



Rejuvenate... 
Mind, Body & Soul



SAROVA
HOTELS & RESORTS
KENYA



Sarova Stanley | Sarova Panafric | Sarova Woodlands Hotel & Spa | Sarova Whitesands Beach Resort & Spa
Sarova Mara Game Camp | Sarova Lion Hill Game Lodge | Sarova Shaba Game Lodge



Relax and Unwind

The **Tulia Spa** captures the serenity and lushness of Kenya's nature due to its architectural structure and location. Within Sarova Whitesands Beach Resort & Spa, the Tulia Spa is in the "quiet zone" of the resort meaning that it will deliver privacy and relaxation to the maximum. The spa consists of a set of bandas, indoor massage rooms, an outdoor hot tub and reflexology pool.

The bandas are surrounded by a well manicured garden setting overlooking the beach and the waterfront. Our Tulia bandas create a tropical hideaway for an ultimate relaxing spa experience. The interior is airy, clean and inviting and will make you feel like you're definitely ready to start glowing with the treatments on offer.

Whilst you're inside the bandas, you will hear the beautiful twittering of birds as well as the trickling of the water outside in the pools; the breeze from the Indian Ocean is, of course, another bonus and all adds to creating a tranquil and calming environment. You also get to enjoy the warmth of the heat albeit with some much-needed shade, meaning that you can enjoy yourself in comfort and style.

For reservations contact the Spa on: +254 719 022 720 or +254 719 022 000

CANCELLATION CLAUSE

If you need to cancel a reservation or reschedule one, we require 3 hours notice for individual services and packages. Appointments cancelled or rescheduled in less than the required time will be billed 50%. Late arrivals will result in a shortened appointment.

Spa Etiquette



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.

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.

REFUND POLICY

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-ex-changeable 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.

ETIQUETTE

The Spa is a retreat for your body, mind, and spirit. For the consideration of others, children are not allowed at the Spa unless they are having a treatment accompanied by an adult. We ask that you respect other guests' privacy by speaking softly. Cellular phones and electronic devices are discouraged.

ATTIRE

Please arrive at the Spa wearing comfortable light clothing, disposable undergarments and all bathroom amenities are available.

RESERVATIONS

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment to avoid disappointment. Full or down payment will be required for clients who are not staying with us. A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 2 hours notice will incur a 50% cancellation fee. A 100% fee will be charged for a therapy not canceled.

CONSULTATIONS

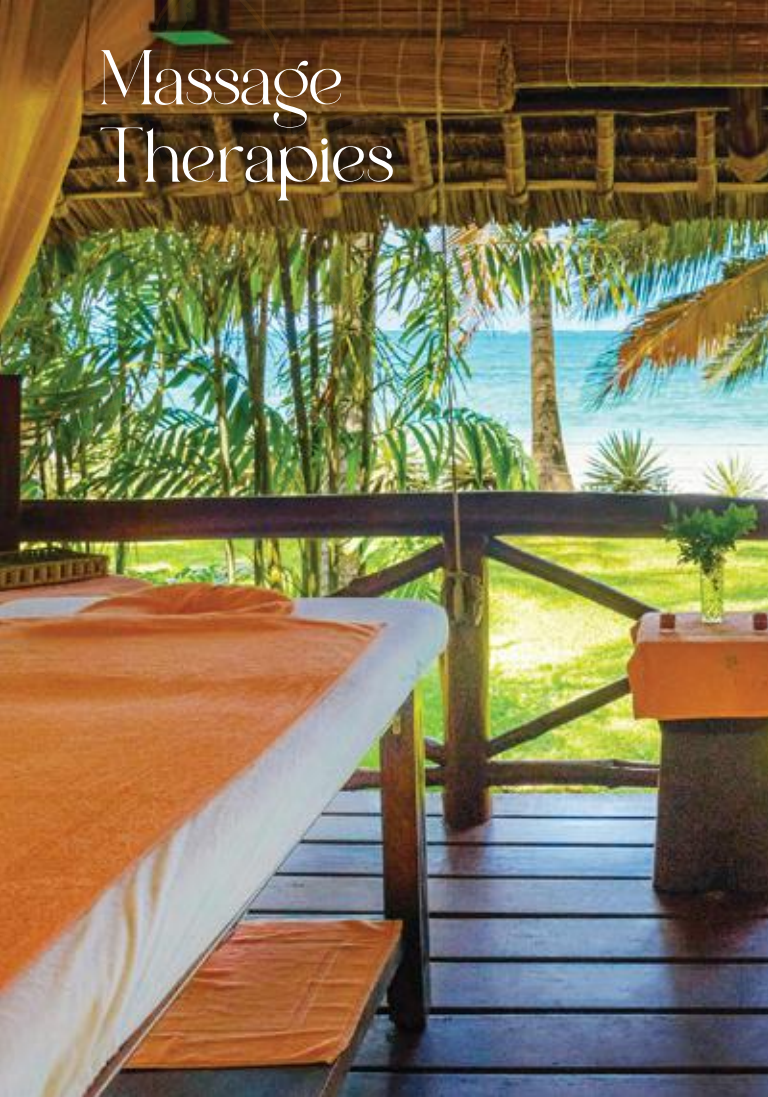
We would love to tailor-make our treatments to your individual comfort, our therapists will be available 15 minutes prior to your treatment to have an in-depth consultation with you.

TRANQUIL TIME

Guests will be accorded one complimentary 30-minute Calm Time of refreshments and relaxation by the Jacuzzi and plunge pool before or after treatment.



Massage Therapies



Swedish Massage

🕒 1 Hr | Ksh 7,300

A full body massage that gives energy and total relaxation with different use of techniques such as long kneading rhythmic strokes on the top layers of the muscles.

Deep Tissue Massage

🕒 1 Hr | Ksh 7,900 🕒 1 Hr 30 Mins | Ksh 10,900

This therapy involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. It helps to reduce tension in muscle and soft tissues.

Aromatherapy

🕒 1 Hr | Ksh 7,900

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 herbs and plants that contain properties to cater to your individual need and concern.

Hot Stone Therapy

🕒 1 Hr | Ksh 8,500

This re-energising stone therapy body massage creates a harmonizing & soothing effect on the body using smooth heated river stones.

Tulia Massage



🕒 1 Hr | Ksh 6,500

Our signature massage that relaxes your body, mind and soul using a combination of techniques tailor made to your areas of concern.

Tranquillity Candle Massage

🕒 1 Hr | Ksh 8,000

Enjoy a luxurious massage and float away! With a blend of essential oils combining Lavender, Clary Sage, Chamomile, Geranium and a hint of Bergamot enter the world of 'stress free' living albeit for a short time! Your skin will be left feeling smooth and soft.

Reflexology

🕒 1 Hr | Ksh 5,000

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 alleviates some ailments. The experience starts with a two minutes walk in our cool and refreshing Reflexology Pool.

Stress Reliever

🕒 30 Mins | Ksh 4,300

A relaxing massage concentrating on neck, shoulders & back.

Indian Head and Shoulder Massage

🕒 30 Mins | Ksh 4,300

Pressure points on the scalp, neck and shoulder are stimulated to relieve tightness and promote relaxation.

Foot 'O' Flex

🕒 30 Mins | Ksh 3,500

A foot pressure massage very relaxing for tired feet and gives an uplifting effect of wellbeing.



Facial treatment



Gent's Facial

🕒 30 Mins | Ksh 4,800

This is an aromatic facial specially designed for men's specific needs. From your hairline to your neckline, your therapist's trained fingers soothe and relax, filling the skin with renewed energy.

Express Cleansing Facial Treatment for Men

🕒 1 Hr | Ksh 6,000

This holistic treatment is essential for improving skin tone and appearance. Incorporating a relaxing gentle facial, it offers deep cleaning & exfoliation and combats daily congestions such as razor bumps leaving the skin's complexion refined and brightened.

Glow & Radiance Facial

🕒 1 Hr | Ksh 7,900

The pampering starts with cleansing and toning followed by a facial polish that will smooth the skin. A special repair mask feeds your cells and the specific face serum will ensure deep relaxation and rejuvenation.

Mini Facial

🕒 30 Mins | Ksh 4,800

Cleanse, exfoliate, mask.

MANICURE & PEDICURE

	🕒	PRICE
Deluxe Manicure (Gel Nail Polish)	75 Mins	Ksh 3,600
Deluxe Pedicure (Gel Nail Polish)	75 Mins	Ksh 4,300
Regular Manicure (Normal Nail Polish)	60 Mins	Ksh 2,400
Regular Pedicure (Normal Nail Polish)	60 Mins	Ksh 3,000
Gel Nail Polish Revarnish	45 Mins	Ksh 1,500
Normal Nail Polish Revarnish	30 Mins	Ksh 700
Gel soak-off	15 Mins	Ksh 500

Exfoliation

Natural Skin Polish

🕒 45 Mins | Ksh 5,000

Coconut & cinnamon scrub.

Kahawa Scrub

🕒 45 Mins | Ksh 5,000

Made from finely ground Kenyan Coffee. This richly aromatic scrub will smoothen your skin & elevate your mood.

Anti Cellulite Body Scrub

🕒 45 Mins | Ksh 5,000

Specially formulated with herbs, which exfoliates, cleanses and nourishes the skin. Loaded with antioxidants that leaves the skin silky smooth whilst helping to minimise the appearance of cellulite.

Skin Detox Body Scrub

🕒 45 Mins | Ksh 5,000

Formulated with herbs to remove dead skin cells for a smooth skin texture.

Strawberry Body Scrub

🕒 45 Mins | Ksh 6,000

Sweet-scented body scrub that leaves your skin glowing.



Chocolate Body Scrub

🕒 45 Mins | Ksh 6,000

Sensual body scrub for special occasions.

Chai Body Scrub

🕒 45 Mins | Ksh 5,000

Made of extracts from green tea, hibiscus and aloe in a cream base. This instantly brightens the skin leaving it hydrated and vibrant.

Sea Minerals Salt Scrub

🕒 45 Mins | Ksh 6,000

A unique combination of sea-salt and marine extracts with nourishing oils that feeds the skin with minerals giving a healthier and radiant skin tone.

Spa Packages

Tulia Total Bliss

🕒 2 Hrs | Ksh 13,300

Manicure, Pedicure, Basic Facial Massage.

Tulia Combo

🕒 2 Hrs 30 Mins | Ksh 12,100

Body Scrub + Body Wrap +Tulia Massage.

Beach Retreat

🕒 2 Hrs 30 Mins | Ksh 17,600

Three sea inspired treatments, to refresh, detox, and pamper you. In a half clay, you will be treated with a sea weed scrub, followed by a soothing body massage, and a healing earth pure balancing facial.

Couple's Time

🕒 1 Hr 30 Mins | Ksh 19,000

Indulge your senses and ignite the romance side-by-side with your loved one. Make a choice of one or two of our scrubs for your skin exfoliation then wind up with a harmonious relaxing one-hour massage session using specially selected essential oils.

Bridal Package

🕒 4 Hrs | Ksh 25,000

Feel like a queen during this deluxe bridal treat. Start with a choice from our wide variety of body scrubs to exfoliate the dead skin cells and polish the skin. Follow with a massage to relax the body and loosen tension nodes then treat yourself to a full facial treatment ready for your special day. This package also includes a regular manicure and pedicure.

Tulia Solo Revive

🕒 1 Hr 30 Mins | Ksh 10,500

Pick a scrub of your choice and enjoy a full body exfoliation followed by a session of aromatherapy.

Tulia Tranquility

🕒 3 Hrs | Ksh 13,300

Tulia Massage + Regular Manicure + Regular Pedicure.

Skin Detox Full Body Treatment

🕒 1 Hr 15 Mins | Ksh 7,200

Detox Body Scrub + Stress Reliever.

Tulia Revitalizer

🕒 1 Hr | Ksh 8,500

Hand, back and feet massage combined with a mini facial.

WAXING

	PRICE
Full Leg Wax	Ksh 4,300
Half Leg Wax	Ksh 2,500
Bikini Line	Ksh 2,500
Underarm	Ksh 1,200
Full Arm Wax	Ksh 2,500
Back Wax	Ksh 4,000
Chest Wax	Ksh 3,500
Lip & Chin wax	Ksh 1,200
Eyebrow Shaping	Ksh 1,000



A woman is lying on her back, eyes closed, in a relaxed state. A large brass pot is suspended above her head, and a stream of oil is being poured from it onto her forehead. The scene is dimly lit with warm, golden light, creating a serene and therapeutic atmosphere. The woman has dark hair and is wearing a gold chain necklace and earrings. The background is dark, making the woman and the brass pot the central focus.

Ayurveda Treatments

Abhyangam With Steam Bath

🕒 1 Hr 30 Mins | Ksh 9,200

Rejuvenating massage using warm herb spiced therapeutic oil applied over the head and body.

Shirodhara

🕒 1 Hr | Ksh 9,500 🕒 7 Days | Ksh 59,000

One of the most relaxing experiences. Herb-spiced oils cooked with milk are poured in a continuous stream onto the client's forehead and a light massage to the body. One treatment normally relaxes the body. For more serious symptoms try a 7 day programme. *(A relaxing and very therapeutic experience)*

Oriental Bliss

🕒 2 Hrs | Ksh 20,000

This signature therapy draws on Ayurveda traditions used for centuries in the East. Begin with a traditional Indian head massage using pressure points on the scalp and neck to relieve tension and stimulate circulation, followed by a stimulating Abhyangam massage and steam bath, to rejuvenate and eliminate toxins. End with heavenly Shirodhara where herb spiced oils are poured in a continuous stream on your forehead relieving stress and inducing a state of deep relaxation.