

# SPA

Menu



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[www.travellersbeach.com](http://www.travellersbeach.com)

# A place to Relax, Shape up & leave feeling Rejuvenated.

Welcome to Uzima Spa & Health club voted as World Luxury Spa Award winner 2021, the pinnacle of wellness and relaxation nestled within Travellers Beach Hotel. Immerse yourself in a world of indulgence of wellness, revitalizing treatments with powerful results as you explore our premier gym.

For those seeking rejuvenation of mind, body, soul & tranquillity embark on a journey in our exquisite spa, where our exceptionally skilled and caring therapists await to tailor each treatment to your needs and best experience. From soothing massages, waxing, body scrubs & wraps, feet & hand ritual, hair care, revitalizing facials. Every experience is crafted to envelop you in pure relaxation and leave you feeling utterly renewed.

For those dedicated to maintaining their fitness lifestyle, our fully equipped gym awaits you with modern equipment and experienced qualified trainers always on hand to guide you and plan programs that will ensure the most effective and productive training. After workout or a busy day, the facility is complimented with the best hydrotherapy that will help you relax & unwind in the Jacuzzi, Sauna, Steam bath and Chill pool. Our mission is to be your partner in this journey, providing the tools and support in achieving your Fitness goals and Relaxation.

Join us and experience the harmonious blend of luxury and well-being at Uzima ,your journey to tranquility begins here. Details of our Spa Menu are available should you choose to make an appointment.

Call +254 – (0)41-548512/6 Ext.2365 or +254711655577

Thank you for choosing Uzima Spa.



## **Body Ceremonies**

Immerse yourself in luxury of wellness and relaxation be pampered at Uzima. The spa offers a range of massage treatments to help you stimulate vagal activity that contribute to decrease in hearty rate, reduction in high blood pressure, blood circulation to relieve stress and tension

# Body Ceremonies

## Swedish Massage

It is a light pressure soft massage that uses gliding soft strokes to help in good relaxation & improves blood circulation.

**Time:** 60Mins

**Kshs.** 5,000

**Time:** 90Mins

**Kshs.** 6,500

## Africoco Massage

The journey of nourishing the skin relaxation, reduces pain using pure coconut oil that helps clear infections, stretch marks moisturizes and conditions the skin.

**Time:** 60Mins

**Kshs.** 6,000

**Time:** 90Mins

**Kshs.** 7,500

## Uzima Massage

Designed to relieve tension, high blood pressure body pains& relaxation this focuses on the deeper layers of the muscles using a firm touch and pressure points)

**Time:** 60Mins

**Kshs.** 7,000

**Time:** 90Mins

**Kshs.** 8,500

## Hotstone Massage

A deep relaxing massage using warm stones to ease sore muscles, release stiff joints, relieve tension, Boost immune system, relaxation, & good sleep)

**Time:** 90Mins

**Kshs.** 10,000

## Aromatherapy Massage

Long strokes with medium relaxation pressure specially blended aroma oils, that helps you relieve depression, insomnia, anxiety & muscle tension that leaves you relaxed and renewed)

**Time:** 60Mins

**Kshs.** 7,000

**Time:** 90Mins

**Kshs.** 8,500

# Body Ceremonies

## Mother To Be Therapy

**Time:** 75Mins

**Kshs.** 8,000

A gentle relaxing massage that combines safe prenatal techniques to relieve pregnancy discomforts, fluid retention + Feet Ritual) 2nd –3rd Trimester only.

## African Pinda Therapy

**Time:** 75Mins

**Kshs.** 8,000

Anti-inflammatory massage using warm herbal poultice Steam heated poultice allows the natural oils to seep out of the plant matter to relieve muscle tension, soreness & maintain a healthy lifestyle.

## Malaika Couples Time

**Time:** 120Mins

**Kshs.** 16,000

Couples who seek to reignite their love ,friends who have dedicated time together reconnect by Indulging in Aromatic massage, back part exfoliation ,20mins steam/ Jacuzzi session while enjoying a glass of fresh pressed juice of the day resulting in a sense of wellbeing)

## Divine Healing Massage

**Time:** 45Mins

**Kshs.** 6,000

(Head, Back and feet massage using Hot stones sends you to a journey to release nerve compression, waste elimination& body tensions)

## REFLEXOLOGY

**Time:** 45Mins

**Kshs.** 5,000

Indulge in a journey of feet pressure points therapy to help you feel better in easing stress, anxiety, fatigue fluid retention from long hours of sitting in flight or office, sinus bacterial infections + Foot Exfoliation)

## Indian Head Massage

**Time:** 30Mins

**Kshs.** 4,000

(Face exfoliation + focusing on scalp massage to stimulate circulation and induce calmness

## Leg& Feet Tension Reliever

**Time:** 30Mins

**Kshs.** 4,000

(Lower leg exfoliation + Leg/massage)

## Face/decollette Massage

**Time:** 30Mins

**Kshs.** 3,500

(Face exfoliation + massage)

## Back Tension Reliever

**Time:** 30Mins

**Kshs.** 4,000

(Back scrub + Back, shoulder neck. Massage)



## **Body Polish / Treatment**

An all over natural exfoliant & wrap rich in minerals and antioxidants this treatment is used to remove dead skin cells & impurities, stimulate blood circulation and gently detoxify the body, leaving the skin soft, refreshed, moisturized and glowing.

Choose from our wide range of scrubs & Wraps.

# Body Polish / Treatment

## Detoxifying Sea Salt scrub

Detoxifies by eliminating toxins, smoothens and softens

**Time:** 30Mins

**Kshs.** 4,000

## Coffee scrub

Brightening, anti ageing and anticellulite, UV protector that will leave you with an improved skin tone, smooth and deeply hydrated)

**Time:** 30Mins

**Kshs.** 5,000

## Vitamin C scrub/lavender

Good for dry skin, creates new cells, Hydrates, leaving the skin feeling soft and nourished

**Time:** 30Mins

**Kshs.** 5,000

## Nourishing Coconut scrub

Good for dry skin, creates new cells, Hydrates, leaving the skin feeling soft and nourished.

**Time:** 30Mins

**Kshs.** 5,000

## Hydrating AHA scrub

(Smoothens and more radiant skin)

**Time:** 30Mins

**Kshs.** 5,000

## Choco sugar scrub

A brown sugar choco scrub to smoothen the skin, glowing & moisturizing)

**Time:** 30Mins

**Kshs.** 5,000

## Detox wrap

A full body wrap flush out toxins, reduce muscle tension/ fluids and regenerate your skin moisture / natural elasticity

**Time:** 45Mins

**Kshs.** 4,500

## Nourishing Scrub & Body wrap

A Kenyan coffee scrub combined with mud wrap infused with essential oils that will leave your muscle relaxed and skin smooth and supple. (Anti- aging and revitalising

**Time:** 60Mins

**Kshs.** 9,500



## Packages

Relax with a pampering spa experience and unlock a healthy glow from within. Enjoy a full body for refreshed and radiant skin.



# PACKAGES

## Uzima Signature Indulgence

**Time:** 120Mins      **Kshs.** 13,500

Enjoy a body exfoliation, warm mud wrap applied to your body to nourish and release negative energy, a holistic massage to ease your body, mind & soul)

## Pwani Total bliss

**Time:** 120Mins      **Kshs.** 11,500

Enjoy a Coconut body exfoliation, Africoco massage to minimize dry skin, inflammation to a healthy nourished skin+ Hydrotherapy sessions / madafu juice.

## Birthday package

**Time:** 120Mins      **Kshs.** 12,500

Enjoy a full body aroma massage followed by chocolate exfoliation for refreshed and radiant skin & a birthday petit Fois

## Bambika Combo

**Time:** 100Mins      **Kshs.** 10,000

This journey combines a Kenyan coffee body scrub with a bespoke Swedish massage treatment & Quick fix Pedicure to help you glow and regenerated relaxation



## Facials

Designed for anti-ageing, Cleanses, treat acne/blemishes, anxiety levels, uplifts your mood and giving resistance and suppleness to a smooth glowing skin.

# Facials

## **Gents' fine tuning Facial**

Customized to the needs of male skin to combats razor bumps, renews energy to the skin.)

Kshs. 7,500

## **Express treatment facial**

You are in a hurry to go to a meeting why not try a quick fix mini facial which involves Deep cleaning & Exfoliation

Kshs. 6,000

## **Balancing Radiance facial**

Addresses a variety of skin concerns as reducing excess oil, sensitive skin & clarify the complexion

Kshs. 8,500

## **Revive& Glow Facial**

Hydration & antioxidant protection

Kshs. 8,500

## **Organic Facial**

Better skin health filled with vitamins

Kshs. 8,500

## **Hydrating Facial**

Hydrates, no irritation, skin appears brighter

Kshs. 8,500

## **Eternal youth Anti – Aging Facial**

A luxurious skin indulgence experience that Slows down aging, firms, brightens, reduces wrinkles & nourishes the skin to a smooth supple skin)

Kshs. 10,000



**Waxing**

# Depilations

|                    |             |
|--------------------|-------------|
| Full leg wax       | Kshs. 3,500 |
| Half leg Wax       | Kshs. 2,500 |
| Arm Wax            | Kshs. 2,000 |
| Half Arm Wax       | Kshs. 1,700 |
| Under arm Wax      | Kshs. 1,000 |
| Chest or Back Wax  | Kshs. 3,500 |
| Bikini line Wax    | Kshs. 2,000 |
| Brazilian Wax      | Kshs. 3,500 |
| Eyebrow shaping    | Kshs. 500   |
| Eyebrow/ lash tint | Kshs. 1,000 |



## **Hand & Feet Care**

Designed to condition, repairs, brighten, softens Feet/Hands, nail hygiene, stress reliever, removes dead skin cells & uplift the senses.

# Hand & Feet Care

|                             |             |
|-----------------------------|-------------|
| Deluxe Gel Manicure         | Kshs. 3,000 |
| Deluxe Gel Pedicure         | Kshs. 3,500 |
| Gel removal                 | Kshs. 500   |
| Gel revarnishes             | Kshs. 1,000 |
| Regular Manicure            | Kshs. 2,000 |
| Regular Pedicure            | Kshs. 2,500 |
| Normal nails revarnish      | Kshs. 500   |
| Foot Scrubbing/ exfoliation | Kshs. 1,500 |



## Sports & Fitness

Its an organized physical activities that takes you to state of being physically, mentally healthy, good shape, quality lifestyle and well being with the latest cardiovascular and weight training equipment.



# Sports & Fitness

|  |         |                          |
|--|---------|--------------------------|
| Squash Court Hire                            | 60 Mins | Kshs.500                 |
| Racquet Hire                                 | 60 Mins | Kshs.500                 |
| Squash coaching                              | 60 Mins | Kshs.1,500               |
| Squash Court Hire (Kids 3 yrs. -10 yrs.)     | 60 Mins | Kshs.400                 |
| Tennis Court per person                      | 60 Mins | Kshs.500                 |
| Racquet Hire                                 | 60 Mins | Kshs.500                 |
| Tennis Couching                              | 60 Mins | Kshs.1,200               |
| Tennis court Hire(Night)                     | 60 Mins | Kshs.700                 |
| Kids Tennis Court Hire (3yrs -10 yrs.)       | 60 Mins | Kshs.400                 |
| Kids Tennis Court Couching (310 yrs.)        | 60 Mins | Kshs.1,200               |
| Gymnastic                                    | 60 Mins | Kshs.500                 |
| Aerobics ( Every Friday 6Pm -7Pm)            | 60 Mins | Kshs.500                 |
| Monthly ( Gym, Squash Tennis)                |         | Kshs.6,000               |
| Monthly Gym +once a week Hydrotherapy        |         | Kshs.12,000              |
| Yearly Membership                            |         | Kshs.65,000              |
| Renewal Membership                           |         | Kshs.45,000              |
| Corporate Membership (Group of 5 Pax)        |         | Kshs 52000 per person    |
| Family Package membership (2 Parents 2 Kids) |         | Kshs 150,000 per person. |

## Hydrotherapy Session

Achieve a therapeutic journey of relaxation & revitalization. This journey helps ease joint pain, Arthritis, back pain, improve muscle strength, good blood circulation, Asthma and many more.

**Time:** 60Mins      **Kshs.** 2,000

Group package 20% (Discount 4Pax and above).



## **Hair Salon**

All hair types demand lots of attention with good products, good grooming to stay healthy & lustrous. Indulge in braiding, colouring, high/lowlights, shampooing, hair cut, deep/leave in treatments to repair & restore damaged hair.

# Hair Salon

## *Afro Hair Men*

|  |             |
|--|-------------|
| Hair cut                               | Kshs. 1,000 |
| Hair cut +Beard shave +Face scrub      | Kshs. 1,800 |
| Hair cut + Hair colouring (Short hair) | Kshs. 2,000 |
| (Long hair)                            | Kshs. 2,500 |
| Beard shave                            | Kshs. 500   |

## *Afro Ladies' Hair*

|                              |             |
|------------------------------|-------------|
| Hair cut                     | Kshs. 1,200 |
| Hair cut +Style              | Kshs. 1,800 |
| Wash & Blowdry (Virgin hair) | Kshs. 1,500 |
| (Relaxed hair)               | Kshs. 1,200 |
| Wash & Set                   | Kshs. 1,500 |
| Tongs/Flat iron              | Kshs. 2,000 |
| Dry set                      | Kshs. 1,000 |
| Hair wash                    | Kshs. 500   |
| Hair treatment (Leave in )   | Kshs. 2,000 |
| (Deep)                       | Kshs. 2,500 |

# Hair Salon

|                     |              |
|---------------------|--------------|
| Hair relaxing (Own) | Kshs. 2,500  |
| Colouring           | Kshs. 3,500  |
| Highlights          | Kshs. 3,000  |
| Braids – Big        | Kshs. 6,000  |
| – Medium            | Kshs. 8,000  |
| – Small             | Kshs. 10,000 |
| Abuja lines–        |              |
| Big                 | Kshs. 2,500  |
| Medium              | Kshs. 3,500  |
| Small               | Kshs. 4,000  |
| Normal lines        | Kshs. 1,500  |
| 2 Lucie lines       | Kshs. 1,000  |
| Weaving – Half head | Kshs. 1,500  |
| Full Head           | Kshs. 2,500  |
| Undoing Braids      | Kshs. 2,000  |

# Caucasian Hair

|                                    |             |
|------------------------------------|-------------|
| Children Hair cut                  | Kshs. 1,000 |
| Mens Haircut                       | Kshs. 1,000 |
| Mens Haircut + Wash                | Kshs. 1,300 |
| Beard Trim / colour                | Kshs. 1,000 |
| Mens hair colouring –Short         | Kshs. 2,000 |
| Long                               | Kshs. 3,000 |
| Ladies Haircut                     | Kshs. 1,500 |
| Ladies Haircut + (Wash)            | Kshs. 1,800 |
| Hair wash Cut & Blow-dry – (short) | Kshs. 3,000 |
| (Long)                             | Kshs. 3,500 |
| Wash & Blowdry– Short              | Kshs. 1,500 |
| Long                               | Kshs. 2,000 |
| Setting                            | Kshs. 2,500 |
| Wash only – Braids                 | Kshs. 500   |
| Locks                              | Kshs. 1,000 |
| Hair colouring ( Ladies)           | Kshs. 3,000 |
| (Long )                            | Kshs. 4,000 |
| Own Colouring                      | Kshs. 3,000 |
| Highlight /Low light               | Kshs. 3,500 |

## **Gift Voucher**

Treat a friend or loved one to an indulgence experience. Gift certificates are available for purchase Please contact the Spa reception for more details.

## **Consultations**

We would love to tailor make our treatments to your individual comfort.

Baby showers, Birthday Package, Anniversaries, Bridal Spa packages & Group spa escapes. Our therapists are available to assist, for any in- depth consultation.

**Rates:** On this pricelist are in Kenya shillings and are inclusive of all taxes,  
Prices are subject to change without prior notice.

**Payments:** We accept Major credit card, Room post, Cash and Mpesa.

**Our Pay bill no: 912850** Account name:  
Receipt **CHECK NUMBER.**

# Spa Etiquette

The Spa & health club is a retreat for your body mind & soul. When booking please advise the spa coordinator or therapist of any health condition, High blood pressure, Heart conditions, Injuries or Allergies that could affect your service we advice that you consult your doctor before signing up for any spa service.

Children below 16years of age are not allowed unless accompanied by an adult. Massage or Aromatherapy oils or stimulating treatments are discouraged during the first trimester of pregnancy.

Speak in a low tone and respect the privacy of another guest. The Spa facility is nonsmoking and mobile free environment.

Please take note there is 3 hours cancellation policy, if the treatment is not cancelled, they will be charged at 50 % treatment price

We suggest you arrive at the spa 15 minutes prior to your scheduled time this will allow us to fill your consultation form and relax before your treatment. Please be aware that late arrival will not be afforded extension of scheduled treatment out of scheduled clients.

Our therapist will always use draping techniques while doing the services to respect your privacy.

Smoking & consumption of alcohol within the spa is prohibited also avoid heavy meals prior to spa treatment or exercise.

Refund policy. –Treatment packages are nonrefundable.

Valuables – We recommend no jewellery be worn at the Spa and Ammunition must not be brought to the spa. The management and staff accept no responsibility for the loss of money of any kind brought into the spa premises.

## Disclaimer

The spa treatments services or facilities received or utilized at Uzima Spa & Health Club are intended for general purposes only and are not intended to be substitute for professional medical treatment for any condition, medical or otherwise, that guest may have. Guest will fully indemnify and hold harmless Uzima Spa & Health Club its holding company.



For reservations Contact the SPA Manager  
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