



Bamboo  
Ocean Spa



*An Oasis of Wellness & Pampering*

## ABOUT US

Bamboo Ocean Spa is located at the most serene zone of the resort, set right on a cliff with open treatment rooms and a clear view of the Indian ocean, mesmerizing sounds of the ocean waves and cool breeze to sooth you into deep rejuvenation.

## GIFT VOUCHERS

Treat or surprise a friend or loved one to an indulgent experience. Birthdays, anniversaries, graduation or even just a random gift.





## BODY THERAPIES

### AROMA BACK BLISS

Ksh.4,200 - 30mins

Lighten the weight on your shoulder with a quick fix back to life. Head and shoulder press. Helps to calm the mind, relieve muscle tension and stress.

### FOOT REFLEXOLOGY

Ksh.4,800 - 45mins

Therapeutic foot massage that relieves tension by stimulating pre-defined pressure points on the feet. This treatment corresponds to organs and systems of the body.

### CLASSIC SWEDISH MASSAGE

Ksh.5,900 - 60mins

Ksh.7,900 - 1hr 30mins

Energizing body massage using medium to firm pressure. Relaxing, rejuvenating and improves blood circulation. Releases all pain and tension.

### AROMATHERAPY RELAXATION MASSAGE

Ksh.6,800 - 60mins

Ksh.8,800 - 1hr 30mins

A gentle massage using aromatic essential oils distilled from plants, roots and leaves i.e Tea tree, Lavender, Lemongrass, Eucalyptus. To improve your physical and mental wellbeing.

### LYMPHATIC DETOX

Ksh.7,300 - 60mins

Cleanse from within with excellent detoxification. Deep long strokes stimulate the lymphatic system to eliminate metabolic waste, excess fluids and toxins.

### PRE-NATAL CARE MASSAGE

Ksh.6,900 - 60mins

Need to sooth the pressured, tired and sore muscles for the yummy mummy. We will get you pampered with a massage of choice.

### DEEP TISSUE MASSAGE

Ksh.7,200 - 60mins

Ksh.9,200 - 1hr 30mins

For treating musculoskeletal tissues by applying intense pressure to target the inner layers of your muscles and connective tissues.

### HOT STONE MASSAGE

Ksh.7,500 - 75mins

Water heated basalt stones are ultimate treatment for aching muscles, promotes sleep and relieves symptoms of auto immune diseases. Combination use of the hands and stones to give a more effective result.

### SHEA SUNBURN TREAT

Ksh.7,000 - 60mins

A luxurious spa treatment designed to provide relief and healing for sun-damaged skin. It incorporates the use of Shea butter, a natural ingredient known for its moisturizing and nourishing properties.

## SIGNATURE EXPERIENCES

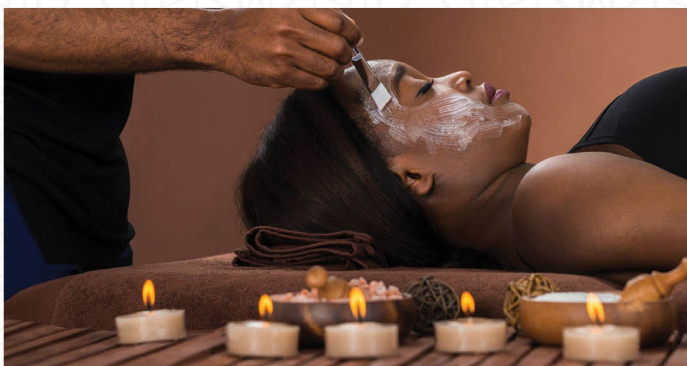
### MWARUBAINI STICK MASSAGE

Ksh.7,500 - 75mins

An invigorating massage technique using neem tree sticks to work on deeper tissue. Result is profound relief from muscle tightness and tension.



## SKIN CARE



### EXPRESS FACIAL

Ksh.5,200 - 30mins

An express touch using botanical skincare products that leaves the skin radiant.

### DEEP CLEANSING RESTORATIVE FACIAL

Ksh.6,000 - 60mins

To repair damaged, irritated skin and a mask with curative ingredients.

### GENTLEMAN'S FACIAL

Ksh.6,000 - 60mins

Formulated to target male-specific skin needs to purify, hydrate and renew.

### ANTI-AGEING FACIAL

Kshs.6,500 - 60mins

To boost skin elasticity and increase collagen synthesis to aid in toning and keep the skin glowing and youthful.







## **BODY TREATMENTS**

### **SALT BODY SCRUB**

**Ksh.4,800 - 45mins**

Natural refined sea salt provides the ultimate purifying treatment.

For a soft and silky skin.

### **KENYA COFFEE BODY SCRUB**

**Ksh.5,000 - 45mins**

A clear scent of pure coffee to calm and clears your mind of excessive thoughts. Removes residual dirt and dead skin giving you silky fresh skin.

### **BODY WRAPS**

**Kshs.8,200 - 75mins**

Swaddle up with a choice of mud or coconut cream after a proper exfoliation and steam bath.

### **MOROCCAN HAMMAM BATH**

**Kshs.11,000 - 1hr 30mins**

An invigorating world therapy, cleansing, exfoliation, steaming and a shea moisturizer.

## NAIL CARE

Gel Manicure Ksh. 2,800

Gel Pedicure Ksh. 3,200

Nail Extensions Ksh. 5,800

(Tips, Acrylics, Gum gel, Stick-ons)



## DEPILATION

*Our products are suitable for all skin types.*

Underarm waxing Ksh.1,500/=

Full Arm Waxing Ksh.3,500/=

Half leg Ksh.3,000/=

Full leg Ksh.5,200/=

Bikini line Ksh.3,500/=

Brazilian Ksh.5,000/=



## HYDROTHERAPIES

Steam Bath Ksh.2,000 - 45mins

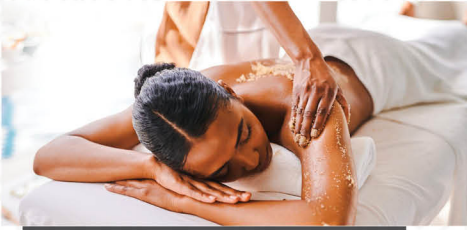
Vichy shower Ksh.2,000 - 45mins

Jacuzzi Bath Ksh.2,800 (Per Person Sharing)

Jacuzzi Bath Ksh.3,800 (Single use)



## PACKAGES



### **SERENITY DEAL – Ksh.12,300/=**

Coffee polish, one hour massage, steam bath.

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### **ESSENCE GLOW – Ksh.11,200/=**

Salt scrub, one hour massage.

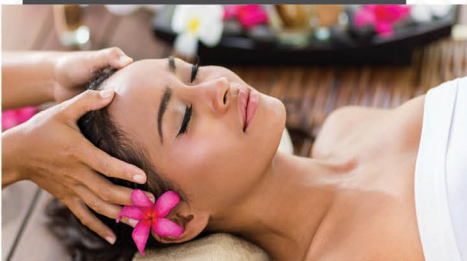
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### **RAFIKI'S OFFER FOR TWO – Ksh.17,900/=**

One hour Massage, Steam bath, Jacuzzi, a glass of wine.

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### **BRIDAL PACKAGE – Ksh.25,000/=**

Body polish, massage, facial, manicure, pedicure and a jacuzzi.

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### **SPA DAY GET-TOGETHER PACKAGE**

**– Ksh.15,550/= (per person)**

(Minimum booking of four pax)

One hour massage, coffee body polish, jacuzzi, steam bath, delicious lunch and refreshments.



**prideinn**  
**PARADISE**

SHANZU BEACH • MOMBASA

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