

ENTIM SIDAI WELLNESS SANCTUARY

Entim Sidai Escape Spa

Where the Forest Breathes with You

SPA MENU · 2026



BODY RITUALS · FACIALS · COUPLES' SANCTUARY · NAIL STUDIO · WAXING

WELCOME

Where the Forest Breathes with You

Nestled in a tranquil glass sanctuary amidst the whispering trees, Entim Sidai Escape Spa offers a unique symbiosis of advanced wellness and untouched nature. Our rituals are designed to harmonize body and spirit, using elements drawn from the earth and techniques refined by time. Each journey concludes with an invitation to extend your serenity with culinary delights from the Enkima Grill.

INCLUDED WITH YOUR VISIT

Signature Body Rituals

A balancing warm towel ritual and a Ksh 2,000 per person meal voucher for the Enkima Grill.

Facial & Skin Treatments

A complimentary Ksh 2,000 per person meal voucher for the Enkima Grill.

Couples' Sanctuary

Side-by-side treatments in a private glasshouse suite and a shared Ksh 4,000 meal voucher.

SIGNATURE BODY RITUALS

All body rituals conclude with a balancing warm towel ritual and a complimentary meal voucher of Ksh 2,000 per person for the Enkima Grill.

E.S Body Revival | SWEDISH MASSAGE

A gentle, flowing massage for profound relaxation.

This classic treatment uses gliding strokes and customized pressure to ease muscle tension, improve circulation, and induce a state of deep calm. Special attention is given to the back, legs, and feet. The perfect escape to de-stress and reconnect with a sense of inner peace.

60 MIN

Ksh 8,000

E.S Deep Harmony | DEEP TISSUE MASSAGE

Targeted relief for chronic tension and fatigue.

Using slower, firmer strokes, this massage reaches the deeper layers of muscle and connective tissue to release stubborn knots, reduce inflammation, and alleviate pain. Enhanced with your choice of purifying essential oil (Lavender, Lemongrass, or Eucalyptus).

60 MIN

Ksh 10,000

E.S Hot Stone Therapy

The deep, radiant warmth of the earth.

Inspired by ancient healing traditions, this therapy begins with a medium-pressure massage to prepare the body. Smooth, heated Kisii stones are then used to knead muscles and are placed along energy points to melt away tension, soothe discomfort, and promote a grounded, meditative state.

90 MIN

Ksh 12,000

E.S Coffee Break*A revitalizing escape for the mind and body.*

Designed for the busy professional, this ritual harnesses the invigorating and antioxidant properties of coffee. Combined with uplifting essential oils, a body scrub and mask exfoliate and renew, followed by a customized massage to restore vitality and awaken the senses.

105 MIN

Ksh 18,500**E.S Executive Escape***A complete sensory reset.*

Our most comprehensive body journey begins with a relaxing foot massage and a full-body exfoliation. A soothing Scrub Mask infused with sandalwood, bergamot, and neroli is rinsed away under our Vichy shower. The ritual culminates in a traditional Kisii hot stone massage and a radiant, customized mini-facial.

165 MIN

Ksh 25,800**E.S Mother-to-Be** | PRENATAL MASSAGE*Nurturing care for the journey of motherhood.*

Performed by specially trained therapists with expert cushioning for comfort and safety, this massage addresses the unique physical demands of pregnancy. Gentle techniques focus on relieving swelling in the legs and lower back tension, using calming oils like lavender to enhance relaxation and emotional well-being.

60 MIN

Ksh 10,000**E.S Post-Natal Revival***Replenishment for the new mother.*

This gentle, full-body massage helps restore balance, ease muscular aches, and provide a precious moment of tranquility during the transition into motherhood. It is a nurturing ritual designed to offer both physical relief and emotional centering.

60 MIN

Ksh 10,000**E.S Aromatherapy Journey***Healing through the essence of the forest.*

From the moment you arrive, curated scents lift your mood. This treatment applies a personalized blend of premium essential oils such as Lavender, Bergamot, Sandalwood, or Jasmine through massage, allowing their therapeutic properties to be absorbed by the skin and inhaled for holistic, stress-melting benefits.

120 MIN

Ksh 15,000**E.S Lymphatic Drainage Therapy***A gentle, detoxifying flow.*

Using light, rhythmic strokes, this specialist massage encourages the natural drainage of the lymphatic system, helping to reduce swelling, eliminate toxins, and boost immunity. The experience is profoundly calming and rejuvenating.

60 MIN

Ksh 10,000**E.S Back Revival Therapy***Focused relief for upper body tension.*

A concentrated massage for the head, neck, shoulders, and back to dissolve knots, release built-up stress, and restore mobility. An essential treatment for those who carry tension in their upper body.

30 MIN

Ksh 5,000

E.S Foot Reflexology*Balance for the entire body, through the feet.*

Based on the principle that points on the feet correspond to organs and systems, this targeted pressure massage reduces stress, improves circulation, and promotes overall well-being, a deeply relaxing treat for tired feet and a busy mind.

30 MIN

Ksh 4,000**FACIAL & SKIN TREATMENTS**

All facial treatments include a complimentary meal voucher of Ksh 2,000 per person for the Enkima Grill.

E.S Essential Facial | BASIC FACIAL*A classic cleanse, exfoliation, and hydration treatment for all skin types.*

Steam, extraction, and a nourishing mask work in concert to purify, refresh, and brighten the complexion for an immediate healthy glow.

60 MIN

Ksh 8,500**E.S Honeybush Skin Treatment***Ultimate hydration and rejuvenation.*

Infused with antioxidant-rich South African Honeybush, this base treatment intensely moisturizes, soothes, and revitalizes all skin types, leaving it supple and radiant.

75 MIN

Ksh 12,000**E.S Vitamin C Brilliance Treatment***A brightening, firming anti-aging ritual.*

Packed with natural Vitamin C and antioxidants, this treatment fights free radical damage, tightens the skin, and illuminates the complexion for a visibly younger, more vibrant appearance.

75 MIN

Ksh 12,000**E.S Phyto Enzyme Compound Treatment***A powerful resurfacing and renewal.*

This highly effective enzymatic exfoliation provides a deep cleanse, accelerates cell turnover, and diminishes the signs of aging, revealing smoother, more refined skin.

75 MIN

Ksh 12,000**E.S Forest Glow Body Scrub***Polished skin, renewed spirit.*

Detoxify and refine your skin's texture with our exfoliating body scrub, using natural abrasives like salt or sugar. This treatment stimulates circulation, removes dead cells, and is followed by a hydrating body mask, leaving your skin incredibly soft and luminous from head to toe.

60 MIN

Ksh 8,000

COUPLES' SANCTUARY

Reconnect in our private glasshouse suite, surrounded by the forest canopy. All packages include side-by-side treatments and a shared meal voucher of Ksh 4,000 for the Enkima Grill.

The Canopy Retreat

A synchronized Swedish massage for two, fostering harmony and deep relaxation as you unwind together beneath the trees.

60 MIN

Ksh 16,000

per couple

The Perfect Pair

A tailored experience: one partner enjoys a Deep Tissue massage for relief, while the other indulges in a Swedish massage for relaxation, performed in unison.

90 MIN

Ksh 18,000

per couple

The Forest's Heart Journey

A shared adventure. Begin with dual body scrubs, rinse under the Vichy shower, enjoy a private 15-minute Jacuzzi soak, and culminate with a full-body massage immersed in the woodland views.

120 MIN

Ksh 36,000

per couple

The Glasshouse Symbiosis

Our pinnacle couples' ritual. Experience the "Forest Glow" scrub together before surrendering to a synchronized, deeply grounding Hot Stone massage, uniting in tranquility within your glass sanctuary.

150 MIN

Ksh 40,000

per couple

NAIL STUDIO & WAXING

The Nail Studio

Manicure..... Ksh 2,000

Pedicure..... Ksh 2,900

POLISH

Gel Polish Application Ksh 1,000

Normal Polish.....Ksh 500

Gel Polish Removal Ksh 500

ACRYLIC NAILS

Full Set.....Ksh 6,000

Fill Ins.....Ksh 3,500

Removal.....Ksh 500

Repair (per nail) Ksh 600

OVERLAYS & ENHANCEMENTS

Gum gel Overlay Ksh 4,000

Gel Nails (Full Set).....Ksh 4,500

Nail Overlay Ksh 3,000

Tips with Overlay Ksh 3,500

Stick-On Ksh 3,000

Waxing

Vajacial Treatment Ksh 6,000

BODY

Half Leg.....Ksh 2,000

Full Leg Ksh 4,000

Bikini Ksh 3,000

Brazilian Ksh 4,000

Full Back Ksh 4,000

Chest.....Ksh 2,800

Half Arm Ksh 2,500

Full Arm.....Ksh 2,500

Underarm Ksh 2,000

FACE

Full Face Ksh 1,000

Lip/Chin.....Ksh 800

Eyebrow Shaping.....Ksh 600

RESERVE YOUR RITUAL

Let the forest do the rest.

Entim Sidai Wellness Sanctuary · Rura Drive, Karen, Nairobi · www.entimsidai.com

All prices are in Kenya Shillings (Ksh).