONLINE

Serenity Spa

NOW AVAILABLE!

Serenity Coffee  
Delicious Coffee, Teas, Smoothies, Fresh Juices, Quiches, Cakes & Pastries.

# MASSAGES

**DEEP TISSUE BAMBOO FUSION** – The ultimate Deep Tissue Massage [it goes deep]  
**Kshs 6500• 75 mins** | A seriously deep (and we mean deep) tissue and stress-relieving treatment. Skillful movements performed with the hands and differently sized wooden sticks help to stretch tight muscles and ease toxic overload. Time to get in deep.

**ART OF AROMA**  
**Kshs 5000 • 60 mins | Kshs 7000 • 90 mins** | You know how you can heal your body? RELAX! Relaxation is best achieved through breathing properly. By using a range of aromatic plant extracts and essential oils, each with its own properties to calm, energise, cleanse or decongest this treatment can release anxiety and stress, and induce relaxation.

**TRULY, MADLY, DEEPLY**  
**Kshs 5500 • 60 mins | Kshs 8000 • 90 mins | Kshs 10000 • 120 mins**  
There are some horrible side effects of using computers all day – chronic neck pain is just one of them! Deep tissue therapy releases chronic muscle tension by focusing on the deepest layers of muscle tissue. The massage movement is slower and the pressure deeper than with a relaxation massage. The result? Reduced toxins, reduced stress, increased circulation and reduced pain.

**HOT! HOT! HOT!**  
**Kshs 7500 • 90 mins** | Smooth basalt stones are bathed in warm water and anointed with fragrant oils then placed on your body's key energy points. After warming your body with some traditional Swedish massage techniques, your massage therapist will use the stones as an extension of their hands to massage your muscles. Try and stay awake!

**SERENITY SPORTS MASSAGE**  
**Kshs 8000 • 90 mins** | Ideal for the athlete in you... Discuss your ache-y areas with the therapist and let them alleviate tension caused by all that exercise. Reduce lactic acid build-up, increase your circulation, reduce recovery time in between training, increase your flexibility and prevent injury – so you can train even harder next time! Ideal after marathons.  
Buy 5 get another free offer (contact us for details).

**THE HOLISTIC MASSAGE** - Relaxing Full Body Massage  
**Kshs 4000 • 60 mins** | This massage takes into account not just your physical body, but your emotional and spiritual wellbeing also. Allow your body to relax under our touch and let us work our magic.

**THE SERENITY MASSAGE** - our signature massage  
**Kshs 6500 • 90 mins** | A Sacred, Spiritual & Uplifting massage – so unique and special. This massage focuses on your tired and aching muscles, and also looks to release energy blockages in your chakras to clear your emotional aches as well. Amethyst crystals are placed on your energy centres to release them, while the rest of your body is gently heated using the rose quartz crystals and your muscles are steadily massaged. We promise, you will feel amazing, more relaxed, more balanced and you will most likely be able to sleep better again.

**HEAD, NECK, SHOULDER**  
**Kshs 1500 • 30 mins | EXPRESS Kshs 800 • 15 mins** | Short on time? Only got your lunch hour to burn? Pop in to Serenity Spa for a quick head, neck and shoulder massage to set you back on track for the rest of your day.

**BACK MASSAGE**  
**Kshs 2500 • 30 mins** | Bad back = bad life! Come see us and put the world to rights with a quick 30 minute back massage.

**SOLE THERAPY (REFLEXOLOGY)**  
**Kshs 4000 • 60 mins | or THE REFLEX EXPRESS Kshs 2000 • 30 mins**  
Socrates once said "When our feet hurt, we hurt all over". Reflexology is based on the principle that there are reflexes in our feet that correspond to every gland, organ and part of the body. The nerve endings in the feet are stimulated to balance energy, promote healing and increase circulation. Reflexology can release blockages, helping your body to eliminate toxins and waste. Perfect for a quick fix at any time of the day...  
Contact us if you would like to sign up for more than 8 reflex treatments, as we will give you the 9<sup>th</sup> for free.

**FOOTLOOSE**  
**Kshs 1,500 • 20 mins** | A quick treat to revive tired and aching feet. Using practiced massage techniques, our foot massage is guaranteed to relieve over-worked feet, so you can walk on clouds again!

**THE THAI MASSAGE**  
**Kshs 7500 • 70 minutes** | Traditional Thai Massage began to evolve in Thailand over 1,000 years ago. Using broad and targeted acupressure stimulation, your body will be compressed, pulled, stretched and rocked to clear any energy blockages and relieve strain. The result? A powerful mind & body healing experience with a heightened state of physical and spiritual well-being.

# SERENITY GOODIES

SERENITY GOODIES FOR EVERYONE! MONDAY TILL WEDNESDAY

1 HOUR HOLISTIC MASSAGE **Kshs 3500 instead of Kshs 4000**  
1 HOUR DEEP TISSUE MASSAGE **Kshs 5000 instead of Ksh 5500**  
90 MINUTES SCRUB & HOLISTIC MASSAGE **Kshs 6000, save 1000**  
SUMMER FEELING PACKAGE **Kshs 8500 instead of Kshs 9500**

ESCAPE THE STRESS PACKAGE **Kshs 11000 instead of Kshs 13000**  
HIGHLIGHTS, CUT, WASH AND BLOWDRY **Kshs 7500**  
For Afro Hair only: COLOUR, WASH AND BLOWDRY **Kshs 4000**

## COUPLES Treatment prices are for two people. The packages are highly discounted.

### MARS & VENUS FOR TWO PAX

**Kshs 10000 • 60 mins | Kshs 15000 • 90 mins** Commanding the goddess of love, treat you and your special someone to a sensual deep tissue massage.

### ZEUS & HERA FOR TWO PAX

**Kshs 16000 • 140 mins |** The couple that spa's together, stays together. Scrub off all the stress with one of our lovely smelling scrubs cleaning your skin and make it glow. After showering off your scrub enjoy a 30 minute soak session together in our Jacuzzi with a glass of bubbles each. Chat, lean back and just start relaxing together. Your treatment ends with a 60 minute relaxing full body massage. What a way to bond and re-connect. We will serve you some fruits and teas in our relaxing area afterwards.

### EROS – HOT! HOT! HOT! FOR TWO PAX

**Kshs 21000 • 150 mins |** Start with a full body exfoliation, using a scrub of your choice, and enjoy a 'steamy' session in the steam room. Smooth basalt stones are bathed in warm water and anointed with fragrant oils before we start with the Hot Stone Massage. The stones are placed upon your body's key energy points, and this direct, deeply penetrating heat is used to massage the body, creating complete and total relaxation. A glass of fresh Berry Juice, full of anti-oxidants, ends the treatment.

## STRESS AND PAIN RELIEF TREATMENTS

FASCIAL MANIPULATION© **60 mins • Kshs 6000 | 90 mins • Kshs 8000 | 120 mins • Kshs 10000**

For the treatment of musculoskeletal problems - realigning the body, relieving tense muscles and improving body posture.

CHIROPRACTIC ADJUSTMENT **20-30 mins • Kshs 2500**

Emphasises the inherent recuperative power of the body to heal itself without the use of drugs or surgery. Used to treat conditions such as lower back pain, neck pain and headaches.

## SLIMMING AND TONING BODY TREATMENTS

G5 MASSAGE **Kshs 4500 • 60 mins**

G5 COMBINED WITH DEEP TISSUE MASSAGE

**Kshs 8000 • 90 Mins**

G5 SPOT FAT MOBILISATION

**Kshs 17000 • Course of 10 session, each 30 mins**

GALVANIC CELLULITE REDUCTION

**Kshs 15000 • Course of 10 sessions, each 20 mins**

COMBINED G5 FAT MOBILISATION with Faradic or Galvanic

**Kshs 20000 • Course of 10 sessions, each 30 mins**

EROS FOR TWO PAX

**Kshs 17000 • 110 mins |** A package recommended by Cupid himself, to bring back the love in your relationship. Scrub away your issues with a full body exfoliation, using a scrub of your choice, and enjoy a 'steamy' session together. Enjoy a 60 mins deep tissue massage and spend some time together in our relaxation area or garden with a glass of fresh berry juice, fruits and tea. Rekindle that togetherness.

THE GLOW FOR TWO PAX

**Kshs 10000 • 60 mins |Kshs 13000 • 90 mins massage |** Get straight into a 'steamy' session in our steam room together then move onto the Holistic Massage to put the magic back in your relationship. This massage takes into account not just your physical body, but your emotional and spiritual wellbeing also. You will both feel very happy and relaxed afterwards.

TWO SOLES AS ONE FOR TWO PAX

**Kshs 7000 • 60 mins |** Reflexology is based on the principle that there are reflexes in our feet that correspond to every gland, organ and part of the body. The nerve endings in the feet are stimulated to balance energy, promote healing and increase circulation. You can enjoy each other's company while having this treatment side-by-side in our garden drinking some herbal tea. Chill out together!

CUPPING/ACUPUNCTURE **45 mins • Kshs 5000 including**

**Fascia assessment** Acupuncture can redirect and reposition the flow of energy (chi) for the purpose of relieving tension, stress, and pain or relax overactive muscles. Cupping helps to improve blood flow within the tissue whilst stimulating anti-inflammatory chemicals in the body, encourages healing, reduces pain and induces relaxation and well-being.

TOTAL BODY SLIMMING & DETOX TREATMENT

**115 mins • Kshs 9000 |** Not suitable for pregnant clients. Rich with amino acids and vitamins, the Laminaria Body Wrap helps improve your skin's hydration levels. Laminaria also stimulates your metabolism to fight fatty deposits and cellulite and works as a great slimming and shaping treatment. This wrap is magic! After 20 minutes shedding those toxins, enjoy a hot shower and steam session in our steam room. Finally, you'll revel in a 60 minute deep tissue massage to drain the lymphatic system and relax your muscles. You will notice that any water retention has disappeared and you won't feel bloated. Make sure to drink lots of water for a few days afterwards to flush out more toxins.

## FACELIFTING FACIALS – THE NATURAL WAY OF DOING BOTOX

GALVANIC FACIAL – a firming and hydrating facial

**Kshs 1000 per 15 minute session – minimum 10 sessions required, 3 times a week |** Two deep cleansing and nourishing processes occur through the application of a small, constant, direct electrical current: 1) desincrustation: opens the pores, softens the skin, deep cleanses; 2) ionisation: helps rebalance, firm and tighten the skin. This treatment aims to bring improvement to the circulatory system in a natural and harmless way.

HIGH FREQUENCY FACIAL – stimulates new cells

**Kshs 1800 per 30 minutes session – minimum 10 session required, 3 times a week |** Skin stimulation through low-current high-frequency alternating currents delivered via a glass electrode. These treatments encourage the shedding of old skin and the improvement of facial colour and texture. Give in to this healing, rejuvenating and relaxing process.

## THE GENTLE(MEN)'S TREATMENT

**These packages are specifically designed for men, however you are welcome to enjoy any of our treatments.**

WAKE UP AND FEEL ALIVE! With our beautiful

Columbian Coffee Scrub

**Ksh 7500 – 90 minutes |** Coffee can do wonders for our bodies. Loaded with antioxidants to prevent premature ageing, helps to draw fluid away, tightening your skin and improves blood flow – so you look ALIVE! Coffee is also a great natural exfoliant and are not harsh on the skin. Enjoy a 60 minute deep tissue massage after your wonderful scrub experience. Get that caffeine boost without the cup of joe!

## BODY WRAPS – THE PERFECT STARTER TO ANY OF OUR MESSAGES

**Body wraps date back to ancient times and have been used to detoxify and heal the body, remove excess fat and fluid from tissues, restore minerals, reduce joint pain, tighten and tone the skin, and nourish and soften the skin – can it get any better?! Our range of wraps are botanically based and mineral rich, formulated with plant powders which provide a rich texture and release aromatic and earthy scents. A body wrap - also known as a cocoon or mask - is at the heart of every spa ritual and depending on the key ingredients has many benefits to your skin and wellbeing.**

SOOTHING CHOCOLATE & COCOA BEAN SELF-

HEATING BODY WRAP: Relaxing, nourishing and simply divine, the scent of cocoa adds an element of sensuality, contentment and intrigue. This is your go-to wrap when you want some extra special attention.

LAMINARIA BODY WRAP: Rich with amino acids and vitamins, your skin's hydration levels will be significantly improved. Laminaria also stimulates your metabolism to fight fatty deposits and cellulite and works as a great slimming and shaping treatment.

MICRO CURRENT

– softens wrinkles & rejuvenates damaged skin

**Kshs 1800 per 30 minute session – minimum 10 sessions required, 3 times a week |** Micro-current treatments work by passing a very small direct current through muscle tissue, mimicking the body's own bio-electric currents. Sometimes this treatment is referred to as the 'non-surgical face lift'. It is designed to soften wrinkles, reduce eye puffiness and repair skin damaged by sunburn, acne, and scarring.

ACNE TREATMENT

– combination of Micro & High frequency

**Kshs 2000 – 30minutes**

TITAN FACIAL

**Kshs 6500 • 60 mins |** For the real men out there. A deep-cleanse facial designed especially for men. As the Titans were responsible for time, let us turn it back with this facial.

THE ALPHA PACKAGE

**Kshs 10000 • 140 mins |** Alpha-Males sign up here. Let go for once with this package. Enjoy a 60 minute deep tissue, full body massage and a Titan Facial to ensure you feel and look relaxed. Then go back to being in command.

GINGER, SWEET ORANGE, COCOA BODY WRAP:

Ginger will add the spice and zest, while cocoa and orange brings out your inherent sensuality. Use this wrap when you're aiming to party all night while looking fabulous throughout.

GREEN, RED, WHITE TEA & MINT LEAVES BODY WRAP:

Anti-oxidants to protect and prevent ageing, detoxifying, and breaking down fatty acids to reduce the "orange peel" effect of the skin results in tight, smooth and refreshed skin.

GOLD ANTI-AGEING WRAP: Decadent and sensual amber scent, mixes to a luxurious velvet like golden gel for a real wow factor. Get this treatment done when you want your outer glow to shine as brightly as your inner one.

ILLUMINATE BODY WRAP: The wrap is rich in oryzanol - one of the best anti-oxidants for skin protection. This is coupled with active ingredients to nourish, even out the skin tone and reduce the appearance of skin spots and pigmentation – you don't feel old, so why should you look it?!

**KSHS 2500 – 30 MINUTES**

## SCRUB BAR CHOOSE ONE SCRUB FOR ONLY KSHS 3000 • 20 MINS

**We love customers who like to change things up. With our scrub bar you can tailor your own spa experience to exactly suit your needs. Your body will be gently exfoliated leaving your skin beautifully clean, refreshed and polished.**

COLOMBIAN RUSH SALT SCRUB: This is a brew of the finest Colombian beans infused with intoxicating, antioxidant rich green cardamom and bitter chocolate. The scent of coffee provides a quick pick-me-up without the horrible caffeine jitters.

GOLD & CAVIAR BODY SCRUB: Luxury all around! This is our most luxurious scrub, combining a medley of champagne, pearl and caviar extract and glimmering gold shine, plus a cocktail of skin loving ingredients. Perfect for when you need to look like a million bucks.

GRAPEFRUIT & GERANIUM SALT SCRUB: Make your skin glow with the fresh and tangy aroma of grapefruit & geranium. This scrub not only removes any dead skin but also promotes lymphatic drainage and stimulates weight loss.

LUXURIOUS LIME & LEMONGRASS FINE SALT SCRUB: Fresh and zesty for those warm summer months to chase the winter blues away. The zingy lime and lemon notes in this gorgeous scrub make it the perfect pre-cocktails pick-me-up.

A TASTE OF SUMMER: STRAWBERRY CREAM SALT SCRUB: Strawberries and cream, the classic combination of flirty and fun. The sweet aroma of this salt scrub will pick you up and transport you to those heady summer days. The perfect preparatory treatment for beautiful, polished skin.

FONDANT PEPPERMINT SALT SCRUB: The scent of peppermint helps to improve memory and raise alertness – perfect for those Mondays when your brain just doesn't engage!

SWEET MANDARIN, NEROLI & OLIVE STONE PREGNANCY SCRUB : A gentle yet effective cream scrub that will leave skin thoroughly nourished. Packed with olive stone for a gentle exfoliation and ho wood and mandarin oils for soothing tired and aching dry hands and feet. *Nof recommended for use during the first 3 months of pregnancy.*

## SIGNATURE TREATMENTS

THE RESURRECTION PACKAGE

**Kshs 10500 • 140 mins |** Feel like death warmed up? Need help getting yourself back into the land of the living? We're here for you! Our zingy lime and lemongrass scrub will boost your spirits and senses and get your blood pumping in all the right places. The Detoxifying Body Mud will draw out all those late night toxins in exchange for 'good for you' minerals to kick start your immune system. A Face Collagen mask will restore hydration into your face and help your skin look warmer and plumper. Finally, an Aromatherapy Massage will lead you into ultimate blissful relaxation, while encouraging your lymphatic system to drain away more of those pesky toxins. No one will even know what you've been up to!

THE SUMMER FEELING

**Kshs 9500 • 130 mins |** When you just can't get enough of that summer feeling... 30 minutes Body Scrub with Strawberry Cream Salt Scrub. 30 minutes Body Wrap with Green Tea and Mint Tea. Bilberry & Chamomile Facemask packed with antioxidants. Finish with a 60 minutes nourishing & relaxing full body massage to transport you back to those invigorating summer days.

SAUNA (AVAILABLE AT KITSURU ONLY)

Just Sauna sessions **45 mins • Kshs 3500**

Sauna session + Deep Tissue Massage **100 mins • Kshs 7500**  
Couples Sauna + Deep Tissue Massage **100 mins • Kshs 14000**

FRESH & FEEL GOOD

**Kshs 11000 • 205 mins |** Enjoy a full body exfoliation to rid yourself of all the dead skin cells and leave you feeling smooth and clean. Follow this with a holistic massage to melt away any tensions. Feeling tranquil and calm, you will then enjoy a 30 minute facial to replenish your skin and make sure your face matches your body with a beautiful glow. Finish your spa day with a classic manicure and pedicure and a delicious berry juice loaded with antioxidants. If you wish to do a full facial the extra cost is Kshs 3000

FULL BODY JUMP START

**Kshs 7500 • 100 mins |** A 20 minute full body scrub with the refreshing and stimulating properties of peppermint will awaken your body and mind. Shower off the scrub smelling divine with smooth and polished skin and lie back to enjoy a 60 minute nourishing and relaxing full body massage. A wonderful eye patch mask will work its magic during the massage. The eye patch mask is packed with collagen, perfect for tired and ageing skin around the eyes. After your massage the mask is removed and the treatment ends with a light face massage using the Illuminate moisturiser. We promise that this package will jump start your body and mind.