



JUA SPA TREATMENTS LIST

CLASSICAL MESSAGES

Contains specific set of movements: Effleurage or sliding movements, pétrissage and or kneading, frictions or rubbing, vibrations and percussions, traditionally, it includes passive and active joints movement, and bending joints.

The main purpose is to improve circulation of blood and lymph and relaxing superficial muscles.

- | | |
|--------------------------|------------------|
| - Relaxing Massage | 60 Min Ksh 5500 |
| - Aromatherapy Massage | 60 Min Ksh 5500 |
| - Toning Massage | 60 Min Ksh 6500 |
| - Hot Stone Massage | 75 Min Ksh 7000 |
| - Back Neck Head Massage | 40 Min Ksh 3500 |
| - Head Shoulders Massage | 30 Min Ksh 3000 |
| - Lymphatic Drainage | 45 Min Ksh 4500 |
| - Couple Massage * | 60 Min Ksh 10500 |



*** Ideal for Partners, close friends, or persons who are comfortable to have the therapy done next to each other, at the same time.**

- | | |
|-----------------------|-----------------|
| - DEEP TISSUE MASSAGE | 50 Min Ksh 6500 |
|-----------------------|-----------------|

Focuses on stretching fascia; It works layer by layer through connective tissue and muscles down to the deepest accessible layers to change posture and create freedom of movement by releasing fiscal adhesion and chronic muscle contracture.

- | | |
|---------------|-----------------|
| - REFLEXOLOGY | 40 Min Ksh 5500 |
|---------------|-----------------|

Unblocks the body by the feeling from the feet and palms.

BEAUTY & BODY CARE

- Hydrating/Moisturizing Facial :

60 Min Ksh 5500

Ideal for environmental damaged skin to normal skin which needs nourishment and protection from being dehydrated .

- Rejuvenating / Lifting Facial :

60 Min Ksh 5500

Repairs the skin, giving it a glowing glimpse, and a youngster feeling. Recommended to people with environmental damaged skin .

- Detoxifying Facial :

60 Min Ksh 5500

Unclogs skin giving it the natural freshness. No comedones or milia visible after. Helps the skin breath and frees it from dirt. Recommended to all skin types .

- Purifying Facial :

60 Min Ksh 5500

It's best for oily or combined skin types. Also recommended to people with imbalanced hormones .



BODY EXFOLIATION

The pect way to start a journey of a natural skin tan. When the skin is free from dead skin, it glows and looks healthier hence giving one confidence while basking and enjoying their vacation.

- Soothing Coconut Scrub :

60 Min Ksh 7500

Inclusive 20 min massage with natural coconut oil

- Invigorating Salt & Honey Scrub :

60 Min Ksh 7500

Inclusive 20 min massage with aloe vera lotion

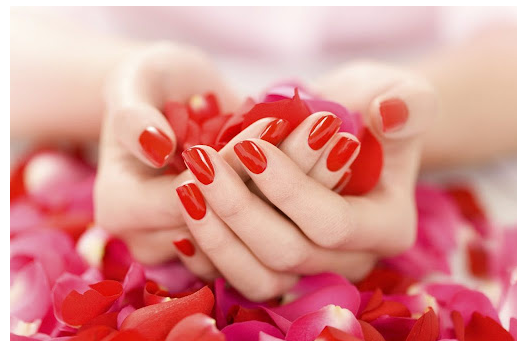
- Apricot Scrub :

60 Min Ksh 7500

Inclusive 20 min massage with coco butter lotion

NAIL CARE

- Pedicure	60 Min Ksh 3500
- Manicure	45 Min Ksh 3000
- Lacquer Application	Ksh 1000
- Lacquer Removal	Ksh 800
- Hands & Feet	1 Hr 45 Min Ksh 6000



HAIR REMOVAL

- Full Leg	Ksh 3000
- Half Leg	Ksh 2000
- Brazilian	Ksh 1500
- Bikini Line	Ksh 1000
- Full Arm	Ksh 1500
- Half Arm	Ksh 900
- Armpits	Ksh 900
- Eye Brows	Ksh 700
- Moustache	Ksh 500



JUA SPA PACKAGES CAN BE DISCUSSED IN RELATION TO INDIVIDUAL NEEDS

**FOR THOSE WHO WILL LOVE IT AT THE PRIVACY OF THERE ROOMS KINDLY
MAKE AN EARLY BOOKING AND A REQUEST AT THE RECEPTION**

ROMANTIC RICH APERITIF AT THE SUNSET



**TREAT YOURSELF
WITH UNIQUE &
UNFORGETTABLE
APERITIF WITH A
BREATHTAKING
VIEWS**

From Ksh 15,000

Per Couple

N.B: To check availability

Rock and Sea organizes for **Couples** a **Romantic Experience** with a **Vibrant Atmosphere**.

Let Yourself be enchanted by the **African Sunset** completely immersed in this fantastic **Ecosystem** with **Breathtaking Views** of the Mida Creek.

Uncork a fresh bottle of **Prosecco** with **Your Love** and let yourself be delighted by the appetizers prepared by our Chef.

After sunset, you will stand by the light of **Candles & Lanterns** surrounded by the **Sound** of the **Ocean & Nature**.

If You prefer a **Cocktail** our Barman will **Satisfy You** with the one **You Like Best**.

N.B: Can be possible (with extra charge) have a bottle of French Champagne .

With the Bottle of Wine or Champagne will be serve several bites.

All bookings should be made through the Hotel's reception in advance.

KIND NOTICE : LATE CANCELLATION CAN CAUSE SOME CHARGES!