

SPA SERVICE MENU

SWEDISH MASSAGE (LIGHT PRESSURE):

Is Generally used for relaxation and stress reduction .

(Nu bwoko bwa massage bukorwa hakoreshejwe imbaraga ziringaniye kumikaya ifite inyencye igafasha umubiri kuruhuka.

PRODUCTS; PRICE 15000 RWF

- Massage oil (worm)
- Big towel and small towel

DURATION

Total Time: 90 Minutes

DEEP TISSUE MASSAGE (Strong pressure): PRICE: 20000 RWF

This is a powerful therapy focusing on deep layers of the muscles and connective tissues which is especially helpful for :

- Chronic muscle tensions
- Stiffness
- Poor Muscle flexibility and spasms.

This treatment falls under the basic massage collection that is available in various lengths of time.

Kinyarwanda;

Ubu nubwoko bw'ibyiringirangingo bukorwa hifashishije imbaraga nyinshi murwego rw'ogufasha imikaya yakomereste, ifite umugaga cyangwa nyuma y'imirimo y'invune.

DURATION

Total Time: 90 MIN

HOT STONE MASSAGE

PEICE: 25000 RWF

This is a sensory-releasing massage using heat while stimulating circulation to activate a body's deeply force energy.

Hot stone massage: Nu bwoko bw'ibyiringirangingo bukorwa hifashishije amabuye y'omumigezi, ashyushwa kugirango afashe mu gusohora inyecye mu mikaya, gufasha kutembereza amaraso mu mubiri hose ndeste n'ogusana ibikomere by'imubiri muri rusange tutibagiwe gukwirakwiza imbaga aho zicyenewe hose mumubiri.

DURATION **Total Time:-2 hours**

DETOX MASSAGE: Price: 20000 Rwf

Is a form of deep tissue massage designed to help get rid of the bodies impurities and toxins resulting from excessive use of unhealthy diet, electronic equipment etc to promote an overall physical and mental wellbeing. This massage therapy focuses on body's Muscle tissues, lymphatic system and mental stimulation.

Ubwoko byibyiringirangingo bukorwa murwego rw'ogufasha umubiri gusohora imyanda.

END OF THE SESSION!!! **Total Time:90 min**

CANDLE MASSAGE - Coming soon....

DURATION **TIME: 60 MIN.**

SPORTS MASSAGE: PRICE : 15000 RWF

Focuses on enhancing circulation, increasing tissue elasticity and reduce muscle tension. It also relieves tight muscles which limit stiffness and prevents injuries.

Nubwoko bwa massage bukorerwa abantu bakora imyitonzo myinshi murwego rw'okoroshya kwinyagambura mu mubiri.

DURATION

Total Time: 60MIN

FULL REFLEXOLOGY TREATMENT: PRICE : 10000 RWF

Is a science that deals with a principle that there are reflex points in the feet that corresponds to all the glands, organs and parts of the body. By working or stimulating specific reflexes, affect other parts of the body. This an ancient Chinese treatment that went on evolving into modern reflexology.

Nubwoko bw'ibyiringirangingo byubakiye kumahame ko hari imyakura isangwa mubirenge ikaba ifitanye isano nibice byumubiri kuburyo igihe habaye ikorangizwa ryiyo myakura, bigira impinduka kubice bitanduknye by'umubiro byaba inyama zimbere cyangwa ibindi bice.

Iyimyakura tuyisanga mu murenge, munoki, n'o kumaso, Reflexology ifasha imisti gukora neza.

DURATION

Total Time: 45-60 min

AROMATHERAPY MASSAGE: PRICE: 20000 RWF

A combining the power of gentle touch and art, aroma therapeutic essential balms, brings about deep and lasting equilibrium to both body and mind.

Ni massage ikorwa hifashishijwe ibikomoka kumibavu bivangwa murwego rwogufasha umubiri kuruhuka byaba mubifatika ariko cyane n'omubyiyumviro.

DURATION

Total Time: 60-90 MIN

NECK, BACK AND SHOULDER MASSAGE: PRICE: 10000 RWF

A relaxing massage focused on the back, neck and shoulder to relieve muscle tensions. This treatment falls under the basic massage collection that is available in various length.

Iyi yon i massage ikorwa kwizosi, umugongo, ni bitugu. Nabwo itandukana cyane nizindi zose twavuze haruguru, bitandukanira ku gihe, nohozikorera. Ifasha kuvura umunsiro ahanini uterwa n'okwicara cyane, gukoresha cyane murandasi, n'okutwara imodoka umwanya munini. Kuri Amazon dufasha abantu bafite inyecye iterwa n'umunsiro ukabije abantu babamu munsu ku munsu.

DURATION

45 min

INDIAN HEAD MASSAGE: PRICE : 10000 RWF

Is also known as champissage, is a treatment that focuses on massaging acupressure points along the head, neck and shoulder.

Ni massage ikomoka mu Buhinde ikorwa hibandwa kugukorangiza n'okumasa imyakura yo kumutwe, mwijosi, ni bitugu.

NOTE: There is no oil that is applied during Indian head massage.

DURATION

Total Time: 30 min

OIL-FREE MASSAGE THERAPY: PRICE: 20000 Rwf

This is another amazing massage type that focuses of Swedish movement or THAI traditional massage that involves applying massage without any oil and use talcum powder as alternative. It can be used more especially on person with "hairy" or Oily(sweaty) skin.

_NUBWOKO bwibyiringirangingo budacyera amavuta ahubwo, umuntu ashobora kwifashisha powder cyane kubantu bafite umubiri w'ibyoya , cyangwa umuntu ugira umubiri wa mavita. Iyi massage isaba gukorwa nubuntu wabyigiye kubera ko isaba ubwitonzi nubuhanga mukugendesha amaboko ndeste nimbaraga zigombye gukoreshwa. Ni massage iruhura cyane ndeste numuntu wayikoresheje nabwa aba ashaka indi massage yubundi bwoko bwaribwo bwose.

DURATION: 90 MIN.

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