



The SPA

The **SPA** is a natural wellness retreat located at the edge of turquoise waters of the Indian Ocean. Here, we reinvigorate and purify the body, bring peace to the mind, and soothe the spirit. Our therapies are based on ancient traditional knowledge combined with the latest contemporary techniques.

It is an integral health advocate that promotes wellness through the sublime benefits of interacting with the ocean, which can only be truly found in its genuine form at the edge of the sea. In addition to the massage, treatments, facials and wraps selection, we have developed three modular programs with our signature elements to enhance your holistic adventure **MARIS, VITA, EQUILIBRIA**.

You can book an individual treatment or massage or choose an entire signature element program to follow during your stay.



MARIS

renovate with
the principles
of the Sea



VITA

empower with
the energy
of the Sun



EQUILIBRIA

balance with
the elements
of the Nature



The SPA
HOLISTIC
ADVENTURE

Inspired by the eternal benefits of the ocean, the objective of this program is to gracefully renew and enhance by removing toxins in order to restore the natural fluidity of the well-being of the body.



MARIS

renovate with
the principles
of the Sea

In order to stimulate your aim, we advise you to join the gentle Yoga and Meditation classes. Your entire body will be able to decompress, maximising the efficiency of your circulatory, lymphatic and immune systems, increasing your metabolic rate and relieving stress and stiffness.

THE PROGRAM

DAY 1:	BODY SCRUB: BIO-MARINE	60 MINUTES
	FACIAL: DECONGESTIVE	40 MINUTES
DAY 2:	BODY TREATMENT: DEAD SEA MUD WRAP	
	BODY MASSAGE: HAPPY FEET	90 MINUTES
DAY 3:	BODY TREATMENT: SEA ODYSSEY	
	BODY MASSAGE: LYMPHATIC DRAINAGE	90 MINUTES
FINISHER:	MANI OR PEDI- CARE	
	AT YOUR CHOSEN DAY & TIME	30 MINUTES

The program is on a modular basis. We recommend you pamper yourself with two treatments per day, as suggested in the program. On your 1st day, we invited you to prepare the skin with a scrub treatment.

** Kindly verify the activities schedule for further information*



The SPA
HOLISTIC
ADVENTURE

The main target of this program is to enhance the vitality inspired by the strength of the sun. Invigorating the body by empowering vitality and shredding what is not needed whilst toning.



VITA

empower with
the energy
of the Sun

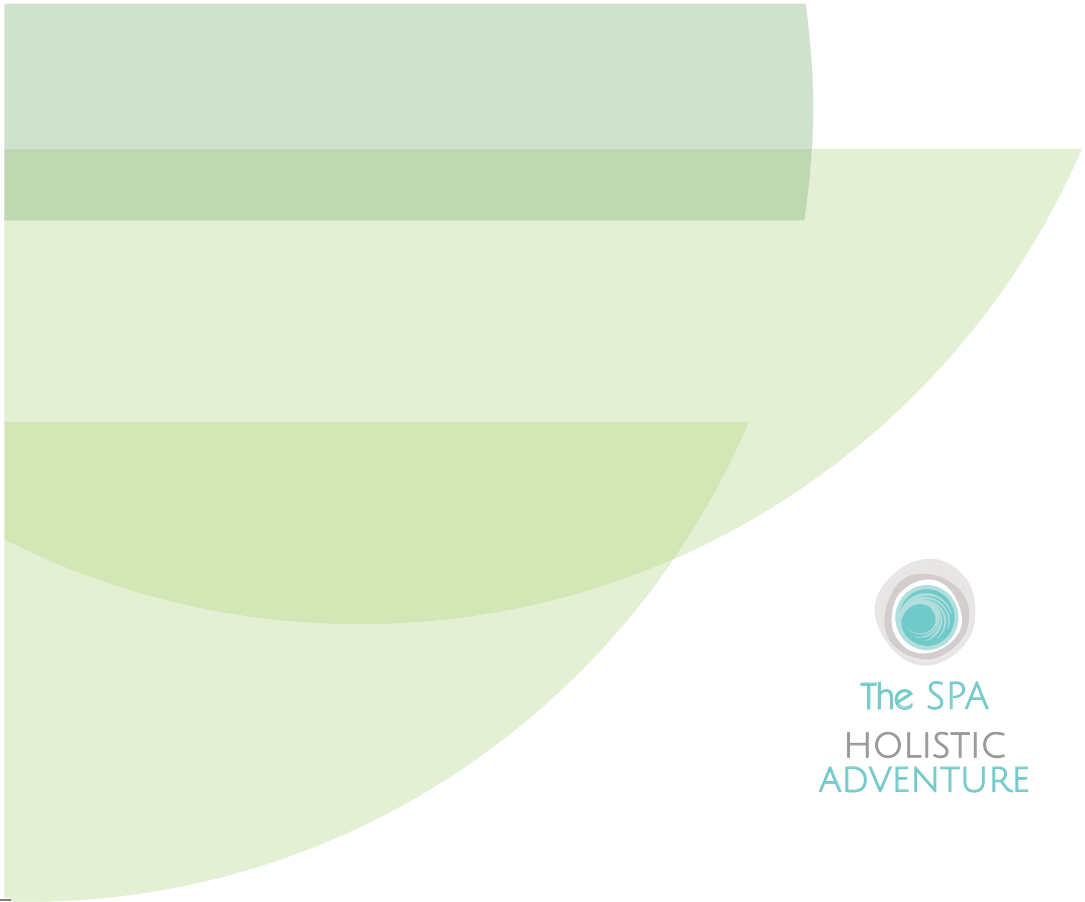
In order to accelerate your aim, we advise you to join the strong Yoga classes that will help you to boost the metabolism, release stamina and endorphins and feeling absolutely energised.

THE PROGRAM

DAY 1:	BODY SCRUB: COFFEE SUPREME	60 MINUTES
	FACIAL: NOURISHING	40 MINUTES
DAY 2:	BODY TREATMENT: DEAD SEA MUD WRAP	
	BODY MASSAGE: HAPPY FEET	90 MINUTES
DAY 3:	BODY TREATMENT: TROPICAL MAGNUM	
	BODY MASSAGE: SPORT	90 MINUTES
FINISHER:	MANI OR PEDI- CARE	
	AT YOUR CHOSEN DAY & TIME	30 MINUTES

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The SPA
HOLISTIC
ADVENTURE

Encompass the serenity from, that the natural treasures that the Earth naturally provides. The main intention of this program is to reawaken your inner self, restore peace and relaxation by inducing serene mindfulness.



EQUILIBRIA

balance with
the elements
of the Nature

In order to gently stimulate your aim, we advise you to join the diverse styles and variations of Yoga and Meditation classes; your entire self will be able to expand the profits in a physiological and spiritual level. Your endurance and energy will increase; your somatic concentration and kinesthetic attention will improve, leading to awareness, inducing stillness and peace of mind. You will find below our ideal itinerary to maximise the benefits:

THE PROGRAM

DAY 1:	BODY SCRUB: COCONUT DELIGHT	60 MINUTES
	FACIAL: BALANCING	40 MINUTES
DAY 2:	BODY TREATMENT: DEAD SEA MUD WRAP	
	BODY MASSAGE: HAPPY FEET	90 MINUTES
DAY 3:	BODY TREATMENT: HONEY BLISS	
	BODY MASSAGE: RELAXING	90 MINUTES
FINISHER:	MANI OR PEDI- CARE	
	AT YOUR CHOSEN DAY & TIME	30 MINUTES

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The SPA
SIGNATURE
TREATMENTS

Cherish your being in this exclusive journey. Indulge yourself with our signature elements: spirulina and honey. Allow our deep insight and expert hands lead your mind, body and spirit into a wonderful and exceptional adventure. A true highlight of your experience.



This voyage will allure you with its decadent blend of fresh ocean water, and the abundant benefits of the microscopic 'blue-green algae' known as spirulina. Followed by a seaweed wrap – targeting the main lymphatic glands, the treatment will leave your skin glowing with the light that shimmers from deep within the sea.**



This grandiose fusion is the absolute lavish which will support into tightening and smoothing your skin. Papaya, a heavenly fruit high in coveted antioxidants and papain proteins. Avocado, naturally loaded with a myriad of essential phyto-nutrients. Allow this sumptuous sultry duo revitalise and moisture your skin, restoring its natural radiance.**



'The Nectar of the Gods' is the ultimate perfection of sweetness. This journey begins with a luscious back massage using warm honey and a therapeutic exquisite wrap, ending with a thorough relaxing warm-oil massage. This treatment is used to reinvigorate, balance and make you glow.**



The uniqueness of this mud remains in its high concentrations of salts and minerals. Rich in potassium, magnesium and calcium, you will benefit from its healing properties. This treatment aids in the repair and sustainability of a healthy body since it does wonders to draw out impurities from the skin, balancing PH, toning the skin, improving moisture, stimulating both the circulatory system and metabolism, and assisting with cell regeneration. This treatment will provide you an unparalleled resplendence.

*** Selected body treatments end with an oil massage.*



The SPA
BODY
MASSAGES



MARIS
LYMPHATIC
DRAINAGE

A specific technique that improves circulation and drainage on the lymphatic system which plays an important part on the immune system and reduces water retention.



VITA
SPORTS
MASSAGE

Through stretching movements and deep pressure, you will receive the benefits of this deep tissue massage, such as the alleviation of minor aches, reduction of body stiffness, a decrease in the levels of anxiety, helps to promote a more restful sleep.



EQUILIBRIA
RELAXING
MASSAGE

This is possibly the best treatment for anyone who feels overwhelmed, over-stressed and over-worked. The specific purpose of this light touch massage is to decongest the nervous system by soothing and releasing all tension from your body.



UPPER
BODY
MASSAGE

This massage helps to decrease pain and tension, and will increase the range of motion of the joints by targeting specific muscles of the upper body. It is extremely helpful for chronic neck, shoulder and back conditions. The intensity of the massage is tailored to meet the individual needs of each individual.



HAPPY
FEET

This massage is performed on specific points of the feet and ankles to help release tension, it aids neutralising the effects of stress by inducing a deep state of relaxation. It helps to improve circulation, increase energy, reduce pain and discomfort.



The SPA
BODY
SCRUBS

Body exfoliation is the best method for shedding away unwanted dead skin cells and will leave your skin feeling like silk, but it is not recommended for sunburned skin.



Nourish your skin with the bioactive compounds of sea salt and pulverised sand. This scrub focuses on the osmotic cleanse properties of the salt to control the fluid balance, synthesize oxygen, improve circulation and hydrate the tissues.



An invigorating fusion of coffee, cinammon and cardamom. This is an antioxidants boost that can help stimulate the collagen production. Treat yourself with this java-lift that will help to tighten and tone your body. It is a guilty pleasure that should not be missed.



Designed to improve skin hydration and elasticity. Feel your skin soft, healthy and allow the natural gleam of it to smoothly emerge. It is a must for any coconut lover!



The SPA FACIALS



MARIS DECONGESTIVE FACIAL

Nourish and decongest your skin feeling for a fresh and a glowing feel. It is suitable for all skin types. Ideal also for gentlemen.



VITA NOURISHING FACIAL

Nurturing and hydrating, this facial is high in antioxidants that will revitalise and regenerate your skin. It is especially good for mature and sensitive skin.



EQUILIBRIA BALANCING FACIAL

This facial is excellent for harmonising the moisture within the skin by eliminating the excess of oil and impurities resulting in an equilibrated skin.



The SPA

WATER WELLNESS CIRCUIT

FIRST & FIFTH STEP RAIN FOREST SHOWER

Enjoy the Rain Forest Shower, releasing muscular tension and beginning with body and mind relaxation.

SECOND STEP DR. KNEIPP VASCULAR CORRIDORS

The Dr. Kneipp Vascular Corridors allow you to walk slowly along the pools filled with water at different temperatures, starting from the hot water corridor, walking then into the cold corridor, for 10 times.

The temperature of the hot water corridor encourages vasodilation, whilst the lower temperature of the cold water corridor leads to vasoconstriction and vascular exercise. Both blood circulation and lymphatic system are highly stimulated and muscular tropism is enhanced. This experience also helps in any post traumatic rehabilitation.

THIRD STEP RELAX AREA

Let fatigue and thoughts free off your body. Drink plenty of room temperature water and restore your body for 20 minutes.

FORTH STEP FITNESS

Follow the suggested fitness scheme and exercise followed by few minutes in the rain forest shower.

SIXTH STEP HYDRO-MASSAGE POOL

The pressure of the water-jets tones up the skin and encourages cell renewal, thanks to a combined anti-swelling and draining action



The SPA PACKAGES

OCEAN KARIBU

Welcome package

A body scrub to prepare your skin followed by a personalised sixty-minute facial skincare treatment.

Body Scrub + Facial
120 minutes | 125 USD

OCEAN KWAHERI

Farewell package

A sixty-minute massage of your choice followed by basic mani care or pedi care.

Body Massage + Basic Finisher
90 minutes | 85 USD

ROYAL DELUXE

Indulge yourself with ninety-minute full body massage of your choice, one sixty-minute facial treatment, and a thirty- minutes mani or pedi care.

Body Massage + Facial + Basic Finisher
180 minutes | 150 USD

ROMANTIC DUET

A massage for every couple. A candlelight dreamy moment where you and your partner will share a unique pampering sensory experience.

Couple Body Massage
60 minutes | 130 USD



The SPA FINISHERS

MANI CARE

Nails will be refreshed through filing and polishing. No sharpening tools are used. The treatment ends with a relaxing hand massage. The total sixty-minute treatment includes a hand scrub and mask.

Basic
30 minutes | 25 USD

Full
60 minutes | 50 USD

PEDI CARE

Nails will be refreshed through filing and polishing. No sharpening tools are used. The treatment ends with a relaxing feet massage. The total sixty-minute treatment includes a feet scrub and mask.

Basic
30 minutes | 25 USD

Full
60 minutes | 50 USD

WAXING

We recommend an exfoliation treatment prior to waxing for premium results.

Half Leg | 35 USD

Full Leg | 50 USD



The SPA

ORIENTAL TREASURES

Ancient civilisations have always understood the intrinsic relationship between mind, body and spirit to be approached integrally to achieve a complete balance of wellbeing.

AYURVEDIC MASSAGE

The principle behind this therapy is to break and remove the toxins within the gross and subtle bodies, striving to create harmony and wholeness by restoring the balance of the self.

60 minutes | 90 USD

90 minutes | 100 USD

THAI MASSAGE

Restores balance whilst relaxing and energising. The therapist uses his hands, knees, legs, and feet to move you into a series of yoga-like stretches, deep static and rhythmic pressures form the core of the massage. Muscle compression, joint mobilization, and acupressure are also used during treatment. Wearing comfortable clothing is required.

90 minutes | 120 USD

HOLISTIC MASSAGE

A combination of different techniques and the therapist's intuition will result in a unique experience.

60 minutes | 80 USD

90 minutes | 90 USD

**Kindly note all of the Oriental Treasures treatments are seasonal and subject to availability will vary. Please verify with lodge Management for further information.*



The SPA

WATER WELLNESS CIRCUIT

90 minutes

50 USD

FACIALS

45 minutes Without Scrub

60 USD

60 minutes With Scrub

70 USD

SIGNATURE BODY TREATMENTS

90 minutes

110 USD

DEAD SEA MUD BODY WRAP

60 minutes

100 USD

BODY SCRUBS

60 minutes

80 USD

BODY MASSAGES

30 minutes - Lymphatic Drainage Legs

50 USD

45 minutes - Lymphatic Drainage Partial

70 USD

60 minutes - Lymphatic Drainage Total Body

80 USD

90 minutes - Lymphatic Drainage Total Body & Face

90 USD

45 minutes - Relaxing Partial Body

70 USD

60 minutes - Relaxing Total Body

80 USD

90 minutes - Relaxing Total Body & Face

90 USD

45 minutes - Sports Partial Body

70 USD

60 minutes - Sports Total Body

80 USD

90 minutes - Sports Total Body & Face

90 USD

30 minutes - Upper Body

50 USD

30 minutes - Happy Feet

50 USD

THE SPA SIGNATURE PROGRAM



Selection of seven treatments throughout your stay

250 USD

- Begin your experience inside your suite by getting your bathrobe on.
- Arrive 10 minutes prior to your appointment.
- It's best to leave your mobile phones, jewellery and watches inside your safety deposit box in your suite, the Wellbeing Space is not responsible for lost or stolen items.
- We recommend that gentlemen kindly shave prior to all facial treatments to ensure maximum result.
- Mobile phones are not permitted inside The SPA.
- We kindly ask that you keep your voice low whilst in the wellness area.



The SPA
BEFORE
YOUR TREATMENT
WE RECOMMEND:

OPENING TIME

From 10:00 am to 7:00 pm

DURING YOUR VISIT

- Aromatic water and herbal teas are provided during your visit.
- Smoking and drinking alcohol is not allowed within The SPA premises.
- It is recommended that you do not drink alcoholic beverages prior to, or immediately after your treatment.
- We recommend that you do not sunbathe following any massage or body treatment for at least six hours to avoid any skin reaction to the sun.
- Guests visiting from outside The Ocean SPA Lodge must pay for the treatment in full before signing up.

BOOKING

Advance bookings are recommended to secure your preferred time.

Late arrivals will shorten the time for your appointment and the full value of your treatment scheduled will be applied.

Please notify The SPA receptionist when booking your treatments if you have any blood pressure issue, allergies, physical disabilities, or if you are pregnant.

CANCELLATION POLICY

24 hours in advance of your scheduled treatment The SPA Desk needs to be notified in case of any cancellation or change. If a treatment is cancelled with less than 24 hours notice 50% on entire fee will apply.

No-shows (a guest not attending or forgetting an appointment) will be charged in full.

Kindly review your schedule and verify it does not interfere with your other appointments, as cancellation policies will be applied to double bookings.

PAYMENT

We accept cash in the following currencies: American Dollars and Kenyan Shillings, All of our printed prices are in American Dollars. We only accept Visa and MasterCard.

The Ocean SPA Lodge 'In-House Guests' are able to charge their treatments to the room and clear the bill upon check-out.

CHILDREN

The minimum age for any Wellbeing Space visitor is 15 years old.