

A high-angle, top-down photograph of a person with voluminous, curly, light-brown hair. The person is lying on their back on a dark, textured, and rocky ground. Their arms are raised, and their hands are pressed together in a prayer position (Anjali Mudra) directly above their head. The lighting is natural, creating soft shadows and highlighting the texture of the hair and the ground.

mvua®  
african rain

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 5,000  |
| Gym Membership                          | 1 month        | ksh 8,000  |
| Gym, Tropical Village Pool and Beach    | 1 month        | ksh 76,000 |
| Oasis Hydrotherapy and Salt Water Pools | 10 Vists x 1hr | ksh 34,000 |
| Massage - Soft and Medium               | 5 x 50 minutes | ksh 49,500 |

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



# GYM & BODY CORRECTION

## GYM

Daily Entrance

## PERSONNEL TRAINING

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

60 minutes

Ksh 1,000

10 hours

Ksh 1,400

Ksh 9,000

## BODY CORRECTION EXERCISE

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

30 minutes

Ksh 2,000

## 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 5,000

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## SPA FACILITIES



### OASIS HYDROTHERAPY AND SALT WATER POOLS

1 X Session

1hr

ksh 4,400

Full Day

ksh 9,000

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     |
|--|------------|
| <b>HARMONY BODY SCRUB &amp; WRAP</b><br>45 minutes Energise skin and absorb impurities to balance and leave the skin silky smooth and glowing                  | Ksh 11,000 |
| <b>PASSIONATE AND ROMANTIC BODY SCRUB &amp; WRAP</b><br>45 minutes Powerful and regenerating it renews old and damaged cells, and moisturises                  | Ksh 10,200 |
| <b>HERBAL REFRESHING BODY SCRUB &amp; WRAP</b><br>45 minutes A sunny citrus blend to leave you with an uplifting mood, rids of anxiety, nervousness and stress | Ksh 10,400 |
| <b>DETOXIFYING BODY SCRUB &amp; WRAP</b><br>45 minutes It unclogs pores and detoxifies skin, leaving you with a hydrated skin that radiates a healthy glow     | Ksh 16,000 |

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# PACKAGES

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

|  | SINGLE     | COUPLE     |
|--|------------|------------|
| <b>DREAM OF AFRICA</b><br>1 hour and 40 minutes<br>Oasis salt water pool - Sweet dream body scrub & wrap - Island harmony massage  | ksh 19,400 | ksh 37,800 |
| <b>INVIGORATION SUPERIOR FIRMING</b><br>2 hours<br>Oasis salt water pool - Superior body scrub - Superior body mask - Superior firming massage                                     | ksh 19,600 | ksh 38,200 |
| <b>MVUA AFRICAN RAIN SPA SIGNATURE RETREAT</b><br>3 hours<br>Oasis salt water pool - Soothing Spices or Tropical glow body scrub & wrap - Mvua secret massage - Mvua secret facial | ksh 30,000 | ksh 59,000 |
| <b>AFRICAN JOURNEY</b><br>5 hours<br>Oasis salt water pool - African warm herbal oil - Deep hydrating facial - Mvua manicure & Mvua pedicure                                       | ksh 36,000 | ksh 70,000 |

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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 shimmering with luminosity and suppleness. This facial imparts smoothing, anti-aging and long-lasting moisturizing effects

**SINGLE**

**ksh 11,600**

## PURIFYING

50 minutes

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

**ksh 12,000**

## 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 12,400**

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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     |
|---|------------|------------|
| <b>AFRICAN WARM HERBAL OIL</b><br>50 minutes<br>An executive holistic massage with African warm herbal oils to stimulate blood circulation and strengthen the immune system         | ksh 11,000 | ksh 21,000 |
| <b>MVUA SECRET MASSAGE</b><br>50 minutes<br>Luxurious and ancient ingredients like honey, wine and gold to rejuvenate your skin and awaken body                                     | ksh 12,000 | ksh 22,000 |
| <b>ALOE VERA TREATMENT</b><br>20 minutes<br>Heal and reduce skin redness of the sun burn using the benefits of Aloe Vera natural gel  | ksh 6,000  |            |
| <b>MVUA SECRET FACIAL</b><br>50 minutes<br>Through ancient time , Queen Cleopatra used extracts of honey and gold to firm the skin , reduce wrinkles and maintain her youthfulness. | ksh 12,000 |            |

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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     |
|--|------------|------------|
| <b>STRESS RELIEF MASSAGE</b><br>30 minutes<br>Relieves tension, soothes tired muscles, and invigorates the mind and body   | ksh 8,400  |            |
| <b>AFRICAN RAIN FOOT MASSAGE</b><br>20 minutes<br>An old age technique concentrating on reflex points on the feet to relax and balance the full body   | ksh 6,000  |            |
| <b>AFRICAN HOT STONE MASSAGE</b><br>60 minutes<br>Sooth away tension and pain using warm stones and ritual blended oils  | ksh 13,000 | ksh 25,000 |
| <b>ISLAND HARMONY MASSAGE</b><br>50 minutes<br>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 11,000 | ksh 21,000 |
| <b>REFLEXOLOGY</b><br>50 minutes<br>For tired feet and general body wellness   | ksh 13,000 |            |

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|  | SINGLE     | COUPLE     |
|--|------------|------------|
| <b>COLD STONE</b><br>60 minutes<br>Sooth away tension and pain , healing sun burn using the cold stone and ritual blended oils   | ksh 12,000 | ksh 23,000 |
| <b>SUPERIOR FIRING MASSAGE</b><br>50 minutes<br>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.   | ksh 12,000 | ksh 23,000 |
| <b>AROMA - LYMPHATIC MASSAGE</b><br>50 minutes This massage relieves water retention and stimulates the lymphatic system   | ksh 12,800 | ksh 24,800 |
| <b>ZEN CHI MASSAGE</b><br>50 minutes<br>Experience a unique blend of African and Asian massage techniques to sooth sore muscles, complete relaxation and freshness                                   | ksh 10,400 | ksh 19,600 |
| <b>DEEP TISSUE</b><br>50 minutes<br>Release tension and stiffness through this deep penetrating massage  | ksh 13,000 | ksh 25,000 |
| <b>FACE AND HEAD MASSAGE</b><br>30 minutes<br>It's an combination technique of shiatsu and Indian head which improve the blood circulation, reduce muscles tension and relief headache and migraines | ksh 6,400  |            |

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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 6,600 | FULL LEGS WAXING (INCLUDING BIKINI LINE) | Ksh 7,600  |
| GEL POLISHING                  | Ksh 3,000 | SIMPLE HAND OR FOOT HENNA TATTOO         | on request |
| EYE BROW WAX/LIP WAX           | Ksh 2,400 | TRADITIONAL ARM HENNA TATTOO             | on request |
| UNDERARMS WAX/BIKINI WAX       | Ksh 3,600 | TRADITIONAL HALF LEG HENNA TATTOO        | on request |
| HALF LEGS WAXING               | Ksh 5,000 |  |            |

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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 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 schedule 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 brief. 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 honor 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 SEAWEED

It's great natural digestive aid and it promotes Rich in minerals and trace elements which soften digestive health and hydrate the skin



## ALOE VERA ORANGE

Maintain moisture balance, soothes sunburn and Helps to improve congested and dried skin condition, other irritations especially wrinkly and dermatitis skin



## CUCUMBER TURMERIC

Rich in vitamin C and known for its astringent and natural antibiotic with fungicide properties and soothing properties stimulates circulation



## GOLD

GINGER Removal of toxins, assisting with lymphatic drainage, Good for circulation also helps to fight off colds prevents ageing and has rejuvenating effects on and flu by increasing body temperature 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

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- Diamonds Malindi

## MALDIVES

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- Sandies Bathala

## ZANZIBAR

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- Diamonds Mapenzi Beach
- Sandies Baobab beach





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