



JACARANDA

GYM & SPA



# Spa Menu

Welcome to The Jacaranda Spa, where the art and science of skin and body care come together.

A place filled with soft earthy colors soothing sounds, scented candles, rejuvenating herbal teas and expert team that are trained to give you really want: Relaxation and results.

At the Jacaranda Spa we offer some of the world's finest skin and body care products and treatments that will truly make a difference in the way you look and feel.



# Spa Menu

| SERVICE                      | Description   | DURATION | RATE (KSHS) |
|------------------------------|---|----------|-------------|
| <b>Massage Therapies</b>     |   |          |             |
| Swedish Massage              | It's a gentle massage and is suitable for people interested in relaxation.  | 90Min    | 6,500.00    |
|                              |   | 60Min    | 5,500.00    |
| Deep Tissue Massage          | It is as technique that uses deep pressure & slow strokes to target chronic tension in the muscles and connective tissues it targets deep layers of the muscles to ease tension muscular aches and pain from the body   | 90Min    | 10,000.00   |
|                              |   | 60Min    | 7,500.00    |
| Indian Head Massage          | This treatment that focuses on massaging ace pressure point along the neck and shoulders often using circular massage stroke to improve blood circulation, to relieve tension to prevent headaches and migraines releasing build-up tensions in the head and neck area and relaxing muscles stiffness   | 30Min    | 5,000.00    |
| Stress Buster                | This stress relieving massage working specifically on leg, back, shoulder, neck and head.<br>To really work on those problem areas, helping to elevate muscular tension and stiff joints. The right way to top up in bin regular treatments.  | 45Min    | 5,000.00    |
| Reflexology / Zone Therapy   | It's a complementally therapy that involves applying pressure to specific point on the feet hand or ears to promote wellness in other parts of body it's based on the idea that these areas correspond to organs and system in the body that stimulating them can have a direct effect on those organs  | 60Min    | 6,000.00    |
|                              |   | 45Min    | 5,000.00    |
| Aromatherapy Massage         | It is the type of therapy that incorporates scented essential oils into a massage oil, the massage involves alternating between gentle and hard pressure while using a particular blend of essential oils.  | 90Min    | 9,500.00    |
|                              |   | 60Min    | 7,500.00    |
| Hotstone Massage             | It's a therapeutic massage that uses treated stone to relax muscles and release tensions.   | 90Min    | 12,000.00   |
| Back Massage                 | This treatment eases muscular tension by concentrating on the tight and stressed muscles of the neck, back and shoulder.  | 30Min    | 4,000.00    |
| <b>FACIALS</b>               |   |          |             |
| Express Facial               | It's a quick skin treatment that is designed to improve skin health in a short amount of time it comprises of; cleaning, exfoliation, light massage, moisturize, sunscreen.   | 30Min    | 4,500.00    |
| Relaxing Facial              | This is a type of facial that is specifically for those clients who want a glowing face and at the same time relax all in the same treatment it involves; cleanse, exfoliation, steaming,relaxing face massage, hydrating mask .Also your therapist gives you a foot massage, neck and shoulder massage | 60Min    | 7,500.00    |
| Problematic Facial Treatment | This is special type of facial treatment which targets people who suffer from acne, severe blackheads, whiteheads, pigmentations psoriasis and other related face problems. It involves every procedure in a facial treatment our mask being the one's massively targeting each different condition     | 60Min    | 9,000.00    |
| Intensive Anti-Aging         | This type of facial aims to reduce appearance of aging in trip skiing it includes; combination of cleansing, exfoliation, extraction the application of anti-aging products to compact wrinkles, fine lines and other age related skin concerns   | 90Min    | 12,000.00   |

| SERVICE            | Description   | DURATION | RATE (KSHS) |
|--------------------|---|----------|-------------|
| <b>SPA RITUALS</b> |   |          |             |
| Pendo Spa Package  | Indulging treatments for couples designed for those in love and want to spend time together. Commence your treat with a welcoming energizing body scrub that will deeply cleanse and soften your skin. To awaken the senses, you will indulge in a luxurious body wrap followed by a renewing back massage. | 105Min   | 20,000.00   |
| Tulia Spa Package  | Indulging treatment for singles who want to spend their time alone. Commence your treat with a welcoming energizing body scrub that will deeply cleanse and soften your skin followed by a back massage.  | 95Min    | 10,000.00   |
| Pambo Body Scrub   |   | 30Min    | 4,500.00    |
| Urembo Body Scrub  |   | 30Min    | 4,500.00    |
| Body Wrap          |   | 30Min    | 6,500.00    |
| <b>WAXING</b>      |   |          |             |
| Upper Lip & Chin   |   |          | 1,500.00    |
| Full Leg Waxing    |   |          | 3,500.00    |
| Half Leg Waxing    |   |          | 2,500.00    |
| Underarm Waxing    |   |          | 2,000.00    |
| Full Arm Waxing    |   |          | 2,500.00    |
| Half Arm Waxing    |   |          | 2,000.00    |
| Bikini line        |   |          | 3,000.00    |
| Brazilian          |   |          | 5,000.00    |
| Chest / Back       |   |          | 3,500.00    |
| <b>WAXING</b>      |   |          |             |
| Creative Manicure  |   | 60Min    | 2,000.00    |
| Creative Pedicure  |   | 60Min    | 2,500.00    |
| Spa Manicure       |   | 90Min    | 2,200.00    |
| Spa Pedicure       |   | 90Min    | 3,000.00    |
| Revanish           |   | 30Min    | 1,000.00    |
| Gel Application    |   | 30Min    | 2,000.00    |
| Gel Removal        |   | 30Min    | 1,000.00    |



# Spa Etiquette:

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The Spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests by speaking in a soft tone or simply enjoying the silence. We kindly request that you refrain from using mobile phones and cameras while in the spa. Smoking is prohibited throughout the facility. While the spa provides the lockers option, Jacaranda Nairobi Hotel cannot assume liability for any valuables.

**SPA EXPERIENCE:** To make the most of your spa experience and support the benefits of your treatment, we recommend that you arrive 15 minutes prior to your scheduled time to enjoy our inviting wellness area.

For your convenience we will provide towels, slippers, shower caps, disposable underwears and all amenities required for use during your visit. During all your treatments you will be draped to ensure your privacy.

**RESERVATIONS:** Advanced bookings is highly recommended to ensure preferred times are available. The Spa provides walk-in bookings based on availability. To make a spa booking from your room dial ext 477/478 from your room telephone if staying with us.

**LATENESS & CANCELLATION POLICY:** Please be aware that your late arrival may result in reduction of treatment time as a courtesy to our next guest. A minimum of 2 hours is required to cancel or reschedule your appointment. Any cancellation thereafter will result in 50% payment of the treatment fee. Full fee will be charged for no-shows.

**GIFT CERTIFICATES:** Our therapists and receptionists can assist you in selecting products and packages from our list of services and treatments we provide. Gifts vouchers are available and are valid for 6 months, however they are non-refundable.

**MOBILE PHONES:** To ensure the comfort and relaxation of all guests, the use of mobile phones is not allowed in the facility. Please switch off your mobile on entering the spa.

**MINIMUM AGE:** The minimum age for spa treatments is 16 yrs.

**PREGNANCY:** Please allow us to assist you in selecting suitable services for this special time. We recommend though that you check with your physician first.

**SMOKING & ALCOHOL:** These are strictly prohibited within the facility.

**HEALTH CONCERNS:** Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa facilities.

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## Jacaranda Health Club & Spa

"Change your life, change yourself, stay healthy and energetic regardless of your age or athletic ability".



For more information:

Call Ext: 478/477 or | Cell +254 707 395 315 | Landline +254 711 089 000 / 0100 130 248

Health Club & Spa: Located next to Palm Wing  
Jacaranda Nairobi Hotel, Woodvale Close, Off Waiyaki Way  
P.O. Box 14287-00800 Nairobi, Westlands.