



Escape Spa
at
Entim Sidai Forest





Welcome to Entim Sidai Spa

Entim Sidai means
a “beautiful forest” in Maasai.

Life in the city is stressful. We welcome you to Entim Sidai Escape Spa. Here you can inhale and exhale for a moment and escape from the stress of the city. Have some 'me' time, indulge and spoil yourself in the healing hands of our very talented therapists.

Choose a spot in the garden, walk-in the nature trail, listen to chirping of birds, and the soothing sound of the water fountain or just sit and look at the forest and Ngong hills and let the wonders of God's creation sink in.

At night, you can join others at the camp fire LO for a glass of wine or a candle lit dinner.





E.S Executive Escape

Begins with a relaxing foot massage, Followed by a Body Sweep and then a sandalwood, bergamot and neroli scented Scrub Mask. Then washed away with Vichy shower Hydrotherapy, Treatment ends with a traditional Kisii hot stone massage to bring a final balance and crowned by customized mini facial that leaves you radiant.

3Hrs 15 Mins 25,800

E.S Coffee Break

Designed as a two-and-a-half-hour escape for the busy executives that need to break away from the stresses of work for just a part of the day. Taking advantage of the therapeutic property of coffee combined with uplifting blends of essential oils that improve circulation, restore vitality and awaken the senses. Included in the ritual are foot massage, Body Scrub, Body Mask, E.S customized massage and balancing. **2Hrs 30 Mins 18,500**

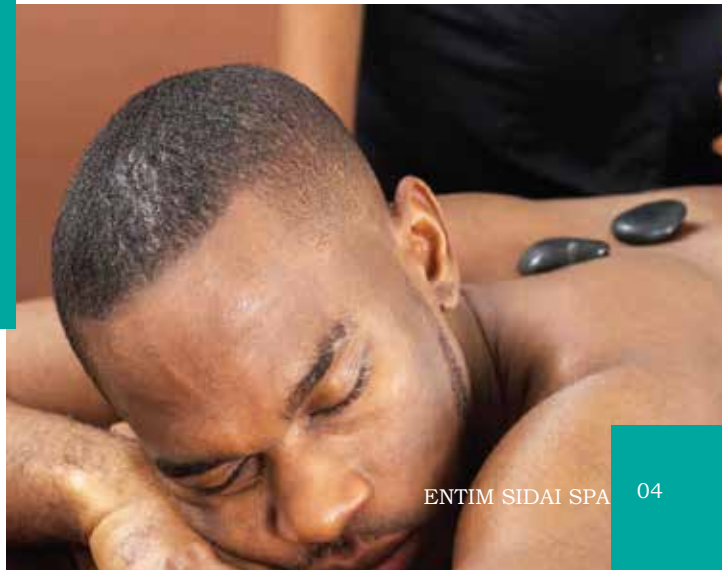
E.S Hot Stone Therapy

An innovative therapy using warm basalt stones inspired by many years of traditional healing in South Africa.

It starts with a comforting medium pressure massage to relieve the pain and discomfort of tired muscles.

Followed by rotating and massaging muscles with warmed Kisii stones that help relieve pain and sooth the muscles. Placing of hot stone and specific spots on the body to stimulate healing circulation. It concludes with a balancing ritual with warm towels.

Enjoy your herbal tea or a glass of wine to soothing Spa music. **1 Hr 12,-000**





E.S Body Revival

A full body relaxation massage with customized pressure, Special attention to the back, legs and feet, Balancing with warm towel rituals. 1Hr 8,000

E.S On The Go

A deep tissue massage targeting deep layer of muscles and connective tissue of the body.

It involves slow deliberate movement and deeper in pressure to help reduce inflammation

Ideal for relieving pain and fatigue.

Use essential oils that include choices of lavender, lemon grass-tree and eucalyptus then finish with hot towel ritual for balancing. 1Hr 10,000

E.S Garden Stretch

It is set to be implemented at any of the amazing green grass lawns of E.S stretched that target the pressure points relieving sciatica nerve pain, ideal for those who may be suffering from the aftermath of physical activities in the gym, long walks or running. 1Hr 8,500

E.S Mother To Be

Pre-natal massage to relieve the specific physical challenges associated with pregnancy,

The ritual includes the following:-

Expert placing of pillow and padding to ensure comfort

Leg massage to relieve swelling on legs

Use of a mixture of essential oils including lavender to increase relaxation and improve mood.

1Hr 10,000

E.S Foot Reflexology

Derived from age old healing methodology traceable to ancient India, China and Egypt. Eunice D Ingham (1889-1974) was a nurse and a physiotherapist that perfected reflexology in the modern era. Her methods dominates reflexology practice that she renamed as “zone therapy”

The hands and feet are very sensitive parts of body. Pressure and touch is exerted on specific parts by the skillful reflexologists leading to reduction of stress and a general feel good experience . **30mins 4,000**





E.S Aromatherapy

At the escape SPA, the use of aromatherapy starts at the reception where you are hit with the aroma of an eclectic mix of essential oils. The aroma from the essential oils reach the brain within 22 seconds and help to lift moods and reduce stress in minutes. Apart from the aroma some of the essentials oils are applied on the skin in a mix with oils where they get absorbed by the skin.

Essential oils applied by this spa include:-

- Lavender
- Bergamot
- Chamomile
- Eucalyptus
- Jasmine
- Rosemary
- Sandal wood
- Tea Tree

2 Hrs 15,000

Facial & Body Scrubs

E.S Basic Facials

This is a facial treatment that usually includes steaming, exfoliation and extraction without using 13 in one facial machine. 1Hr 8,500

Advanced Deep Cleaning Facial Treatment

An array of specialized phyto treatments that cater for Pre-mature skin, problematic skin, dry skin and hyper pigmented skin. Products includes plant infused Muds, clays and Phyto Treatment Mediums. The ingredients are highly effective plant extracts, as well as vegetable and fruit enzymes that make this professional range a brilliant phyto-compound experience.

E.S Honeybush Skin Treatment (HST)

This is the base treatment helps in rejuvenation and hydration of the skin .Suitable for all skin types and conditions.

1hr 15 Mins 12,000





E.S Vitamin C Skin Treatment

This is an ultra-firming de-ageing treatment rich in natural organic Vitamin C and essential antioxidants. Helps in skin tightening, brightening and rejuvenation. Suitable for all skin types. 1hr 15 Mins 12,000.

E.S Phyto Enzyme Compound (PEC)

A highly effective deep cleanse exfoliation with anti-ageing benefits suitable for all skin types. 1hr 15 Mins 12,000

E.S Body Scrubs

Body scrubs are a mechanical exfoliant, meaning they physically remove dead skin cells from the outer layer of your skin with abrasive ingredients, like sugar or salt. This stimulates skin cell turnover, resulting in smoother, brighter skin and possibly preventing future acne breakouts. Therefore we detoxify and refine the skin with a body mask leaving your skin moist from head to toe .1hr 8,000



E.S Back Massage Therapy

This is a head, neck, shoulder and back massage that helps to ease nodes, tension in the muscles that helps one to relax, then finish with warm towel ritual for body balancing.

30 Mins 5,000

E.S Post Natal Therapy

It is a full body massage that can help ease women into motherhood by offering both physical and emotional benefits, finish with warm towel ritual for body balancing.

2hrs 10,000

E.S Lymphatic Drainage Therapy

This a specialist form of massage which involves particularly light and gentle strokes in order to encourage lymphatic vessels close to the skin to release toxins and to promote the removal of toxins from the body. 60 Mins 10,000





On Rura Drive | Off Tree Lane | Karen, Nairobi
020 350 0469 | 0771 013 802 | 0771 013 740
info@entimsidai.com | sales@entimsidai.com
book@entimsidai.com | www.entimsidai.com