



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



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SERVICE	Description	DURATION	RATE (KSHS)
<b>MASSAGE THERAPIES</b>			
Swedish Massage	Relieve tired muscles, improve circulation and assists the body to eliminate toxins. This classic massage promotes health and well being	90Min	5,500.00
		60Min	4,500.00
Deep Tissue Massage	A vigorous massage concentrating on specific muscles and muscle group is perfect for the active athletic individual; deep manipulation relieve aches and discomfort and aid the natural healing process.	90Min	8,200.00
		60Min	6,000.00

Indian Head Massage	Achieve complete relaxation, as alternating slow and vigorous massage movements are applied to stimulate the pressure points on your scalp, head and shoulders.	30Min	3,500.00
Aromastones Massage	Smooth volcanic stones are warmed and used as an extension of the therapists' hands. Revel in the comforting sensation as their penetrating heat combined with powerful therapeutic essential oils dissolves muscular stress and tension.	90Min	9,000.00
		60Min	7,500.00
Reflexology	This ancient Chinese massage of the feet restores the flow of energy throughout the body. Reflex point corresponding to all organs, systems and glands are stimulated to promote a sense of equalized well being.	60Min	5,000.00
		45Min	4,000.00
Aromatherapy Massage	A variety of pressure point massage techniques designed to perform in synergy with therapeutic and reviving properties of pure essential oils, this massage invigorates the body and mind.	90Min	8,500.00
		60Min	6,000.00
Hotstone Massage		90Min	8,000.00
Back Massage	This treatment eases muscular tension by concentrating on the tight and stressed muscles of the neck, back and shoulders.	30Min	3,000.00

<b>FACIALS</b>			
Express Facial		30Min	3,000.00
Relaxing Facial		60Min	6,000.00
Problematic Facial		60Min	7,000.00
Intensive Anti-Aging		90Min	10,000.00

<b>GROOMING</b>			
Eyebrow Shaping			1,000.00
Tweezing			500.00



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.	120Min	16,000.00
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.	105Min	8,000.00
Pambo Body Scrub		45Min	3,900.00
Urembo Body Scrub		45Min	3,500.00
Body Wrap		45Min	5,000.00

<b>WAXING</b>			
Upper Lip & Chin			1,100.00
Full Leg Waxing			2,600.00
Half Leg Waxing			1,900.00
Underarm Waxing			1,400.00
Full Arm Waxing			1,900.00
Half Arm Waxing			1,500.00
Bikini line			2,000.00
Brazilian			3,500.00
Chest /Back			2,500.00

<b>HANDS/FEET CARE</b>			
Creative Manicure		60Min	1,500.00
Creative Pedicure		60Min	2,000.00
Spa Manicure		90Min	1,800.00
Spa Pedicure		90Min	2,500.00
Revanish		30Min	700.00
Gel Application		30Min	1,000.00
Gel Removal		30Min	500.00

# 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".



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### 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.**