

# Tulia

SPA

Rejuvenate Mind, Body & Soul



Welcome to **Tulia Spa**, an oasis of tranquility dedicated to providing you with an exceptional spa experience. Our highly skilled therapists are committed to delivering excellence through a harmonious blend of personalized treatments.

At Tulia Spa, we understand that true beauty comes from within. That's why we have curated a selection of treatments designed to nourish your soul and enhance your natural radiance. From rejuvenating facials that cleanse, hydrate, and revitalize your skin to holistic body wraps that detoxify and rejuvenate, our comprehensive menu offers a variety of transformative experiences.

Indulge in our luxurious manicures and pedicures, meticulously crafted to pamper and beautify your hands and feet. Our dedicated professionals will lavish your nails with care, ensuring they are shaped, buffed, and polished to perfection. Immerse yourself in the soothing aromas of essential oils as our therapists skillfully massage your hands and feet, leaving them feeling soft, supple, and revitalized.

Our offerings extend far beyond mere nail care, drawing inspiration from ancient healing traditions, our spa proudly presents a diverse range of massage techniques that transport you to a state of ethereal bliss. Allow the hands of our expert therapists to guide you through the art of relaxation, releasing tension from every muscle and restoring balance to your body and mind. Whether you prefer the gentle strokes of Swedish massage, the invigorating pressure of deep tissue massage, or the targeted benefits of reflexology, our therapists will customize each session to meet your unique needs and preferences.

As you embark on this sensory journey, our tranquil spa environment envelops you in serenity, allowing you to escape the pressures of everyday life. Soft ambient lighting, soothing music, and the gentle trickle of water create an ambiance conducive to deep relaxation. Our attentive staff ensures that every aspect of your visit is tailored to your comfort and well-being, leaving you feeling utterly pampered and restored.

Experience the excellence of Tulia Spa and discover the transformative power of our customized treatments. Whether you seek a moment of pure bliss or a comprehensive spa retreat, we invite you to immerse yourself in the ethereal atmosphere we have created. Unwind, rejuvenate, and embrace the harmonious balance that awaits you at Tulia Spa.





# SPA TREATMENTS

## TULIA SIGNATURE MASSAGE

⌚ 60 Mins **KES. 8,000**

Our signature Bamboo massage relaxes your body, mind and soul using a combination of techniques tailor made to suit your areas of concern and is finished off with a hot towel compress. This massage significantly helps improve the body's natural ability to heal.

## SWEDISH MASSAGE

⌚ 60 Mins **KES. 6,500** | ⌚ 90 Mins **KES. 8,500**

Experience the rejuvenating power of this energizing Full Body Massage, a transformative treatment that promotes total relaxation and healing through a unique combination of techniques, including long kneading rhythmic strokes, this massage invigorates your body, increases oxygen circulation, aids in detoxification, rejuvenates and gives total well-being.

## DEEP TISSUE MASSAGE

⌚ 60 Mins **KES. 7,000** | ⌚ 90 Mins **KES. 10,500**

A specialized treatment that utilizes sustained pressure and slow, deep strokes to target the inner layers of your muscles and connective tissues. Experience the profound relief and revitalization that comes from releasing deep-seated tension and enjoy the transformative effects of our Deep Tissue Therapy.

## HOT STONE MASSAGE

⌚ 60 Mins **KES. 8,500** | ⌚ 90 Mins **KES. 11,000**

Experience the soothing power of our Volcanic Stone Therapy, a luxurious treatment that combines the warmth of heated volcanic stones with therapeutic oils to provide deep relaxation and rejuvenation. The heat from the stones penetrates the muscles and damaged soft tissues, promoting increased circulation and relieving tension.

## SPORTS MASSAGE

⌚ 90 Mins **KES. 10,500**

Discover the soothing relief of our targeted Relaxation Massage, specifically designed to alleviate tension and provide relaxation to areas of the body that undergo repetitive and demanding movements. Our skilled therapists work to ease the strain and restore balance, leaving you feeling rejuvenated and revitalized.



### AROMATHERAPY MASSAGE

🕒 60 Mins

KES. 9,500

| 🕒 90 Mins

KES. 12,000

A therapeutic massage treatment with the use of essential oils to promote healing, a feeling of well-being and total relaxation. We select essential oils extracted from parts of the herbs and plants that contain properties to cater to your individual needs and concerns.

### STANLEY MEMBERS SPECIAL

🕒 60 Mins

KES. 6,000

The Sarova Stanley Health Club members' massage is specially crafted to pamper, soothe, and alleviate body tension. **(Available exclusively to Health Club Members)**

### REFLEXOLOGY

🕒 45 Mins

KES. 5,500

Pressure is applied to specific reflex points on the foot. These points correspond to organs and areas of the body to induce a healing response and even alleviate some ailments.

### ANTI-JETLAG MASSAGE

🕒 45 Mins

KES. 5,500

Experience our Jet Lag Relief Massage, a therapeutic treatment specifically designed to alleviate the effects of jet lag and combat fatigue. Our skilled therapists will guide you on a journey of relaxation, targeting the areas of your body most affected by travel-induced exhaustion. Through a combination of soothing techniques, our massage aims to restore balance, enhance your well-being, and promote restful sleep.

### FOOT "O" FLEX

🕒 30 Mins

KES. 4,500

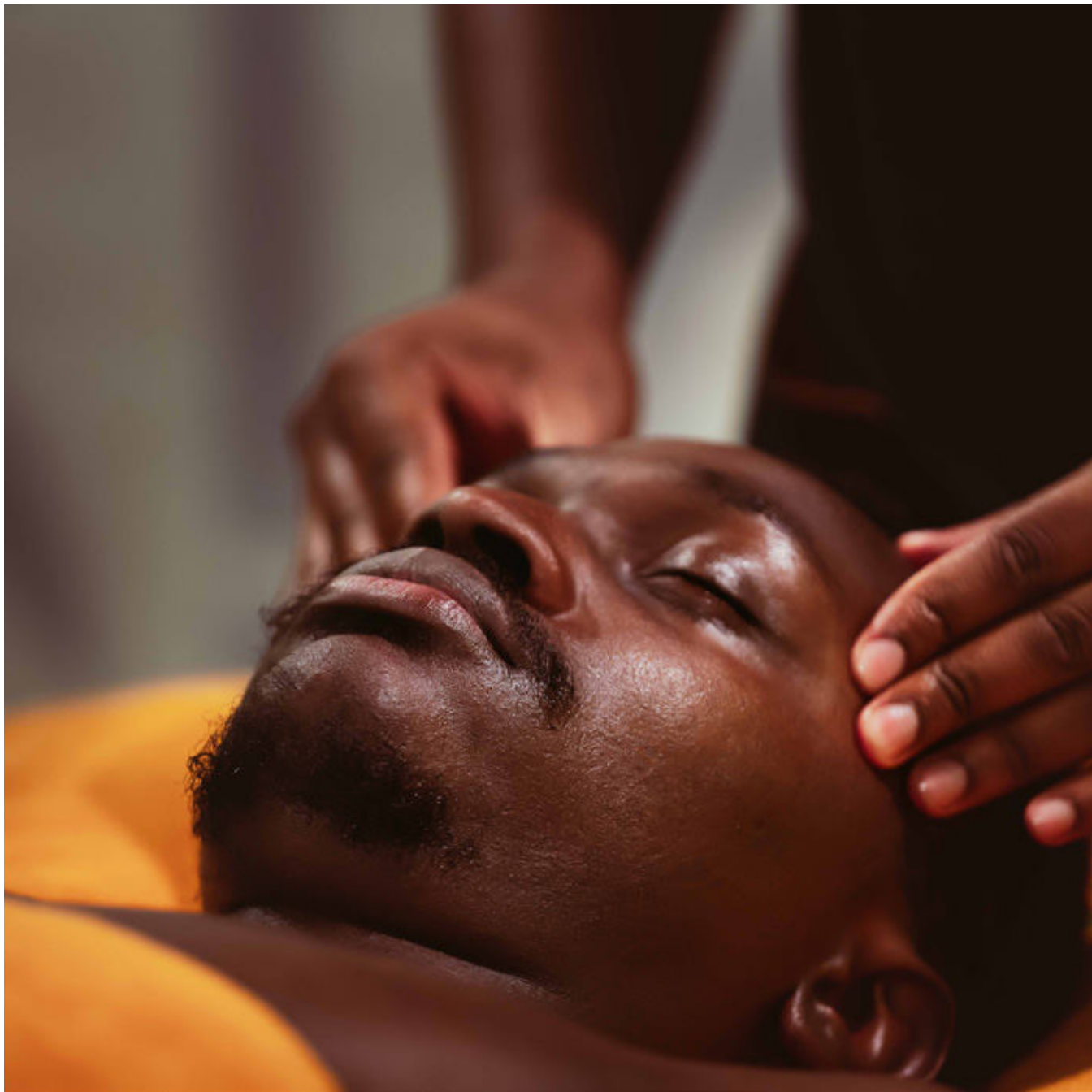
A foot pressure massage that will bring relaxation to your body, helping you sleep better and leaving you feeling uplifted and rejuvenated. The FOOT 'O' FLEX Massage not only revitalizes your feet but also promotes overall well-being. It improves circulation, relieves discomfort, and restores balance to your body.

### STRESS RELIEVER

🕒 30 Mins

KES. 4,800

The Stress Reliever Massage combines soothing strokes, gentle kneading, and targeted pressure to alleviate stress and promote deep relaxation and easing away the built-up tension in your body not only providing physical relief but also nurtures your mental and emotional well-being.



### INDIAN HEAD AND SHOULDER MASSAGE

🕒 30 Mins

KES. 4,500

*This ancient Ayurveda therapy treats the head, neck and shoulders while seated. Rebalance your energy, alleviate tension, and embrace a renewed sense of calm and well-being.*

### FULL BACK MASSAGE

🕒 45 Mins

KES. 4,500

*A quick fix to alleviate stress, tension, and tiredness; experience the soothing touch and therapeutic benefits of this rejuvenating treatment, designed to melt away stress and promote a sense of deep relaxation. As you drift into a state of tranquility, you'll experience the therapeutic benefits of improved circulation and increased flexibility.*

### BODY POLISH

🕒 45 Mins

KES. 5,000

*Enjoy a full body exfoliation with your selection of body polishes.*

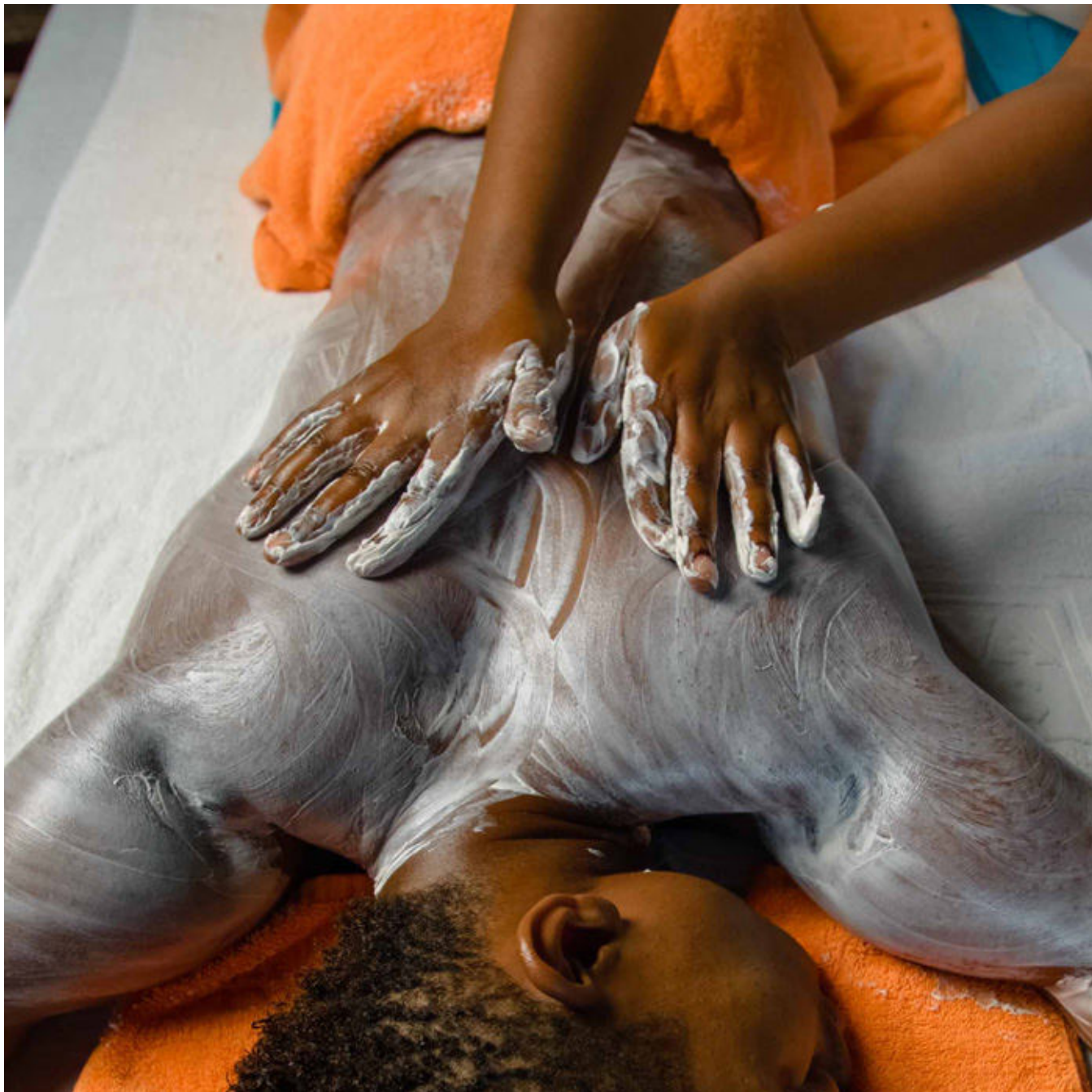
**Our invigorating Body polishes serves to remove dead skin and encourage cellular renewal for smooth, soft, balanced, firm, and retextured skin that glows with vitality.**

*(Extend your pamper journey by adding an additional spa treatment to your spa experience)*

Choose from:

- *Tranquility Body Scrub*
- *Awaken Body Scrub*
- *Pure recovery Body Scrub*
- *Skin Detox Body Scrub*
- *Anti cellulite Body Scrub*
- *Kahawa Body Scrub*





# TULIA BODY CEREMONIES

## SKIN DETOX FULL BODY TREATMENT

🕒 150 Mins

KES. 15,500

Indulge in our Skin Detox Full Body Treatment, a revitalizing experience that exfoliates, detoxifies, and nourishes your skin. From gentle exfoliation to a purifying mask and hydrating massage, this luxurious treatment leaves your skin refreshed and radiant. Suitable for all skin types, it's the perfect escape for a healthier, glowing complexion.

## REVIVE & RELAX COUPLES' RETREAT PACKAGE

🕒 120 Mins

KES. 20,000 per couple

The perfect way to relax with your loved one! Our signature couples' spa therapy begins with a 15 mins Steam bath, accompanied by Tranquility Body Scrub that will aid in removing all the dead skin from your body and followed up with a relaxing charcoal activated body mask.

**(Enjoy Herbal Teas In our relaxation area)**

## TULIA SPA RITUAL

*Steam/Body Scrub/Massage*

🕒 120 Mins

KES. 13,000

A restorative and soothing spa treatment that begins with a 15-minute steam bath, followed by body exfoliation and our Signature 60 minutes body massage. This treatment will leave you completely relaxed and your skin feeling soft, smooth, and supple.

## TULIA RECOVERY PACKAGE

*Hot stone massage/Foot massage*

🕒 90 Mins

KES. 12,500

Begin your treatment with a dry-body -brushing of the back that increases circulation and exfoliates the skin followed by a hot stone back, neck & shoulder massage and a pressure point foot massage. This deep penetrating warmth of the stones will relieve tension and leave you feeling rested.



# FACIAL TREATMENTS

## **EXPRESS FACIAL**

🕒 60 Mins

**KES. 6,000**

*For persons on the go, this facial is designed to give maximum results within a short time, rejuvenate the skin and relaxing you without putting a dent on your schedule. Our pure natural ingredients feed the skin and restore its youthful glow.*

## **DEEP CLEANSE FACIAL (WOMEN)**

🕒 75 Mins

**KES. 7,500**

*A deep cleansing facial that will leave the skin looking refreshed and more youthful. By using gentle enzyme exfoliator, we purify the skin without the long-term damage usually caused by harsh products. An enzyme exfoliation with a massage that stimulates and uplifts tired and dull skin and clears problematic skin.*

## **NOURISHING FACIAL (MEN)**

🕒 75 Mins

**KES. 7,500**

*Experience our specially tailored Men's Revitalizing Facial, designed to meet the specific needs of men's skin. This rejuvenating facial treatment is customized to address the unique concerns and challenges of men's skin, helping to promote a fresh and revitalized appearance. Our therapists use specialized techniques and high-quality products to cleanse, exfoliate, and nourish the skin, leaving it looking and feeling refreshed.*

## **ETERNAL YOUTH ANTI-AGING FACIAL**

🕒 90 Mins

**KES. 10,500**

*Experience the transformative effects of our Natural Anti-Aging Treatment, specially formulated to slow down the aging process and restore your skin's vitality. Harnessing the power of natural ingredients, this technique combines the best products to deliver exceptional results that work diligently to restore firmness, brighten your skin, reduce the appearance of wrinkles, and create a smoother overall complexion.*





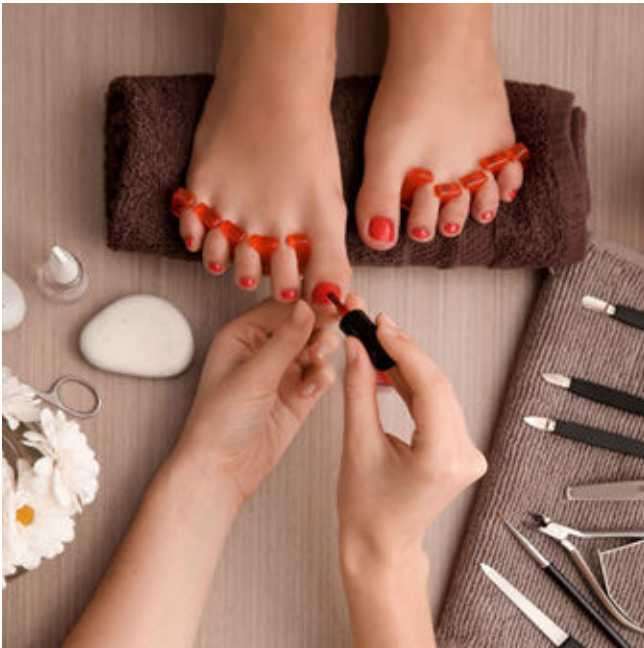
# BEAUTY TREATMENTS

<b>WAXING</b>	<b>PRICE (KES)</b>
<i>Eyebrow Shaping</i>	<b>1,000</b>
<i>Lip &amp; chin wax</i>	<b>1,200</b>
<i>Underarm</i>	<b>1,200</b>
<i>Bikini line</i>	<b>2,500</b>
<i>Full arm wax</i>	<b>2,500</b>
<i>Half leg wax</i>	<b>2,500</b>
<i>Brazilian wax</i>	<b>3,000</b>
<i>Chest Wax</i>	<b>3,000</b>
<i>Back wax</i>	<b>4,000</b>
<i>Full leg wax</i>	<b>4,000</b>

<b>MANICURE &amp; PEDICURE</b>	<b>DURATION</b>	<b>PRICE (KES)</b>
<i>Gel removal</i>	<b>15 Mins</b>	<b>1,000</b>
<i>Normal nail polish</i>	<b>30 Mins</b>	<b>1,500</b>
<i>Gel nail polish revarnish</i>	<b>45 Mins</b>	<b>2,500</b>
<i>Manicure (normal polish)</i>	<b>60 Mins</b>	<b>3,000</b>
<i>Pedicure (normal polish)</i>	<b>75 Mins</b>	<b>3,500</b>
<i>Manicure (gel polish)</i>	<b>75 Mins</b>	<b>4,000</b>
<i>Pedicure (gel polish)</i>	<b>75 Mins</b>	<b>4,000</b>
<i>Combined Manicure &amp; Pedicure (gel)</i>	<b>180 Mins</b>	<b>7,500</b>







## TULIA WELLNESS CENTER HOURS

HEALTH CLUB	5:00AM - 10:00PM
SPA SERVICES	7:00AM - 8:30PM

### GIFT CERTIFICATES

*Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details.*

### BOOKINGS & CANCELLATIONS

*Guests are requested to advise the wellness center reception of changes or cancellation on their bookings as soon as they can.*

**INDIVIDUAL BOOKINGS:** *Cancellations received in less than 5 hours prior to the booking will be subject to a 50% cancellation fee. All no-show appointments will attract a 100% cancellation fee.*

**GROUP BOOKINGS:** *50% cancellation fee is applicable if cancelled later than 48 hours in advance.*

*We recommend that you arrive 15mins prior to your booking time to fill in the consultation form. Showing up late for your appointment may shorten the length of your treatments with full payments expected.*

*All group bookings (more than 3) should pay 50% deposit of the total cost whilst making the booking.*

### ACCESS

*Tulia Wellness Center is available to our residents and all persons over 18 years or older. Individuals who are pregnant, have disabilities, allergies, or any other health concerns are welcome to use the spa but should notify reception so the appropriate therapist and service can be recommended.*

### **SPECIAL CONSIDERATION**

*If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy. If you have high blood pressure, heart conditions, allergies, or other medical complications, we advise that you consult your doctor before signing up for any Spa services. Please inform your therapist of any medical conditions.*

### **SMOKING AND ALCOHOL**

*Smoking and the consumption of alcohol within the Spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to any Spa treatment.*

### **VALUABLES**

*We recommend that no jewelry be worn at the Spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the Spa premises.*

### **REFUND POLICY**

*Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.*

### **DISCLAIMER**

*The spa treatments, services and/or facilities received or utilized at Tulia Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Guests will fully indemnify and hold harmless Tulia Spa and its holding company.*

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*• Rates are subject to change without prior notice and subject to availability. | \*Terms and conditions apply*




**Tulia**  
**WELLNESS CENTRE**


*For reservations, bookings and queries, contact:*


**Tel: +254 733 298 504 | Email: [Stanleyhealthclub@sarovahotels.com](mailto:Stanleyhealthclub@sarovahotels.com)**



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