

# MBALI SIGNATURE MASSAGES

## Reflexology Treatment

A deeply relaxing treatment that is done by applying pressure to your reflex points which promotes health in the organs and glands.

**60 min | 3600Ksh**

## Aromatherapy Massage

A personal blend of essential oils are used to suit your mood. This range of pressure point, flowing and kneading movement ensure a soothed mind, body and soul.

**90 min | 4000Ksh**

**30 min | 2000Ksh**

## Deep Tissue Massage

Feel the tension melt away with this full body massage. Release and relax your tight muscles and restore your body back to its balance.

**60 min | 3800Ksh**

## Swedish Massage

A gentle treatment with mild to moderate pressure aimed to relax the entire body. Apart from immense relaxation, this massage will increase blood flow around your body and help bring nutrients to the skin.

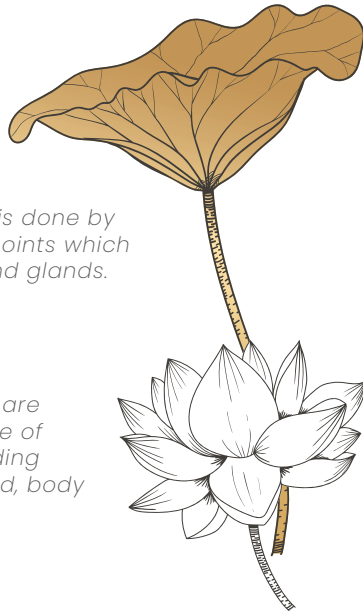
**60 min | 3600Ksh**

## Hot Stone Massage

Volcanic stones are massaged deep into the muscles to reduce tension and induce deep relaxation. This massage is great for increasing blood circulation and calming the nervous system.

**60 min | 4500Ksh**

**45 min | 2500Ksh**



## NEED TO KNOW

To ensure ultimate comfort and relaxation, please arrive at least 10 minutes prior to your scheduled treatment.

Wear what is comfortable for you. Mbali Day Spa will provide you with a robe for body treatments and facials.

Please ensure that cellular phones are switched off in the spa.

Please inform your therapist if you are pregnant, have any allergies, medical conditions or if you are on any medication.

A 4 (four) hour notice period is required for cancellations and rescheduling.

No children under 16 years of age.

Mbali Day Spa accepts payment in the form of cash (KSh), VISA card, MasterCard or Mpesa at the hotel Reception. Kindly request a receipt upon payment.

Hotel guests are welcome to sign the treatment to their room bill, to be settled upon departure.

Hotel guests are welcome to make a booking at Mbali Day Spa by dialling extension 9 from their room.



mnarani  
BEACH CLUB

## Bookings @ Mbali Day Spa

+254 (0) 727 288 166 | +254 (0) 733 333 579

[www.mnarani.net](http://www.mnarani.net)



Enjoy your  
little  
"Peace of  
Heaven"  
with a  
relaxing  
treatment.



# TREATMENT PACKAGES

**Revitalise your soul with a mini retreat to Mbali Day Spa!** Upon arrival, guests are welcomed with a cool refreshment. Treatment packages conclude with a cup of special blend tea to reaffirm your relaxed state of mind. Day visitors may enjoy complimentary access to Mnarani's infinity pool and private beach.

## Urembo on the Go

*This revitalising pick me up includes a TheraVine™ Appetizer Facial, a relaxing Neck, Back and Shoulder Massage and just to make sure that you leave glowing inside and out, a file & polish of the fingers.*

**120 min | 4800Ksh**

## Mnarani Retreat

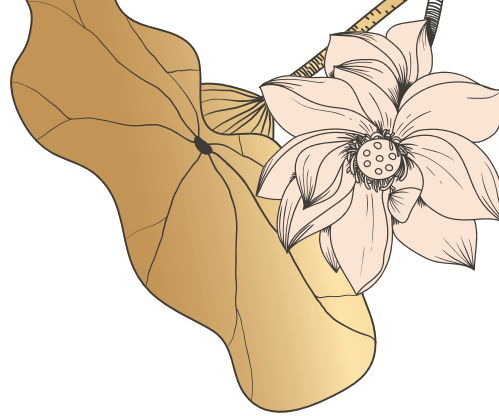
*Feeling a little tired or tense? Indulge in this 4 hour treatment and leave feeling refreshed and renewed. This package includes a TheraVine™ Hydrating Facial, Aromatherapy Massage of your choice, and a Basic Manicure & Pedicure. You will also receive a complimentary Kikoi Gift.*

**240 min | 8200Ksh**

## Serenity

*Celebrate your journey of life and love with a moment to yourself. Pause and experience a bit of serenity, while we pamper you. This package includes an Aromatherapy or Deep Tissue Massage, a file & polish of the fingers with a colour of your choice, and an Mbali Day Spa Head Massage to finish the treatment off, while enjoying a complimentary drink.*

**120 min | 4000Ksh**



# FACIALS WITH THERAVINE™

## TheraVine Appetizer Facial

*Experience an express Vinotherapy facial boost customised to your specific skin concerns in just thirty minutes.*

**30 min | 2300Ksh**

## TheraVine™ Balancing Facial

*A deep-cleansing facial customised to gently remove surface impurities followed by a personalised mask, while utilising specially selected aromatic botanicals for restoring balance to the skin and leaving your skin soft and restored.*

**60 min | 3200Ksh**

## TheraVine™ Hydrating Facial

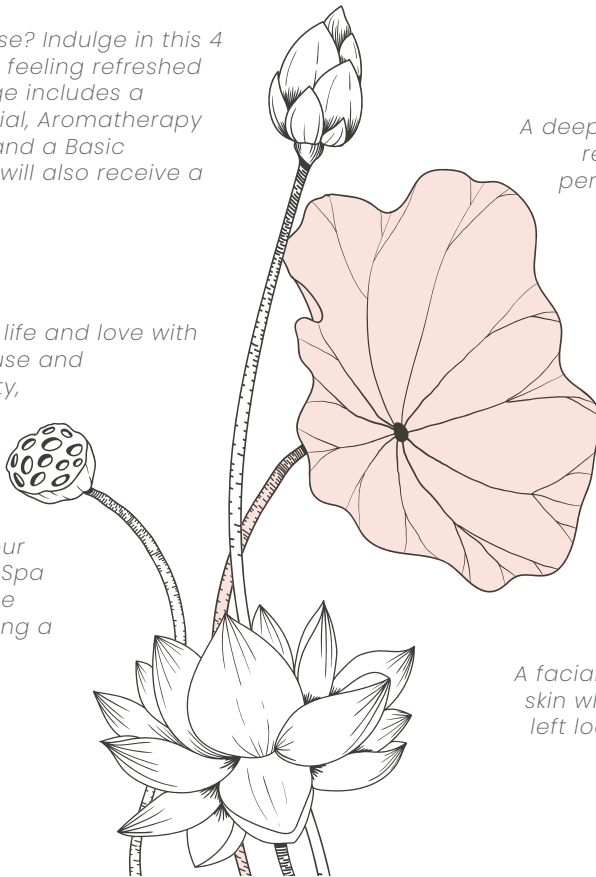
*A facial designed for extreme relaxation with the aromatic scent of essential oils that deeply hydrate your skin, leaving you with a radiant complexion.*

**60 min | 3600Ksh**

## TheraVine™ Mature Facial

*A facial performed to firm and visibly tone the skin whilst smoothing out wrinkles. Your skin is left looking serene and the complexion more radiant and uniform.*

**60 min | 4000Ksh**



# HANDS & FEET

## Express File & Polish

*Your choice of colour or French, fingers or toes.*

**30 min | 600Ksh**

## Basic Manicure

**60 min | 1700Ksh**

## Basic Pedicure

**60 min | 2100Ksh**

## Add a Massage

*Turn your pamper session into a royal pamper paradise by adding a signature Mbali Royal Foot & Leg, Royal Hand & Arm or Royal Head & Scalp massage to any treatment.*

**20 min | 1000Ksh**

# THE ESSENTIALS

Turn essential beauty treatments into a bit of me time.

## Eyebrows Tidy & Tweeze

**30min | 700Ksh**

## Eyebrows Wax

**15min | 900Ksh**

## Sides of Face Wax

**15min | 1250Ksh**

## Lip Wax

**5min | 570Ksh**

## Chin Wax

**10min | 570Ksh**

## Nape of Neck Wax

**15min | 1150Ksh**

## Full Back Wax

**30min | 2200Ksh**

## Men's Chest Wax

**30min | 1800Ksh**

## Full Arms Wax

**30min | 1800Ksh**

## Half Arms Wax

**15min | 1400Ksh**

## Underarms Wax

**15min | 900Ksh**

## Bikini Wax

**20min | 1200Ksh**

## Half Leg Wax

**30min | 1800Ksh**

## Full Leg Wax

**45min | 2200Ksh**

## Full Leg & Bikini Wax

**60min | 3000Ksh**