

# Ocean Beach Resort & SPA

---

M A L I N D I K E N Y A

☆☆☆☆☆

---

---

**RESERVATIONS**  
For Appointments, Please Call  
**0738 672 304**  
or dial 310  
**[www.oceanbeachkenya.com](http://www.oceanbeachkenya.com)**

---

---

---

**TREATMENTS CATALOGUE**

---

Ocean  
\*\*\*\*\*  
SPA



# Ocean \*\*\*\*\* SPA

The **Ocean SPA** is an exclusive temple of wellness, where mind and body regenerate through rediscovery of genuine emotions and a sense of inner harmony.

The **Ocean SPA** method offers health and beauty programmes that include unique, tailored treatments, such as energetic massages, energizing-constitutional hydrotherapy, relieving stress, getting into physical shape and combating the sign of ageing.

Those who seek innovation in wellness programmes will find in **Ocean SPA** the opportunity to enjoy unique experiences and never-felt-before sensations, in a place where East and West blend in perfect harmony with the surrounding environment.



---

***welcome to the world of Ocean...***

---



# Thalatepee Suite

## The Queen Of Wellness

A luxury and exclusive private suite awaits you with lights, colors, music and fragrances to give you an intense moment of relaxation.

The Thalatepee suite is suitable for receiving beauty and purifying treatments by our professional staff for individuals and also for spending special time with your partner or with friends. The Ocean Beach can accommodate a maximum of 6 persons.



## For Couples and Friends (Without Therapist)

### Sauna Teepee

The Sauna has a relaxing effect on the musculature and its pain easing actions can be effective in order to diminish anxiety and daily stress. It is particular suitable for athletes because it allows them to recover more quickly the elimination of toxins and lactic acid and improving the peripheral circulation.

Incase of localized pathologies it can be indicated due to its deconstruction effect on the musculature and increase in the metabolism.

**30 m** For Couples  
**Kshs. 3,200.00**  
From 3 to 6 persons  
**Kshs. 1,500.00**  
Per person

### Turkish Bath

The Turkish bath has many positive effects: regulates the body temperature, eliminates water through the sweat, eliminates the toxins and has a relaxing effect on the muscles.

**40 m** For Couples  
**Kshs. 3,600.00**  
From 3 to 6 persons  
**Kshs. 1,500.00**  
Per person

### Thermal Path

It is a real roman path like the one used in ancient Rome time with four different phases: TIEPIDARIUM, CALIDARIUM, LACONICUM and FRIGIDARIUM. In the first path the temperature starts from 42°C and the continues increasing in the other phases until 48°C. In the last phase the temperature becomes gradually lower to 35°C. It is a detoxifying and relaxation path.

**1h 05 m** For Couples  
**Kshs. 3,800.00**  
From 3 to 6 persons  
**Kshs. 1,500.00**  
Per person

### Thermal Path Soft

The thermal path soft has a lower temperature than the thermal path. It's ideal for purification treatments, for lovers to relax and for a person who tries the sauna or the Turkish bath for the first time.

**1h** For Couples  
**Kshs. 3,800.00**  
From 3 to 6 persons  
**Kshs. 1,500.00**  
Per person

## Individual Treatments

### Vichy Massage

A new feeling given by the union of massage and the beautiful sensation of the water that slips on your body, it is a unique treatment in a magic atmosphere with dim lights and warm microclimate.

1h 05 m Kshs. 6,000.00

### Aromatic Mud Pack

Mud revitalizes the skin and it is also very effective in treatments in order to combat the imperfections of cellulite. It is excellent for oxidizing deeply into the skin, absorbing toxins and helping to eliminate dead cells. After the treatment you get a soft, smooth and velvety skin pleasant to touch. Inside the suite the Ghassoul mud carries out a much deeper action, as its oligo elements and embedded deep down, thus giving the compactness of a really extraordinary skin

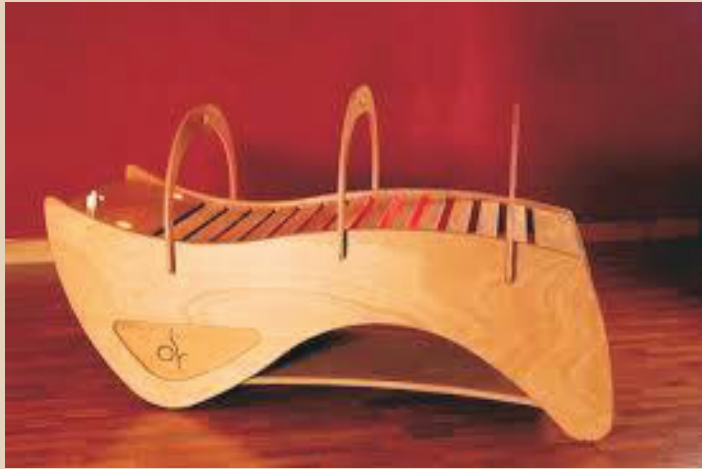
55 m Kshs. 6,500.00

### Peeling

Thanks to the temperature and the ideal rate of humidity created inside the Ocean Beach Suite making the peeling treatment more delicate and effective. It leaves the skin without impurities, smooth and velvety. It's ideal for preparation of skin for the next treatments.

45m Kshs. 6,000.00

# Thermalie Deluxe Cabin



## **Body peeling with steam bath + tonifying facial massage**

1h Kshs. 6,500.00

Two different treatments combined in a unique time to obtain a properly beauty ritual.

After the peeling application the body goes through a warm steam bath and, at the same time, your face will be receiving tonifying massage. In this way the treatment will be more pleasant. It's ideal to remove dead cells and purify the skin.

## **Aromatic Mud Pak**

55m Kshs. 5,500.00

Mud revitalizes the skin and it is also very effective in treatment in order to combat the imperfections of cellulite. It is excellent for oxidizing deeply into the skin, absorbing toxins and helping to eliminate dead cells.

After the treatment you get a soft, smooth and velvety skin pleasant touch. Inside the suite the Ghassoul mud carries out a much deeper action, as its oligo elements are embedded deep down. thus giving the compactness of a really extraordinary skin

# Body Massage

## Relaxing Massage

This oil particularly recommended for relaxing and anti-stress massage. Its composition helps to prevent the appearance of stretch marks. Your skin is left soft, supple and perfectly hydrated.

1h Kshs. 5,000.00  
On traditional bed

## Deep Tissue Massage

Deep tissue is designed to relieve severe tension in the muscle and the connective tissue. This type of massage focuses on the muscles located below the surface of the top muscles. Deep tissue massage gives a deep sensation of wellbeing.

1h Kshs. 5,500.00  
On traditional bed

## Anticellulite body massage

Cellulite is a complex disease that affects the liquid, fat and vessels. The massage works on cellulite mobilizing and eliminating water retention and treating points and meridians that helps to restore the energy balance.

1h Kshs. 6,000.00  
On traditional bed

## Decontracting massage

It's a partial massage that works deeply on neck and back. It's ideal for cases of contractures, sprains, strains and cervical pain.

30 m Kshs. 4,000.00  
On traditional bed

## Couple massage

A great gift for the couple to enjoy being together for a fantastic relaxation massage.

1h Kshs. 12,000.00  
On traditional bed

All body massage can be done in Thalatepee Suite at an additional cost of: **Kshs. 1,000.00**



# Thalaxotherm Prestige

## The natural evolution of the concept of "Salus Par Aquam"

The steam bath has been appreciated for its healthy and beneficial qualities and Thalaxotherm R interprets this benefits using technology and design, while respecting the health tradition. Nowadays, it is possible to enjoy a steam bath in total relaxation, having a pleasant and unforgettable experience. One Thalaxotherm session is enough to have a deep cleansing of the body, a relaxing effect and a reduction of muscular pains and stress.



### Thalaxotherm is relaxing

Our current lifestyle often puts us under stress and pressure and the steam bath has proved to be one of the best natural therapies to invigorate and relax body and soul.

### Thalaxotherm is wellbeing

The simultaneous action of steam and heat helps relax tense muscles, frees the body from toxins and creates new vigour and wellbeing within the body.

### Thaloxoterm is effective

Thanks to the heat, the pores open helping the steam to penetrate; cool water stimulates the circulation and this combined action allows the skin to expel impurities and the body to be deep purified: the result are light legs and a soft relaxed skin with new elasticity.

### Steam Bath with Hidro-Thermal Practice

Amazing natural method which takes advantage from water transformed into steam with regular alternating between hot and cold. A veritable ritual of well being to rediscover a harmonious balance between the mind and body. Vessel constriction and vessel dilation activate a vascular gymnastics, in order that the whole organism is stimulated giving a boost to the basic metabolism and an impetus to energy levels. The steam bath stands for one of the most effective method: warm encourages body to relax.

- ✍ Removing stiffness and muscular tensions, stimulating the vital functions of the natural immune defenses.
- ✍ Stimulates the basic metabolism
- ✍ Treats imperfections of cellulite
- ✍ Purifying
- ✍ Detoxifying
- ✍ Energizing

**Soft Treatment 35'' temperature 41° for 15', 44° for 20'**

**Ksh. 3,500.00**

**Strong Treatment 45': temperature 43° for 15', 46° for 30'**

**Ksh. 3,900.00**



# Facial Treatments

## Face Purifying

Kshs. 6,900.00

This treatments is at the base of the cure and the attention that everybody should have for own skin face. Free pores and eliminated impurity means to oxygenate the skin and stimulate the micro circulation for a clean, soft and smooth skin.

## Tonifying facial massage

30 m Kshs. 2,800.00

A facial massage that include the tonification and stimulation of the skin with the help of ice cube and rose water which is the best for soothing effect.



# BEAUTY

## Services:

Manicure	Ksh. 2,000.00
Aesthetic pedicure	Ksh. 3,500.00
Nail Polish application	Ksh. 1,000.00
Tweezing eyebrows	Ksh. 500.00
Half Leg Waxing	Ksh. 1,700.00
Full Leg Waxing	Ksh. 3,400.00
Bikini Waxing	Ksh. 2,000.00
Arms Waxing	Ksh. 2,000.00
Armpit Waxing	Ksh. 1,000.00
Back Waxing	Ksh. 3,000.00
Full Body Waxing	Ksh. 6,000.00
Brasillian	Ksh. 3000.00



### **SPA ETIQUETTE**

The spa environment is one of tranquility and relaxation. Please respect the rights of other guests to privacy and serenity by leaving your cell phone on vibration and keeping noise to a minimum. Smoking and the consumption of alcohol is prohibited within the facilities.

### **ATTIRE**

To ensure that our guests can enjoy high-standard services, we will provide you with the necessary attire for all your treatments.

### **AGE LIMITATION**

Children under 18 years are not permitted to use spa facilities. However, some of the treatments may be available with parental supervision, please consult our therapist.

### **RESERVATIONS & CHECK-IN**

Treatment booking must be made through telephone ext.310. Please arrive 15 minutes prior to your scheduled appointment time.

### **LATE ARRIVALS**

Late arrivals will result in shortened treatment time but treatments will still be charged at full price. If you arrive more than 15 minutes late, you will be asked to reschedule.

### **OPENING HOURS**

Spa Treatment 10:00 a.m - 7:00pm

### **GIFT VOUCHERS**

Surprise and delight with our wonderful gift vouchers which are available for purchase.

### **REFUND POLICY**

Treatment and gift vouchers are non-refundable.

### **SPECIAL HEALTH CONSIDERATION**

Guest who have high blood pressure, heart conditions, allergies or have any other medical complications or are pregnant, are advised to consult their doctors before signing up for any existing medical condition. If you are pregnant, avoid deep tissue massage especially deep leg massage or stimulating treatment that involve the use of stimulating treatment that involve the use of essential oils.

### **CANCELLATION POLICY**

A minimum of 4 hours notice is required to reschedules or cancel your appointment cancellations make less than 4hours prior to appointment time will incur a charge of 50%. For all no-shows the full of the treatment will apply.

### **DISCLAIMER**

The spa treatments, services and/ or facilities received or utilized at the Morjana Spa are intended for relaxation purpose 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 Ocean Spa from and against all liabilities, claims, expenses, damages and losses, including legal fees ( on an indemnity basis), arising out of or in connection with spa treatments, services and/ or facilities.