



The Subtle Zone Spa by Blue Marlin

HOLISTIC TREATMENT MENU

Please Take A Moment To Read This...

All of our treatments have been created using Cinnabar Green and Wild Earth Botanics exclusive luxurious range of locally blended aromatic oils, organic, pure, natural, locally-grown fruits, vegetables, herbs and spices. We don't use any chemicals, so our treatments provide a rare indulgence, offering all the gentle yet effective benefits of natural organic products.

The Subtle Zone Spa Treatment Hours

Wellness Centre treatments are available daily from 07:30am-08:00pm

Reservations

Please book and pay for your treatment at the reception.

Special Considerations

Guests who are pregnant or suffering with high blood pressure, heart conditions, allergies or any other medical conditions, are advised to consult their physician before signing up for any Spa services. Please highlight your medical condition to the Receptionist.

WELL-BEING HEALING MASSAGE THERAPY

Exploring these relaxing soothing and deeply healing signature massage therapies to promote a sense of wellbeing by encouraging blood circulation and lymphatic flow improving muscle tone and skin texture.

Crown chakra massage 30 min KES 1600

An indulgent stress relieving scalp massage, using different massage strokes and acupressure points whilst using stimulating and conditioning oils in the hair, helps to relieve stress and tension in the head, neck and shoulders leaving you feeling calm and relaxed

Back Relief Massage 40 min KES 2000

This massage has been specially created to relieve muscle tension and sooth away stiffness in the back. Using palm strokes loosen knotted muscles, while thumb pressure is applied to the meridian lines on the back, from the base of the skull down to the lower back, to relieve tension.

Foot reflexology 40 min KES 2000

A number of reflex zones on the feet correspond to parts of the body, and by applying pressure to tight or "gritty" areas the corresponding body part will be stimulated and begin to heal itself. Reflexology is recommended for the improved of general health, to relieve tension and to aid blood circulation.

Lymphatic Drainage Massage 60 min KES 3000

This relaxing massage promotes enhanced lymphatic drainage and detoxification. Expect reduced water retention, reduced cellulite and less of the dreaded orange-peel effect (with regular visits, that is), and a more refined, toned silhouette overall.

Subtle Senses Massage 60 min KES 3000

Created special exclusively for The Subtle Zone Wellness Centre, our signature massage is deeply relaxing. Using slow, warm palm and thumb strokes, pressure is applied to key body pressure points to relieve tension and aid blood circulation, leaving you feeling content and rejuvenated.

THE BODY IN MIND 20min KES 1000

The Cinnabar Green and Wild Earth Botanics natural scrubs are used to increase circulation and to re-energizes a fatigued body and promote a brighter and glowing skin.

FACE REJUVENATING 30 min KES 2000

A calming and restoring treatment for a Sunkissed face with 100% raw mango butter by Wild Earth Botanics

COUPLES TREATMENT**140 min KES 15000**

Scrub off all the stress with our lovely Coffee body scrub cleaning your skin and make it glow. After showering off your scrub enjoy a 30 min soak session together in our Jacuzzi with a glass of bubbly each. Chat, lean back and just start relaxing together. Your treatment ends with a 60 min relaxing full body massage. What a way to bond and re-connect!

Healthy food by the beach by The Subtle Zone Wellness Day Spa

We are what we eat, combine your massage with a healthy lunch or juice and get the full effect of sustainable holistic working hand in hand to maintain, rejuvenate and replenish your body with low carbon products. Feel the difference inside and out.