



AESTUS VILLAS RESORT SPA

The **Aestus Villas Resort Spa** is located in the grounds of the resort luxurious garden. It's a sanctuary for those seeking tranquility and rejuvenation of mind, body and soul offering a luxurious combination of original African products and European style treatments.

The spa menu covers a comprehensive range of treatments for men and women from Hydra anti-ageing facials, body scrub, body and face massages and of course manicures and pedicures. Aestus has a charming and relaxing treatment room in the heart of the garden facing the beautiful swimming pool

The Aestus therapists are dedicated to offering exceptional service and conscientious attention is paid to every detail to produce a completely rejuvenating experience. Our guests' happiness and satisfaction are our utmost pleasure. Intoxicating aromas, tranquil ambience, gracious and caring staff, peace, serenity and pampered indulgence: this is what we see as the Aestus experience.

INTRODUCTION ABOUT OUR PRODUCTS AND THERAPIES

Kenya's original *Cinnabar Green Natural Skincare products* are made using a range of organic essential oils, which we steam distil ourselves from organic aromatic plants grown in our herb gardens on the lower slopes of Mount Kenya. We also use, where possible, locally produced bio-ingredients with beneficial properties.

In certain bath oils we use a more particularly "Kenyan" selection of essential oils distilled from indigenous aromatic plants, which are sustainably harvested in the wild.

Bourbon Geranium, Chamomile, Thyme, Lemon Verbena and Calendula are just a few of the natural ingredients we grow on our small farm at the base of Mount Kenya. These aromatic plants are steam distilled and bring their therapeutic effects directly to our products where they complement a palette of gorgeous pressed oils such as Hibiscus Seed Oil and Shea butter sourced from East African grower groups.

Essential Oils

Many of the essential oils we use are organically grown and distilled on our farm. Our Frankincense oil is carefully sourced from an organic grower group in the arid lands of northern Kenya. Others come from further afield where the growing conditions better suit the plant.

Vegetable Oils

Our approach to sourcing the other ingredients in our products combines a goal to use the best naturally active ingredients available with a desire for practicality and simplicity. We aim to support small-scale grower groups whilst minimizing the negative impact our production process may have on our planet. This is a work in progress.





Macadamia Oils/*Macadamia tetraphylla*

An inherent affinity to the skin's natural oils means that Macadamia oil absorbs very quickly into the skin making it a wonderfully hydrating oil for all skin types especially dry and mature skins.

Shea Butter/*Butyrospermum parkii*

Shea butter has been used for centuries because of its highly beneficial properties for both the skin and hair. We source our Shea butter from a Women's Group in an impoverished area of northern Uganda where the sustainable and profitable use of the seeds protects those trees in an area desperate for wood as an instant source of income.

Hibiscus Seed Oil/*Hibiscus sabdariffa*

Produced in Uganda by small-scale farmers, Hibiscus seed oil is rich in linoleic and oleic fatty acids and is bursting with vitamin E; a fat soluble anti-oxidant. This means that using products containing this ingredient helps alleviate dry skin and discoloration. We couldn't resist this oil.

Avocado Oil/*Persea gratissima*

Avocado oil contains a wealth of vitamins and is deeply penetrating, making it ideal for massage. It is known to benefit dry skin as well as ameliorate conditions such as eczema.

Calendula/*Calendula officinalis*

We use the petals of this naturally healing plant as an oh-so-gentle exfoliant in our soaps.

Hydrolates

A natural bi-product of our distillation process, we incorporate hydrosols into all of our soaps for their skin repairing properties. They also form a perfect natural base for our room sprays where they bring their emotionally uplifting properties into action.

None of our products contain parabens.





Hydration facial treatment 75 minutes - Ksh 2500

This facial is perfect for very dry, sensitive skin needing intense hydration and a vitamin boost and for all skins exposed to the sun. It is a complete deep skin **treatment** that includes double cleansing, with natural jojoba beads' exfoliant, gentle steam, extraction, relaxing **facial**, shoulder massage, and **hydrating** masque and cream to relieve stress. Its powerful components (*shea butter, yangu and pawpaw seed oil, vitamin E, chamomile, lavender and tea tree essential oils, beeswax and honey*) work to penetrate deep into skin and moisturize on a more intense level.

We also have specific Hydration facial treatments for men.



Body Exfoliation 30 min - Ksh 1,000

Feel invigorated and revitalized as your body is polished to glowing perfection with natural sea-salt with plenty of anti-oxidants, macadamia and avocado oils infused with uplifting and circulatory-boosting essential oils (*bergamot, orange and tea tree*) used as an antidote for a tired body and mind.

Energizing massage

60 min – Ksh 2,000
90 min – Ksh 2,800

Intensive massage and muscle reconditioning techniques are used to help relieve muscular tension with reinvigorating massage oil plenty of *Rosemary, Palmarosa, Petitgrain and Mint essential oils* for a deeper and long lasting result.

Aroma relaxation massage 60 min – Ksh 2,000
90 min – Ksh 2,800

A relaxing massage used to help circulation and relax and clear areas of congestion in your body. *Geranium,*

Rosemary, Lavender, Frankincense and Thyme essential oils will promote a deeper restoration of your balance, leaving you utterly relaxed and your skin nourished and hydrated.



Body scrub and your favorite massage

90 min – Ksh 2,800
120 min – Ksh 3,800

Invigorating and revitalizing sea-salt and essential oils body exfoliation followed by a 60/90 minutes massage of your choice.

Lymphatic Massage

60 min – Ksh 2,500

An invigorating body treatment, combining manual lymphatic drainage with a lymphatic body lotion blend (*containing a rich blend of shea, macadamia, hibiscus seed and avocado oils with additional orange, rosemary and peppermint essential oils*). This is the perfect treatment to help your entire body's lymphatic glands to drain the excess liquids and at the same time relax and detox.

Head and shoulder massage 30 min – Ksh 1,000

An indulgent stress relieving scalp massage, using different massage strokes and acupressure points whilst using stimulating and conditioning oils in the hair, helps to relieve stress and tension in the head, neck and shoulders leaving you feeling calm and relaxed.





Manicure 30/45 min - Ksh 1300

The nails are shaped, cuticles pushed back and neatened. A choice of a hydrating hand massage and nail varnishing is offered.

Signature Manicure 75 min • Ksh 1,800

Let your hands enjoy a spa therapy...treating them to a gentle fruitseed exfoliation followed by a moisturising hand oil massage. A moisturising cream mask is applied to soften and smooth the epidermis. This treatment includes nail and cuticle attention, followed by a nail varnish of your choice for your rejuvenated hands.



Repaint

15 min - Ksh 500

A new colour of nail varnish is applied to the nails of your fingers or toes.

Body Waxing and Hair Braiding service is also available. Ask price when needed.

Pedicure

45/60 min - Ksh 2,000

The nails are shaped, cuticles pushed back and neatened and soles smoothed. A choice of a hydrating foot massage and nail varnishing is offered.

Signature Pedicure

90 min - Ksh 2,500

Pamper tired feet and legs with a soothing spa pedicure, beginning with a foot cleansing ritual followed by a stimulating scrub to remove dead skin cells. Your feet are then massaged with luxurious foot oil, followed by the application of a refreshing menthol gel to improve circulation. This treatment includes nail and cuticle attention, as well as a dazzling colour for your gorgeous new nails.