



Rejuvenate Mind, Body & Soul



Welcome to **Tulia Spa**, an oasis of tranquility dedicated to providing you with an exceptional spa experience. Our highly skilled therapists are committed to delivering excellence through a harmonious blend of personalized treatments.

At Tulia Spa, we understand that true beauty comes from within. That's why we have curated a selection of treatments designed to nourish your soul and enhance your natural radiance. From rejuvenating facials that cleanse, hydrate, and revitalize your skin to holistic body wraps that detoxify and rejuvenate, our comprehensive menu offers a variety of transformative experiences.

Indulge in our luxurious manicures and pedicures, meticulously crafted to pamper and beautify your hands and feet. Our dedicated professionals will lavish your nails with care, ensuring they are shaped, buffed, and polished to perfection. Immerse yourself in the soothing aromas of essential oils as our therapists skillfully massage your hands and feet, leaving them feeling soft, supple, and revitalized.

Our offerings extend far beyond mere nail care, drawing inspiration from ancient healing traditions, our spa proudly presents a diverse range of massage techniques that transport you to a state of ethereal bliss. Allow the hands of our expert therapists to guide you through the art of relaxation, releasing tension from every muscle and restoring balance to your body and mind. Whether you prefer the gentle strokes of Swedish massage, the invigorating pressure of deep tissue massage, or the targeted benefits of reflexology, our therapists will customize each session to meet your unique needs and preferences.

As you embark on this sensory journey, our tranquil spa environment envelops you in serenity, allowing you to escape the pressures of everyday life. Soft ambient lighting, soothing music, and the gentle trickle of water create an ambiance conducive to deep relaxation. Our attentive staff ensures that every aspect of your visit is tailored to your comfort and well-being, leaving you feeling utterly pampered and restored.

Experience the excellence of Tulia Spa and discover the transformative power of our customized treatments. Whether you seek a moment of pure bliss or a comprehensive spa retreat, we invite you to immerse yourself in the ethereal atmosphere we have created. Unwind, rejuvenate, and embrace the harmonious balance that awaits you at Tulia Spa.







# TREATMENTS

## TULIA SIGNATURE BAMBOO MASSAGE

⌚ 60 Mins

KES. 8,500

Our Signature Bamboo Massage relaxes your body, mind and soul using a combination of techniques tailor made to suit your areas of concern and is finished off with a hot towel compress. This massage significantly helps improve the body's natural ability to heal.

## SWEDISH MASSAGE

⌚ 60 Mins

KES. 9,000

| ⌚ 90 Mins

KES. 11,000

A full body massage that gives energy and total healing relaxation with a different use of techniques such as long kneading rhythmic strokes that allows the body to absorb more oxygen and for detoxification.

## DEEP TISSUE MASSAGE

⌚ 60 Mins

KES. 9,500

| ⌚ 90 Mins

KES. 12,500

This therapy involves applying sustained pressure using slow, deep strokes to target the inner layer of your muscles and connective tissues. It helps to reduce tension in muscle and soft tissues.

## SPORTS MASSAGE

⌚ 90 Mins

KES. 13,500

Experience relaxation on areas of the body that are overused from repetitive and often aggressive movements.

## HOT STONE MASSAGE

⌚ 60 Mins

KES. 10,500

| ⌚ 90 Mins

KES. 12,500

The heat from warmed volcanic stones combined with therapeutic oils ease muscles and damaged soft tissues throughout the body, leaving you relaxed and rejuvenated.

## TULIA FOUR HAND MASSAGE

⌚ 75 Mins

KES. 16,000

Using unique combination of techniques, two therapists work simultaneously on your body, for 75mins of harmony and healing.





### AROMATHERAPY MASSAGE

⌚ 60 Mins

KES. 10,000

| ⌚ 90 Mins

KES. 13,000

A therapeutic massage treatment with the use of essential oils to promote healing, a feeling of well-being and total relaxation. We select essential oils extracted from parts of the herbs and plants that contain properties to cater to your individual needs and concerns.

### MUM TO BE MASSAGE

⌚ 75 Mins

KES. 10,000

Mother To Be Massage promotes relaxation, soothes nerves, and relieves strained back and leg muscles in expectant mothers. This is especially beneficial in the second and third trimesters. The massage therapist will take extra care to make sure your body gets the cushioning and support it needs.

### REFLEXOLOGY

⌚ 60 Mins

KES. 6,500

Pressure is applied to specific reflex points on the foot. These points correspond to organs and areas of the body to induce a healing response and even alleviate some ailments.

### BODY POLISH

⌚ 45Mins

KES. 6,500

Enjoy a full body exfoliation with your selection of body polishes.

**Our invigorating Body polishes serves to remove dead skin and encourage cellular renewal for smooth, soft, balanced, firm, and retextured skin that glows with vitality.**

(Extend your pamper journey by adding an additional spa treatment to your spa experience)

Choose from:

- Tranquility Body Scrub
- Awaken Body Scrub
- Pure recovery Body Scrub
- Skin Detox Body Scrub
- Anti cellulite Body Scrub
- Kahawa Body Scrub
- Sea Minerals

### FOOT 'O' FLEX

🕒 30 Mins

KES. 4,000

*A foot pressure massage that will bring relaxation to your body, helping you sleep better and leaving you feeling uplifted and rejuvenated.*

### STRESS RELIEVER

🕒 30 Mins

KES. 5,000

*A relaxing massage concentrating on neck, shoulder, back and feet.*

### INDIAN HEAD AND SHOULDER MASSAGE

🕒 30 Mins

KES. 5,000

*This ancient Ayurveda therapy treats the head, neck and shoulders while seated.*

### FULL BACK MASSAGE

🕒 30 Mins

KES. 5,000

*A quick fix to alleviate stress, tension, and tiredness.*

### ANTI JETLAG MASSAGE

🕒 45 Mins

KES. 6,000

*This massage will alleviate jet lag and fatigue, while you experience multiple benefits such as, a restful feeling and an improvement in your sleep.*



# TULIA BODY CEREMONIES

## COUPLES' RETREAT PACKAGE

🕒 180 Mins

KES. 50,000 Per Couple

### Plus Mini Facial

The perfect way to relax with your loved one! Our signature couples' spa therapy begins with a 10 mins Jacuzzi bath, accompanied by Tranquility Body Scrub that will aid in removing all the dead skin from your Body, followed up with a relaxing charcoal activated body mask and finally finish off with a soothing and rejuvenating Tulia Bamboo signature massage **(Enjoy herbal teas In our relaxation area)**

## TULIA SPA RITUAL

### Foot Cleanse/Body Scrub/Massage

🕒 90 Mins

KES. 13,500

A restorative and soothing spa treatment that begins with a 10-minute foot cleanse, followed by body exfoliation and our Signature 60 minutes body massage. This treatment will leave you completely relaxed and your skin feeling soft, smooth, and supple.

## SKIN DETOX FULL BODY TREATMENT

🕒 150 Mins

KES. 16,500

Indulge in our Skin Detox Full Body Treatment, a revitalizing exfoliates, detoxifies, and nourishes your skin. From gentle exfoliation to a purifying mask and hydrating massage, this luxurious treatment leaves your skin refreshed and radiant. Suitable for all Skin types, it's the perfect escape for a healthier, glowing complexion.

## TULIA BEACH RETREAT

🕒 180 Mins

KES. 25,000

Involves a choice of Sea mineral body Polish, body wrap, hydrating mini facial, massage treatment to relax, inspire and transport you to a world of sensual delight.

## TULIA RECOVERY PACKAGE

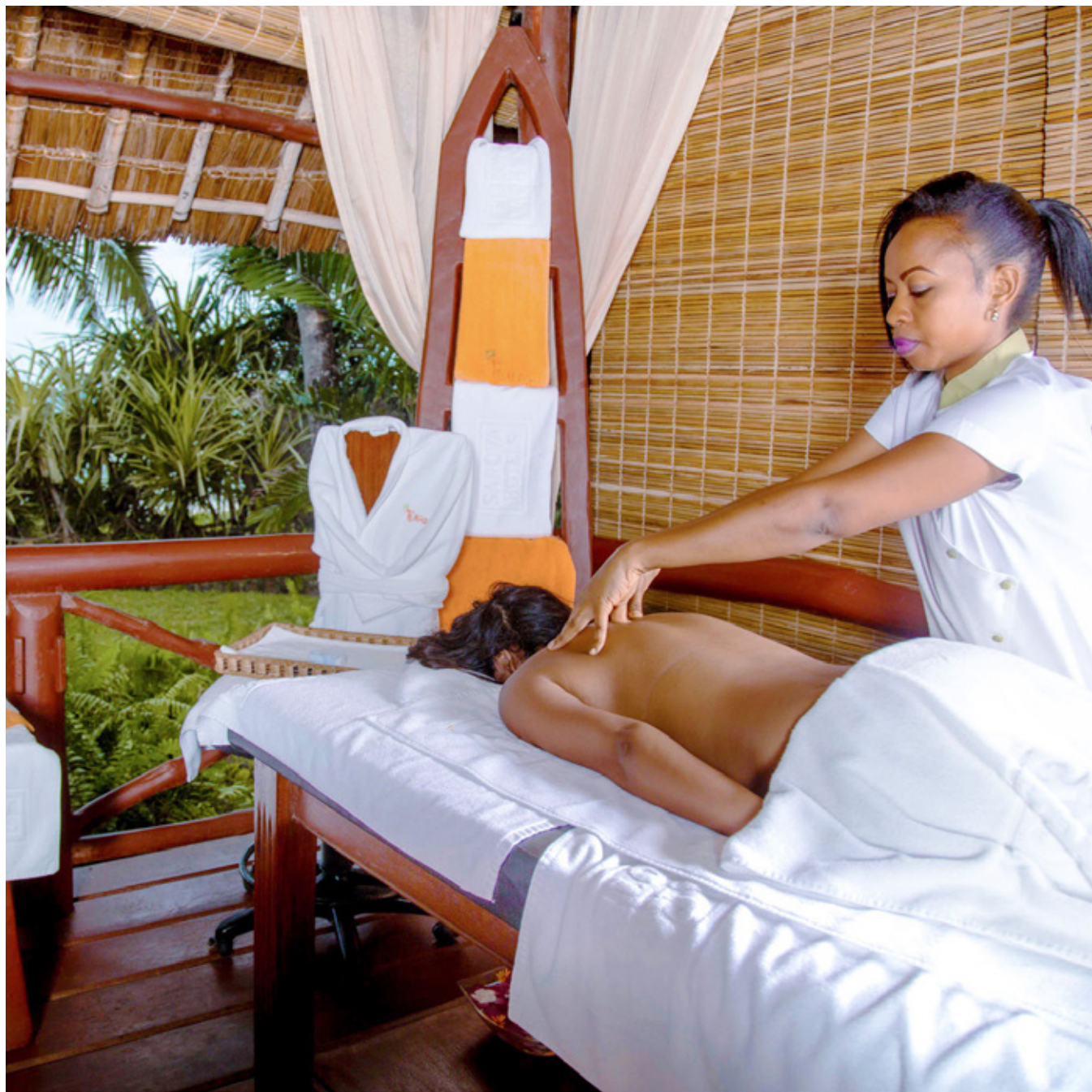
### Hot stone massage & Foot massage

🕒 90 Mins

KES. 14,000

Begin your treatment with a dry-body-brushing of the back that increases circulation and exfoliates the skin. This was followed by a hot stone back, neck and shoulder massage and a pressure point foot massage. This deep penetrating warmth of the stones will relieve tension and leave you feeling rested.





# AYURVEDA TREATMENTS

## ABHYANGAM WITH STEAM BATH

🕒 90 Mins

KES. 13,000

*This is a rejuvenating massage using warm, herb-infused, dosha-specific oil all over the body through long repetitive friction-based massage strokes on the limbs and circular strokes on the joints. As the oil penetrates the skin and tissues, it loosens toxins at a cellular level. This style of massage is deeply relaxing and rejuvenating. It balances the doshas, in particular, Vata dosha, promotes circulation, boosts immune system function, and creates deep relaxation in the mind and body.*

## SHIRODHARA

🕒 60 Mins

KES. 12,000

| 🕒 7 Days

KES. 65,000

*Shirodhara is one of the most relaxing experiences. Herbs-spices are cooked with milk and poured in a continuous stream on to the client's forehead and a light massage to the body.*

## ORIENTAL BLISS

🕒 120 Mins

KES. 22,500

*This signature therapy draws on Ayurveda traditions used for centuries in the east. Begin with a traditional Indian head massage using pressure points on scalp and neck.*





# FACIAL TREATMENTS

## MINI FACIAL

🕒 30 Mins

KES. 5,500

*This 30 mins facial is a convenient option for people with busy schedules and little time to spare. It comprises of cleansing, toning, exfoliating, application of a mask and moisturizing.*

## EXPRESS FACIAL

🕒 60 Mins

KES. 7,000

*For persons on the go, this facial is designed to give maximum results within a short time, rejuvenate the skin and relaxing you without putting a dent on your schedule. Our pure natural ingredients feed the skin and restore its youthful glow.*

## HYALURONIC HYDRATION FACIAL

🕒 75 Mins

KES. 15,000

*An intensive hydration-infused facial specially targeting dehydrated and water-lacking skin. Begin with a nourishing cleanse tailored to your individual skin for the ultimate hydrating experience. Lavishly infused with the active ingredient Hyaluronic acid, it nourishes the skin with nutrients, moisture, and supports natural hyaluronic production, leaving the skin plump and moisture-rich. The incorporation of a Rose Quartz Roller aids in boosting circulation, resulting in an optimum skin glow. Suitable for all skin types, it's ideal for dehydrated and sun-exposed skin.*

## DEEP CLEANSE FACIAL Women

🕒 75 Mins

KES. 8,500

*A deep cleansing facial that will leave the skin looking refreshed and more youthful. By using gentle enzyme exfoliator, we purify the skin without the long-term damage usually caused by harsh products. An enzyme exfoliation with a massage that stimulates and uplifts tired and dull skin and clears problematic skin.*

## NOURISHING FACIAL Men

🕒 60 Mins

KES. 8,500

*Specially customized to the needs of man skin, this facial gives the skin a fresh and rejuvenated look.*



### **ENZYME EMPOWERED FACIAL** (HEALING EARTH PRODUCTS)

🕒 **90 Mins**    **KES. 18,000**

A high-performance, specialized, and results-driven facial designed for cellular rejuvenation gently stimulates skin cell renewal on deeper skin levels. The presence of a high dosage of vitamin C actively boosts skin regeneration and combats aging. The unique delivery of active ingredients, including peptides, hyaluronic acid, enzymes, and probiotics, provides highly nourishing results. This facial is the ultimate anti-aging solution for mature, dry skin.

### **ETERNAL YOUTH ANTI-AGING FACIAL**

🕒 **90 Mins**  
**10 Sessions**

**KES. 13,500**  
**KES. 90,000**

Using natural ingredients, this anti-aging technique is to slow down the aging process and is combined with the best products to restore firmness, brighten the skin, reduce wrinkles, and smoothen skin appearance, giving resistance and suppleness to your complexion.





# BEAUTY TREATMENTS

WAXING	PRICE (KES)
Lip & chin wax	1,200
Underarm	1,500
Bikini line	3,000
Full arm wax	3,000
Half leg wax	2,500
Brazilian wax	5,000
Chest Wax	4,000
Back wax	4,500
Full leg wax	4,500
Lips & chin wax	1,500
Eyebrow shaping	1,500

MANICURE & PEDICURE	DURATION	PRICE (KES)
Gel removal	15 Mins	1,000
Normal nail polish	30 Mins	1,500
Gel nail polish revarnish	45 Mins	2,500
Manicure (normal polish)	60 Mins	3,000
Pedicure (normal polish)	75 Mins	3,500
Manicure (gel polish)	75 Mins	4,000
Pedicure (gel polish)	75 Mins	4,000
Combined manicure & pedicure (gel)	180 Mins	7,500





## TULIA WELLNESS CENTER HOURS

GYM (WEEKENDS & PUBLIC HOLIDAYS)	6:00AM – 8:00PM
SPA SERVICES	8:00AM – 8:00PM

## GIFT CERTIFICATES

*Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details.*

## BOOKINGS & CANCELLATIONS

*Guests are requested to advise the wellness center reception of changes or cancellation on their bookings as soon as they can.*

**INDIVIDUAL BOOKINGS:** *Cancellations received in less than 5 hours prior to the booking will be subject to a 50% cancellation fee. All no-show appointments will attract a 100% cancellation fee.*

**GROUP BOOKINGS:** *50% cancellation fee is applicable if cancelled later than 48 hours in advance.*

*We recommend that you arrive 15mins prior to your booking time to fill in the consultation form. Showing up late for your appointment may shorten the length of your treatments with full payments expected. All group bookings (more than 3) should pay 50% deposit of the total cost whilst making the booking.*

## ACCESS

*Tulia Wellness Center is available to our residents and all persons over 18 years or older. Individuals who are pregnant, have disabilities, allergies, or any other health concerns are welcome to use the spa but should notify reception so the appropriate therapist and service can be recommended.*

## **SPECIAL CONSIDERATION**

*If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy. If you have high blood pressure, heart conditions, allergies, or other medical complications, we advise that you consult your doctor before signing up for any Spa services. Please inform your therapist of any medical conditions.*

## **SMOKING AND ALCOHOL**

*Smoking and the consumption of alcohol within the Spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to any Spa treatment.*

## **VALUABLES**

*We recommend that no jewelry be worn at the Spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the Spa premises.*

## **REFUND POLICY**

*Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.*

## **DISCLAIMER**

*The spa treatments, services and/or facilities received or utilized at Tulia Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Guests will fully indemnify and hold harmless Tulia Spa and its holding company.*

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*· Rates are subject to change without prior notice and subject to availability. | \*Terms and conditions apply*



*For reservations, bookings and queries, contact:*

**Tel:** +254 719 022 720 | **Email:** [Tulia.Whitesands@sarovahotels.com](mailto:Tulia.Whitesands@sarovahotels.com)



**SAROVA WHITESANDS**  
BEACH RESORT & SPA  
MOMBASA