



WELCOME TO ASILIA SPA AT JABALI RIDGE

Asilia Spa offers massages and treatments based on natural healing methods found in traditional well-being practices. Delivered in different locations, our specialist skills in all therapies are designed to nurture the body and mind and enliven the spirit by uncovering nature's beauty and providing a blissful return to balance.

DISCLAIMER

Guests are kindly requested to ensure that they take care of their personal belongings. The Asilia Spa at Jabali Ridge does not accept any responsibility for any loss or damage suffered as a result of any cause whatsoever. All prices are quoted in US\$. Please note that services and prices are subject to change without prior notification.



GOOD TO KNOW

OPENING HOURS

The spa is open seven days a week.

SPA RESERVATIONS

For enquiries and reservations, please liaise with the manager on duty.

PRIOR TO ARRIVAL

We recommend that you leave all jewellery and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. Please shower and clean off any oils or sunscreen prior to treatment to allow for better absorption of the products. For your enhanced enjoyment we highly recommend removing hearing aids, spectacles and contact lenses.

WHEN TO ARRIVE

Arrive for your spa appointment 15 minutes before the scheduled time to complete a guest consultation form and spend some time relaxing before your treatment.

CONSULTATION

New spa guests will be invited to complete a health questionnaire so we can ensure the best possible spa experience and assure maximum safety and comfort.

LATE ARRIVAL

As a courtesy to all our guests, please be aware that we are unable to extend your treatment time in the case of late arrivals.

CANCELLATION OF RESERVATIONS

A booking cancellation fee of 100 percent will be charged on all services cancelled within four hours or less ahead of the appointment time.

WHAT TO WEAR

The spa provides disposable underwear and shower amenities for wet treatments.

AFTER YOUR TREATMENT

Rest and avoid direct sun or vigorous activity for at least one hour after a spa treatment. Drink water before and after each treatment.

PAYMENT

For hotel guests, all treatments will be charged to your folio and will appear on your room account at the time of departure.

YOUNG GUESTS

Children under the age of 12-years who are booked for treatments are to be accompanied by a guardian at all times.

YOUR COMFORT

We will do all we can to anticipate your needs, however we also appreciate that each guest is unique and so are their spa needs. Please let our team know if there is anything we can do to improve your experience. Whether it is a change of massage pressure or room temperature, we are happy to oblige. To maintain an environment of ultimate harmony and privacy for all guests, Asilia Spa at Jabali Ridge is a smoke and mobile device-free area.



**SENSE
OF PLACE**

ASILIA CRYSTAL FACIAL

90 minutes

A restorative facial treatment to moisturise your skin, providing ultimate intense hydration. Specially for skin that lacks vitality, is tired-looking, and is undernourished. Amethyst and rose quartz crystals encourage the release of fluids and help the body eliminate cellular toxins.

AFRICAN AMETHYST PURIFYING FACIAL

75 minutes

This deep cleansing, therapeutic facial unblocks pores, helps eliminate skin blemishes and helps calm inflamed and acne-prone skin. Amethyst reinforces the healing and brings out a new radiance.

AFRICAN ROSE QUARTZ FACIAL

75 minutes

A comforting, soothing treatment for irritated and sensitive skin. Repairs and rebalances the skin's natural defence mechanisms. Rose quartz is calming to the skin and resonates with the heart chakra.

HEALING STONE MASSAGE

90 minutes

Melt away tension with alternate hand manipulation and hot and cold stone massage to promote complete relaxation.





WELLNESS MASSAGES

AFRICAN WOOD MASSAGE

60/90 minutes

Using heated African wood rolled across the skin to penetrate the deeper layer of the muscle tissue, while shea butter nourishes your skin.

SHIATSU

60/90 minutes

A dry, therapeutic bodywork from Japan that can be stimulating and invigorating or calming and sedative using pressing, kneading, tapotement and stretching techniques.

ABHYANGA

60 minutes

Experience an ancient Indian oil massage therapy for healing and detoxifying the body, mind and spirit. Ayurvedic massage uses long, invigorating strokes to relieve fatigue.

HEALING HILOT

60/90 minutes

An age-old Philippine healing technique that has been passed down from generation to generation. Based on the concept of energy meridians, the therapist works on the body's energy lines to increase blood flow, necessary for general wellbeing.

ORIENTAL FUSION

60/90 minutes

A fusion of traditional Asian deep pressure massage technique that includes pressure point manipulation and stretching to relax muscle tension and improve circulation.





WELLNESS MESSAGES

SUNYAYO REFLEX

45 minutes

An ancient holistic treatment from East Asia concentrating on the reflex points on the soles of the feet used specifically for healing and revitalising the body.

TULIA HEAD MASSAGE

30 minutes

A gentle and stimulating massage technique applied to the shoulders, neck and scalp disperses toxins from tense, knotted muscles for improved blood circulation to the brain, resulting in deep relaxation.

INTUITIVE MASSAGE

30/45/60/90 minutes

A bespoke massage where the therapist uses any technique that he/she feels suits your needs. Whether you want a neck and shoulder, back, feet or full body massage, this session addresses your specific requirements.





**BODY
THERAPIES &
ASILIA
RITUALS**

BODY SCRUB

45 minutes

An exfoliation for all skin types.

Choose between

African Coffee scrub:

Detoxifies and firms the skin

Salt scrub:

Replenishes tired and dry skin

DECADENT CHOCOLATE BODY COCOON

60 minutes

Reap the exceptional rejuvenating benefits of cocoa. Revives skin and gives a velvety smoothness.

ASILIA RITUALS

Please note: package treatments can't be taken on different days/times

INDULGENCE OF TIME

120 minutes

Your choice of body scrub

Your choice of massage

TRAVELLERS RETREAT

120 minutes

Your choice of massage

Your choice of facial

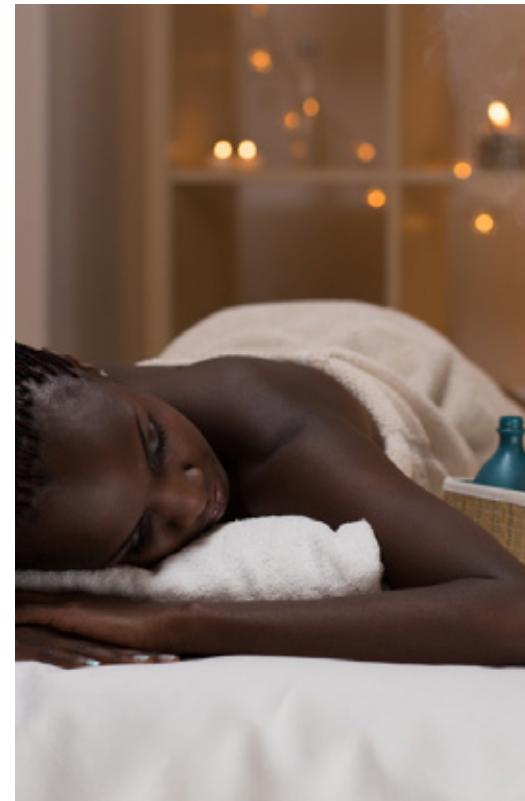
BUSH FANTASY

180 minutes

Your choice of body therapy

African wood massage

Your choice of facial





BEAUTY THERAPIES

SPA MANICURE

A beautiful treat for hardworking hands that includes gentle exfoliation, a soothing massage, cuticle tidying and nail polish.

SPA PEDICURE

Revitalise the feet, nails and cuticles with this invigorating treat that softens and nourishes tired, neglected feet.

HOT STONE PEDICURE

A wonderful therapeutic treatment helps to release toxins and improve circulation — the perfect treatment for worn out feet. After soaking and exfoliating, warm stones are used to massage your feet and calves rubbing any tension away.

WAXING

Embrace silky smooth skin.

ADD ONS

EXPRESS FACIAL

30 minutes

Refresh yourself and treat your face to some tender-loving care. This mini-facial will cleanse, exfoliate, tone and moisturise.

FILE AND PAINT

20 minutes

Refresh hands and feet with a file, buff and nail polish application.

