

NATURAL LAMU

BEAUTY SPA



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TREATMENTS MENU

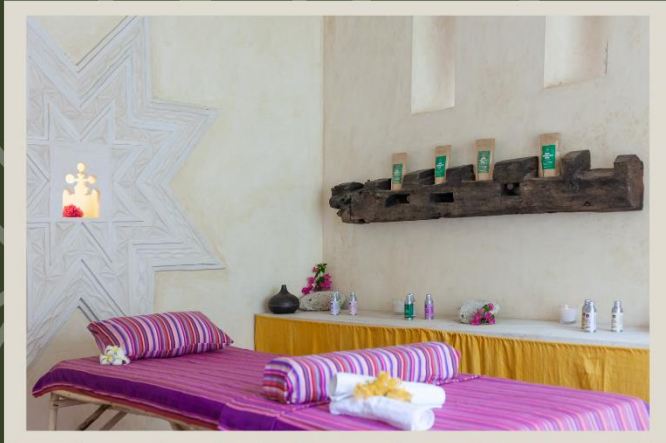
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Reservations
+254 791332919

**FIND RELAX, REJUVENATION
AND HEALING
IN THE HEART OF SHELA**





**BEST QUALITY ALL-NATURAL PRODUCTS
AND A HIGHLY SPECIALIZED TEAM TO
BRING YOU A UNIQUE LUXURIOUS EXPERIENCE**

FACIAL PLUS BACKSIDE BODY

*Embrace a luxurious rejuvenation from back to front.
Start with a backside treatment for your legs and back.
Next, enjoy a revitalizing facial that will help restore a
healthy glow and suppleness to your face.
This pampering escape rejuvenates your body and lifts your spirit,
leaving you glowing inside and outside.*



Skin conditioning with our exclusive extra virgin coconut oil mixes.

Intense hydration with aloe vera gel.

Backbody oil massage with our own moringa and baobab oils.

Full facial treatment with our exclusive neem leaf paste.

120 MINUTES - 9,000 KSH
COUPLES TREATMENT - 18,000 KSH



FACIAL TREATMENT

Treat yourself to an experience that will help restore a healthy glow and suppleness to your face.

Based on the application of our own oils, lotions and scrub, and on a unique facial mask made of fresh leaves. You will feel a noticeable and immediate improvement in the appearance of your skin.



Deep cleansing with our exclusive Deep Cleansing oil mix.



Exfoliation with our coral powder scrub and with luffa sponge.



Fresh leaf mask: neem or moringa paste, brought daily from our farm.



Hydration with floral water and fresh aloe vera gel.



Intensive oil massage with our own moringa and baobab oils.

90 MINUTES - 6,500 KSH
COUPLES TREATMENT - 13,000 KSH



FOUR-HANDS MASSAGE

A full body oil massage synchronized by two therapists. Powerful experience that brings body and mind into a complete and deep state of relaxation. Specially indicated for those who have hard time letting go during treatments. Your body and mind will feel relaxed, energized and balanced, and your skin will be deeply moisturized.



Skin conditioning with our exclusive extra virgin coconut oil mixes.

Intense hydration with our freshly harvested aloe vera gel.

Full body oil massage with our own moringa and baobab oils.

OPTIONAL

Bath with epsom salt and
aromatherapy bath bomb of your choice.

60 MINUTES - 9,000 KSH

90 MINUTES WITH AROMATHERAPY BATH - 12,500 KSH



FULL BODY OIL MASSAGE

Reward yourself to an experience that will leave your skin deeply restored and nourished. You will feel more energized, your circulation will have improved and your skin will be deeply moisturized. For better experience and results, the treatment can be combined with an aromatherapy bath.



Skin conditioning with our exclusive extra virgin coconut oil mixes.

Intense hydration with our freshly harvested aloe vera gel.

Full body oil massage with our own moringa and baobab oils.

OPTIONAL

Bath with epsom salt and
aromatherapy bath bomb of your choice.

90 MINUTES - 6,500 KSH

120 MINUTES WITH AROMATHERAPY BATH - 10,000 KSH

COUPLES TREATMENT WITH BATH - 20,000 KSH



HOT STONE MASSAGE

This treatment uses a combination of warmed stones and massage techniques to relax tense muscles, relieve pain and stiffness, and improve circulation. The treatment can be used for ailments like muscular aches or arthritic conditions. Your skin will achieve a better blood flow and release of toxins, and you will feel a deeper muscle relaxation than in a standard massage.



Skin conditioning with our extra virgin coconut oil mixes.

Intensive pressure massage using hot stones:
back of legs, back, feet, front of legs, chest, arms and face.

OPTIONAL

Bath with epsom salt and aromatherapy bath bomb of your choice.

90 MINUTES - 6,500 KSH
120 MINUTES WITH AROMATHERAPY BATH - 10,000 KSH
COUPLES TREATMENT WITH BATH - 20,000 KSH



BODY SCRUB & CLEANSING NEEM BATH

Remove dead skin cells that remain on the skin's surface clogging its pores and blocking moisture from reaching deeper levels. Based on the application of our own and unique dead coral powder scrub. You will feel energized and your skin will feel smooth, clean and stimulated.



Conditioning of the skin with our extra virgin coconut oil mixed with our special blend of essential oils.



Full body exfoliation with our finest coral powder scrub.



Cleansing neem bath with added luffa rubbing.



Deep hydration with our fresh aloe vera gel.



Intensive oil massage with our own moringa and baobab oils.

120 MINUTES - 10,000 KSH
COUPLES TREATMENT - 20,000 KSH



60 MINUTES LEGS & FEET MASSAGE

*With this massage specially focused on the legs,
you will feel tension relief, improved circulation and reduced tightness.
For better results, the treatment can be combined with an
aromatherapy bath using our special muscle relief essential oils mix.*



Focused legs massage with our own
special feet & legs relaxing oil balm.



OPTIONAL

Bath with epsom salt and
our muscle relief bath bomb.

60 MINUTES - 5,000 KSH
90 MINUTES WITH MUSCLE RELIEF BATH - 8,500 KSH



60 MINUTES BACK MASSAGE

*A massage focused on the different areas of the back.
You will feel relief of stress and tension, reduced tightness and
improved circulation. For better results, the treatment can be combined
with an aromatherapy bath using our special muscle relief essential oils mix.*



Focused back massage with our own moringa and baobab oils
and our special deep tissue massage oil balm.



OPTIONAL

Bath with epsom salt and
our muscle relief bath bomb.

60 MINUTES - 5,000 KSH
90 MINUTES WITH MUSCLE RELIEF BATH - 8,500 KSH



HEAD, SHOULDERS AND FACE MASSAGE

This experience targets your most tension-prone areas, delivering a soothing escape from the daily grind. Our skilled therapists use gentle but effective techniques to ease muscle stiffness across your head, shoulders, and face. Perfect for reducing headaches, enhancing circulation, and promoting a sense of well-being.



Focused massage to release stress, using our own stress relief balms and oils.

60 MINUTES - 5,000 KSH
COUPLES TREATMENT - 10,000 KSH



SUNBURN TREATMENT

Relieve sun-exposed skin and instantly soothe sunburn. The treatment is based on the benefits of elements such as neem leaves and oil, peppermint and spearmint hydrosols, fresh aloe vera gel, coconut oil, moringa and baobab oils, and essential oils like manuka, lavender, eucalyptus or geranium. At the end of the treatment you will feel your skin cool and rehydrated.



Cooling bath with neem and Epsom salt.



Extra hydration with application of mint and spearmint hydrosols.



Intense skin conditioning with our extra virgin coconut oil
and our special blend of essential oils.



Deep hydration with an extra application of fresh aloe vera gel.



Full body oil massage with a special mix of oils and essential oils.

120 MINUTES WITH COOLING NEEM BATH - 10,000 KSH



HERBAL BALLS PRIADARA MASSAGE

Through this unique technique, you will feel deeply relaxed and relieved from stress and fatigue. This treatment seeks to balance emotional and physical well-being while improving blood and lymph circulation and stimulating internal organs.



Full body massage with application of our own herbal balls made with materials from our farm (lemongrass, tulsi, kaffir lime...)



OPTIONAL

Bath with epsom salt and aromatherapy bath bomb of your choice.

90 MINUTES - 7,500 KSH

120 MINUTES WITH AROMATHERAPY BATH - 11,000 KSH

COUPLES TREATMENT 90 MINUTES - 15,000

COUPLES TREATMENT WITH BATH - 22,000 KSH



COUPLES TREATMENTS

Facial treatment

13,000 KSH

Body scrub and cleansing neem bath

20,000 KSH

Full body oil massage

13,000 KSH

Full body oil massage with bath

20,000 KSH

Hot stone massage

13,000 KSH

Hot stone massage with bath

20,000 KSH

Herbal balls priadara massage

15,000 KSH

Herbal balls priadara massage with bath

22,000 KSH

**Every evening from 5pm
enjoy your couples treatment with
complimentary drinks and snacks**

TWO DAYS' PACKAGES

BEAUTY PACKAGE

DAY 1

Facial treatment



DAY 2

Body scrub and cleansing neem bath

RELAX PACKAGE

DAY 1

Hot stone massage



DAY 2

Full body oil massage with aromatherapy bath

RECOVERY PACKAGE

DAY 1

Back or legs 60 minutes massage



DAY 2

Herbal balls massage with aromatherapy bath

TWO DAYS' PACKAGE - 15,000 KSH



FIVE DAYS' PACKAGES

BEAUTY PACKAGE

DAY 1

Facial treatment

DAY 2

Body scrub and cleansing neem bath

DAY 3

Stone massage

DAY 4

Full body oil massage

DAY 5

Manicure and pedicure

BEAUTY PACKAGE - 32,000 KSH

RELAX PACKAGE

DAY 1

Body scrub and cleansing neem bath

DAY 2

Full body oil massage

DAY 3

Four hands sensory massage

DAY 4

Stone massage with aromatherapy bath

DAY 5

Facial treatment

RELAX PACKAGE - 37,000 KSH

RECOVERY PACKAGE

DAY 1

Back treatment with muscle relief bath

DAY 2

Full body oil massage

DAY 3

Legs treatment

DAY 4

Stone massage with aromatherapy bath

DAY 5

Herbal balls massage with aromatherapy bath

RECOVERY PACKAGE - 36,000 KSH

UNIQUE SKIN HEALING TREATMENTS BASED ON THE EXCEPTIONAL PROPERTIES OF NEEM

ACNE



ECZEMA



PSORIASIS



ARTHRITIS



FIND RELIEF WITH OUR FRESH NEEM LEAF
POULTICES, NEEM BATHS AND
OUR OWN SPECIALLY DESIGNED OIL MIXES



NATURAL LAMU

BEAUTY SPA



SKIN HEALING
TREATMENTS

ACNE FACIAL TREATMENT

Our facial treatment, specially targeted to address acne breakouts. Deep cleansing followed by a very gentle dry exfoliation, the application of a fresh neem leaves mask powered with herbs like green tea and spices like cumin or fenugreek, the rebalancing of the pH of the skin, a deep hydration and a facial massage with a special blend of essential oils. You will feel your face with reduced inflammation, clearer and smoother skin and the intensity of future breakouts will be reduced.

Deep cleansing with our exclusive Deep Cleansing oil mix.



Very gentle exfoliation with our finest coral powder scrub.



Fresh neem leaves mask mixed with green tea, lemongrass, cumin and fenugreek.



Skin pH rebalancing and application of fresh aloe vera gel.



Intensive face massage with our special blend of oils and essential oils directly targeted to the relief of acne.

90 MINUTES - 6,500 KSH



ECZEMA RELIEF TREATMENT

A treatment designed to help manage the symptoms of eczema and prevent flares. The use of special products like neem fresh paste, honey, coconut oil, aloe vera gel, black seed oil or cinnamon, combined with a neem bath, will moisturize dry, broken skin, while reducing inflammation, and reducing swelling and related symptoms.

Skin conditioning with our extra virgin coconut oil.



Neem bath with removal of dead cells using our finest coral powder scrub.



Application of a dry mask with black seed, fenugreek, coriander, mint and cinnamon, covered by a fresh neem leaves paste mixed with honey.



Application of aloe vera gel.



Oil massage with our special oil mix: moringa, baobab and neem oils, plus a selection of specific essential oils like bergamot, manuka or frankincense.

120 MINUTES INCLUDING NEEM BATH - 12,000 KSH



PSORIASIS RELIEF TREATMENT

A treatment designed to help manage the symptoms of psoriasis. The use of special products like neem fresh paste, moringa oil, aloe vera gel, black seed oil, fenugreek, coriander or chili, combined with a neem bath, will reduce inflammation and related symptoms, and slow down skin cell growth.

Skin conditioning with our extra virgin coconut oil.



Neem bath with removal of dead cells using our finest coral powder scrub.



Application of a dry mask with black seed, fenugreek, coriander and chili powder, covered by a fresh neem leaves paste.



Application of aloe vera gel.



Oil massage with our special oil mix: moringa, baobab and neem oils, plus a selection of specific essential oils like peppermint, manuka or cedarwood.

120 MINUTES INCLUDING NEEM BATH - 12,000 KSH



ARTHRITIS RELIEF TREATMENT

A treatment designed to help manage the symptoms of arthritis and reduce pain and stiffness. This treatment takes advantage of the cooling properties of neem through a fresh neem leaves wrap followed by a dried neem leaves bath and the application of a specific oil mix. You will feel your joints relieved and with increased mobility.

Application of fresh neem leaves mask on the affected joints.



Neem and Epsom salt bath, and addition of specific essential oils like peppermint, eucalyptus, lavender, rosemary, ginger and turmeric.



Oil body massage with special emphasis on affected areas, with our special oil mix of coconut and neem oils, plus the additional of specific essential oils.

120 MINUTES INCLUDING NEEM BATH - 12,000 KSH



BATH BOMBS

ESSENTIAL OILS USED

MUSCLE

RELIEF

Peppermint
Eucalyptus
Cinnamon
Clove

BEDTIME

Bergamot
Lavender
Cedarwood
Patchouli

MENTAL

AWARENESS

Lemon
Peppermint
Spearmint
Rosemary
Lavender
Ylang ylang

ROMANTIC MOMENTS

Bergamot
Lavender
Ylang ylang
Cinnamon
Cedarwood
Patchouli

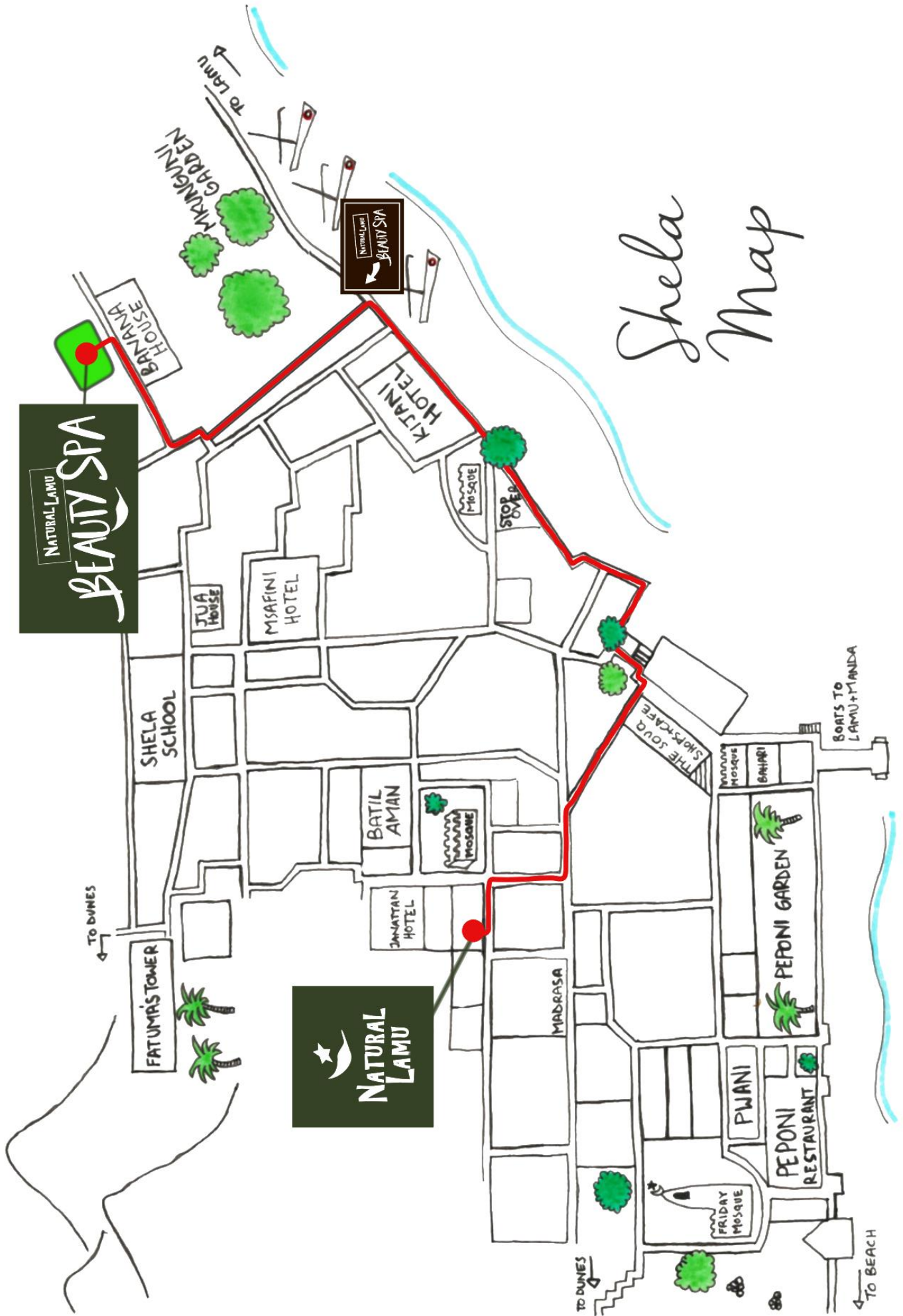
CLEAN & FRESH

Lemon
Litsea Cubeba
Rosemary
Ginger

STRESS RELIEF

Bergamot
Lavender
Rosemary
Ylang ylang
Frankincense

Shela Map





BRINGING TO YOUR SKIN

The Power of Nature