



THE  
WALLOW  
at BORANA



## WELLNESS AT THE WALLOW

Our wellness sanctuary offers you a space to completely relax, reconnect, and immerse yourself in the untouched tranquillity of Borana.

Our signature treatments celebrate Africa's diverse therapeutics. Using locally sourced and mindfully gathered medicinal plants and herbs, our wild botanical rituals allow you to breathe and embark on a deeply relaxing, restorative and quiet-mind journey.

### SIGNATURE EXPERIENCES

#### **WILD MARULA RENEWAL** - 30 min \$70

A refreshing facial cleanse and herbal steam using warm compresses followed by a soothing Marula oil face massage and deeply relaxing head massage.

#### **ARNICA MUSCLE MELT** - 30 min | 60 min \$70 | \$120

This therapeutic back ritual, combines the power of aromatherapy oils, soothing herbal compresses and cooling arnica ice to effectively melt away muscular tension. Using focused deep tissue and trigger point massage techniques, your therapist will work to unwind built-up tension and restore balance.

#### **CALM OF THE WALLOW** - 30 min \$70

A soothing head, neck and shoulder ritual using wild crafted botanical oils and compresses to release stress and quiet the mind.

#### **JOURNEY OF THE SENSES** - 60 min \$120

Indulge in **three** of the following crafted treatments: *Wild Honey & Marula Facial, African Head Massage, Back Massage, Foot Massage, Hand-Harvested Botanical Scrub, Manicure or Pedicure.*

#### **SALT & CLAY WRAP RITUAL** - 90 min \$140

A deep-cleansing body polish prepares the skin for a warm clay wrap with nourishing oils and anti-oxidants to heal and soothe your skin. While your body is wrapped in the calm of floral or citrus scents, enjoy a deeply relaxing African Head Massage or pressure point foot massage to soothe your senses into blissful calm.

#### **REJUVINATING BODY POLISH** - 30 min \$60

The perfect add-on to your massage, using a blend of natural salt, nourishing oils and freshly harvested herbs. Step out of the room and into a warm rain shower, leaving your skin feeling renewed, soft and infused with the the vitality of the wild.

### BODY MASSAGES

#### **SWEDISH** - 60 min | 30 min \$110 | \$60

A gentle soft tissue manipulation which will ease away muscular tension, whilst providing pure relaxation and a deep sense of renewal.

#### **DEEP TISSUE** - 60 min | 30 min \$120 | \$70

Integrated techniques from multiple massage disciplines are thoughtfully applied to deeply relax the muscles, bringing relief from stress or travel tension.

#### **HOLISTIC FULL BODY** - 60 min \$110

A deeply restorative massage combining energy balancing and unwinding massage techniques to bring calm to the body and mind.

#### **PRESSURE POINT FOOT MASSAGE** - 30 min \$60

Based on the principals of reflexology, this massage will assist your body to find balance, bringing about a deep sense of restoration and calm.

#### **GROUNDING FOOT RITUAL** - 30 min \$60

A refreshing herbal scrub and salt soak followed by a deeply soothing foot massage, leaving you restored from the ground up.

### FACIALS

#### **HYDRATING FACIAL** - 60 min \$120

Combining healing botanicals of aloe vera, chamomile, plant hydrosols and wild infusions, this signature facial will deeply nourish, soothe and restore your skin's natural glow, ready for another day on safari.

#### **DEEP-CLEANSING EXPRESS FACIAL** - 30 min \$70

Restore balance and deep cleanse your safari dust-kissed skin. A nourishing express experience to boost and balance.

*Add a 15-minute pressure point & sculpting facial massage for the ultimate treat.*

*All our Facial products are uniquely Kenyan-made, 100% natural, ethically sourced and formulated with wild-harvested ingredients.*

*Our massage oils are 100% natural and contain a base of moringa, baobab, avocado, plant infusions and Vitamin E. You can choose from a range of botanical blends to suit your specific needs to either relax & soothe or energize & uplift.*



## ESSENTIALS

### SAFARI PEDI - 60 min \$60

A re-mineralising foot soak and scrub, softening the skin and cuticles, together with nail trimming and shaping, allowing your natural nails to shine. Together with a soothing pressure point massage to ease tired feet.

### SAFARI MANI \$60

A re-mineralizing and nourishing hand ritual, including exfoliation, cuticle work, nail shaping and a deeply soothing and nourishing massage.

### WILD TOUCH EXPRESS PEDI - 30 min \$35

A refreshing foot soak & earthy scrub followed by a nail shape & shine.

### WILD TOUCH EXPRESS MANI - 30 min \$35

Soothing compress with a salt glow, shape & shine for a the ultimate natural finish.

### HERBAL HAIR & SCALP RITUAL - 60 min \$80

An energizing hair and scalp massage with a herbal infused compress, followed by a deeply conditioning hair mask formulated with oils of Argan, Coconut, Tamanu and Wheat Protein. Leaving your hair soft, hydrated, strong and naturally lustrous.

*Option to naturally dry or enjoy a luxurious blow dry.*

### SAFARI LOCKS BLOW DRY - 45 min \$60

Elevate your bush style with a luxurious hair wash and effortlessly glamorous blow dry.

## SPA & WELLNESS ETIQUETTE

We kindly ask that you follow these Spa Etiquette guidelines for a harmonious experience:

**Arrival:** To prepare for your spa and wellness experience, please arrive 10 -15 minutes before your appointment in order to transition into a tranquil mindset. If you are running late, please let a member of staff know so that they can communicate this to the wellness team.

**Attire Awareness:** Gowns will be provided and either sent to your room prior to your treatment or available for you to change into at The Wallow before your treatment. Please follow the dress code recommended by our therapists to ensure you are comfortable, at ease, and there is a smooth transition between treatments. *Our therapists will always use draping techniques during each treatment to ensure that your privacy is respected.*

**Communicate Preferences:** Personalise your experience by communicating any specific preferences or concerns with your therapist, creating a tailored and comfortable wellness journey.

**Health Matters:** Prioritise your well-being by informing your spa therapist about any health conditions, allergies, or sensitivities, allowing them to tailor treatments accordingly and ensuring your safety and comfort.

**Electrical devices:** Help maintain a serene atmosphere by leaving your devices in your room, allowing yourself and others to fully immerse in The Wallow's calming ambience. *The Wallow is a device-free zone.*

**Respect Spa environment:** Honour the tranquillity of our sanctuary, respecting other guests' privacy and serenity. Please refrain from bringing family members under the age of 14 years old into the spa, ensuring a peaceful environment for all guests to unwind and rejuvenate. Should you have a specific request for kids' treatments, please speak to management to see what can be arranged.

**Hydrate:** Enhance the benefits of your spa treatment by hydrating adequately before and after, ensuring well-being and supporting the body's detoxification process.

