



# WELLNESS CENTRE

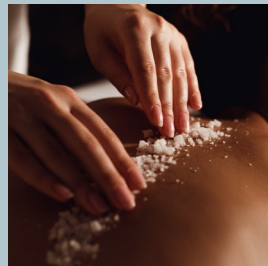
At Best western plus westlands we invite you to escape the hustle of the city and step into a sanctuary of calm and renewal in the heart of Nairobi. Our spa offer a curated selection of treatment designed to soothe restore and refresh.

Our skilled therapists are here to tailor every moment to your unique needs, Enjoy your visit you deserve it.

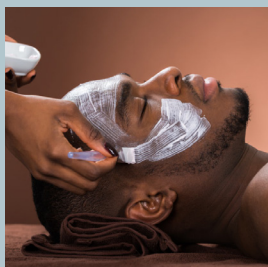
## SERVICES



SIGNATURE MASSAGE  
RITUALS



BODY RITUALS



FACIAL TREATMENTS



OTHER TREATMENTS

### CONTACT:

+254 739 444 444 • +254 746 444 444 • +254 709 697 000



# WELLNESS CENTRE

## SIGNATURE MESSAGE RITUALS

ALL MESSAGE TREATMENTS COMES WITH A COMPLIMENTARY STEAMBATH

### Savanna Calm Massage

60Mins: 4000KSH

90Mins: 5500KSH

Unwind with this soothing full body massage inspired by Swedish technique, Gentle flowing strokes to ease tension and restore calm an escape peaceful rhythm of the savanna.

### Deep Meridian Flow

60Mins: 4500KSH

90Mins: 5500KSH

A grounding firm pressure therapy that relieves deep tension and restores energy by working along the body's natural meridian lines and let your energy flow freely again.

### Essence Renewal Massage

60Mins: 4000KSH

90Mins: 5000KSH

Experience deep relaxation with our essence renewal massage where carefully selected essential oils are blended to soothe your mind and body. This aroma-therapy uses calming strokes combined with the healing power of nature's essences to promote overall wellbeing.

### Mama' Serenity Massage

60Mins: 4500KSH

90Mins: 6000KSH

A gentle nurturing massage designed to support and comfort mom-to-be. This soothing therapy focuses on relieving lower back tension, reducing swelling and promoting deep relaxation providing emotional and physical relief during this special time helping both mother and baby feel calm, cared for and connected.

### Sole Revival Ritual

60Mins: 4500KSH

A specialized foot therapy rooted in the ancient art of reflexology, Gentle pressure is applied to specific points on the feet that correspond to different organs and systems in the body helping restore balance, boost circulation and relieve stress from head to toe.

### Warm Stone Escape

90Mins: 7000KSH

A deeply relaxing massage that uses smooth heated stones to ease muscle stiffness, the comforting warmth penetrates deep into the body helping tension melt away, release stress and restore a sense of peace and balance.

### Back Soothe Therapy

45Mins: 3000KSH

A relaxing targeted massage to ease tension and stiffness in the back, shoulder and neck this therapy promote a sense of calm and renewal.

### Head Calm Massage

30Mins: 3000KSH

A soothing treatment focusing on the scalp, neck and shoulder inspired by traditional Indian head massage. Perfect for stress relief and refreshed feeling whether after travel or a busy day.

### Journey Pause Massage

90Mins: 4500KSH

A treatment designed to ease the tension and fatigue that come with travel or a busy day, a peaceful pause to restore balance, refresh your energy and continue your "journey " feeling relaxed and revitalized.







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## BODY RITUALS

### Body Brushing

30mins: 4000KSH

A rejuvenating treatment using natural dry bristle brush to stimulate lymphatic system, this treatment help detoxify the body and prepare it to better absorb nourishing oils, ideal as a stand-alone treatment glow booster or an add on to an body therapy.

### Express Glow Facial

45Mins: 3000KSH

A revitalizing express facial that cleanses, exfoliates and hydrates- perfect for a quick pick me up skin after travel and long day.

## OTHER ADD ON TREATMENTS (30MINUTES)

Foot massage	2000KSH
Scalp massage	2000KSH
Body brushing	2000KSH
Body stretches	2000KSH
Steam bath	1000KSH
Jacuzzi bubble bath	1000KSH





# WELLNESS CENTRE

## SPA ETTIQUETTE

- Gift certificates are available for purchase to treat a friend or loved ones to a memorable experience, please contact Front desk for more details.
- For booking rescheduling and cancellation guest are requested to notify front office as soon as they can if not this might attract a fee of 50% on less than 5 hours prior communication and 100% to no show in the appointments.
- We recommend 15 minutes pre arrival to your appointment to help us with consultation form fill.
- Smoking and alcohol are prohibited in the spa area also advisable to avoid consumption of alcohol or heavy meals prior to treatment.
- Treatment packages are non-refundable unused portion are non-transferrable or non-exchangeable for another time.
- Our spa is available for all residents and non-resident all person over 18 years individuals with any concern should notify our therapist for a smooth experience.
- Any person below 18 years should have a guardian/parent company.

## DISCLAIMER

*The spa treatment services and facilities received at Best western plus westlands spa are intended for general purpose only are not intended for professional medical treatment or any medical otherwise that guest may have, guest will fully indemnify and hold harmless BEST WESTERN PLUS WESTLANDS SPA and its holding company.*

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