

# WELCOME TO ASILIA SPA AT NAMIRI PLAINS

SERENGETI



## GOOD TO KNOW

### OPENING HOURS

The spa is open 7 days a week.

### SPA RESERVATION

For any inquiries 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 the maximum results 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 take time to breathe and relax 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 underwear and shower amenities should you require these.

## PAYMENT

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

## YOUNG GUESTS

Children under the age of 12 years 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 Namiri Plains is a mobile phone and smoke-free area.

# TREATMENTS



## FOUNTAIN OF YOUTH

### HYDRATING FACIAL

60 MINUTES

A restorative facial treatment providing hydration for dry skin. For skin that is tired looking, undernourished, and lacks vitality, this treatment protects the skin from pollution and smoothes out expression lines.

### PURIFYING FACIAL

60 MINUTES

This deep cleansing, therapeutic facial unblocks pores and eliminates skin blemishes, as well as reinforces the epidermis and brings out a new radiance.

### SOOTHING FACIAL

60 MINUTES

A comforting soothing treatment for irritated and sensitive skin which repairs and rebalances the skin's natural defense mechanism..

## 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 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 general well-being.

## ORIENTAL FUSION

60 /90 MINUTES

A fusion of traditional Asian deep pressure massage techniques that includes pressure points and stretching to relax muscle tension and improve circulation.

## HOT STONE MASSAGE

90 MINUTES

Melts away tension through alternate hand manipulation and hot basalt stone to promote complete relaxation.

## MIKONO MINNE

45 MINUTES

Combining the expertise of two skilled therapists working in perfect synchronicity using traditional and contemporary massage techniques to relax, stretch, and revive your body to the sound of an African rain stick.

## UNYAYO REFLEX

45 MINUTES

An ancient holistic Eastern treatment concentrating on the pressure points on the sole of the feet and is used specifically for healing and revitalising 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

### PAPAYA MANGO MASK

60 MINUTES

Papaya and Mango are a wonderful source of healing antioxidants that will cleanse, rejuvenate, and heal your skin resulting in a natural glow.

## ASILIA RITUALS

INDULGENCE OF TIME	120 MINUTES
Your choice of body scrub and massage	
TRAVELLER'S RETREAT	120 MINUTES
Your choice of massage and facial	
BUSH FANTASY	180 MINUTES
Your choice of body therapy, African wood massage, and facial	

## 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
Revitalise the feet, nails, and cuticles with this invigorating treat to soften and re-nourish tired, neglected feet.	
HOT-STONE PEDICURE	50 MINUTES
A wonderful therapeutic treatment, releasing toxins, and improving circulation – the perfect treatment for worn out feet. After soaking and exfoliating, warm stones will be used to massage your feet and calves rubbing any tension away.	

## ADD ON

EXPRESS FACIAL	30 MINUTES
Refresh and treat your face with some TLC. This mini facial will cleanse, exfoliate, tone, and moisturise.	
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 experience in the comfort of your own room with an applicable sur-charge. Please contact the manager on duty directly.

# TREATMENT PRICES

TREATMENTS	DURATION	PRICE
FOUNTAIN OF YOUTH		
Hydrating Facial	60 minutes	\$75
Purifying Facial	60 minutes	\$75
Soothing Facial	60 minutes	\$75
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
Mikono Minne	45 minutes	\$105
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
Papaya Mango Body Mask	60 minutes	\$65
ASILIA RITUALS		
Bush Fantasy	180 minutes	\$185
Indulgence of Time	120 minutes	\$125
Traveller's Retreat	120 minutes	\$125
BEAUTY THERAPIES		
Spa Manicure	45minutes	\$35
Spa Pedicure	45minutes	\$35
Hot Stone Pedicure	50 minutes	\$45

TREATMENTS	DURATION	PRICE
ADD ON		
Express Facial	30 minutes	\$45
File and Paint	20 minutes	\$15

#### Disclaimer

Guests are kindly requested to ensure that they take care of their personal belongings. The Asilia Spa at Namiri Plains does not accept any 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