

Kipepeo spa
Treatment menu



Information

Body Massage is the oldest form of healing that has been practiced by many civilizations; today it is considered one of the more popular healing therapies and is practiced throughout the world. Some of the known benefits of massage include pain relief, stimulation of the blood flow to heal tissues, stimulation of the lymph system to remove toxins from the body, improvement in muscle tone, mobilization of fat and to give an overall sense of well being by relaxing the mind. Arrive a few minutes early so you are feeling relaxed and calm.

- › Please inform the therapist if you have any injuries or pain.
- › Let your therapist know if you DO NOT like to listen to music.
- › Please keep your underwear on during the massage.
- › If you feel any pain or discomfort during the massage, please inform your therapist immediately.
- › You may take a warm shower after your massage.
- › It is recommended that you should drink a glass of water after your massage as this has a cleansing effect on your body by flushing out the toxins.
- › Avoid any strenuous activity for at least 2 hours after your massage.

Treatments

BACK NECK AND SHOULDERS MASSAGE

Soothe away tension and fatigue of the long journey with the Back Massage.

AROMATHERAPY RELAXING MASSAGE

This full body pampering massage uses aromatherapy oil blends to relax and rejuvenate through rhythmic touch. A jet lag reliver.

DEEP TISSUE MASSAGE

This full body massage uses specific pressure points in the body to stimulate circulation using a stronger pressure.

SWAHILI HEAD MASSAGE

This exotic Indian massage of the neck shoulders and scalp relieves soreness and tension, promotes hair growth and induces sleep.

PAMPERING FACIAL

Restores the natural radiance of your complexion using Botanical products. Cleansing, gentle exfoliation, toning and moisturizing is accompanied by a rejuvenating massage of the face neck and shoulders. Includes a rejuvenating eye treatment and a moisturizing hand massage.

PEDICURE

Pamper your feet to perfection – file shape, cleanse, scrub, massage and polish – a complete foot treatment. Definitely a post Kilimanjaro foot reviver.

MANICURE

A complete hand treatment finished off with classic or French polish.

Client Questionnaire

**IF YOU HAVE ANY OF THE FOLLOWING IT IS STRONGLY ADVISED
NOT TO HAVE A BODY MASSAGE.**

- › A recent injuries / broken bones.
- › Any areas of acute pain or inflammations/ disease (including varicose veins/ arthritis/ joint swelling, osteoporosis or allergies)
- › If you have or may have the flu.
- › If you are pregnant.
- › If you are you allergic to anything e.g., Essential Oils, Nut allergy?

PLEASE INFORM THE THERAPIST ON THE BELOW.

- › Are there any areas that should be avoided when giving you a massage, either for medical reasons, because you bruise easily, or for personal reasons?
- › Are there any areas of your body that you would like to focus more time on during the massage?
- › What level of pressure do you prefer? Light, Medium or Deep?