



## SPA MENU

### **Bliss | USD 80 | 60 minutes**

Melt away any deep seated tension with a combination of massage techniques including kneading and pressure point stimulation. Your therapist will tailor make your massage to focus on areas on your body that hold fatigue and require extra care.

### **Rest | USD 120 | 90 minutes**

Start your treatment with a warm foot soak enhanced with fresh herbs. Next experience smooth heated stones gliding over your body to enhance relaxation. The heat of the stones and their healing energy penetrate into deep layers of the muscles allowing you to experience deep relaxation.

### **Exhale | USD 100 | 90 minutes**

Start your treatment with a warm foot soak enhanced with fresh herbs. A steam inhalation of mint, lemon grass and holy basil will open up your airways and further enhance relaxation. Warm oil is then used to massage tired achy muscles. The heat from the oil alongside expertly conducted massage will enhance relaxation.

### **Tuliza mawazo | USD 160 | 2hrs, 15 minutes**

In Kiswahili, 'Tuliza Mawaso' means 'calm your thoughts'. Start your treatment with a full body scrub which will exfoliate dry dead skin. Next a luxurious shower enhanced with Bliss shower melts will clear your airways and have you breathing better. A therapeutic massage follows. Here the therapist focuses on muscles that are tense or overly tired. The treatment ends with a hydrating masque applied on your whole body and a blanket to further warm and soothe you. Experience rest in the wilderness.