# HEMINGWAYS





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# Hemingways Watamu Spa

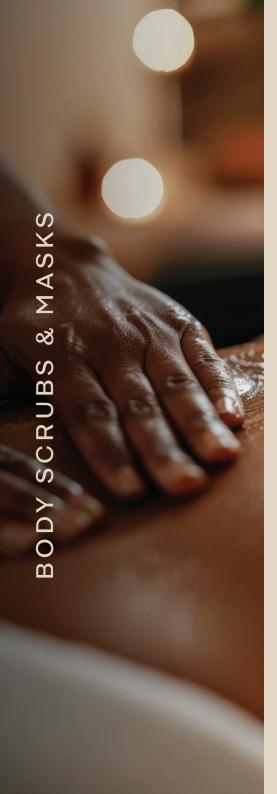
Step into a serene sanctuary of wellness where the Indian Ocean breeze, expert touch, and natural botanicals come together to restore body, mind, and spirit.





## MASSAGE THERAPIES

| BODY MASSAGE (SWEDISH) A sensory full-body massage combining the power of touch and scent to ease tension, improve circulation, and leave you completely relaxed. | 60 mins<br>90 mins | KSH 7,000<br>KSH 9,000  |
|---|--------------------|-------------------------|
| BACK, NECK AND SHOULDER MASSAGE Focused relief for tense upper-body muscles — ideal for those short on time.  | 30 mins            | KSH 5,000               |
| THE HEMINGWAYS IN HARMONY MASSAGE A fusion of Eastern Thai and classic techniques designed to restore balance to body, mind, and spirit.                          | 60 mins<br>90 mins | KSH 7,500<br>KSH 9,000  |
| AFRICA GOLD MASSAGE A luxurious full-body treatment using organic shea butter to deeply hydrate, nourish, and revitalise.   | 60 mins<br>90 mins | KSH 8,000<br>KSH 9,500  |
| PRE-NATAL MASSAGE A gentle, supportive massage tailored for expectant mothers to ease tension and promote relaxation.   | 75 mins            | KSH 9,000               |
| AFRIQUE AROMA / AROMATHERAPY MASSAGE A calming massage using carefully selected essential oils to promote emotional and physical wellbeing.                       | 60 mins<br>90 mins | KSH 7,500<br>KSH 9,500  |
| THE HEMINGWAYS REPAIR DEEP TISSUE MASSAGE Targets deeper layers of muscle to relieve chronic tension, aid recovery, and improve flexibility.                      | 60 mins<br>90 mins | KSH 7,500<br>KSH 10,000 |
| FOOT AND LEG TREATMENT Soothes tired legs and feet, improves circulation, and provides lasting relief after long days of travel.                                  | 45 mins            | KSH 6,000               |
| THE HEMINGWAYS REVITALISING FOOT TREATMENT A refreshing aloe and coffee foot scrub followed by a tension- relieving foot massage to restore balance.              | 60 mins            | KSH 6,500               |
| THE HEMINGWAYS REVITALISING BACK TREATMENT A purifying back scrub and massage designed to ease muscular tightness and refresh the skin.                           | 60 mins            | KSH 6,000               |
| HOT STONE MASSAGE Smooth basalt stones are used to penetrate deep into the muscles, relieving tension and promoting calm.   | 90 mins            | KSH 10,000              |
| THE HEMINGWAYS HERBAL RELAXING MASSAGE A full-body massage using a blend of moringa, coconut, lavender, and rosemary oils to relieve stress and nourish the skin. | 60 mins            | KSH 9,000               |
|   |                    |                         |



### **BODY SCRUBS & MASKS**

| MYRRH BODY SCRUB BY TERRES D'AFRIQUE A mineral-rich exfoliation ritual to detoxify, smooth, and energise the skin.  | 40 mins | KSH 6,500  |
|---|---------|------------|
| ALOE BODY SCRUB BY TERRES D'AFRIQUE Hydrating and soothing, this scrub is ideal for sun-stressed or sensitive skin.   | 40 mins | KSH 6,000  |
| COFFEE BODY SCRUB  This invigorating treatment helps to firm and tone the skin while improving circulation.   | 40 mins | KSH 6,000  |
| BODY MASK A luxurious body wrap designed to hydrate, purify, and nourish the skin.  | 40 mins | KSH 7,500  |
| THE HEMINGWAYS SOOTHING AND DETOXIFYING BODY MASK A full-body and facial wrap with detoxifying properties, combined with a gentle massage to leave skin balanced and renewed. | 90 mins | KSH 13,000 |
| THE HEMINGWAYS REJUVENATING BODY MASK An indulgent treatment that firms and brightens the skin, complemented by a full-body massage.  | 90 mins | KSH 13,000 |



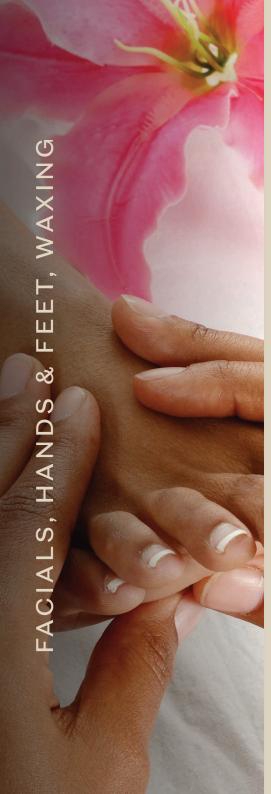
### SIGNATURE EXPERIENCES

| THE HEMINGWAYS EXPLORER PACKAGE Includes an Aromatherapy Massage followed by a manicure and pedicure — the perfect post-travel ritual.                             | 2 hrs 30 mins | KSH 14,500 |
|--|---------------|------------|
| THE HEMINGWAYS COMPLETE DETOXIFYING JOURNEY Combines a detoxifying facial, full-body wrap, and In Harmony.   | 3 hrs         | KSH 20,000 |
| THE HEMINGWAYS HAKUNA MATATA REJUVENATING JOURNEY A body scrub and hydrating wrap followed by our signature Africa Gold Massage — the ultimate coastal indulgence. | 2 hrs 30 mins | KSH 18,500 |
| THE HEMINGWAYS RELAX AND RECONNECT JOURNEY Choose your preferred Aromatherapy Massage and pair it with a full-body exfoliation for complete renewal.               | 1 hrs 40 mins | KSH 14,500 |
| THE GIRLS' GETAWAY Includes a body mask, aromatherapy massage, mini facial, and pedicure, ideal for friends or solo celebration.                                   | 3 hrs 30 mins | KSH 18,000 |
| COUPLE'S RITUAL A shared experience with a Coffee or Aloe Scrub, mini facial, body mask, and Africa Gold Massage, ideal for reconnecting and unwinding together.   | 3 hrs         | KSH 48,000 |

### **SPECIALIZED TREATMENTS**

### AFTER-SUN TREATMENT

A soothing option for sun-exposed skin, combining cooling  $$1\,\rm{hrs}\,30\,\rm{mins}$$  KSH 13,000 hydration with a restorative herbal massage.



# FACIALS

| FACIALS  |  |   |  |
|--|--|---|--|
| DETOXIFYING FACIAL Purifies and refreshes sk   | L<br>in exposed to environmental pollut                                | ants. 60 mins                                 | KSH 7,500  |
| MAISHA MAREFU REA<br>A brightening, anti-agein<br>radiance and vitality.                                       | JUVENATING FACIAL ng treatment designed to restore                     | 60 mins                                       | KSH 8,000  |
| CRYSTAL HYDRATING<br>Intensely moisturising for<br>youthful, dewy glow.  | G FACIAL<br>or dry or dehydrated skin, promoting                       | g a 90 mins                                   | KSH 9,500  |
| MINI FACIAL  An express facial that refreshes and revives tired skin — perfect when time is short.             |  | 30 mins                                       | KSH 4,000  |
|  | age designed to relax, rejuvenate, glow, the perfect quick indulgence. | 20 mins                                       | KSH 2,000  |
| HANDS & FEET   | г  |   |  |
| PROFILE MANICURE Nail shaping, cuticle care beauty of your hands.  | e, and polish to restore the natural                                   | 30 mins                                       | KSH 2,500  |
| PROFILE PEDICURE A thorough treatment in and polish.   | cluding foot exfoliation, nail care,                                   | 60 mins                                       | KSH 3,000  |
| POLISH APPLICATION Includes nail shaping and   | N<br>d polish for hands or feet.                                       | 20 mins                                       | KSH 1,000  |
| GEL/SHELLAC REMO<br>Professional removal of  | VAL<br>gel polish with gentle buffing and ca                           | are. 30 mins                                  | KSH 1,000  |
| ACRYLIC, OVERLAY OR GUM GEL REMOVAL Expert removal of artificial enhancements.  45 mins Add cuticle treatment. |  | 45 mins                                       | KSH 1,500<br>KSH 1,000                           |
| WAXING   |  |   |  |
| BODY WAXING Bikini line Underarm Half arm Full leg Full body   | KSH 1,500 F<br>KSH 2,000 H   | razilian<br>ull arm<br>(alf leg<br>(alf chest | KSH 3,500<br>KSH 2,500<br>KSH 2,500<br>KSH 2,000 |
| FACIAL WAXING Full facial Lip and chin   | KSH 2,000 E<br>KSH 1,000   | yebrows                                       | KSH 1,000  |

### **OUR PRODUCT PHILOSOPHY**

We proudly use Terres d'Afrique, a luxury African skincare range rooted in biodiversity and traditional healing practices. These organic, ethically sourced products are infused with botanical actives from across the continent and created in harmony with nature. Rich in essential nutrients, each formula is designed to nourish, heal, and balance, delivering sensorial experiences that awaken the body and calm the spirit.

Their ethos follows the Nagoya Protocol, embracing sustainable harvesting, fair trade, women's empowerment and conservation of indigenous wisdom. Every treatment at Hemingways Spa is thoughtfully curated using Terres d'Afrique to enhance your wellness journey and connect you more deeply with Africa's natural gifts.

### SPA OPERATING HOURS

Open daily from 10:00 am to 6:00 pm.

### SPA ETIQUETTE

To preserve a peaceful environment, we kindly ask that mobile phones be set to silent and that noise is kept to a minimum. Smoking and alcohol are not permitted.

### RESERVATIONS AND ARRIVAL

Advance reservations are recommended. Please arrive 15 minutes prior to your treatment time to allow for check-in and consultation.

### LATE ARRIVAL AND CANCELLATION POLICY

Late arrivals may result in a shortened treatment time. Cancellations made within 6 hours of the scheduled appointment or no-shows will be charged 50% of the treatment cost.

### **GIFT VOUCHERS**

Delight a loved one with a Hemingways Spa gift voucher, available at reception.

### **HEALTH CONSIDERATIONS**

Please inform us of any medical conditions, allergies, or pregnancy prior to your treatment. This allows our team to provide the most appropriate care for your needs.

### THE BOTANICAL POOL

Open from 7:00 am to 6:00 pm.

Enjoy a refreshing swim after your spa treatment.

Access is complimentary for hotel residents and spa guests. Subject to availability, please check with spa staff.

### THE GYM

Open daily from 6:00 am to 7:00 pm. Closing time may be extended on request.

### RESERVATIONS

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# LOCATION & CONTACT

### Hemingways Watamu

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