

Kaya Massage	60 mins.	4,800
A customized treatment that addresses the impact of a successful, career-oriented life - focusing on the back, shoulders, legs and feet. Suited to your preference of deep tissue or soft and relaxing.	90 mins.	6,500

East West Fusion	60 mins.	4,800
A therapeutic combination of Thai stretching, Aroma and Shiatsu Massage techniques, seamlessly combined in to one therapy leaving you balanced and in the zone.	90 mins.	6,500

Aroma Bliss	60 mins.	5,500
This holistic treatment is based on the external use of essential Aromatic plant oils to maintain and promote physical, physiological and spiritual well being. Each essential oil has different healing properties designed to increase the flow of chi, energise your body, and elevate your spirits.	90 mins.	7,500

Your Choice of Oils:

Lemongrass	<i>Balancing</i>
Aromatic Wood	<i>Relaxing</i>
Red Tea	<i>Energizing</i>
Rice Bran Jasmine	<i>Romantic</i>

Kaya Thai	60 mins.	4,800
A traditional Thai Massage that involves stretching and acupressure to release tension in the muscles, leaving them supple and relaxed.	90 mins.	6,500

Herbal Compress	60 mins.	5,500
Thai Massage techniques combined with heated herbal compress balls to increase circulation, ease tired muscles and promote deep relaxation.	90 mins.	7,500

Hot Stone	60 mins.	6,500
Placed along the meridian lines of your body, the heat from the stones relaxes the muscles and relieves aches and chronic pain.		

EXPRESS TREATMENTS

Indian Head Massage	30 mins.	3,000
Back Massage	30 mins.	3,000
Reflexology	45 mins.	4,000
Jet Lag Therapy	30 mins.	3,000
	60 mins.	4,800

SIGNATURE TREATMENTS

Kenya Gold 90 mins. 8,000
Coffee Detox Body Polish + 60 Minute Kaya Massage

Rich in natural oils and emollients, this signature treatment uses sucrose, coffee powder, and natural ingredients combined with various Asian botanicals to exfoliate the skin - leaving it soft and revitalized. After exfoliation, your skin will be treated to a rejuvenating body mask to further detoxify the skin, increase its elasticity and encourage cell growth. Combined with a 60 Minute Kaya Massage to stimulate circulation, leaving you refreshed, revived and polished.

Fresh Fields 60 mins. 6,000
Oatmeal Rice Body Scrub + 30 Minute Kaya Massage

The nourishing properties of natural oatmeal and mineral exfoliants leave the skin glowing and rejuvenated. Combined with a 30 minute Kaya Massage to stimulate circulation, giving your body a fresh field glow.

Mystic East 60 mins. 6,000
Oriental Herbal Body Polish + 30 minute Kaya Massage

Asian botanicals, roots and natural oils from flower stems relax the body and tone the skin, resulting in a crisp spring-day feeling all over. Combined with a 30 minute Kaya Massage to stimulate circulation.

Sushi 60 mins. 6,000
Seaweed Mask + 30 minute Kaya Massage

Nutrient-rich seaweed extracts are used to moisturize the skin and promote new cell growth. Combined with a 30 minute Kaya Massage to stimulate circulation.

The Cleanser 60 mins. 6,000
Detox Mask + 30 minute Kaya Massage

Natural toxin expungers envelope the skin and extract toxins from the pores. Combined with a 30 minute Kaya Massage to stimulate circulation.

Smooth Mocha 60 mins. 6,000
Coffee Mask + 30 minute Kaya Massage

Coffee extracts act as a natural polish to give the skin a healthy, moisturized and radiant glow. Combined with a 30 minute Kaya Massage to stimulate circulation.

Bubbles for Two 120 mins. 15,000
90 Minute Couples Massage + 30 Minute Hot Tub Relaxation

Take some time with your loved one or friend, this signature treatment is in our exclusive couple's suite. Relax with a glass of sparkling wine in the hot tub after a 90 Minute Kaya Massage for two.

HEAVENLY BODY JOURNEYS

Rasul Chamber	1 Person	5,000
	2 People	10,000

A heavenly warm body mask treatment ideally suited to couples. Apply the mask treatment top to toe and sit back while the chamber steams up, opening your pores and encouraging detoxification. A rain forest shower then allows you to rinse off the mask and emerge relaxed and contented.

Bone & Wind	90 mins.	8,000
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Requires 24 hours Notice

A Chinese detox therapy that uses no medicine, this technique opens up blocked meridian channels to ease back pain, muscle spasm, sciatica nerve, slipped disc, stiff neck, and chronic fatigue syndrome, promoting body realignment.

Four Hands Hot Stone	75 mins.	10,500
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A body massage conducted by two therapists working harmoniously together using special healing stones. The heat from the stones promotes deep relaxation and is also excellent for sore spots and aching bones.

Lomi Lomi	75 mins.	10,500
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An exotic massage conducted by two synchronized therapists, using palms, forearms, fingers, knuckles and elbows. The synergistic flow of both therapists is the perfect remedy for swelling and aching muscles.

KAYA SPA JOURNEYS

Moments in Time	135 mins.	9,800
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A 60 minute Kaya Massage combined with herbal compress and reflexology.

Pamper Me	150 mins.	8,200
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A 90 minute Kaya massage with an indulgent hand and foot ritual.

Pure Indulgence	165 mins.	13,500
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A 60 minute hot stone massage with a foot ritual and customized facial.

BFF Package	255 mins.	30,000
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Performed in the Couple's Suite

for two

Start with a hand and foot ritual, followed by a Kaya Massage and customized facial for you and your best friend. Then relax in the suite's jacuzzi with a glass of sparkling wine.

Romance Package	285 mins.	36,000
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Performed in the Couple's Suite

for two

Sparkling wine kicks off this epic treatment for you and your loved one. It includes a hand and foot ritual, a session for two in the Spa's rasul, a Kaya Massage and customized facial, and relaxation time in the suite's jacuzzi.

MATERNITY SPA TREATMENTS by Mama Mio

Having a baby is a stressful business, both physically and mentally. It is the perfect time for a girl to check out of reality and into a spa. Mama's Touch™ is our special program of skin salvation; indulgent spa treatments designed to take you right through every stage of your nine month stretch.

MAMA'S TOUCH BODY TREATMENTS

Yummy Tummy 75 mins. 7,500

This is an Omega-rich facial for your tummy, because it's your tummy that needs the attention to maximize skin strength, health and elasticity. This treat is combined with the luxury of an upper back, neck and head massage.

Lighten Up 30 mins. 4,500

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring affects of carrying an extra load. They don't call it a maternity marathon for nothing.

Mellow Mama 75 mins. 7,500

A completely relaxing full body massage using our safe but effective pre-natal techniques and Mama Mio's award-winning Omega-rich oils to relax those specific lower back muscles that are carrying that beautiful bump.

The Smoothie 75 mins. 7,500

Rejuvenate your skin and clear your mind in preparation for your pending arrival. Mama Mio Smoothie will exfoliate your skin oh-so gently (but effectively) followed by the most moisturizing massage to hydrate and elasticize your skin. A luxurious scalp massage will sweep away your stress, leaving you with skin to rival your baby's bottom.

4th Trimester Healing Hour 60 mins. 6,500

Your baby is here and you are in need of a little rejuvenation. This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.

Mellow Mama Spa Package 3 hrs. 15,000

Nobody deserves spa treatments more than a supermama under construction. This package offers you the benefits of a gentle exfoliation hidden in the relaxation of a stress relieving massage, your cuticles are treated to a wonderful omega rich balm and your feet to a mineral rich foot treatment. Because it's your tummy that needs the attention to maximize skin strength, health and elasticity, we treat your gorgeous preggy bump to a glorious facial. Combined with a head massage this package is a full on stress-banishing treat.

BODY BOOTCAMP by Mama Mio[®] **SPA TREATMENTS**

There comes a time in every woman's life when she looks in the mirror and thinks "Yikes! The time has come to get my body back!".

Welcome to Bootcamp, our capsule collection of hard hitting treatments that make a real visible and lasting difference to that bit of your bod that bugs you. Gentle whale sounds and tinkling water fountains, this is NOT!

So, whether it's your boobs sliding south, your butt spreading east & west or your tummy looking less toned than you like to remember it, commit, take action and sign up to a course of Bootcamp Treatments.

Bootcamp for Butts

75 mins. 12,000

Lift your butt in 75 mins.

So you wanted a peach and somehow ended up with an orange? Reduce cellulite and water retention, improve skin tonicity and reduce wobble with this radical circulation boosting, double exfoliation, algae mask treatment specifically created to get your butt back to its former glory. Honey I shrank my hips!

Bootcamp for Tummies

75 mins. 12,000

A tummy tuck in 75 mins.

If your tummy is your trouble spot, this is the treatment for you. It combines the benefits of a retexturising fruit-acid peel for deep double exfoliation with toning and tightening actives and an algae-rich mask. Specific massage techniques wake up lazy abs and radically increase circulation. Gym for slack skin!

Bootcamp for Boobs

75 mins. 12,000

A boob job in 75 mins. with batwing blaster

Protect your assets with this amazing bust & upper body treatment that will boost your pecs and triceps, dramatically increasing circulation to the whole bust area and releasing pressure points that affect posture. Gentle exfoliation combined with Omega-rich mask will pump up tired skin boosting collagen whilst elasticizing and smoothing for a visibly proud upstanding bust and toned arms.

SKINCARE by dermalogica® FACIAL TREATMENTS

ChromaWhite TRx Treatment 85 mins. 7,500

Accelerate brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment. Powerful exfoliants smooth skin and slough off dulling surface cells, helping minimize the appearance of sun and age spots. Botanical extracts help treat and prevent cellular discoloration for unsurpassed brightening and tonal balance. Intense moisturization helps smooth fine dryness lines, improve barrier protection, nourish skin and shield against further environmental damage.

AGE Smart 85 mins. 7,500

Are the signs of aging becoming more prevalent on your skin? Give it a revitalizing power boost with this treatment designed to help firm, smooth, nourish, regenerate and energise while controlling the biochemical triggers that lead to skin aging! Potent vitamin and hydroxy acid exfoliation resurfaces and retextures skin while energising massage techniques release tension in the facial muscles for the ultimate in skin therapy for prematurely aging, mature or devitalised skin. The AGE Smart treatment is the perfect complement to your AGE Smart home care regimen and delivers the immediate results only available from a professional skin treatment.

MediBac Clearing Treatment 85 mins. 7,500

It's the end of the line for adult acne with this new powerful treatment that jump-starts acne clearing and helps prevent acne well beyond the treatment. We'll start with a thorough deep-cleansing, followed by professional exfoliation to remove pore-clogging skin cells and extraction to help clear current breakouts without spreading acne-causing bacteria. The application of our soothing professional masque system detoxifies skin while calming irritation and redness, and oil-free hydration and solar defense help hydrate and control excess surface oil while keeping skin protected.

Environmental Control 85 mins. 7,500

If your skin is looking red, inflamed or feeling itchy, then this is the treatment for you! Our super-soothing cleansing will remove impurities from your skin, followed by a calming oatmeal masque that will instantly calm redness and reduce inflammation.

Men's Skin Treatment 70 mins. 7,500

We'll start your treatment with a deep cleansing, followed by a smoothing exfoliation and extractions. We'll also help release tension with a hand, foot or shoulder massage while your skin re-hydrates with a customized treatment masque.

Flash Face Cleanse 20 mins. 3,500

SPA ESSENTIALS

NAIL BAR

Spa Manicure	2,000
Paraffin Manicure	2,500
Spa Pedicure	2,500
Paraffin Pedicure	2,800
File & Polish	1,000
Nail Fix	350 per nail
Soak Off	1,000
Acrylic Natural Fill 2 weeks	1,000
New Set Toes	3,000
Gel Fill 2 weeks	3,500
Full Set Overlay	3,500
Full Set Tips	3,200
Nail Art Package	2,600
Express Manicure	1,000
Express Manicure & Pedicure	2,000
Green Tea Ginger Foot Ritual	2,000
Green Tea Ginger Hand Ritual	2,000

TINTING / SHAPING

Eyelash Tinting	1,000
Eyebrow Tinting	800
Eyebrow Shaping	500
Eyelash & Eyebrow Tinting	1,500

WAXING

1/2 Leg	1,200
Full Leg	2,000
Bikini Wax	1,000
Brazilian Wax	1,500
Hollywood Wax	1,800
Vajazzling	2,000
Full Back / Chest Wax	2,000
1/2 Arm Wax	800
Full Arm Wax	1,000
Underarm Wax	800
Lip / Chin	500
Face Wax	1,000
Eyebrow / Chin Threading	500

KAYA STUDIO

LADIES

Fringe Cut	500
Hair Cut	3,000
Hair Cut & Blow Dry	3,200
Wash, Blow Dry & Set	2,000
Single Process Color	4,500
Highlights (T-Section)	6,000
Highlights (Short)	7,000
Highlights (Long)	8,000
Hair Treatment	2,000
Hair Relaxer	4,200
Brazilian Blow-Out	15,000 +
Dreadlocks Retouch	1,500 +
Weave Extensions	3,500 +

MEN'S

Hair Cut	2,000
Shave	1,200
Beard Trim	500
Guy Lights	2,800

KIDS

Boys Cut (5 yrs & below)	1,000
Boys Cut (6 yrs - 10 yrs)	1,200
Boys Cut (11 yrs - 15 yrs)	1,500
Boys Cut (16 yrs - 18 yrs)	1,800
Girls Cut (5 yrs & below)	1,000
Girls Cut (6 yrs - 10 yrs)	1,500
Girls Cut (11 yrs - 15 yrs)	2,000
Girls Cut (16 yrs - 18 yrs)	2,800

SPA CUISINE

Available all day in the spa relaxation rooms and couple's treatment room

STARTERS

- Antioxidant and Flu Fighter 650
House smoked salmon, brioche toasts, horseradish cream
- Increase your Metabolism 500
Chef's spicy chicken soup, served with
crunchy garlic toast

SALADS

- Energy Booster 600
Mixed greens with toasted pecans, avocado, olive oil
and cranberry vinaigrette
- Strength 550
Spinach salad with raspberry vinaigrette, pine nuts
and raisins
- Stress Fighter 600
Beetroot salad, fennel seed mini baguette, yogurt
and lime sauce

MAINS

- Iron Fix 950
Orecchiette pasta with broccoli rabe, fresh caprano
cheese, garlic, chili and olive oil
- Regulate your Blood Sugar 1050
Roasted herb chicken with black-eyed peas served over
salad greens with a sweet red pepper vinaigrette
- Protein Power 1200
8 oz. steak, grilled to order, served with organic vegetables
or crispy potatoes

DESSERT

- Disease Fighter 500
Yogurt and seasonal fruit plate with fruit sorbet
- Lower your Blood Pressure 500
Flourless chocolate cake with a raspberry coulis
- Calcium Dream 500
Ginger pannacotta with fresh strawberry compote

KAYA ENERGY DRINKS

½ Liter Glass	1 Liter Jug
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SMOOTHIES

500	950
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Peach Smoothie

Grapefruit & Pineapple Smoothie

Berry Mania Smoothie

Yogurt Smoothie

Yogurt Fruit Smoothie

Strawberry & Banana Smoothie

Orange & Banana Yogurt Smoothie

Banana White Dream Smoothie

FRUIT & VEGETABLE DRINKS

600	1100
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Alertness Juice

Energetic Cocktail

Great Grape Cocktail

Mondo Mango

Cranberry-Apple Limeade

Lemon Strawberry Special

KAYA SPA ETIQUETTE

For the comfort of all our guests, Kaya spa is a non-smoking facility. It is advisable to avoid the consumption of alcohol and heavy foods prior to, or directly after, a spa treatment.

Locker and changing facilities are available for your convenience. The locker key should be kept with the guest while in the spa. Valuables should be left in your room safe or at the Spa Reception and a receipt obtained.

Spa amenities including complimentary shampoo and spa body products are provided for your convenience.

Robes, slippers and disposable underwear are provided for our guests. Please bring your swim wear if you wish to make use of the spa steam room in the relaxation areas.

Guests are welcome and encouraged to use the steam room before most treatments. The heat and relaxation time will enhance the benefits of the treatment by warming the muscles, opening the pores and promoting a detoxifying effect on the body.

We highly recommend advanced booking prior to your arrival to ensure your preferred date and time of treatment. Please call the spa directly on 020 720-0656 or email kaya@tribehotel-kenya.com

Kindly specify whether you prefer a male or female therapist when making a booking.

Guests are requested to advise the spa of cancellation or any changes to their treatment times as soon as possible. Cancellations less than 12 hours before the treatment time will be billed to the guest at 50% of the full price. Specialist treatments that require 48 hours advanced booking carry a 100% cancellation fee if received less than 24 hours before the treatment time.

We recommend that guests arrive at least 30 minutes before their appointment to allow time for the necessary procedures and to enjoy the relaxation space before their treatment begins.

Guests with a previous medical history of cancer, heart problems, high blood pressure, asthma, claustrophobia (or ladies who are pregnant) are advised to seek advice from their medical practitioner before booking any treatments at the Spa.

Kaya is open from 8.30 am to 9 pm daily. Should you require an earlier or later treatment, kindly contact the Spa Reception.