

# HEMINGWAYS

NAIROBI



SPA BROCHURE



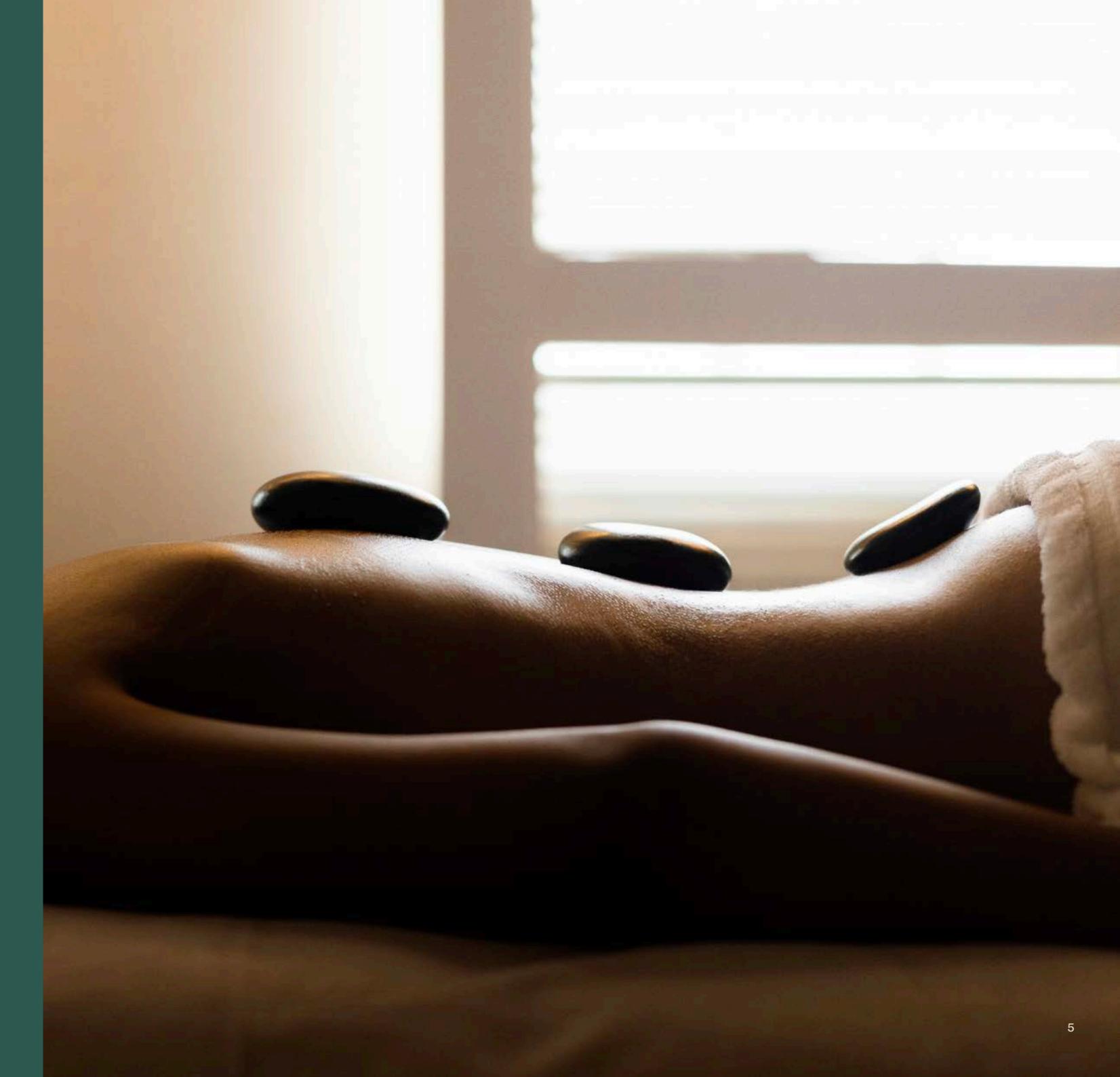
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# Hemingways Nairobi Spa

Immerse yourself in the tranquil world of Hemingways Nairobi Spa. Rediscover your senses and emerge relaxed, recharged, and glowing.





## MASSAGE THERAPIES

Suitable for both ladies and gentlemen. The prices are per person.

### SWEDISH MASSAGE

A deeply relaxing full-body massage using long, flowing strokes to improve circulation, oxygenate the blood, release tension and leave you feeling renewed.

60 mins      KSH 11,000  
90 mins      KSH 12,500

### BACK, NECK AND SHOULDER MASSAGE

A focused treatment to ease muscular tension and release stress in the upper body, ideal for a midday reset.

30 mins      KSH 6,500

### HEMINGWAYS FUSION MASSAGE

A blend of Thai and classic techniques that stretch, realign and relax the body for complete harmony of mind, body and spirit.

90 mins      KSH 13,500

### AFRICA GOLD MASSAGE

A deeply nourishing massage using Terres d'Afrique shea butter cream, designed to relax the muscles and revitalise the skin.

60 mins      KSH 11,000  
90 mins      KSH 12,500

### HEMINGWAYS IN HARMONY MASSAGE

A detoxifying massage using coconut oil by Terres d'Afrique, ideal for rebalancing the body and restoring natural energy.

60 mins      KSH 12,500  
90 mins      KSH 13,500

### AFRIQUE AROMA / AROMATHERAPY MASSAGE

Choose your essential oil blend and melt into a calming massage designed to reduce stress, boost immunity and lift the spirit.

60 mins      KSH 12,500  
90 mins      KSH 13,500

**Tropical Dusk:** This tropical blend of Madagascan Ylang Ylang, Tropical Basil and Bourbon Geranium is designed to uplift your mood and chase away negative thoughts.

**Island Greens:** This energizing blend of Madagascan Citronella and Zanampoly combined with hints of Ginger and Lime will boost your energy level.

**Fynbos Crush:** Using South Africa's most famous indigenous health tonic; Buchu, combined with Madagascan Black and Pink Peppers, this blend will activate circulation and detoxify your body.

**Moroccan Garden:** Inspired by Morocco, this blend of Cedar Wood from the Atlas Mountains, Moroccan Cypress, Peppermint and Wild African Sage has invigorating properties.

**Savannah Dew:** A relaxing and grounding blend of grassy and woody scents of Vetiver, Katrafay and Omumbiri, reminiscent of the vast open African savannahs.

### HEMINGWAYS DEEP TISSUE MASSAGE

Designed to target deeper layers of muscle, relieve joint stiffness, and improve flexibility using Madagascan essential oils.

60 mins      KSH 12,500  
90 mins      KSH 13,500

### HEMINGWAYS HOT STONE RITUAL

Heated black basalt stones and expert massage combine in this holistic treatment to melt away deep-seated tension and boost circulation.

90 mins      KSH 13,500

### SOOTHING AND DETOXING BODY MASK

This full-body ritual includes exfoliation, wrap, and moisturising to cleanse and balance the body using Omumbiri body butter.

90 mins      KSH 15,000

### REJUVENATING BODY MASK

A rich treatment featuring the warm amber scent of Omumbiri resin and Terres d'Afrique butter to deeply hydrate and soften the skin.

90 mins      KSH 15,000

### KENYA SUN KISSED BODY MASK

Designed to calm and repair sun exposed skin, this body mask is followed by a relaxing soothing coconut / shea butter application.

45 mins      KSH 11,000



## MASSAGE THERAPIES

### SEA SALT EXFOLIATION RITUAL

A mineral-rich sea salt scrub followed by a classic Swedish massage to revitalise tired skin and boost circulation.

90 mins      KSH 13,500

### PRENATAL MASSAGE

A gentle massage to ease pregnancy-related tension, reduce swelling, and support overall relaxation and wellness.

50 mins      KSH 10,000

### KENYA COFFEE SCRUB

A caffeine-rich exfoliating scrub improves circulation and skin tone, followed by a massage to awaken your senses.

90 mins      KSH 15,000

### THE CLEOPATRA RITUAL (PER COUPLE)

A full-body exfoliation with honey, oatmeal, and oils, followed by a shower and a deeply relaxing 60-minute massage.

2 hrs      KSH 34,000

### FOOT MASSAGE

An intensive massage focused on relieving tension in the feet and lower legs.

45 mins      KSH 9,000

The prices above are per person.



## FACIALS

Suitable for both ladies and gentlemen.

### DETOXING FACIAL

This deep-cleansing facial combines massage, lymphatic drainage and detoxifying masks to eliminate toxins and leave skin radiant.

60 mins

KSH 13,500

### MAISHA MAREFU FACIAL

A revitalising facial combining hydration, detox and anti-aging botanicals for visibly refreshed skin.

60 mins

KSH 13,500

### SUN-KISSED FACIAL

Rehydrate and restore sun-exposed skin with omega-rich oils and vitamin-packed botanicals that enhance elasticity and glow.

90 mins

KSH 15,000

### CRYSTAL FACIAL

Designed for dry or dehydrated skin, this facial restores moisture and soothes irritation, leaving skin dewy and balanced.

90 mins

KSH 15,000

### MEN'S MINI FACIAL

A targeted treatment to improve skin tone and texture while providing instant stress relief.

30 mins

KSH 8,000

## FACIAL GROOMING

THREADING, TWEEZING OR WAXING 20 mins KSH 1,500

EYELASH TINT OR EYEBROW TINT 20 mins KSH 1,800

EYELASH AND EYEBROW TINT 20 mins KSH 2,800

The prices above are per person.





## SIGNATURE EXPERIENCES

### THE HEMINGWAYS EXPLORER PACKAGE

Unwind with an aromatherapy massage, manicure, and pedicure, the ideal pampering session for relaxation and renewal.

3 hrs KSH 20,000

### THE HEMINGWAYS COMPLETE DETOXIFYING JOURNEY

Cleanse and recharge with a detox facial, a full-body mask, and the In Harmony massage, perfect for restoring balance.

3 hrs 30 mins KSH 33,000

### THE HEMINGWAYS HAKUNA MATATA REJUVENATING JOURNEY

This refreshing trio of a rejuvenating facial, body wrap, and Africa Gold massage leaves you glowing and re-energised.

3 hrs 30 mins KSH 35,000

### THE HEMINGWAYS RELAX AND RECONNECT JOURNEY

Enjoy a tailored aromatherapy massage, gel pedicure and a glass of wine in serene spa surroundings.

2 hrs 10 mins KSH 20,000

### THE GIRLS' GETAWAY

Celebrate together with a sun-kissed body mask, massage, manicure and pedicure, a perfect girls' day escape.

3 hrs 30 mins KSH 31,500

### THE COUPLES CLEOPATRA RITUAL

Share a romantic spa journey with a sun-kissed facial, full body mask followed by a relaxing aromatherapy massage and a glass of wine.

3 hrs 30 mins KSH 36,500

### PREGNANCY PACKAGE

Swedish massage and a mini facial

1 hr 30 min KSH 16,500

### BIRTHDAY PACKAGE

Choose between Aromatherapy/ Hot stone 90 min, 30 min body mask followed by a Detoxing Facial 3hrs

KSH 35,000

The prices above are per person.



### THE GENTLEMAN'S RETREAT & SPA WHISKY EXPERIENCE

A refined head-to-toe experience for the modern gentleman. Begin with sauna and steam, followed by a 60-minute therapeutic massage to ease tension and restore vitality. Enjoy a gentleman's pedicure, express manicure, and revitalizing men's facial. Conclude with a curated whisky tasting of select Scottish single malts at Hemingway's Bar.

2 hrs 30 mins KSH 26,000

### JET LAG RECOVERY RITUAL

A deeply restorative ritual designed to relieve travel fatigue. Includes a 60-minute relaxing massage, a hydrating facial to revive tired skin, and a soothing foot massage to restore balance, circulation, and energy.

2 hrs 30 mins KSH 32,000

### TRAVELLER'S RESET

A complete wellness journey to recharge and renew. Enjoy a full-body exfoliation, a deep tissue massage to release tension, and a detoxifying facial for total rejuvenation of mind and body.

2 hrs 30 mins KSH 29,000

The prices above are per person.



## HANDS & FEET

### THE PROFILE PEDICURE

A luxurious treatment with exfoliation, massage, cuticle care and polish for refreshed and elegant feet. 1 hrs KSH 5,000

### THE PROFILE MANICURE

A detailed manicure including shaping, cuticle work, massage, and polish for beautifully cared-for hands. 45 mins KSH 4,500

### GEL POLISH APPLICATION

A long-lasting, flawless polish finish available as an add-on or standalone service. 30 mins KSH 2,500

### GEL POLISH REMOVAL

KSH 2,500

## WAXING

### BIKINI LINE

KSH 3,000

### BRAZILIAN

KSH 5,000

### UNDERARM

KSH 3,000

### FULL ARM

KSH 4,500

### HALF ARM

KSH 4,000

### HALF LEG

KSH 4,000

### FULL LEG

KSH 5,000

## KIDS

### LITTLE TEMBO

Specially created for our younger guests, this gentle treatment offers a mini manicure, pedicure, or a soothing back massage, a perfect introduction to relaxation and self-care. 30 mins KSH 5,000

The prices above are per person.

## OUR PRODUCT PHILOSOPHY

We proudly use Terres d'Afrique, a luxury African skincare range rooted in biodiversity and traditional healing practices. These organic, ethically sourced products are infused with botanical actives from across the continent and created in harmony with nature. Rich in essential nutrients, each formula is designed to nourish, heal, and balance, delivering sensorial experiences that awaken the body and calm the spirit.

Their ethos follows the Nagoya Protocol, embracing sustainable harvesting, fair trade, women's empowerment and conservation of indigenous wisdom. Every treatment at Hemingways Spa is thoughtfully curated using Terres d'Afrique to enhance your wellness journey and connect you more deeply with Africa's natural gifts.

## ADDITIONAL INFORMATION

Treatments above KSH 8,000 include complimentary use of our steam rooms and saunas. Guests are encouraged to relax in our post-treatment lounge with herbal teas, fresh fruit and views of the Ngong Hills.

### STEAM AND SAUNA

- Open daily from 8:00 am – 10:00 pm.
- Complimentary for hotel residents.

### GYM

- Open daily from 6:00 am – 10:00 pm.
- Equipped with Technogym machines. Complimentary for hotel guests. Personal training available by appointment.

### SWIMMING POOL

- Open daily from 7:00 am – 6:00 pm
- Accessible to hotel residents and spa guests for up to 2 hours post-treatment.

## IN ROOM TREATMENTS

- Should you require Spa Treatments in your suite, there will be an additional charge of 30% on top of the quoted prices.
- The gym use per hour is KSH 4,500 (for non-residents of the hotel).
- All prices are inclusive of VAT and government charges The Spa & Gym are open 7 days a week from 6:00 am to 10:00 pm.

## SPA ETIQUETTE

- We recommend arriving 15 minutes early to unwind before your treatment, as late arrivals may reduce your session time.
- To preserve the spa's serene atmosphere, kindly switch off mobile phones.
- Cancellations should be made at least four hours in advance to avoid full charges.
- Payments can be settled by room charge or major credit cards; all prices are in KSH and subject to change.
- Your therapist will begin with a short consultation to tailor the experience to your needs.
- For your peace of mind, we ask that valuables be left in your room.

## HAIRDRESSING SERVICES

Available on request.

## RESERVATIONS

Hotel Residents: Please call Spa extension 215

Non-Hotel Residents: T. +254 (0) 711 032 215

E: [spa.nairobi@hemingways.co](mailto:spa.nairobi@hemingways.co)



# LOCATION & CONTACT

## Hemingways Nairobi

Mbagathi Ridge, Karen  
Nairobi, Kenya

T. +254 (0) 711 032 215  
E. [spa.nairobi@hemingways.co](mailto:spa.nairobi@hemingways.co)  
W. [hemingways-collection.com](http://hemingways-collection.com)

○ [@hemingwayscollection](https://www.instagram.com/hemingwayscollection)  
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