



# WELCOME TO ASILIA SPA AT JABALI RIDGE

**RUAHA**

## GOOD TO KNOW

### OPENING HOURS

The spa is open daily from 9am to 7pm.

### SPA RESERVATION

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

### PRIOR TO ARRIVAL

We recommend that you leave all jewelry 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 off any oils or sun cream 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

We welcome you to arrive for your spa appointment 15 minutes before your scheduled service to complete a guest consultation form and to take time to breathe before your treatment.

## CONSULTATION

All new guests to the spa 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 A RESERVATION

A booking cancellation fee of 100% will be charged on all services cancelled within 4 hours or less of the appointment time.

## WHAT TO WEAR

The spa provides disposable underpants and shower amenities when you are having wet treatments.

## AFTER YOUR TREATMENT

Take rest and avoid direct sun or vigorous activity for at least 1 hour after a spa treatment. Drink water before and after each treatment.

## PAYMENT

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

## YOUNG GUESTS

Children under the age of 12 years experiencing 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 the ultimate environment of harmony and privacy, for all our guests to enjoy, Asilia Spa at Jabali is a mobile phone and smoke free area.

# TREATMENTS



## SENSE OF PLACE

### ASILIA CRYSTAL FACIAL

90 MINUTES

A restorative facial treatment that quenches and provides the ultimate in intense hydration. For tired, undernourished, and lackluster skin. Amethyst & Rose Quarts crystals encourage the release of toxins.

### AFRICAN AMETHYST PURIFYING FACIAL

75 MINUTES

This deep cleansing therapeutic facial unblocks pores, minimize skin blemishes, calm inflamed skin or acne prone skin. Amethyst reinforces healing and encourages new radiance of complexion.

### AFRICAN ROSE QUARTS FACIAL

75 MINUTES

A soothing treatment for irritated and sensitive skin. Rose Quartz calms the skin and revives the heart chakra.

## WELLNESS MASSAGES

### AFRICAN WOOD MASSAGE

60 /90 MINUTES

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

### SHIATSU

60 /90 MINUTES

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

### ABHYANGA

60 MINUTES

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

### HEALING HILOT

60 /90 MINUTES

An age-old healing technique from the Philippines that has been passed down from generation to generation. Based on the concept of energy meridians, the therapist works on the energy lines to increase blood flow, which is necessary for the general well-being.

## ORIENTAL FUSION

60 /90 MINUTES

A traditional Asian deep-pressure massage technique with a fusion of pressure points and stretching to relax muscle tension and improve circulation.

## HEALING STONE MASSAGE

90 MINUTES

Melts away your tension through alternate manual movements and hot basalt stone to promote complete relaxation.

## UNYAYO REFLEX

45 MINUTES

An ancient holistic Eastern treatment concentrating on the pressure points on the soles of the feet and is used specifically for healing and revitalizing the body.

## TULIA HEAD MASSAGE

30 MINUTES

Using a gentle and stimulating technique to massage shoulders neck and scalp to disperse toxins from tense, knotted muscles and improve blood circulation to the brain resulting in deep relaxation.

## INTUITIVE MASSAGE

30/45/60/90 MINUTES

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

## BODY THERAPIES

### BODY SCRUB

45 MINUTES

African Coffee - An exfoliation for all skin types that detoxifies and firms the skin

Salt – Replenish tired and dry skin

Coconut & Spice – Restores skin vitality

### DECADENT CHOCOLATE BODY COCOON

45 MINUTES

Reap the exceptional rejuvenating benefits of Cocoa. See your skin's revival and feel it's velvety smoothness.

## AFTER SUN TREATMENT

45 MINUTES

This Aloe Vera treatment is an effective natural sunburn soother, it soothes burnt skin, moisturizing and encouraging new cell growth. Completed with head and face massage.

## BEAUTY THERAPIES

### SPA MANICURE

45 MINUTES

A beautiful treat for hardworking hands, includes gentle exfoliation, soothing massage, cuticle tidy and paint.

### SPA PEDICURE

45 MINUTES

Revitalize the feet, nails and cuticles with this invigorating treat to soften and re-nourish tired, neglected feet.

### WAXING

Embrace silky smooth skin.

### TINTING

20 MINUTES

Beautify the appearance of your eyelashes and eyebrow.

## ADD ON

### FILE AND PAINT

20 MINUTES

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

### IN ROOM SERVICE

A selection of treatments can be experienced in the comfort of your own room with an applicable surcharge. Please contact the manager on duty directly.

# TREATMENT PRICES

TREATMENTS	DURATION	PRICE
SENSE OF PLACE		
Crystal Facial	90 minutes	\$105
African Amethyst Purifying Facial	75 minutes	\$95
African Rose Quartz Facial	75 minutes	\$95
WELLNESS MASSAGES		
African Wood Massage	60/90 minutes	\$80/\$95
Shiatsu	60/90 minutes	\$80/\$95
Abhyanga	60 minutes	\$80
Healing Hilot	60/90 minutes	\$80/\$95
Oriental Fusion	60/90 minutes	\$80/\$95
Hot Stone Massage	90 minutes	\$95
Unyayo Reflex	45 minutes	\$65
Tuliya Head Massage	30 minutes	\$50
Intuitive Massage	30/45/60/90minutes	\$50/\$65/\$80/\$95
BODY THERAPIES		
Body Scrub	45 minutes	\$55
Decadent Chocolate Body Cocoon	45minutes	\$65
After Sun Treatment	45minutes	\$65
BEAUTY THERAPIES		
Spa Manicure	45minutes	\$35
Spa Pedicure	45minutes	\$35
Hot Stone Pedicure	50 minutes	\$45

TREATMENTS	PRICE
WAXING	
Full Leg	\$40
Half Leg	\$25
Underarm	\$15
Arms	\$20
Face	\$15
Eyebrows	\$10
Lip	\$10
TINTING	
Eyelash	\$25
Eyebrow	\$20
Lash and brow	\$35

#### Disclaimer

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

## OUR STORY

We are a company built by passionate people with deep roots in the original family-run safari companies of East Africa. With a pioneering eye, our founders, many of whom are still involved today, combined their safari experience, passion, and commitment to East Africa, and formed Asilia Africa in 2004.

They knew that their diverse characters and family spirit could bring real change to East Africa in a meaningful way, which led them to choose the name Asilia - Swahili for 'genuine' or 'authentic'.

Asilia guests play an integral role in achieving our Positive Impact goals through an automatic donation of USD 5 per person per night to AsiliaGiving. AsiliaGiving is responsible for the disbursement of funds to causes that have been vetted by us, and are essential to the continued existence of Africa's wild places.

## OUR VISION

To empower the crucial wilderness areas in East Africa to thrive, benefitting local people and nature alike.



GENUINE SAFARIS | GENUINE DIFFERENCE