

Tumi Wellness

at

House of Waine

Swedish Massage (*60 mins*)

It is a therapeutic hands-on technique using long strokes applied to the body's soft tissues in order to promote relaxation and healing.

Ksh 5,000

Reflexology (*60 mins*)

Experience a relaxing and therapeutic treatment concentrating on pressure points and massage techniques on feet.

Ksh 5,000

Deep Tissue Massage (*60 mins*)

Helps to release chronic muscle tension with the focus on the deepest layers of muscle tissue, tendons and fascia.

Ksh 5,500

Aromatherapy Massage (*90 mins*)

Suited to conditions involving emotional or physical stress. Enhance your physical, mental and emotional well-being with a choice of natural essential oils.

Ksh 6,000

Hot Stone Massage (*80 mins*)

This massage uses basalt rocks that soothe aching joints. It is ideal to improve the flow of energy in your body.

Ksh 6,500

Stress Reliever Massage (*60 mins*)

Perfect for easing stress and muscular tension in the back area resulting from a deskbound or sedentary job. Includes a scalp and foot massage for complete relaxation.

Ksh 5,000



Sports Massage (*60mins*)

This massage is entirely for the physically active. It incorporates techniques from other message styles to become an entity that works to provide a deep and rehabilitating process that manipulates the soft tissue to prevent injury, elevate muscle or tension pain, or rid the soft tissue of any stress they are holding on to.

Ksh 5,500

Fusion Massage (*90mins*)

Own your 90 minutes with a combination of your favorite massages. You can combine Indian Head Massage, Swedish and any other massages that you enjoy the most. We recommend a maximum of two types in order to get the most of each express treatment!

Ksh 6,000

Lymphatic Drainage (*60mins*)

Lymphatic drainage massage involves gently manipulating specific areas of your body to help lymph move to an area with working lymph vessels.

Ksh 5,500

Time Out! (*1.5hours*)

Enjoy a back and neck massage, and an express facial whilst creating peaceful self-care moments. An optional Express Mani and Pedi may be added to the treat at an additional cost!

Ksh 6,000

Boss Lady (*4hours*)

This is the ideal all in one package for the woman who values her self-care routine and needs her R&R compressed, effective and enjoyable. Enjoy a full body massage, express facial, classic pedicure and gel manicure in a morning or afternoon.

Ksh 12,000

Serve the Goddess (*Full Day Package*)

Excellence cannot be rushed! Enjoy a full day experience with us as we gradually and lovingly pamper you through a full body scrub, full body hot stone massage, a deep cleanse facial, and a gel polish manicure and a pedicure. Top it all off with a delicious bottle of wine.

Ksh 19,000

