

Maasai Wellbeing Space

In collaboration with *Centro Benessere Stresa* at the 5 star Deluxe *Grand Hotel Des Iles Borromees*, Italy, we operate the Maasai Wellbeing Space, where we use local plants inspired by ancient Maasai knowledge. Cecilia, our professionally trained beauty therapist, is on hand to answer your queries.

RELAXING MASSAGE

Length: approx 45' Price: US\$ 55

A classic massage using oils enriched with plant extracts that relax the nervous system. A traditional technique using Olmurmuru seeds (*Albizia harveyi*) ends the session.

SPORT MASSAGE

Length: approx 45' Price: US\$ 55

A specific massage that helps to stimulate circulation, promotes relaxation and reduces muscular discomfort. A traditional technique using Olmurmuru seeds (*Albizia harveyi*) ends the session.

LYMPHATIC DRAINAGE MASSAGE

Length: approx 45' Price: US\$ 55

A specific technique that improves lymph circulation and reduces water retention. A traditional technique using Olmurmuru seeds (*Albizia harveyi*) ends the session. Ideal after a long journey.

FOOT MASSAGE

Length: approx 30' Price: US\$ 45

The most important body organs have a corresponding spot on the feet. The treatment starts with a detoxifying and purifying herbal foot bath with Olsinoni leaves (*Lippia javanica*), followed by a pressure-point massage on the soles of the feet to balance the body's energies.

TOTAL BODY SCRUB

Length: approx 60' Price: US\$ 65

The scrub is carried out using a combination of salts, locally produced honey and maize flour. It removes dead cells and improves the natural regeneration of the skin. A nourishing massage completes the treatment.

DECONGESTIVE FACIAL

Length: approx 45' Price: US\$ 45

Suitable for sensitive skin, this treatment reduces couperose and localized redness caused by sun exposure. Pure gel from Usuguru (*Aloe kedongensis*) is applied to sun burnt areas and a refreshing compress made with Oloitodor-aik leaves is added. The treatment is completed by a lymph drainage massage to accelerate the decongestive process.

NOURISHING FACIAL

Length: approx 45' Price: US\$ 45

A treatment designed to prevent ageing and improve skin hydration and elasticity. Ideal also for gentlemen.

PURIFYING FACIAL

Length: approx 45' Price: US\$ 45

A herbal treatment to remove skin impurities and to improve the natural regeneration of the cells. A compress of Olleleshwa leaves (*Tarhonorantus canphorantus*) compliments this procedure.

MANICARE

Length: approx 45' Price: US\$ 40

Nail care and softening treatment that exfoliates, moisturises and improves skin clarity. The nails are treated with Oseki leaves (*Cordia ovalis*) for a perfect shine.

PEDICARE

Length: approx 45' Price: US\$ 40

Nail care and softening treatment that exfoliates, moisturizes and improves skin clarity. The Eutut stone smoothens hard skin, and a detoxifying and purifying herbal foot bath with Ol-Emoran leaves (*Hoslundia opposita*) enhances the result.