



SPA AT THE CLIFF

Our luxurious spa is a heaven of ultimate relaxation overlooking Lake Nakuru. Cleanse yourself off stress while getting lost in secret sensuousness of our spa's luxurious treatments which have been created to revitalize your mind and relax your body.

All experiences begin with a foot ritual to purify both mind and body while renewing the spirit. Your feet will be thoroughly exfoliated then massaged with a detox oil to cleanse the body of impurities and prepare you for the transformative treatments to come.

MASSAGES

Deep Tissue Massage

Sore, tired, or tensed? This massage is for you! It provides targeted relief to the deepest layer of fatigued, tight muscles. Following this deep tissue experience, you'll notice a marked change in how recharged, loose, and limber you feel.

60mins 70\$ 90mins 100\$

Swedish Massage

Relieve tension and soothe nerves through total body relaxation. Our expert therapists will help restore your sense of wellbeing and reduce your stress level. This traditional Swedish style massage is designed to help stimulate circulation and relax muscles.

60mins 65\$ 90mins 80\$

Hot Stone Massage

The therapist will use smooth, heated stones as an extension of their own hands or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles.

90mins 75\$

Reflexology

This involves application of pressure to the feet or hands with specific thumb, finger and hands techniques without use of oils or lotion. The reflex areas significantly reflect an image of the body on the feet and hands.

45mins 60\$



Shea Aroma Therapeutics

Easy melting Shea from Ghana blended with leading African Potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Shea normally as hard as rock once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The Shea is combined with your sensory selection of various essential oils such as exotic jasmine, Neroli or chamomile for a soothing and calming massage or perhaps Black pepper balm for a deep tissue experience.

90mins 110\$

Devotion Journey (couples)

We have created sacred space filled with diviner intention shared between you and the one you share a spiritual journey with. Indulge your senses and ignite the romance, as we give you Marula and Walnut body scrub, followed by hot stones massage infused in our special blend of essential oils that will transport you to a place once known but forgotten only to be remembered once again. Then celebrate the essence of your divinity with a glass of sparkling wine and chocolates before returning gain to this world of ours.

90mins 220\$

FACIALS

Deep Cleanse

A deep cleanse can leave the skin looking refreshed and more youthful. By using our gentle exfoliating cream, hot mittens, we purify the skin without the long term damage usually caused by steaming and harsh exfoliators. An exfoliation with massage that stimulates and uplifts tired and dull skin and clears problematic skin.

45mins 60\$

Bespoke Facial

Our bespoke facial is designed specifically with client's needs in mind. We offer a variety of serum that will address particular skin issues. Depending on which serum the client chooses with the guidance of your trained therapist, each facial is specially made for each client. Like the phases of the moon, we would like to keep the hormonal phases of the body in a natural rhythm. just as your eyes are the window to your soul, your face is the mirror of your inner feelings, the image which you present to the world.

70mins 80\$



SIGNATURE TREATMENT

Cliff Indulgence

When you just can't get enough of the summer feeling 20minutes of Marula and walnuts scrub (30 minutes) of coffee and mint wrap or African potato body wrap, finishing with a (60minutes) nourishing and relaxing holistic full body massage.

130mins 140\$

WRAPS AND SCRUBS

Rooibos and Lavender Clay

Great for skin condition such as eczema, rashes sunburn and swelling. Our combination of plants oils and extracts leave the skin feeling smooth and refined while stimulating blood and lymphatic flow.

120mins 100\$

African Potato Body Experience

Our pure and natural hypoxis body wrap is formulated with African potato and marula oil, warmly applied to soften, soothe and improve skin hydration while also fighting free radical damage. Enjoy a traditional foot ritual and deeply relaxing scalp massage with body conditioning .Marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin to complete the experience.

120mins 100\$

Full Body Exfoliation

Your body has an innate natural rhythm which we often forget. At our spa we work with this natural rhythm in assisting the body to renew itself. Our carefully selected Marula and Walnut micro particles enveloped by hydrating shea butter from Ghana, ensures that your skin cells are evenly exfoliating whilst receiving maximum nutrition for new beginnings.

90mins 65\$



GROOMING

Copper and Hot Stone Treatment

This luxurious ritual begins by soaking the feet in a copper basin tub followed by a warm massage of the arm or leg, reducing water retention and improving circulation. Hot stones are then introduced on the arms and legs to help warm up the muscles and relax you. An African potato masque is applied to the skin to soften rough areas and lock in moisture. The treatment includes a shoulder massage.

(Pedicure 80mins - Manicure 60mins) 140\$

Cliff Standard

For beautiful respite from the high energy nature of everyday life, join us for an experience with a difference. Your hands or feet will be massaged, your nails shaped and your skin richly hydrated with our all natural products designed to undo environmental damage to your skin.

(Pedicure 60mins - Manicure 45mins) 100\$

Manicure 45mins	30\$
Pedicure 60mins	40\$
CND shellac (gel)	50\$

Waxing

- Full leg 40\$
- ½ leg 30\$
- Full arm 30\$
- Under arm 20\$
- Lip/chin 30\$
- Bikini 25\$
- Brazilian 30\$