



The Wellbeing Space at Saruni

In collaboration with the Centro Benessere Stresa at the 5-star deluxe Grand Hotel des Iles Borromees, Stresa, Italy, we operate the Samburu Wellbeing Space at Saruni Samburu and the Maasai Wellbeing Space at Saruni Mara, where we use local plants and are inspired by ancient Samburu and Maasai knowledge. Our professionally-trained beauty therapists are on hand to answer any queries.

Complimentary Massage

We are delighted to offer one complimentary massage per room;
a half-hour classic back and neck massage.

Hours of operation

Massages and other treatments are available between 07:00-19:00 daily unless by prior arrangement with the beauty therapists. All bookings can be made through the lodge manager/s, the beauty therapists or your guide who can also help make suggestions for an enjoyable Wellbeing Space experience.

Reservations

Advance bookings are recommended to secure your preferred time.

Before your treatment

We recommend that you leave all jewellery in your cottage or villa safe before coming to the Wellbeing Space. For gentlemen, please shave prior to all facial treatments to ensure maximum results.

Consultation

A beauty therapist will work with you to discover your preferences and design your personal treatment.

While you stay

Aromatic water and herbal tea are provided during your spa visit. Smoking and mobile phone use are not permitted in the spa.

Following your experience

We recommend that you do not sunbathe following any massage or body treatment for at least six hours to avoid any skin reaction to the sun.

Payment

For any guest under 12 years of age, treatments are half price if booked before 14:00. Parents are welcome to attend the treatments. All treatments will be charged to your room.

Notice & Cancellations

Please give three hours' notice should you need to cancel any pre-booked treatment/s. A 50% cancellation fee may apply if such notice is not given. In the event of a 'no-show', 100% of the treatment cost will be charged.

QUICK & FRESH TREATMENTS

Back & Neck Massage	A classic massage to relieve tension in the back and neck area. Length: 30 min. Price: US\$50
Foot & Ankle Massage	The most important body organs have a corresponding pressure points on the feet. This is a treatment that relieves fatigue and tension from the feet, improving blood lymphatic circulation and reducing water retention. Length: 30 min. Price: US\$50
Sports Massage	A deep tissue massage stimulating circulation and releasing muscular pain. A traditional technique using Olmurmuru seeds (Albizia Harveyi) ends the session. Focused on the lower body. Length: 30 min. Price: US\$50
Relaxing Massage	A classic massage that relaxes the nervous system, promoting relaxation and reducing muscular discomfort. A traditional technique using Olmurmuru seeds (Albizia Harveyi) ends the session. Focused on the lower body. Length: 30 min. Price: US\$50
Lymphatic Drainage Massage	A specific technique that improves lymph circulation and reduces water retention. A traditional technique using Olmurmuru seeds (Albizia Harveyi) ends the session. Focused on the lower body. Length: 30 min. Price: US\$50
Lymphatic Facial	Suitable for all skin types, it reduces water retention and puffy eyes. Length: 30 min. Price: US\$50
Mini Facial	Brightens and moisturises the skin through cleansing, moisturising mask and massage. Length: 30 min. Price: US\$50
Mani Care	Nails will be refreshed through filing, trimming of cuticles and polishing. The treatment ends with a relaxing hand massage. Length: 30 min. Price: US\$25
Pedi Care	Nails will be refreshed through filing, trimming of cuticles and polishing. The treatment ends with a relaxing foot massage. Length: 30 min. Price: US\$25

BODY TREATMENTS

Sports Massage	A deep tissue massage stimulating and releasing any muscular pain. A traditional technique using Olmurmuru seeds (Albizia Harveyi) ends the session. Focused on the lower body. Length: 45 min. Price: US\$60 Face massage included: Length: 60 min. Price: US\$80
Relaxing Massage	A classic massage that relaxes the nervous system, promoting relaxation and reducing any muscular discomfort. A traditional technique using Olmurmuru seeds (Albizia Harveyi) ends the session. Focused on the lower body. Length: 45 min. Price: US\$60 Face massage included: Length: 60 min. Price: US\$80
Lymphatic Drainage Massage	A specific technique that improves lymph circulation and reduces water retention. A traditional technique using Olmurmuru seeds (Albizia Harveyi) ends the session. Focused on the lower body. Length: 45 min. Price: US\$60 Face massage included: Length: 60 min. Price: US\$80
Total Body Scrub	The scrub is carried out using a combination of salts, locally-produced honey and maize flour. It removes dead cells and improves the natural regeneration of the skin. A nourishing massage completes the treatment. Length: 60 min. Price: US\$90

FOR THE COUPLE

Couple Massage	A massage for every couple. Surrounded by the music of the birds, the sounds of wildlife and the beauty of the forest, you and your partner will share a unique sensory experience. Length: 60 min. Price: US\$110
'You & Me' Scrub & Massage	An ideal treatment for couples. 'You & Me' starts with a full scrub made with locally-produced honey and coconut flour. It is followed by a massage for the couple, just you and your partner, side by side in perfect harmony. A herbal tea is the ideal ending to this unique and intimate experience. Length: 90 min. Price: US\$120

FACIAL TREATMENTS

<i>Decongestive Facial</i>	Suitable for sensitive skin, this treatment reduces couperose and localised redness caused by sun exposure. Pure gel from Usunguru (Aloe Kedongensis) is applied to sunburned areas. The treatment is completed by a lymph drainage massage to accelerate the decongestive process. Length: 60 min. Price: US\$70
<i>Nourishing Facial</i>	A treatment designed to prevent ageing and improve skin hydration and elasticity. Ideal also for gentlemen. Length: 45 min. Price: US\$60
<i>Balancing Facial</i>	A herbal treatment to remove skin impurities and to improve the natural regeneration of the cells. A compress of Maasai or Samburu tea complements this procedure. Length: 60 min. Price: US\$70

HANDS & FEET TREATMENTS

<i>Total Hands</i>	Nail care and softening treatment that exfoliates, moistures and improves skin clarity. The nails are treated with Oseki leaves (Cordia Ovalis) for a perfect shine. Then a moisturising mask hydrates the skin. No sharp tools are used. Length: 60 min. Price: US\$50
<i>Total Feet</i>	Nail care and softening treatment that exfoliates, moistures and improves skin clarity. The Etut stone smoothes hard skin, and a detoxifying and purifying herbal foot bath with Samburu or Maasai tea enhances the result. Then a moisturising mask hydrates the skin. No sharp tools are used. Length: 60 min. Price: US\$50

PACKAGES

Karibu - Welcome Package

Relaxing massage and personalised facial skincare.

Length: 90 min. Price: US\$120

Kwaheri - Goodbye Package

A massage and mani care or pedi care.

Length: 105 min. Price: US\$130

Complimentary Flora & Fauna Walking Experience.

Discover the local fauna and flora walking with our guides and beauty therapists. Learn how the natural elements are used in the traditional villages. Experience the wild, listen to the sound of nature and smell the scent of the flowers. Book* your Flora & Fauna Walking Experience through the guides, the beauty therapists or the manager.

*Bookings are subject to staff availability.



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Des Iles Centro
Benessere Stresa
Italy