



mvua[®]

african rain

SPA

NEW HORIZONS OF RELAXATION AND WELLNESS

MVUA IS AN AFRICAN SWAHILI WORD WHICH MEANS “RAIN”

In Africa, rain brings life and life depends on it...

Rain is the gift that brings wealth to the earth and to all those who live in it. Rain refreshes from the still heat of the day by cooling the thirsty land, awakening the senses and sharpening the aromas in the bush.

Capturing the beauty and magic of African décor, Mvua African Rain Spa blends earthy colours and dramatic images to evoke a sensory journey and inviting guests to build a personal experience in its calming and welcoming ambiance.

At the Mvua African Rain Spa you will find everything you need to revitalize your body and mind.

At Mvua African Rain Spa we utilize indigenous natural ingredients and other native resources as plants, flowers, salt, grains, spices, wild honey and raw sugar. Our tempting choices of treatments are based on ancient African, Asian and European traditions designed to soothe the spirit, rejuvenate the body and enrich the mind.

After experiencing the attentive service and warm ambiance, your desire to repeat your visit will bring you back again and again.

Experience new horizons of relaxation and wellness

GYM FACILITIES



GYM, SPA & HYDROTHERAPY POOL MEMBERSHIP

Gym Membership	1 Week	ksh 2,500
Gym Membership	1 month	ksh 4,000
Gym, Tropical Village Pool and Beach	1 month	ksh 38,000
Oasis Hydrotherapy and Salt Water Pools	10 Vists x 1hr	ksh 17,000
Massage - Soft and Medium	5 x 50 minutes	ksh 24,750

All prices include Tax and Services Charge. Prices are subject to change without notice



GYM & BODY CORRECTION

GYM

Daily Entrance

Ksh 500

PERSONNEL TRAINING

Create one to one fitness program , motivating and guiding clients to achieve their fitness goals.

1hr

Ksh 700

10hrs

Ksh 4,500

BODY CORRECTION EXERCISE

It's a combination of different exercises which improve movement patterns , increase strength ,flexibility ,endurance and joint coordination.

30 minutes

Ksh 1,000

BODY POSTURE CORRECTION

It's combination of exercises and special stretching with some pressure points which improve improper posture ,relief stiffness ,relax sore muscles and balancing body joints.

45 minutes

Ksh 2,500

All prices include Tax and Services Charge. Prices are subject to change without notice

SPA FACILITIES



COCOON
POOL

OASIS HYDROTHERAPY AND SALT WATER POOLS

1 X Session
Full Day

1hr

ksh 2,200
ksh 4,500

Awake your day in our salt water pools, which are divided into distinct zones with water jets to provide

- Comfort, relaxation, stimulation of blood and lymph circulation
- Recharging of the body with minerals and trace elements to reduce local strains Toning and invigoration
- Reduction of cellulite

ADDITIONAL FACILITIES

- 1 Beauty Room
- Male and Female Changing Rooms
- Relaxation Area

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SCRUBS AND WRAPS

These indulgent scrub & ritual treatments are designed to increase circulation, add nutrition, detoxify and decongest the body's tissues. Using natural botanical selected products from Africa and around the world

	SINGLE
HARMONY BODY SCRUB & WRAP 45 minutes Energise skin and absorb impurities to balance and leave the skin silky smooth and glowing	Ksh 5,500
PASSIONATE AND ROMANTIC BODY SCRUB & WRAP 45 minutes Powerful and regenerating it renews old and damaged cells, and moisturises	Ksh 5,100
HERBAL REFRESHING BODY SCRUB & WRAP 45 minutes A sunny citrus blend to leave you with an uplifting mood, rids of anxiety, nervousness and stress	Ksh 5,200
DETOXIFYING BODY SCRUB & WRAP 45 minutes It unclogs pores and detoxifies skin, leaving you with a hydrated skin that radiates a healthy glow	Ksh 8,000

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PACKAGES

Our packages offer great value. Perfect for refreshing the mind, body and soul, these ritual spa treatments complements your stay at the hotel

	SINGLE	COUPLE
DREAM OF AFRICA 1 hour and 40 minutes Oasis salt water pool - Sweet dream body scrub & wrap - Island harmony massage	ksh 8,400	ksh 16,300
INVIGORATION SUPERIOR FIRMING 2 hours Oasis salt water pool - Superior body scrub - Superior body mask - Superior firming massage	ksh 9,800	ksh 19,100
MVUA AFRICAN RAIN SPA SIGNATURE RETREAT 3 hours Oasis salt water pool - Soothing Spices or Tropical glow body scrub & wrap - Mvua secret massage - Mvua secret facial	ksh 15,000	ksh 29,500
AFRICAN JOURNEY 5 hours Oasis salt water pool - African warm herbal oil - Deep hydrating facial - Mvua manicure & Mvua pedicure	ksh 18,000	ksh 35,000

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FACIALS



Rejuvenate your skin with a relaxing facial. The healing hands of our dedicated therapists will support you to achieve your skin care goals with organic elements, high performance treatments and professional advice

DEEP HYDRATION

50 minutes

A unique blend for dry or mature skin leaving your skin skimming with luminosity and suppleness. This facial imparts smoothing, anti-aging and long-lasting moisturizing effects

SINGLE

ksh 5,800

PURIFYING

50 minutes

An extra mild formula that refines the pores and removes impurities from the skin

ksh 6,000

WELL - BEING

50 minutes

An exotic blend to help balance the skin's pH while firming and toning, activating skin collagen and repairing damaged tissues while rejuvenating the appearance of the skin

ksh 6,200

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SIGNATURE TREATMENTS

Signature treatments are the perfect way to pamper yourself during your holiday. Healthy products with natural active ingredients are used to rebalance, refresh and relax your body & mind

	SINGLE	COUPLE
AFRICAN WARM HERBAL OIL 50 minutes An executive holistic massage with African warm herbal oils to stimulate blood circulation and strengthen the immune system	ksh 5,400	ksh 10,300
MVUA SECRET MASSAGE 50 minutes Luxurious and ancient ingredients like honey, wine and gold to rejuvenate your skin and awaken body	ksh 6,000	ksh 11,500
SOOTHING SPICES BODY SCRUB & WRAP 45 minutes A detoxifying and purifying island scrub & ritual using a blend of spices and herbs to reveal softer and healthier skin	ksh 4,800	
TROPICAL ISLAND GLOW BODY SCRUB & WRAP 45 minutes Using natural ingredients like papaya, black sesame, jojoba oil and , which help to remove dead skin cells, clean your skin deeply	ksh 4,900	
ALOE VERA TREATMENT 20 minutes Heal and reduce skin redness of the sun burn using the benefits of Aloe Vera natural gel	ksh 3,000	
MVUA SECRET FACIAL 60 minutes Through ancient time , Queen Cleopatra used extracts of honey and gold to firm the skin , reduce wrinkles and maintain her youthfulness.	ksh 6,000	ksh 11,200

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MASSAGES

Massage techniques for full body, scalp, back, shoulder and foot massage that make you experience the true meaning of relaxation & rejuvenation

	SINGLE	COUPLE
STRESS RELIEF MASSAGE 30 minutes Relieves tension, soothes tired muscles, and invigorates the mind and body	ksh 4,200	
AFRICAN RAIN FOOT MASSAGE 30 minutes An old age technique concentrating on reflex points on the feet to relax and ballance the full body	ksh 3,000	
AFRICAN HOT STONE MASSAGE 60 minutes Sooth away tension and pain using warm stones and ritual blended oils	ksh 5,500	ksh 10,000
ISLAND HARMONY MASSAGE 50 minutes An experience to allow your senses to relax after an active day. Gentle strokes will leave you renewed and rejuvenated just as Mother Africa washes away her dust with rain	ksh 5,500	ksh 10,500
REFLEXOLOGY 50 minutes For tired feet and general body wellness	ksh 6,500	

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	SINGLE	COUPLE
<p>COLD STONE 60 minutes Sooth away tension and pain , healing sun burn using the cold stone and ritual blended oils</p>	ksh 6,000	ksh 11,500
<p>SUPERIOR FIRMING MASSAGE 50 minutes Shape up your body and increase skin’s firmness and elasticity. Help muscles indulge into deep relaxation, healing the body of day to day tension.</p>	ksh 5,000	ksh 9,500
<p>AROMA - LYMPHATIC MASSAGE 50 minutes This massage relieves water retention and stimulates the lymphatic system</p>	ksh 6,400	ksh 12,400
<p>ZEN CHI MASSAGE 50 minutes Experience a unique blend of African and Asian massage techniques to sooth sore muscles, complete relaxation and freshness</p>	ksh 5,200	ksh 9,800
<p>DEEP TISSUE 50 minutes Release tension and stifness through this deep penetrating massage</p>	ksh 6,500	ksh 11,000
<p>FACE AND HEAD MASSAGE 30 minutes It’s an combination technique of shiatsu and Indian head which improve the blood circulation, reduce muscles tension and relief headache and migraines</p>	ksh 3,200	

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BEAUTY TREATMENTS

Our Spa manicures and pedicures can add the final touch to your Mvua Spa experience

MVUA MANICURE OR MVUA PEDICURE	ksh 3,300	FULL LEGS WAXING (INCLUDING BIKINI LINE)	ksh 3,800
EXPRESS MANICURE OR PEDICURE	ksh 2,600	SIMPLE HAND OR FOOT HENNA TATTOO	On Request
GEL POLISHING	ksh 1,500	TRADITIONAL ARM HENNA TATTOO	On Request
EYE BROW WAX/LIP WAX	ksh 1,200	TRADITIONAL HALF LEG HENNA TATTOO	On Request
UNDERARMS WAX/BIKINI WAX	ksh 1,800		
HALF LEGS WAXING	ksh 2,500		

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SPA BASICS

WHAT SHOULD I WEAR TO THE SPA?

There is no specific dress code except what you feel comfortable with. Upon arrival you will be provided with Bathrobes & slippers

HOW EARLY SHOULD I ARRIVE FOR MY APPOINTMENT?

Please arrive 15 minutes prior to your schedule time in order to prepare yourself and get changed. Please take note that arriving late will limit the time for your treatment in order not to delay the next guest's appointment. However, if there are no scheduled treatments after your bookings, the full duration of your treatment will be given.

IS THERE SOMEONE TO HELP ME DECIDE THE BEST TREATMENT FOR ME?

Our Spa staff will be able to assist you in choosing the best treatments to suit your needs. Please advise our Spa staff should you have any health ailments.

WHAT DO I WEAR DURING MY TREATMENTS?

You may wish to wear your own underwear or we can provide you with hygienic disposable briefs. Alternatively, treatments may be enjoyed without clothing. Our therapists will use draping techniques to respect your privacy.

Minimum age to use the spa facilities and having treatments is 15 years old



WHAT ABOUT MY VALUABLES AND JEWELLERY?

Please leave your valuables in your Safe Box inside your room, or for your convenience, lockers are available for your use during our treatments at the spa.

WHAT IF I AM UNABLE TO ATTEND MY RESERVATION?

To avoid charges, please honour 6 hours advance notice cancellation policy. 50% cancellation charges will be applied.

The Mvua African Rain Spa is a place for relaxation. Please respect the peacefulness and privacy of our other Spa guests. Smoking, alcohol consumption and the use of mobile phones should be avoided within the Spa area

Minimum age to use the spa facilities and having treatments is 15 years old

INGREDIENTS OF NATURE



PAPAYA

It's great natural digestive aid and it promotes digestive health



ALOE VERA

Maintain moisture balance, soothes sunburn and other irritations



CUCUMBER

Rich in vitamin C and known for its astringent and soothing properties



GINGER

Good for circulation also helps to fight off colds and flu by increasing body temperature

SEAWEED

Rich in minerals and trace elements which soften and hydrate the skin



ORANGE

Helps to improve congested and dried skin condition, especially wrinkly and dermatitis skin



TUMERIC

Natural antibiotic with fungicide properties and stimulates circulation



GOLD

Removal of toxins, assisting with lymphatic drainage, prevents ageing and has rejuvenating effects on the skin





GREEN TEA

Excellent antioxidant helps to soothe the skin. Work toward whitening the skin by actively slowing the transportation of melanin to the skin surface



CINNAMON

Benefits include controlling blood sugar, improving colon and heart function and boosting brain power



HONEY

Maintain moisture balance, soothe sunburn and other irritation

WINE

The antioxidants that are found in the grapes can have a wonderful healing effect on the skin by countering the damage that free radicals in our environment can cause



IVY

Has toning and tightening properties. Helps to prevent water retention in the skin tissue



BLACK SESAME

Stimulating blood circulation and benefiting the nervous system



WHERE TO FIND MVUA AFRICAN RAIN SPA

KENYA

- Diamonds Dream of Africa
- Sandies Tropical Village
- Sandies Malindi Dream Garden

MALDIVES

- Sandies Bathala

MOZAMBIQUE

- Diamonds Mequfi Beach Resort

ZANZIBAR

- Diamonds Mapenzi Beach
- Sandies Baobab bach





PLANHOTEL

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