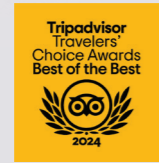




For resident guests, please call the Spa on 4801 from your room to book your appointment.

For Spa Bookings:  
Mobile: (+254) 0709154000  
Email: spa@baobab-beach-resort.com

For resident guests dial 4801 from your room



# Natural & Absolute Regeneration





## BACK TO NATURE

Afya Bora is a Swahili word for Good Health. We have created our new spa experiences to be able to soothe, calm and nurture the body and mind. Experience our exotic location to enjoy complete seclusion and tranquility. Afya Bora Spa at Baobab Beach Resort & Spa means direct contact with the ocean and with one of the world's largest indigenous coastal forests – the perfect environment for relaxation and regeneration.

Whether you are in one of our treatment rooms, outdoor Jacuzzi or our gym that has a 180 Degrees sea view or steam bath you will be comforted with an abundance of colours and life. Talk of flowers, butterflies and the ever changing shades of the Indian Ocean. Our Jacuzzi and Hydro Bath de-stress tired muscles after intensive exercise or a long, exhausting safari.

A unique steam bath - with an air temperature of 45°C and 100% humidity - clears the respiratory tract, increases circulation and removes impurities. At the end of your treatment the rhythms of body and nature will beat in harmony.

## THALGO PRODUCTS

The sea has always been a source of vital energy for humans, which can regenerate you both physically and mentally. THALGO has taken inspiration from this for more than 50 years, combining efficacy and well-being. THALGO was born of the Oceans.

To offer safe and responsible beauty, our teams are committed to providing increasingly natural formulas and protecting the sea and its biodiversity. Thalgo la Beaute Marine - Let the Sea Empower your Beauty.

### Hours of Operation

**Treatment & Massages:** 0900 – 18:00hrs | **Salon & Barber:** 09:00 – 18:00hrs

**Gym:** 06:00 – 11:00hrs & 16:00 – 19:00hr

Hours of operation are subject to change. **Call Ext. 4801**



## MASSAGES

We therapists turn our trade into art and your body into a source of wellness.

**Spa Revitalization:** Combines a back massage with a basic facial and a soothing massage of the hands and feet.  
(110 minutes) Kshs. 11,000

**Signature Four Hand Massage:** Described as choreography of massage moves and techniques, this full-body treatment is performed by two therapists.  
(70 minutes) Kshs. 8,000

**Aromatic Massage:** Full-body treatment with essential oils.  
(75 minutes) Kshs. 6,500

**Hot stone therapy massage:** Gently heated stones intensify the relaxation effect.  
(70 minutes) Kshs. 6,500

**Healing holistic massage:** This massage uses regulated pressure to release knots and tension in the body and is supplemented with gentle stretches.  
(50 minutes) Kshs. 5,000

**Classical Body Massage:** Simple and pure relaxation.  
(50 minutes) Kshs. 5,000

**Sole Therapy:** This ancient treatment involves gentle stimulation of acupressure points in the feet that have direct connections to various organs, glands and muscle groups.  
(50 minutes) Kshs. 4,500

**Stress Relieving Massage:** This combined back, neck and foot massage helps your circulation and is great for getting rid of stress.  
(40 minutes) Kshs. 4,000



## FACIAL TREATMENTS

All Thalgo facial treatments begin with a welcoming massage releasing pressure from the scalp and the neck area.

**Hydra Mask Moisture Source Facial:** Hydrating facial to rejuvenate and replenish your skin's natural moisture with active ingredients direct from the ocean.  
(60 minutes) Kshs. 8,000

**Ocean Men's Facial:** 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.  
(50 minutes) Kshs. 8,000

**Micronized Marine Algae Facial:** 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 prefer a boosting facial to rejuvenate and replenish your skin.  
(50 minutes) Kshs. 6,500

**Thalgo Basic Facials:** 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.  
(40 minutes) Kshs. 5,500



## BODY TREATMENTS

All Thalgo body treatments begin with a welcoming pressure points massage which releases tension along the spine.

**Marine Prelude:** The ultimate treatment in body exfoliation offering the well-known benefits of the mud from the Dead Sea. Highly re-mineralising, Dead Sea mud ensures that the skin is replenished of its natural reserves. The pure sea salt helps remove dead skin cells giving a healthy glow back to the skin.

**(75 minutes) Kshs. 10,500**

**Aromaceane Slender Body Wrap:** 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.

**(75 minutes) Kshs. 10,000**

**Micronised Marine Algae Body Wrap:** Rich in minerals, nutrients and vitamins - this pure algae body wrap relieves aches and pains, detoxifies the body and helps to assist the body's metabolism.

**(75 minutes) Kshs. 10,000**

**Frigi Thalgo Body Wrap:** This cool body wrap is ideal in the treatment of tired and heavy legs, cellulite and poor circulation. The menthol and camphor provide direct relief and assists the body's microcirculation.

**(60 minutes) Kshs. 6,500**



## BODY EXFOLIATIONS

**Ginger Exfoliating Scrub:** A blend of brown sugar, sea salt and Mediterranean essential oils of citrus, mandarin and grape fruit create this delicious and purifying body scrub. Luxurious and nourishing, it leaves your skin velvety smooth and silky soft.  
**(40 minutes) Kshs. 8,000**

**Exotic Island Body Scrub:** Coconut shells, white Bora Bora sand, sea salt and Tahtian vanilla blend to soften and smooth your skin.  
**(40 minutes) Kshs. 9,000**

**Luxury Back Treatment:** Starting with a deep cleanse and exfoliation, followed by the warm marine algae mask to replenish and re-balance your skin.  
**(50 minutes) Kshs. 5,500**

**Gentle Body Exfoliation:** A delicate and gentle full body exfoliation that leaves you feeling silky and smooth. The ideal treatment before sun exposure.  
**(40 minutes) Kshs. 4,500**

## HAIR REMOVAL WITH WARM WAX

- |               |             |                    |             |
|---------------|-------------|--------------------|-------------|
| • Full legs   | Kshs. 3,500 | • Brazilian        | Kshs. 3,500 |
| • Full arms   | Kshs. 3,000 | • Arm              | Kshs. 3,000 |
| • Back        | Kshs. 3,000 | • Half leg         | Kshs. 2,500 |
| • Bikini line | Kshs. 2,500 | • Chest            | Kshs. 2,500 |
| • Under arms  | Kshs. 1,000 | • Chin & moustache | Kshs. 1,000 |
| • Tweezing    | Kshs. 1,000 |                    |             |

## EXTRAS

- Steam room use only **(45 minutes) Kshs. 1,000**
- Steam room use when combined with another therapy **Kshs. 1,000**



## SPA JOURNEYS

Thalgo spa journeys will take you on a deeply relaxing voyage.  
Each journey lasts 2 hours.

**Isle Pacifique:** Relax and enhance your beauty to the rhythm of traditional pampering rituals. Each stopover is an invitation to discover Polynesian secrets. An initiatory journey that takes you from island to island towards a marvelous feeling of well-being.  
**Ksh. 22,000**

**Indoceane:** Close your eyes and let yourself be swept away in a dream of serenity on a Far Eastern journey. At each stopover, divine perfumes and colours blend with marine riches, allowing body and mind to relax in complete harmony.

- **Precious Milk Bath** - Egyptian Stopover, relaxation on the Nile
  - **Sweet and Savoury Body Scrub** - Mediterranean Stopover, a prelude with citrus notes
  - **Indian Massage** - Indian Stopover, tranquillity on the sacred Ganges
  - **Silky Smooth Body Wrap** - Chinese Stopover, temple of beauty
- Ksh. 22,000**

## AFYA BORA SPA SIGNATURE TREATMENTS

**Afya Bora Deluxe:** Your therapy starts with a ten-minute steam bath to start the detoxification process, which is completed with a micronized marine algae body wrap.

This will then be complemented 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.

**(210 minutes) Kshs. 27,500**

# THALGO

LA BEAUTE MARINE



**For Thalgo Retail Products**  
Kindly visit the Spa Desk Reception





Gents

## AFYA BORA HAIR & BEAUTY SALON

**Gents:** The Afya Bora experience includes the use of shampoo and conditioner as well as a relaxing head massage.

Shave: **Approximately (30 minutes) Kshs. 1,000**

**Gents cut:** A haircut combined with a 15-minute head massage and either a wet shave or beard trim.

**(Approximately 45 minutes) Kshs. 1,700**

**Gents cut, wash and dry:** A classic straight haircut to take your looks to another level. Continue with a full lathering of your hair and a 15-minute head massage.

**(Approximately 1 hour) Kshs. 1,700**

**Child cut:** Our hair stylists are very 'kid friendly' and highly experienced in cutting and styling boys' and girls' hair. Your coastal break is the perfect time to smarten up the kids!

**(Approximately 45 Minutes) Kshs. 700**

**Hair wash & blow dry / Hair wash & roller set:** Our experienced hair specialists will gently wash and expertly style your hair while you just relax. After all, that's what holidays are all about!

**(Approximately 1 hour) Kshs. 3,300**

**Haircut & blow dry:** This experience includes a wash, cut, head massage and styling.

**(Approximately 1 hour) Kshs. 2,200**

**Haircut & blow dry(Long Hair):** This experience includes a wash, cut, head massage and styling.

**(Approximately 1 hour) Kshs. 3,300**

**Haircut:** All of our expert stylists are trained in the latest cutting techniques and styles, so you're guaranteed to look and feel fantastic. Our stylists are also well-versed in the latest trends, and have an instinctive understanding of hair and fashion.

**(Approximately 1 hour) Kshs. 1,700**



Ladies

**Ladies:** Whether you want a total restyle or you simply want a cut and blow dry, we are always happy to offer our opinion on the best style to suit your look.

**Hair mask/deep treatment:** This deep treatment is ideal for parched, split or broken strands.  
(Approximately 1 hour) Kshs. 3,000

**Hair colour or highlights:** For classic highlights to a total colour overhaul.  
(Approximately takes 1 hour. 15 minutes) Kshs. 4,000

**Hair relaxer & blow dry/Hair dry tongs:** The experience entails removing dead hair and applying a relaxer which helps straighten curly hair.  
(Approximately 1 hour) Kshs. 3,000

**Braids:** Also known as 'straight backs', braiding is an art form and our stylists are acclaimed for their intricate, stylish braiding.

- Full head with extension: Kshs. 6,000
- Half head with extension: Kshs. 4,000
- Full head plain: Kshs. 4,000
- Half head plain: Kshs. 3,000
- Braid per line: Kshs. 400

#### Beauty Basics

- |                                       |             |                           |             |
|---------------------------------------|-------------|---------------------------|-------------|
| • Combined                            | Kshs. 5,500 | • French pedicure         | Kshs. 4,000 |
| • Pedicure                            | Kshs. 3,500 | • French manicure         | Kshs. 3,000 |
| • Manicure                            | Kshs. 2,500 | • Nail varnish gel        | Kshs. 1,500 |
| • Nail varnish French                 | Kshs. 1,500 | • Nail varnish            | Kshs. 1,000 |
| • Sticons & Gel Polish                | Kshs. 2,500 | • Sticons & Normal Polish | Kshs. 1,500 |
| • Nail gel removal<br>(Hands or Toes) | Kshs. 1,000 |                           |             |



## GYM HOURS:

**Morning:** 06:00hrs - 11:00hrs

**Evening:** 16:00hrs - 19:00hrs

## USE OF THE GYM

### **Resident Rate**

Kshs. 300 per day

### **NON- RESIDENT RATE**

#### **Weekly Membership**

Kshs. 4,000

#### **Monthly Membership**

Kshs. 6,500

#### **Annual Membership**

Kshs. 5,500 per month

#### **Personal Training**

Kshs. 1,500 per Session



## SPA GUIDELINES

To enjoy your spa experience to the full, please familiarize yourself with the Afya Bora Spa guidelines.

### Age requirements

The services and facilities of Afya Bora Spa are for guests aged 18 years or older. Access to salon services, however, can be granted to children accompanied by an adult.

### What do I wear?

All guests must wear bathing suits in the steam bath, hydro bath and jacuzzi; no nudity is allowed. For your spa treatment, wear what is most comfortable for you. Our staff will provide you with disposable undergarments for use during body treatments.

### What about my jewellery and valuables?

If you are a hotel guest, please leave valuable items in the safe in your guest room. The spa is not responsible for lost valuables.

## SPA ETIQUETTE

### As an Afya Bora Spa guest, you are entitled to:

- A clean, safe and comfortable environment
- Stop a treatment at any time, for any reason
- Be treated with consideration, dignity and respect
- Complete confidentiality of your disclosed health information
- Trained staff who diligently conduct treatments according to treatment protocols and the spa's policies and procedures
- Ask questions about your spa experience

### As an Afya Bora Spa guest, we require you to:

- Communicate your preferences, expectations and concerns
- Communicate complete and accurate health information and reasons for your visit
- Treat staff and other guests with courtesy and respect
- Respect fellow guests' rights to privacy and serenity
- Use products, equipment and therapies as directed
- Engage in efforts to preserve the environment
- Adhere to the spa's published policies and procedures

### Please also observe the following:

- We request that cell phones are turned off to maintain the peaceful atmosphere.
- Smoking is not permitted.
- Guests are prohibited from bringing any food or alcohol into the spa. Any guest appearing intoxicated will be denied access to the spa.

### Appointment Times

- Treatments are carefully planned to accommodate each and every guest. We advise guests to arrive 30 minutes prior to the appointment time to enjoy our exclusive facilities, and no later than 15 minutes prior to the start of the treatment.
- Late arrivals will be finished within the scheduled time, reducing the duration of treatment, while the fee will remain unchanged.
- Depending on the treatment, a late arrival may be classified as a 'No-Show'.  
No-Shows will be charged at 50%.
- Cancellations must be made at least 12 hours before your appointment or it will be considered a No-Show.

