



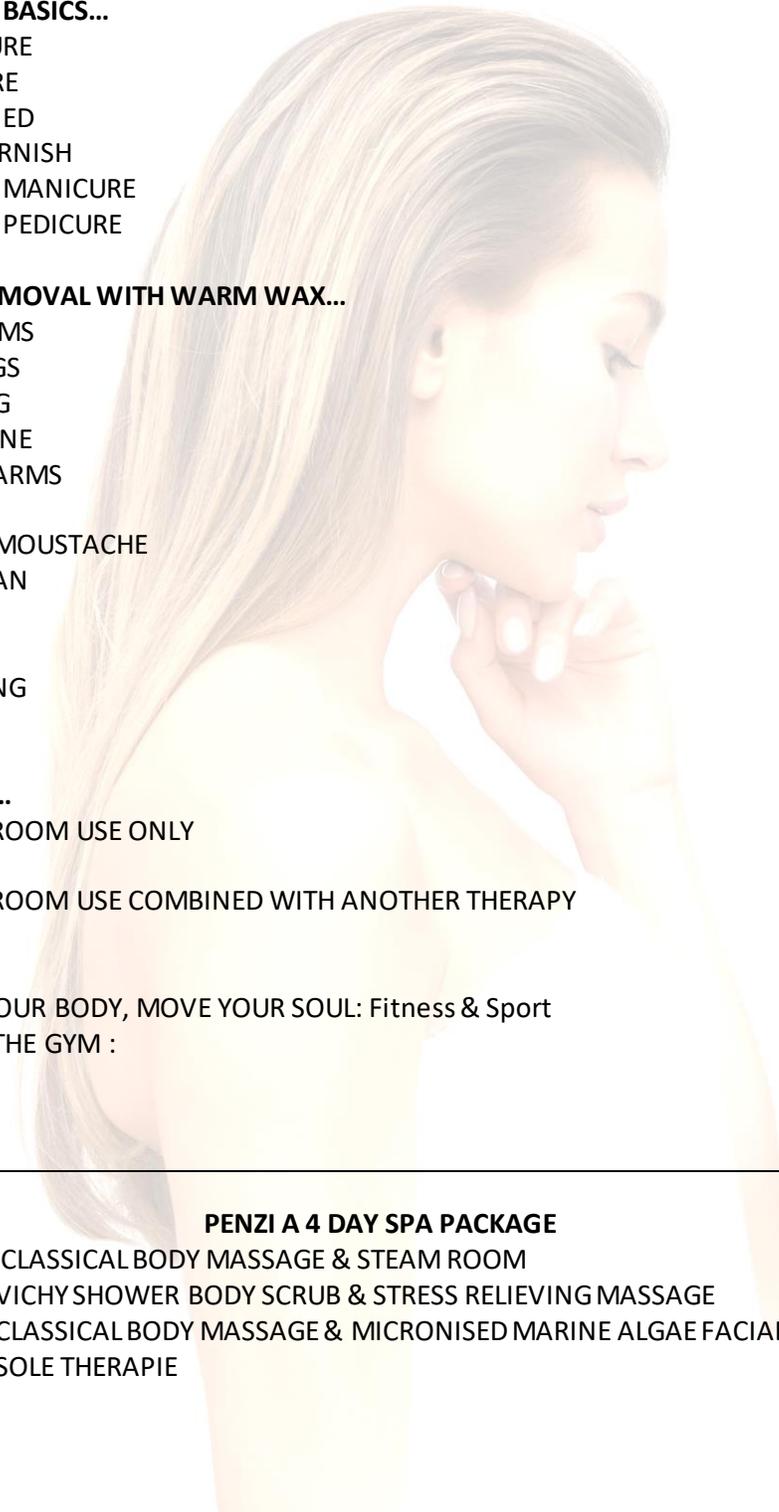
**TREATMENT MENU**

<p><b>MASSAGE</b></p>	70Mins	Ksh 6,000
<p><b>SIGNATURE FOUR HAND MASSAGE</b> Described as choreography of massage moves and techniques, this full-body treatment is performed by two therapists.</p>	1hr 15Mins	Ksh 4'000
<p><b>AROMATIC MASSAGE</b> Full-body treatment with essential oils</p>	1hr 10Mins	Ksh 3,000
<p><b>HOT STONE THERAPY MASSAGE</b> A gently heated stones intensify the relaxation effect</p>	50 Mins	Ksh 3,000
<p><b>CLASSICAL BODY MASSAGE</b> Simple and pure relaxation</p>	40Mins	Ksh 2,500
<p><b>STRESS RELIEVING MASSAGE</b> This combined back, neck and feet massage helps your body circulatory system and is great for getting rid of stress.</p>	30Mins	Ksh 2,500
<p><b>INDIAN HEAD MASSAGE</b> Calming head and shoulder Massage.</p>	50Mins	Ksh 3,000
<p><b>SOLE THERAPIE</b> This ancient treatment involves gentle stimulation of acupressure points in the feet that have direct connections to various organs, glands and muscle groups.</p>	110Mins	Ksh 6,000
<p><b>SPA REVITALIZATION</b> Combines back massage with a basic facial and massage of hands &amp; feet</p>		

<p><b>FACIAL TREATMENTS...</b> All Thalgo facial treatments begin with a welcoming massage releasing pressure from the scalp and the neck area.</p> <p><b>HYDRA MASK MOISTURE SOURCE FACIAL</b> Hydrating facial to rejuvenate and replenish your skin's moisture reserve with active ingredients direct from the ocean</p> <p><b>THALGO BASIC FACIALS</b> The basic facial introduces you to the marine world and helps to treat your skin's specific condition. Your skin is left rejuvenated and hydrated.</p> <p><b>MICRONIZED MARINE ALGAE FACIAL</b> The micronized marine algae can be customized to suit your skin's specific needs, whether you wish to deep cleanse the skin removing impurities with less visible pores or a boosting facial to rejuvenate and replenish your skin's reserves .</p> <p><b>OCEAN MEN'S FACIAL</b> A facial designed specifically for the modern man The Ocean Treatment will relieve all signs of fatigue re-energising your skin whilst relaxing your mind and body.</p>	<p>60Mins</p> <p>40Mins</p> <p>50Mins</p> <p>50Mins</p>	<p>Ksh 4,500</p> <p>Ksh 3,000</p> <p>Ksh 3,000</p> <p>Ksh 3,500</p>
<p><b>BODY TREATMENTS...</b> All Thalgo body treatments begins with a welcoming pressure points massage releasing tension along the spine</p> <p><b>MICRONISED MARINE ALGAE BODY WRAP</b> Rich in minerals, nutrients and vitamins - this pure algae body wrap activates the body's functions relieves aches and pains, detoxifies your body of unwanted elements and helps to assist the body's metabolism</p> <p><b>MARINE PRELUDE</b> The ultimate treatment in body exfoliation offering all the benefits of mud from the Dead Sea. Highly remineralising the Dead Sea mud ensures that the skin is replenished of its natural reserves. The pure sea slat ensures the removal of all dead skin cells giving back the healthy glow to the skin.</p> <p><b>AROMACEANE SLENDER BODY WRAP</b> This holistic body wrap is designed for your slimming needs. The Marine Mud helps to activate the body's metabolism and the Aroma Slender oil ensures figure refinement and slimming.</p> <p><b>FRIGI THALGO BODY WRAP</b> This cool body wrap is ideal in the treatment of tired and heavy legs, cellulite and poor circulation. The menthol and camphor provide direct relieve and assists the body's microcirculation.</p>	<p>60Mins</p> <p>60Mins</p> <p>60Mins</p> <p>60Mins</p>	<p>Ksh 4,250</p> <p>Ksh 5,150</p> <p>Ksh 4,500</p> <p>Ksh 3,000</p>

<p><b>HYDROBATH TREATMENTS...</b> Experience a relaxing underwater jet massage which increases circulation, strengthens muscle tone and eliminates toxins. These body treatments include a full body exfoliation, hydrotherapy as well as an application of a marine finishing body lotion. Complete your experience with a body massage.</p>		
<p><b>MICRONISED MARINE ALGAE HYDROBATH</b> The treatment incorporates a full body exfoliation. Marine algae benefits are detoxifying relieve muscular aches and pains and boosts general well-being relieving insomnia</p>	40Mins	Ksh 3,500
<p><b>AROMACEANE HYDROBATH</b> Thalgo Aromatics combine 100% natural essential oils, carefully selected for their efficacy and olfactory effects. The Aroma Slender Hydro bath will help to shed those few extra kilos and activate the body's natural slimming functions</p>	40Mins	Ksh 3,000
<p><b>AROMATIC MARINE ALGAE BATH</b> Experience the best of both worlds and combine the effects of the Aroma Slender oil to help refine those unsightly bulges and the effects of micronized marine algae on the body's natural metabolism ensuring an ultimate treatment for weight loss and well being</p>	40Mins	Ksh 3,500
<p><b>SINGLE HYDROBATH TREATMENTS...</b> These hydro treatments do not include a scrub and is purely designed to have the full effects hydro and our active ingredients</p>		
<p><b>CLEOPATRA PRECIOUS MILK BATH</b> A precious milk bath awaits in the eternal style of Cleopatra. Immersed in floral musky scents of peach melon, sandalwood and vanilla, your mind will be rested and your body silken and shimmering with Gold.</p>	20Mins	Ksh 2,500
<p><b>OCEAN SENSATION BATH</b> A relaxing and regenerating ocean sensation bath. Effervescent crystals of red and green algae envelop your skin and the bath as if taking a dive into the ocean. Your skin is rejuvenated and energised. Highly anti-ageing for the body.</p>	20Mins	Ksh 2,500
<p><b>BODY EXFOLIATIONS...</b> SWEET AND SAVOURY BODY SCRUB Brown sugar, Sea salt and Mediterranean essential oils of citrus, mandarin and grape fruit blend together in this delicious and purifying body scrub. Luxurious and nourishing, it leaves your skin velvety smooth and silky soft.</p>	20Mins	Ksh 3,000
<p><b>OCEAN MEMORY PURIFYING WAVE</b> This full body exfoliation using precious dried algae petals and remineralising sea salts, rejuvenate your skin, mind and body for the ideal stress relieve, your skin is left silky</p>	20Mins	Ksh 2,500

<p><b>GENTLE BODY EXFOLIATION</b> A full body delicate and gentle body exfoliation that leaves your body silky and smooth. Ideal before sun exposure.</p>	20Mins	Ksh 2,500
<p><b>LUXURY BACK TREATMENT</b> This treatment is like a facial for your back. Starting with a deep cleanse and exfoliation, followed by the warm marine algae mask to replenish and re balance.</p>	50Mins	Ksh 3,000
<p><b>SPA JOURNEYS...</b> Thalgo spa journeys will take you on a deeply relaxing voyage. Each journey lasts <b>2hrs.</b></p> <p><b>INDOCEANE</b> As if on an epic sea journey, Indoceane treatment presents a voyage of the discovery, from the scent of the Mediterranean port towards the Oriental sense and ancestral traditions where complete revitalisation awaits. You will stop at four ports of call around the world; your journey begins in the Mediterranean next to Egypt, followed by India and eventually to China. A journey to increase vitality</p> <p><b>OCEAN MEMORY</b> Allow yourself to plunge into the marine universe! The cradle of life on earth, the sea bears with it the memory of the world. Your Ocean memory includes a sea scrub, ocean bath, a purifying ocean massage and tingling heating algae wrap. Relieve your stresses and induce deep relaxation.</p>		Ksh 9,000  Ksh 10'000
<b>AFYA BORA WELLNESS CLUB &amp; SPA SIGNATURE TREATMENTS...</b>		
<p><b>MORNING BLISS</b> Start your morning with ten minutes in the steam room followed by a refreshing Vichy body scrub shower. A Healing Holistic Body massage and Reflexology treatment will follow.</p>	165Mins	Ksh 11,000
<p><b>WHISPERING PALMS</b> Start with a basic scrub and relax in the Hydro bath with the Ocean Sensation bath tonic. Your senses will be indulged by the signature Four Hand massage leaving you totally relaxed. This will be followed by the Thalgo Basic facial.</p>	210Mins	Ksh 12,500
<p><b>AFYA BORA DELUXE</b> Start your therapy with a ten minutes steam bath to start the detoxification process. The Micronized Marine Algae Body wrap will ensure the detoxification is complete. This will then be complimented with a Hot Stone massage focusing on the back, back and front of legs and ending with either a Hydra Mask Moisture facial or Oceans Men's facial.</p>	210Mins	Ksh 12,500

<b>SHINE FROM INSIDE, BLOSSOM ON THE OUTSIDE. OUR COSMETIC TREATMENTS, OUR PACKAGES.</b> Natural, pure, exclusive.			
<b>BEAUTY BASICS...</b> MANICURE PEDICURE COMBINED NAIL VARNISH FRENCH MANICURE FRENCH PEDICURE		Ksh 2,500 Ksh 3,500 Ksh 5,500 Ksh 1,000 Ksh 3,000 Ksh 4,000	
<b>HAIR REMOVAL WITH WARM WAX...</b> FULL ARMS FULL LEGS HALF LEG BIKINI LINE UNDER ARMS ARMS CHIN & MOUSTACHE BRAZILIAN BACK CHEST TWEEZING		Ksh 2,500 Ksh 3,000 Ksh 2,000 Ksh 2,000 Ksh 1,000 Ksh 2,300 Ksh 1,000 Ksh 3,000 Ksh 2,500 Ksh 700 Ks 2,000	
<b>EXTRAS...</b> STEAM ROOM USE ONLY		Ksh 500	
STEAM ROOM USE COMBINED WITH ANOTHER THERAPY		Ksh 300	
TRAIN YOUR BODY, MOVE YOUR SOUL: Fitness & Sport USE OF THE GYM :		Per Day Or 3 Days Or 7 Days Or 14 Days	Ksh 250 Ksh 600 Ksh 1,200 Ksh 2,000
<b>PENZI A 4 DAY SPA PACKAGE</b>			
Day 1 CLASSICAL BODY MASSAGE & STEAM ROOM Day 2 VICHY SHOWER BODY SCRUB & STRESS RELIEVING MASSAGE Day 3 CLASSICAL BODY MASSAGE & MICRONISED MARINE ALGAE FACIAL Day 4 SOLE THERAPIE			Ksh 15,000

<b>7TH HEAVEN A 7 DAY SPA PACKAGE</b>		
Day 1	VICHY SHOWER SCRUB & HEALING HOLISTIC MASSAGE	Ksh 36'500
Day 2	SPA REVITALIZING & INDIAN HEAD MASSAGE	
Day 3	HOT STONE MASSAGE	
Day 4	REFLEXOLOGY & MANICURE, PEDICURE	
Day 5	BODY SCRUB & MILK HYDRO BATH & HEALING HOLISTIC MASSAGE	
Day 6	STEAM ROOM & AROMATHERAPY	
Day 7	FOUR HAND SIGNATURE MASSAGE & SOLE THERAPIE	

All prices are in Kenya Shillings and are inclusive of applicable Government Taxes.

For any bookings please contact:  
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