

SPA

Menu



Email: spa@travellershtl.com
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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