



SAKINA OCEAN SPA
AT MEDINA PALMS



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WELCOME TO TRANQUILITY

SAKINA: [SAH•KEE•NAH] MEANING TRANQUILITY

Set high above tropical gardens, Sakina Ocean Spa is a unique relaxation and therapy experience. Our talented team of therapists have been individually trained by the AFRICOLOGY organisation, to meet exacting standards and to create the first AFRICOLOGY Ocean Spa in Kenya. The Eco friendly ethos is inspired by nature's pharmacy, using healing ingredients from indigenous African plants creating inspired treatments for your mind, body and soul.

Scented treatment rooms include single, double and hydro therapy facilities, all with mood lighting and soft sound options. There are cooling Indian Ocean breezes on the shaded roof terrace which features an open air spa pool and is a perfect place to relax with friends: enjoy manicure and pedicure treatments, whilst sipping refreshing fruit cocktails or healthy juice boosters.



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FACIAL EXPERIENCE

Africology Express Facial

45 mins

For the executive on the go, this facial rejuvenates the skin and relaxes you without putting a dent in your schedule. Our pure, natural ingredients feed the skin and return the youthful glow often dulled by stress.

Aloe Ferox Firming Facial

75 mins

Africology's answer to botox! To create youthful, resilient and buoyant skin, aloe ferox helps to calm, lift and firm naturally by encouraging fibroblast growth and repair. Blended with a potent combination of healing honey, tripeptides, and retinal palmitate (vitamin A) to stimulate collagen and elastin growth, creating a rejuvenating, youthful appearance.

Antioxidant Rejuvenating Facial

75 mins

An anti-ageing treatment designed to combat the effects and signs of ageing. The unique layering process tones, soothes and brightens the skin, revitalising in the long term while providing an immediate, healthy glow. By combating free-radicals and boosting collagen, it has an immediate toning and smoothing effect on the skin, plumping fine lines and reducing pigmentation and inflammation with vitamin C.

African Goddess Facial®

90 mins

Beginning with the mentally relaxing notes created by a Tibetan singing bowl, the African Goddess Facial is a treatment designed to honour the goddess within. Our de-stressing, anti-ageing, cell-renewal facial is rich in natural oils. Deeply hydrating, it restores elasticity and stimulates new cell growth. The back is scrubbed before a balm-infused back massage. Only once the back has been restored to its relaxed state does the facial begin. This treatment is a wonderful ritual that involves cleansing, massage and sound therapy, making it a sacred and sensory way to celebrate the goddess within.

Africology Deep Cleanse Facial

60 mins

A deep cleanse can leave the skin looking refreshed and more youthful. By using our gentle exfoliating cream and hot mittens, we purify the skin without the long-term damage usually caused by steaming and harsh exfoliators. An exfoliation with massage that stimulates and uplifts tired and dull skin, and clears problematic skin.

Africology Bespoke Facial®

80 mins

Our bespoke facials are designed specifically with each client's needs in mind. We offer a variety of serums that will address particular skin issues. Depending on which serum the client chooses (with the guidance of your trained therapist), each facial is specially made for each client. Like the phases of the moon, we would like to keep the hormonal phases of the body in natural rhythm. Just as your eyes are the windows to your soul, your face is the mirror of your inner feelings, the image that you present to the world. No two faces are the same, and so here at Africology, we acknowledge the need for skin treatments that are designed with your skin's needs in mind.





BODY EXPERIENCE

Intuitive Herbal Oil Massage^o

30 mins (Back)

60 mins (Full Body)

You may choose from a range of Africology aromatherapy-infused massage oils, which are warmly applied and massaged deeply into the body. This therapy works on tight muscles and lymph drainage, combating tension in stiff aching bodies. Massage is combined with herbal bags to improve circulation and absorption of essential oils. Your therapist will assist you in choosing the oil best suited to you from one of the following blends: Relaxing, Slimming Detox, Muscle Relaxing and Energising.

Soul of Africa Body Conditioning Massage^o

90 mins (Full Body)

Africology admires and emulates this ceremonial process, using Africa's miracle Marula oil blended with Neroli to soften signs of ageing through its anti-stress action. In Africa, Marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals. This treatment starts with the application of warm, soothing mud to release negativity stored in the muscles. Then Marula oil is applied in preparation for your intuitive body and scalp massage.

Shaman's Healing Journey

90 mins (Full Body)

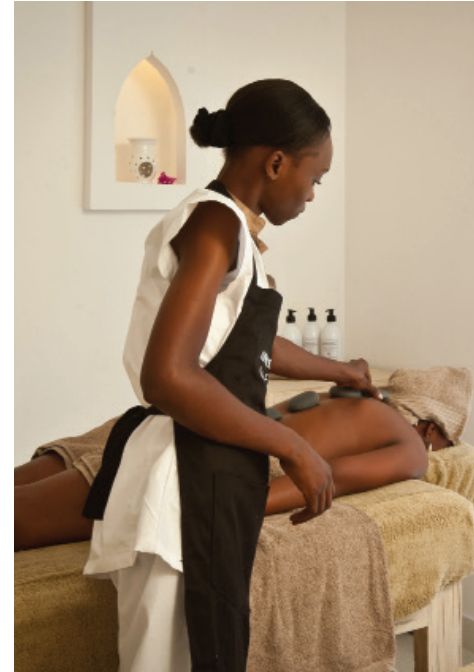
A gentle, kind and warm rose quartz crystal massage that releases pent-up energy likely to cause muscular stress. The body is gently stretched while heat is applied to unlock the muscles, followed by a rhythmic and relaxing massage. A beautiful way to balance the body's energy centers to create optimum health and well-being.

Africology Shea Aromatherapeutics

45 mins (Back)

75 mins (Full Body)

Easy-melting Shea from Ghana blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The Shea is combined with your sensory selection of various essential oils such as exotic jasmine, neroli, or chamomile for a soothing and calming massage or perhaps black pepper balm for a deep tissue experience.



SAKINA Aqua Salt Stone Massage

60 mins (Full Body)

90 mins (Body & Face)

This signature treatment is a therapeutic massage combined with water jet therapy to increase circulation and promote lymphatic drainage. Bespoke nourishing and aromatherapy oils are blended and warmed before working into the skin and hair. The combination of water with massage has a wonderful cleansing effect, while hot and cold stones are used to re-mineralise the skin and create balance.

Intonga Amasatchi^o

75 mins (Full Body)

We know that the body has a memory of all emotional experiences. An inability to let go often expresses itself in the body that can be blamed for low immunity. Intonga Amasatchi is a deep tissue and stress relieving treatment. Skillful movements are performed with the hands, and differently sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress. Symbolically, the stick or staff represented wisdom and direction to the healer. Created from yellow wood, the traditional healer knew that the energy of earth was a valuable tool.

BODY RITUALS

SAKINA Scrub

45 mins

This wonderfully traditional scrub is based on the Swahili wedding ritual and uses aromatic oils infused with sugar to fragrance polish and rejuvenate the skin.

SAKINA Sunburn Soother

60 mins

Rose tonic is sprayed generously over the body to help calm redness followed by a cooling and soothing application of rooibos and lavender, which is a powerful antioxidant and anti-inflammatory, to remove excess heat. Combined with a facial cleanse and aloe ferox serum and seaweed extracts to calm and rehydrate the skin. While your skin is being restored you can choose between a therapeutic foot or scalp massage.

Slimming Detox Body Wrap (Not suitable for pregnant clients)

120 mins

For beach ready bodies! We use an African plant combination infused into a natural mud to help with circulation and lymph drainage. This very effective clay contains carnitine and caffeine, which act as fat strippers and mobilisers to stimulate lipolysis. This invigorating wrap begins with stimulating and exfoliating, working on circulation and lymph before the warm wrap is applied and heated. This wrap works particularly well for bodies in need of a detox owing to acidic conditions, arthritis and oedema. Completed with an energy balancing massage.

Hypoxis Body Experience[®]

120 mins

Our pure and natural Hypoxis Body Wrap is anti-ageing skin conditioning formulated with African potato and marula oil, warmly applied to soften, soothe and improve skin hydration while also fighting free radical damage. This herbal blend relaxes you on application, while the rich background sounds of Africa help the mind focus on the holistic experience. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. Finally, there is a soothing massage with body-conditioning marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin, to complete the experience.



Coffee and Mint Body Wrap (Suitable for pregnant women, and clients with high blood pressure.)

120 mins

Once the body has been prepared with our walnut and marula shell exfoliator, our proven combination of coffee extract combined with spearmint is applied as a mud wrap, which sets on the body to stimulate lymph drainage and blood flow together with toxin elimination. This wrap is particularly helpful in water retention and cellulite reduction. It is highly recommended as part of a lymph draining treatment.



HAIR, SCALP & FEET

Jet-lag Revival

45 mins

A balancing massage treatment helping to relax, relieve tension in the scalp, legs and feet as well as working on calming and relaxing pressure points to help restore energy balance. Coffee and mint stimulate circulation and help reduce water retention from travel and heat.

De-stress and Repair Hair Treatment

30 mins

A balancing massage treatment that works to relax, relieve tension in the scalp, hydrate and repair damaged hair. This treatment works on the head and shoulders to intensively de-stress muscles and nourish the hair. Africology natural shampoo and conditioner is used to regulate oil secretion whilst shea butter balms are used during the shoulder massage.

SAKINA Hand & Foot Massage

30 mins (Feet)

45 mins (Hands & Feet)

WAXING

Underarm / Eyebrow / Facial / Forearm

15 mins

Half Leg / Bikini / Back / Chest

30 mins

Full Leg / Brazilian

45 mins

EYE ENHANCE

Eyelash Tint

15 mins

Eyebrow Tint

15 mins

Combined Eyebrow and Eyelash Tint

20 mins



MANICURES & PEDICURES

Hydrating Spa Manicure

60 mins

This relaxing remedy is about treating the skin and nails naturally to keep them hydrated and therefore flexible and strong. An intensely hydrating wrap, blended with natural antioxidants to combat ageing, is applied to ensure continued skin health and to rejuvenate the hands.

Salt Stone Pedicure

75 mins

This luxurious African ritual begins by soaking the feet in an energy-balancing copper bath, followed by a warm exfoliation of feet and legs, reducing water retention and improving circulation. Salt stones are used to massage, which helps penetrate and relax. An African potato masque is applied to the skin to soften rough dry areas and lock in moisture.

Detoxifying Intonga Pedicure®

75 mins

In order to diminish the possibility of toxic effect on the immune system, we use detoxifying mud in our treatment to help eliminate toxins. The treatment includes a muscle-relaxing Intonga Stick massage, to assist lymph drainage and to massage muscles to their core. For our pregnant clients, we substitute the Slimming DetoxMud with the Coffee and Mint Wrap to safely assist with water retention and swelling.

Africology Express Manicure or Pedicure

30 mins

For a beautiful respite from the hustle and bustle of daily life, join us for an experience with a difference. Your hands or feet will be massaged, your nails shaped and your skin richly hydrated with our all-natural products designed to undo environmental damage to your skin and leave your nails perfectly polished.



CHILDREN'S TREATMENTS

Honey Bee After Sun Cocoon (No more Sting) (Face)

15 mins

Pure honey blended with aloe vera to take away the sting of too much sun exposure. Re-hydrates the skin, protects and repairs.

Honey Bee After Sun Cocoon (No more Sting) (Full Body)

20 mins

Pure honey blended with aloe vera to take away the sting of too much sun exposure. Re-hydrates the skin, protects and repairs.

Choco Boo (Hands and Feet Treatment)

30 mins

Delicate little hands and feet are soaked in a chocolate soak to soften and care for delicate skin. Gently cleans the skin in preparation for a chocolate sensory experience. Feet are exfoliated before a purifying chocolate mask is applied to the skin. Followed by a coconut oil and honey massage.

Coconut Cocoon (Relaxing Body Massage)

45 mins

With your choice of: strawberry, bubble-gum or vanilla. A healing massage ritual that cares for the skin and hair. It is said that coconuts give life, and we would like you to experience this healing massage ritual as one in which the skin is protected and repaired from the summer sun. A relaxing body and hair massage, deeply relaxes whilst protecting the delicate skin's pH balance. A nutritious coconut milk with your choice of flavouring completes this ritual.

Sleepy Feet (For Over-active Children)

20 mins

A beautiful blend of lavender, chamomile and other island flowers are used to gently massage little feet. A sure way to calm an over-active mind, ensuring a good night's sleep!

Little Bee Facial

20 mins

The skin is gently cleansed, followed with a honey and coconut facial massage. A pure skin nutritious mask made from oats, rooibos tea, and corn starch feeds the skin. Skin is protected with an all natural SPF 30.

Fairy Stone Massage

45 mins

Magical stones and dust from the fairies help you to relax while the mind can dream of anything you want and it may just come true. Carefully selected plant actives and oils are combined to hydrate the skin whilst magical fairy dust is left behind as a reminder of a place where your child can dream to their fullest.



PAMPERING PACKAGES

We invite you to relax and enjoy a day at Sakina Ocean Spa, where you can escape the cares of everyday life with inspired treatments for your mind, body and soul.

The relaxed luxury of this roof top spa with cooling sea breezes from the Indian Ocean is an ideal setting for you to enjoy our exclusive treatments for well-being and beauty. This unique experience, set high above the palm trees, features an open air spa pool and is a perfect place to relax with friends: enjoy manicure and pedicure treatments, whilst sipping refreshing fruit cocktails or healthy juice boosters.

Your day starts with welcome drinks on arrival, followed by spa treatments, which feature holistic and timeless rituals designed to nourish, detoxify and regenerate. To replenish your energy a light lunch at our Amandina Restaurant. After there is time to relax under the shady trees of the Coffee Garden or rest on the spa roof terrace. Your afternoon treatments help to complete your perfect day of pampering.

Sakina Ocean Spa - Full Day Experience

A full day of complete pampering with your choice of treatments to include:

- Sakina Signature Treatment
120 minute full body exfoliation, detox wrap and massage
- Africology Facial
- Sakina Experience, please select one from the following:
Sakina Foot Massage, Pedicure or Manicure
- Robes, towels, slippers and water, ice tea or herbal tea are all provided whilst in the spa

Sakina Ocean Spa - Half Day Pampering

A half-day pampering with a choice of treatments includes:

- Full Body Herbal Oil Massage
- Sakina Facial Experience
- Robes, towels, slippers and water, ice tea or herbal tea are all provided whilst in the spa

To make an appointment please contact Spa Reception + 254 708 577 283
or email: sakinaoceanspa@medinapalms.com

Accommodation at Medina Palms can be organised at special rates to compliment your full day pampering. For more information please visit www.medinapalms.com.

