

ASHA  
COTTAGE



## WELLBEING AT ASHA COTTAGE





# MASSAGE

Experience the Asha Cottage "Feel Good Factor". The therapeutic effects of a good massage have been recognised for millennia, as far back as Ancient Roman times. We invite you to pamper yourself with one of our luxurious massage treatments. If you are suffering from nagging pain, numbness or stress or if you just want to relax in a peaceful and quiet atmosphere, Asha Cottage offers a wide range of treatments to meet your needs.

---

## Aromatherapy

55 min | Ksh 3,000

## Swedish Massage

55 min | Ksh 2,500

## Foot Reflexology

45 min | Ksh 2,000

## Sunburn Treatment

55 min | Ksh 2,000

## Back Neck and Shoulders

25 min | Ksh 1,500

## Indian Head Massage

25 min | Ksh 1,500





## BODY TREATMENTS

The skin is our body's largest organ and in many ways it is a mirror of our wellbeing. Pamper yourself with one of our full-body purifying treatments that will leave you feeling soft, fresh and invigorated. Purifying and calming, enjoy an hour of pure relaxation!

---

### Body Scrub and Massage

90 min | Ksh 4,500

### Body Scrub and Wrap

75 min | Ksh 3,500

### Body Scrub

45 min | Ksh 2,500



# FACIAL TREATMENTS

All our facial treatments make use of high quality products, carefully selected to meet the special needs of different skin types and conditions.

---

## Clean and Care

55 min | Ksh 3,000

When spending time close to the sea, your skin is exposed to salty humid air more than in any other environment. Dust, salt and humidity combined can block your pores and cause a build-up of impurities. Enjoy a relaxing, nourishing and moisturizing cleansing and exfoliating treatment with our pure botanical extracts of blueberry and lavender which sooth and relax the skin. Truly a wellbeing treatment for every pore.

## After Sun

55 min | Ksh 3,500

As warm and pleasant as our sun can be, extended exposure can dry out and damage your skin. Treat yourself to a cleansing, nourishing and soothing facial using an entirely natural selection of fresh fruits and vegetables like banana, carrot, papaya and avocado. A sensational, entirely natural treatment that will hydrate your skin and restore its natural balance.

## Anti-Ageing

55 min | Ksh 4,500

As we age, the naturally occurring collagen and elastin that keep our skin youthful and taut start to degrade. This treatment helps your skin regenerate and defend itself against the daily attack of free radicals and antioxidants. Our line of Black Iris infusion products delivers deep hydration and protection, diminishing fine lines and strengthening your skin's natural elasticity.



# MANICURE

## Manicure & Nail Art

55 min | Ksh 2,000

## Manicure & Paraffin Treatment & Full Polish

75 min | Ksh 2,000

## Manicure & Polish

55 min | Ksh 1,500

## Manicure & French Polish

55 min | Ksh 1,500

## Re-varnish only

25 min | Ksh 500

---

# PEDICURE

## Pedicure & Nail Art

55 min | Ksh 2,500

## Pedicure & Paraffin Treatment & Polish

75 min | Ksh 2,500

## Pedicure & Full Polish

55 min | Ksh 2,000

## Pedicure & French Polish

55 min | Ksh 2,000

## Re-varnish only

25 min | Ksh 500





## WAXING

### Full legs

55 min | Ksh 1,000

### Half legs

25 min | Ksh 800

### Full arm

55 min | Ksh 1,000

### Half arm

25 min | Ksh 800

### Back wax

55 min | Ksh 1,000

### Bikini or underarm

25 min | Ksh 500

### Upper lip or chin

25 min | Ksh 500

### Eyebrow tweezing

25 min | Ksh 500



# PACKAGES

## Indulgence

180 min | Ksh 6,500

Start your wellbeing package with a delicious and creamy Asha Cottage cappuccino before settling down for a Clean and Care facial treatment and an Indian Head Massage. Enjoy a meticulous manicure and then wrap-up your time at Asha Cottage with our non-alcoholic Asha Special fresh fruit cocktail at the Ledge Café as you let the peace of the white sandy beach and the murmur of the waves complete the relaxation process.

## Deep Indulgence

360 min | Ksh 11,500

If the Indulgence package alone is not enough, take it one step further with our Deep Indulgence package. Enjoy all the Indulgence package treatments then break for a lovely Chef Salad lunch and medley of fresh fruits at the Ledge Café. Resume your wellbeing session with a soothing Aromatherapy massage and close with a lovely pedicure. Let the afternoon come to an end with a cocktail of your choice at the Ledge as you listen to the waves and enjoy the breeze.

## Jetlag

110 min | Ksh 5,000

Refresh yourself with a Clean and Care facial treatment followed by a tension-releasing deep-tissue Swedish massage.

## Top-to-Toe

flexible | Ksh 8,500

Enjoy a relaxing Indian Head massage and a deep-tissue Swedish massage. Pamper your feet and body with the healing touch of a foot reflexology treatment. Choose colours to match your mood with a lovely manicure and pedicure and voila! A new stress-free you is born.





## Five Swedish

Each 55 min | Ksh 11,000

## Five Aromatherapy

Each 55 min | Ksh 13,500

## Five Reflexology

Each 55 min | Ksh 9,000

## Seven Special

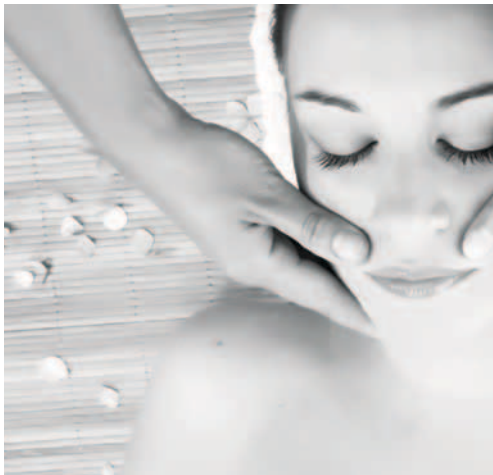
Ksh 16,500

Have three (3) Swedish massages and three (3) Aromatherapy massages and wrap-up with a seventh massage of your choice, free of charge.

## Full Range

9,500

Try each of our massages at any point throughout your stay. Aromatherapy, Swedish, Foot reflexology, Back, neck and shoulders and Indian Head massage.





## RESERVATIONS

phone: 0723 64 49 45 | mail: [info@ashacottages.com](mailto:info@ashacottages.com)  
[www.ashacottages.com](http://www.ashacottages.com)

15% Discount for residents



  
*be good to yourself*