

ENLIGHTEN THE SENSE OF THE MIND, BODY & SOUL

MAYA SPA



SERVICES MENU
WWW.DIANIREEF.COM





KARIBU TO MAYA SPA

Our spa takes an uncompromising approach to health, well-being, and beauty.

This goes beyond the appearance to treat, touch, scent, and surround every part of you. All the therapies being offered at Maya Spa have been carefully chosen to create the perfect environment in combating stress, pollution, and discomforts coursed by urban life. With our commitment to holistic health, we have selected ingredients that are as close to nature as possible.

Our dedicated and professional staff will help to advise you on the variety of personalised face and body treatments that will make your stay a memorable one. Join us on a journey that captures the healing energy emanating from a unique destination, The Diani Reef Beach Resort and Spa - a balance of nature.

Come, walk with us.

YOGA & WELLNESS

AYURVEDIC & WELLNESS CONSULTATION

45 MIN. | KSH. 2500

The Ayurvedic consultation explores physical, mental, and emotional health to help you understand your unique energetic constitution or combination of Doshas (Vata, Pitta, and Kapha). This determines your body type and current imbalances to establish proper guidelines on lifestyle and diet that will help bring more balance, energy, and peace to your entire being.

BALANCE YOGA

45 MIN. | KSH. 3500

This is a personalized Hatha Yoga session with dialogue and adjustments specifically tailored for your needs. To develop a deeper understanding of how your body engages in each posture, the instructor guides your awareness to specific areas to enhance your body's natural intuition.

YOGA NIDRA

45 MIN. | KSH. 3500

Yoga Nidra means 'Psychic sleep'; a state of conscious sleep for deep relaxation. It is a guided process of relaxation to quieten the conscious mind and awaken the awareness and healing potential of the subconscious. A 30-minute session of Yoga Nidra can be as restful as two to four hours of sleep.

PRANAYAMA

45 MIN. | KSH. 3500

Pranayama literally means expansion of Prana (Vitality), a practice of breath regulation. Various techniques of Pranayama rectify the faulty patterns of breathing. The goal of pranayama is to remove the toxins from the subtle energy channels and promote body and mind relaxation.

All prices are inclusive of government tax and service charge.

MAYA SIGNATURE EXPERIENCE

MAYA SIGNATURE THERAPY

90 MIN. | KSH. 7500

This unique treatment starts with a body exfoliation, followed by our signature massage that incorporates Arabic and African influences. You will feel as if you are being taken into a world of total peace and serenity as the body is massaged in wave-like movements with the application of energy-stimulating massage techniques to balance the nervous system, providing the vital energy flow. This restorative, warming, and balancing experience is a must for total well-being.

DETOX BODY CLAY

75 MIN. | KSH. 6500

A well-designed wellness, traditional therapy of African ingredients such as essential oils, natural sun-dried clay enriched with minerals, and herbal extracts which are liberally massaged and infused onto the body to bring a natural unique sensation of well-being which includes detoxifying flow movements, rejuvenating exfoliation and a bath experience.

SYNCHRONISED FOUR-HAND MASSAGE

60 MIN. | KSH. 7500

Looking for a fully immersive experience that will put both body and mind in a complete state of relaxation and carefree daydreaming? You won't regret getting a four-hand massage. Gentle and recirculating strokes relieve stiff joints and stretch tired muscles. Combining acupressure techniques and synchronised movements creates a renewed sense of vitality and sensual energy - a truly unique and wonderful experience.

COUPLE BLISS

120 MIN. | KSH. 9000

Share a few precious moments of bliss with your partner— side by side in our intimate, couple therapy room. Begin your journey with a body exfoliation to shed the top layer of skin, followed by a deeply relaxing body treatment using warm aromatic oil, then complete the experience with a romantic floral bath to relieve tension and ensure you leave in a true state of serenity.

All prices are inclusive of government tax and service charge.

HEALING BODY THERAPY

TRADITIONAL SWEDISH MASSAGE

60 MIN. | KSH. 5500

This classic, European technique reduces tension and relieves the negative effects of everyday stress. The massage technique of gentle manipulation of muscles, using massage oils is used to increase circulation and flexibility, soothe tired muscles, and induce an overall sense of wellbeing.

MAYA RELAXING AROMATHERAPY

60 MIN. | KSH. 5700

This ancient method uses the beneficial power of essential oils to relax, balance, and stimulate the body. Essential oils are selected to suit your requirements. You will experience the gentle soft-flowing movements of our specialised massage technique, stimulating the skin with warmed oils and creating sensations of pleasure and wellness.

DEEP TISSUE MASSAGE

60 MIN. | KSH. 6000

A deep tissue massage applies deeper pressure and works on the deeper layer of the muscle tissues, tendons, and fascia to ease tension and reduce chronic muscle pain. It also helps to release toxins and is recommended for most forms of chronic muscle tension or overall body tension resulting from stress or over-exertion.

TIDAL WAVE BACK MASSAGE

30 MIN. | KSH. 3200

This "rapid tension release" treatment makes use of a special massage technique which helps to stimulate energy flow and to ease muscle tightness on these problem areas. The result is that the circulation to the back and neck area is increased which in turn leaves you induced with an overall sense of well-being.

All prices are inclusive of government tax and service charge.

HEALING BODY THERAPY

SUN STONE TOUCH

75 MIN. | KSH. 7200

Hot-stone massage therapy promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. This is combined with a deep tissue massage that will melt away tension, ease muscle stiffness, and increase circulation and metabolism.

INDIAN HEAD MASSAGE

45 MIN. | KSH. 4200

This ancient experience relaxes, tones and eases muscle tension in the neck, head scalp and shoulders, it also aids in the elimination of toxins by stimulating circulation, creating a positive energy flow through the chakras and leaving you in a state of tranquility and peace.

REFRESHING LEG MASSAGE

45 MIN. | KSH. 4200

A quick treat to revive tired and jetlagged feet, this massage to revitalizes both body and mind and balances the energy flow within, calming the entire nervous system.

DETOXIFYING ABDOMEN MASSAGE

45 MIN. | KSH. 4200

This is a traditional abdominal massage helpful in releasing negative emotions, blocked energy, digestive conditions, and eliminating toxins. In addition to alleviating gut-related pain and digestive issues, abdomen massages may also be used to strengthen weak abdominal muscles – improving posture and preventing injury.

All prices are inclusive of government tax and service charge.

BODY SCRUBS & WRAPS

LOW TIDE WRAP – HEAVY LEG TREATMENT

45 MIN. | KSH. 4500

This specialty treatment is best known for its ability to alleviate water retention in the legs due to a sedentary lifestyle. Excellent for poor circulation, especially after a long-haul flight.

SEA SALT AND BODY PEEL

45 MIN. | KSH. 4500

Experience this unusual body peel enriched with mineral elements derived from algae and pure, crystal salt. Thereafter, the body is nourished with velvet, moisturising body milk . This treatment is recommended before sunbathing.

COCONUT BODY SCRUB

45 MIN. | KSH. 4500

Revive yourself with the benefits of purely-ground coconut, who's exfoliating effects help make your skin look fairer, smoother, healthier, and softer - leaving it with a hint of shine and a lovely lingering scent.

CONTOURING OCEAN BODY WRAP

60 MIN. | KSH. 5500

This powerful body wrap accelerates the breakdown of fat in the body by increasing one's metabolism. This is an effective weightloss treatment.

DETOXIFYING SEAWEED WRAP

60 MIN. | KSH. 5500

The body is smothered in a gel enriched with high mineral content. The body is cocooned in a unique and rare alga wrap. This treatment helps to fight the signs of aging and low energy levels.

All prices are inclusive of government tax and service charge.

AROMATHERAPY FACIAL

ANTI-AGEING FACIAL

75 MIN. | KSH 7200

This treatment includes a welcome back massage, a powerful peel, and a highly specialized mask that is designed to lift and tightened. After the removal of the mask, serum an anti-aging cream is applied to leave the skin feeling soft, youthful, and balanced.

PERSONALISED FACIAL

45 MIN. | KSH 5200

This indulgent treatment is specifically designed according to your particular skin condition and needs. Your skin will also be deep cleansed, leaving it rejuvenated and fresh.

SUNBURN RESCUE FACIAL

60 MIN. | KSH 6000

This cooling and healing treatment concerns itself with skin that has been overexposed to the sun. It combines a homeopathic sun repair complex with a soothing clay mask. The results will speak for themselves as it hydrates the skin, leaving it with an excellent tone.

REGULATING FACIAL FOR OILY SKIN

60 MIN. | KSH 5500

This is the perfect solution for very oily and congested skin. An intensive treatment that deep cleanses and regulates the oil secretion in the skin, preventing shine. Your complexion will look radiant, fresh with pores being tighter and the skin texture feeling more refined.

All prices are inclusive of government tax and service charge.

HANDS & FEET

FOOT REFLEXOLOGY

60 MIN. | KSH. 4800

Treatment starts with an exfoliation of the feet using our custom-made exfoliants to indulge and tantalize the senses. Focused on the feet, pressure-point massage is applied to relieve stress and tension. This treatment will leave your system feeling well-balanced and rejuvenated.

MAYA EXOTIC HAND TREATMENT

45 MIN. | KSH. 2200

This decadent hand and nail treatment indulgently uses warmed aromatherapy oils to nourish and condition, while the overwhelming sensation of a coconut milk bath lavishes its richness and healing action on your skin.

MAYA EXOTIC FOOT TREATMENT

60 MIN. | KSH. 2500

This treatment is an unadulterated luxury for your feet and nails. Warmed aromatherapy oils nourish and condition, while the awe-inspiring sensation of a coconut milk bath lavishes its richness and healing action on your skin.

Re-varnish or French 20 min.	KSH. 700
Eyebrow or Eyelash tint 20 min.	KSH. 800
Eyebrow and Eyelash tint 30 min.	KSH. 1000
Eyebrow shaping 15 min.	KSH. 600

WAXING

Underarms 20 min.	KSH. 1500
Legs 45 min.	KSH. 4000
Arm 25 min.	KSH. 1500
Bikini line 25 min.	KSH. 2500
Brazilian 45 min.	KSH. 5000

All prices are inclusive of government tax and service charge.

PAMPERING COLLECTION

MAYA DEBUTANT

180 MIN. | KSH.14000

- Luxurious Sea-salt Body Peel
- Aromatic Spa Bath Treatment
- Aromatherapy Massage
- Personalised Facial

MAYA RENAISSANCE

120 MIN. | KSH. 9000

This time the focus is on the body with a combination of treatments that offer a powerful rejuvenation experience.

- Aromatic Spa Bath Treatment
- Contour Ocean Power Body Wrap
- Traditional Full-body Massage

JETLAG REVIVER

90 MIN. | KSH. 12000

De-stressing tune-up after a long journey.

- Heavy Legs Wrap
- Refreshing Leg Massage
- Energising Back Massage

All prices are inclusive of government tax and service charge.

REVITALIZING HYDRO-THERAPY

INVIGORATING STEAM / SAUNA

30 MIN. | KSH. 750

We encourage you to take advantage of our steam and sauna facilities. The benefits to be gained by enjoying a heat therapy session before the main treatment are immense. This experience prepares the body for the breakdown and elimination of "toxic" materials by increasing its metabolism – leaving your body supple and toned.

JACUZZI SPA BATH

30 MIN. | KSH. 800

Enjoy a jacuzzi experience you will never forget. This unique 8-seater spa bath offers you a range of special, aqua-therapy massages through the introduction of a variety of specially-designed therapy jets. Most jets are fully adjustable to meet your special needs like the captain's chair! Others deliver pinpoint therapy. Another unique feature is the aromatherapy scent that is set free during your bath.

FLOATATION POOL

30 MIN. | KSH. 1000

The Maya Spa has brought the Dead Sea to you. With this treatment, enjoy the unique sensation of being suspended in the lap of weightlessness. As you close your eyes and drift away, you will float on a cushion of tranquility, losing your tension as you listen to a selection of specially-chosen meditation music. You will leave the therapy room feeling revived and rejuvenated in mind, body, and soul.

RASSOUL

45 MIN. | KSH. 5000

This truly unique treatment is a ceremonial interpretation of health, skincare, and beauty. This journey takes place in a steam chamber crowned with a dome filled with lights resembling the night sky. After enjoying a rain shower, you will apply the different types of mud to your face and body. This will slowly be absorbed through your skin as the temperature increases and the body perspires. This exotic ritual is relaxing, cleansing, and detoxifying. Your skin will be left feeling silky-smooth with your muscles relaxed. The Rassoul is an excellent medium to prepare your body for a massage.

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MAYA SPA HAIR SALON

Maya Spa Hair Salon services go perfectly with any spa treatment. Professional styling for ladies and gentlemen includes permanent waves, color, highlights, weaves, up styles, or braids.

Shampoo & Blow Dry for Ladies	KSH. 2500
Shampoo & Blow Dry for Gentlemen	KSH. 2000
Gentlemen's Haircut	KSH. 2000
Ladies' Haircut	KSH. 3000

All prices are inclusive of government tax and service charge.

SPA ETIQUETTE

OPENING HOURS

Maya Spa is open every day from 8:00 am to 6:00 pm

HEALTH CONSIDERATIONS

A health questionnaire will have to be filled out by you prior to all treatments. Please be sure to notify reception if you suffer from any physical ailments, or if you are pregnant.

TREATMENT DURATION

We encourage you to arrive at the clinic 15 minutes before your treatment to complete your personal consultation form and relax in our spa's tranquil surroundings before your treatment.

CARE & SHARE

Although, we do our best to anticipate your needs, please, let your therapist know if there is any way that they can improve your therapy or comfort. For example, feel free to request a stronger or softer massage pressure, an extra towel, etc.

A MOMENT OF TRANQUILITY

Our spa is a haven of serenity. Please turn off your mobile phone so that your relaxation and that of other guests is not disturbed. Should you need to cancel or reschedule your appointment, as a courtesy we kindly request that you provide us with a 3-hour notice to do the needful.

VALUABLES

We recommend that you leave all jewelry/valuables in your room before coming to the spa. We accept no responsibility for the loss of money or valuables of any kind brought onto the spa premises.

RECOMMENDATIONS

It is very important to drink plenty of water pre and post-treatment. Take time to relax immediately afterward, as this will help ensure you experience the full benefits of your treatment.

SMOKING & ALCOHOL

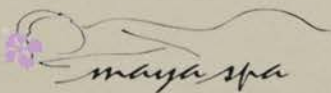
Smoking and consumption of alcohol within the spa areas are prohibited. We advise that you do not consume alcoholic beverages 2 hours prior to receiving therapy as the effects of alcohol may be intensified.

SAFETY & SECURITY

Sexual solicitations or sexual harassment will not be tolerated and will immediately be reported to authorities.

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MAYA SPA



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