

 @ArukaHolisticSpa  @aruka.holistic



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WELLNESS, the gift that keeps giving.

Delicious body treats,
amazing hair treats, refreshing
beauty treats and one of a kind
men's grooming treats.

Gift Yourself. Gift a Loved One

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As we go about our daily lives, we build up muscle tension that can limit our agility. At Aruka (which means complete restoration) our purpose is to repair and renew our bodies, allowing us to live energetic and fulfilling lives. We draw our power from nature and our wellness and beauty spa offers a retreat for the body, mind and soul. At Aruka you will find a holistic range of wellness and beauty treatments in an exclusive environment where you can relax and unwind.

WELCOME TO ARUKA

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Elysium is our body paradise, a space inspired by the warm and welcoming African landscape and the serenity only found in open spaces all executed with calm elegance.

Our intense and indulgent 90-minute body treatments blend local, natural ingredients that calm and nourish skin while restoring your body, mind, and spirit in total harmony. We combine authentic manual therapies and pure essential oils to boost circulation and wellbeing. The treatments are designed to relax, de-tox, tone, nourish and energise, our massages reduce muscle soreness/tension while improving circulation, energy and alertness; helping you feel good in your own skin.



Didara, our hair and beauty centre named from the Yoruba, evokes the image of holistic and timeless beauty that radiates from the inside-out. Using only the purest ingredients and the gentlest touch, we coax your skin and tease your hair to unleash your natural radiance. From rejuvenating facials, gentle waxing, classic mani-pedi's, revitalizing hair treatment and funky styling, you are sure to leave Didara feeling transformed and looking your best. We use award winning Premier Dead Sea products that contain natural anti-ageing Dead Sea mineral skincare for our revitalizing and rejuvenating facials.

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SPECIAL TREATS

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THE FUNKY HOT STONE AROMA TREAT

We begin with a lavender body scrub made with locally found natural ingredients that leave you with silky, revitalized skin. This is followed by lavender aromatherapy using specially selected lavender essential oils that have a calming effect on the body and mind. We combine this with a holistic hot-stone massage, a gentle body treatment helps you feel relaxed and energized. The hot stones relax and soothe helping balance the body while relaxing you deeply.

(KES 11,800)

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QT

Retreat into yourself with essential oils that calm the body, soul and mind. Indulge in a lavender body scrub and steam bath to exfoliate your skin leaving it silky and glowing. Top it off with a 90 mins relaxing holistic massage. Leave ready to face whatever comes your way.

(KES 11,800)

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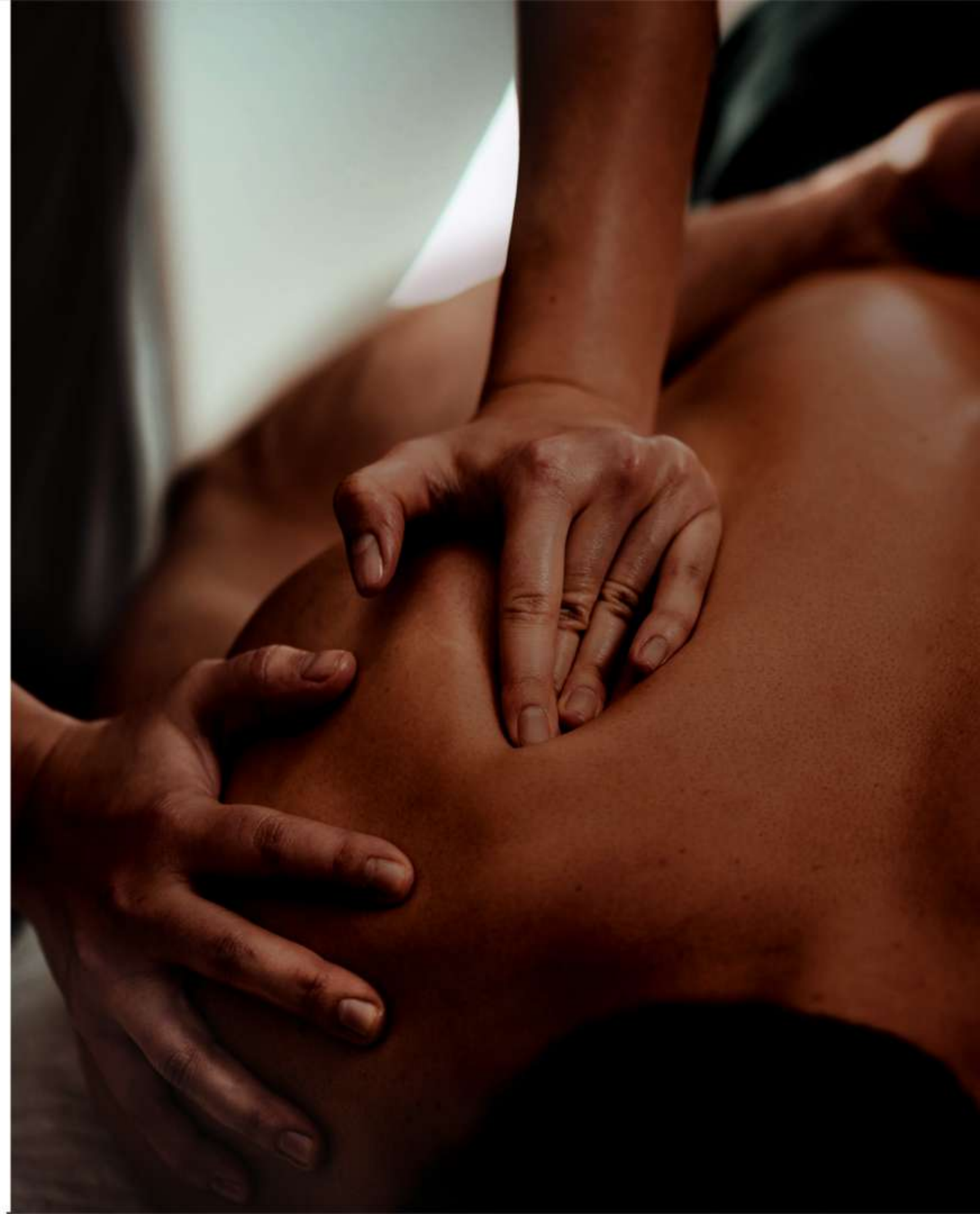
SO FRESH, SO CLEAN

We begin with a peppermint steam bath that soothes and cleanses the skin while relaxing sore and achy muscles, warm condensation helps remove toxins trapped below the skin. This is followed by a deep tissue massage that targets the deeper layers of muscle and connective tissue and is commonly used to help with muscle damage from injuries.

(KES 11,650)

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THE ARUKA MUD AFFAIR

Dead Sea salt and mud are world renowned for their detoxifying and healing properties. Enjoy a gentle scrub and mud wrap using award winning Premier Dead Sea salt and mud. A steam following ensures that all the goodness permeates your skin leaving it smooth and supple. A 90 minute holistic or deep tissue massage seals the benefits. Leaving you rejuvenated. Just what your inner self ordered!

(KES 17,400)

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SPECIAL TREATS

PRICE (KES)

The Funky Hotstone Aroma Treat

11,800

QT Treat

11,800

So Fresh, So Clean

11,650

The Aruka Mud Affair

17,400

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LADIES TREATS

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GLAM UP

Turn heads with funky curls or an elegant silk press after a deep penetrating conditioning, that opens up your hair cuticles, replenishes the strands and produces a natural glow.

(KES 3,500)

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PRE-GAME

Look good , feel fresh.

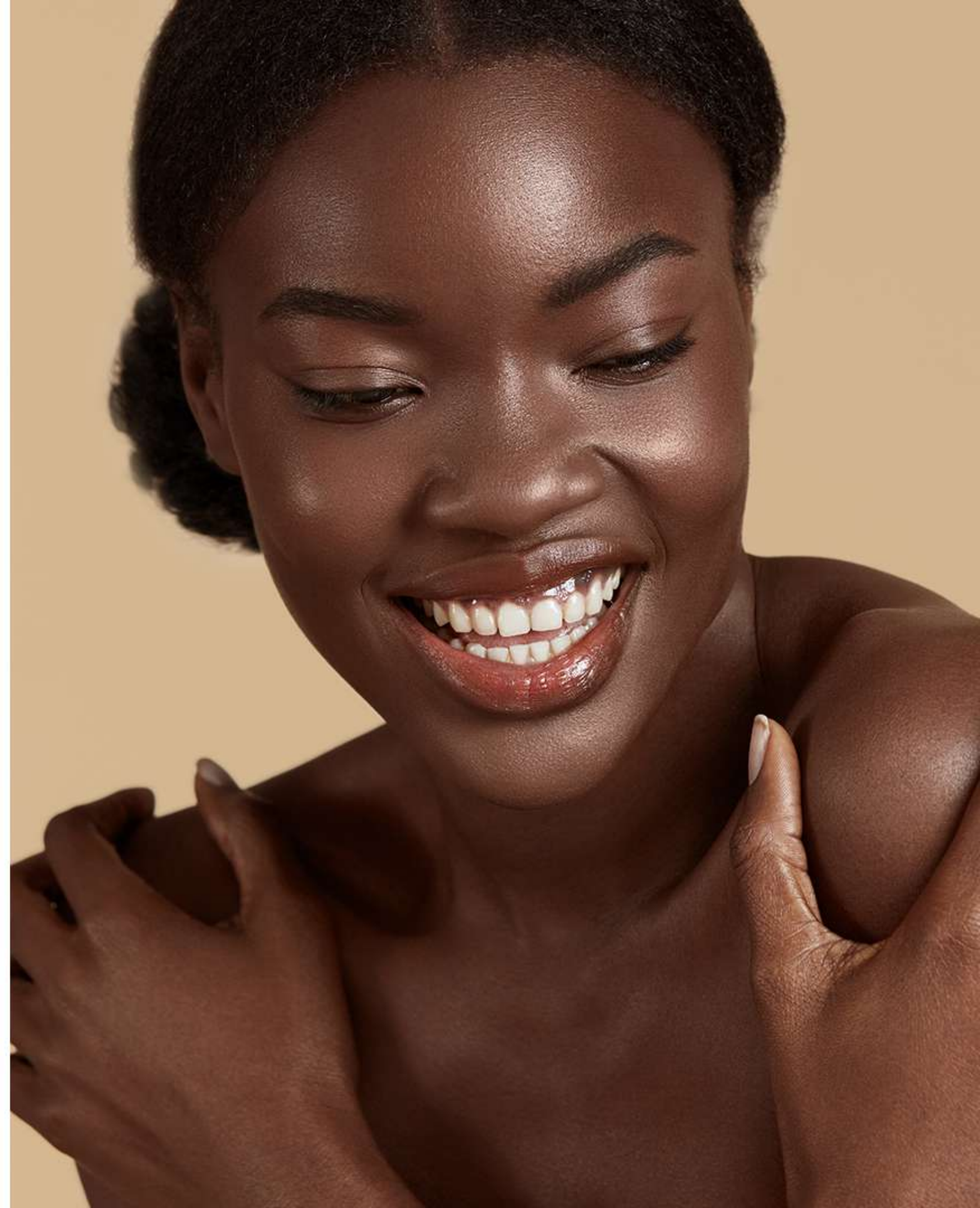
Nicely shaped eyebrows give you the power and confidence to face the world. Seal that dominance off with clean waxed underarms and a smooth brazilian/bikini waxing, finished with our LCN post waxing oil.

PRE-GAME with Brazilian wax (KES 7,250)

PRE-GAME with Bikini wax (KES 5,100)

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SAUCY FLIP

Wash your hair with a moisture enhancing shampoo, condition it with a nutritive treatment and top it off with a blow brush and hand styling to bring out your inner beauty.

(KES 5,000)

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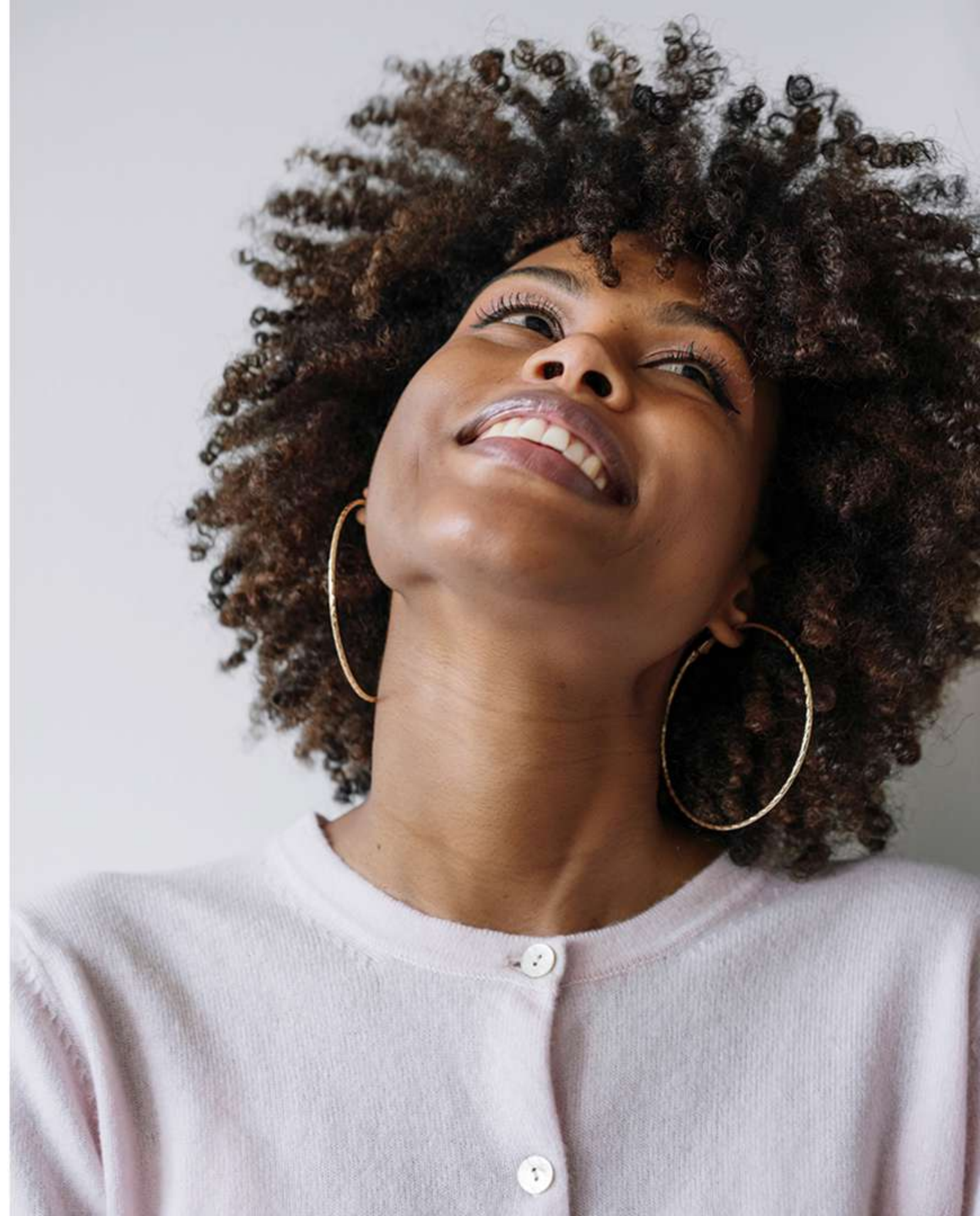
NATURALISTAS

Wash your natural hair using the best-in-class hair products and hand-style with finger coils/ twists for a funky, stress-free and long-lasting hairdo.

(KES 6,000)

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NATURALISTAS

Protect your natural hair with a wash and conditioning treatment using world class products and style with classic braiding or cornrows.

(KES 5,000)

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LOCKED & LOADED

Pamper the locs . . . dreads, sistas or micro with a wash and treat using best in class hair products, crafted to strengthen and condition African hair. Retwist and finish off with curly rods for a ravishing look.

(KES 8,400)

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MANI PEDI

Rejuvenate your hands and feet using natural hydrating extracts and world class products to give your hands and feet a classy finish.

(KES 6,400)

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LADIES TREATS

	PRICE (KES)
Glam Up	3,500
Pre- Game	
with Brazilian wax	7,250
with Bikini wax	5,100
Saucy Flip	5,000
Naturalistas	
with finger coils/twists	6,000
with Classic braids	5,000
Locked & Loaded	8,400
Mani-Pedi	6,400

DIDARA HAIR

	PRICE (KES)
Basic Hair Styling	1,800
Classic Treatment	
Wash, Treat & Heat Style	3,000
Wash & Ladies Cut	4,500
Wash, Treat & Ladies Cut	5,000
Wash, Treat & Hand Style (Twist-Outs, Finger Coils etc)	7,200
Wash, Treat & Dreadlocks Retwist	6,000
Wash, Treat & Sister Locks Retwist	9,600
Wash, Treat & Fresh Dreadlocks	10,000
Hgh Moisture/ Protein Treatment	
Wash, Treat & Heat Style	4,800
Wash, Treat & Hand Style (Twist-Outs, Finger Coils etc)	8,400
Wash, Treat & Dreadlocks Retwist	7,200
Wash, Treat & Sister Locks Retwist	10,800
Wash, Treat & Fresh Dreadlocks	11,000

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GENTS TREATS

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THE GENTLEMAN

A shave (head and beard) together with a mini facial sorts prickly chin and cheeks in no time. It is finished off with an express hand and feet treatment, with an anti-fungal and anti-bacterial Tea Tree soak. Just what the doctor ordered.

(KES 4,950)

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MEN'S CLASSIC

A shave (head and beard) together with a mini facial using aloe products should sort prickly chin and cheeks in no time. Finish off with an express hand and feet treatment, with an anti-fungal and anti-microbial Tea Tree soak.

(KES 2,950)

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RUSH HOUR

Do you only have an hour to look your best? No problem! Pop in for a shave and beard trim complete with shampoo and scalp treatment.

A quick neck and shoulder massage and you are ready to face the world.

(KES 1,800)

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JAMOZ HAIR

PRICE (KES)

Arukah Classic Haircut	1,800
Fade Cut	1,800
Beard Cut	600
Wet Beard Shave	1800
Caucasian Cut	3,000
Aruka Clean Shave	2,200
Arukah Classic Cut , Rugged Style + Classic Treatment	3,000
Colour Tint Short Hair	3,000
Colour Roots + Classic Treatment	4,200
Spot Colour + Classic Treatment	4,200
Cut & File	500
Manicure	1,500
Pedicure	2,000
Urea Pedicure	5,500
Tea Tree Hand & Soak	1000

MEN'S TREATS

The Gentlemen	4,950
Men's Classic	2,950
Rush Hour	1,800

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FACIALS

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AGE SMART

We begin with a milk cleanser enriched with Dead Sea minerals which greatly cleanse and protect while moisturising dry skin. This is followed by a purified skin toner that helps to maintain skin PH and firm skin pores followed by a high-performance soap-less scrub enriched with botanical extracts. We then treat the skin with a mud, seaweed and honey mask that rehydrates and revitalises tired skin, treats fine lines and helps prevent premature ageing. We seal the process with an age-defying moisturising regime that rejuvenates and conditions the skin for a smoother and more supple appearance.

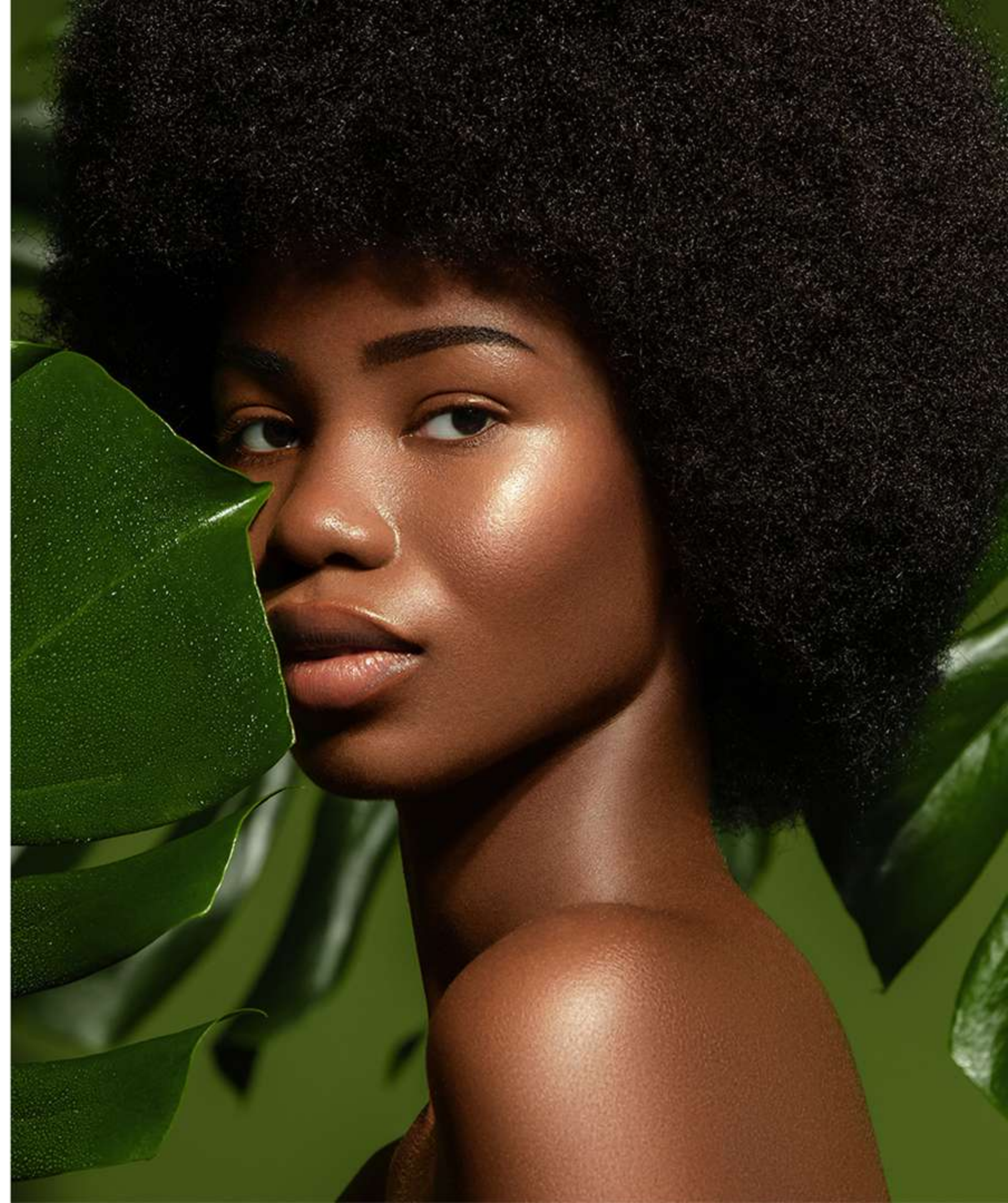
(KES 8,500)

GLOW UP

Dead Sea minerals are renowned the world over for their healing properties. A milk cleanse followed by a non-alcoholic skin toning process leaves the skin soft, supple and refreshed. It paves the way for a high performance soap-less facial cleanser and scrub followed by a hypoallergenic mask that contains powerful antioxidants. We treat the eye area with a serum and cream designed to restore vitality and seal the process with a moisturising regime that rejuvenates the skin for that dewy appearance.

(KES 9,500)

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TURN BACK TIME

The Nuna Pro is a thermal LED anti-ageing device. It effectively targets fine lines, wrinkles, hyper-pigmentation, enlarged pores and uneven skin tone by restoring elastin and boosting collagen for the formation of new skin cells. The effect is immediate and long-term. We cleanse the skin with a gentle milk cleanser and scrub then tone with a non-alcoholic skin toner. This is followed by a scrub. The Nuna Pro is then applied in V-shaped upward or circular motions, concentrating on one area at a time. The facial is sealed with defying moisturising regime that rejuvenates the skin leaving your face smooth, subtle and looking beautiful.

(KES 9,500)

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BYE BYE WRINKLES, HELLO TWINKLE

An anti ageing brand of Dead Sea minerals gently cleanse and protect while moisturizing skin. It is followed by an activated charcoal mask that draws out bacteria, chemicals, dirt and other micro-particles to the surface of the skin, resulting in an ageless and flawless looking complexion. We seal the process with an age-defying moisturising regime that rejuvenates and conditions the skin for a smoother and more supple appearance.

(KES 12,000)

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FACIALS

	PRICE (KES)
Age Smart	8,500
Glow Up	9,500
Turn Back Time	9,500
Bye Bye Wrinkles, Hello Twinkle	12,000
Face Lift	20,000

WAXING

	PRICE (KES)
Bikini	2,800
Brazilian	4,950
Underarms	1,800
Full face	3,700
Eyebrows	1,000
Lip	850
Chin	850
Full leg	5,000
1/2 leg	2,800
Full Arm	2,500
1/2 Arm	1,950
Back Waxing (male)	4,950
Back Waxing (female)	3,000
Chest Waxing (male)	3,500
Stomach	2,500
Eye brows: threading/tweeze	600
Face Threading	2,400

DIDARA GROOMING

PRICE (KES)

Basic Manicure	1,500
Basic Gel Manicure	3,000
Basic Pedicure	2,000
Basic Gel Pedicure	4,000
Basic Polish Application (Each, both hands and feet double)	1,000
Basic Gel Application Only (Each, both hands and feet double)	2,000
Premium Manicure	3,500
Premium Pedicure	4,500
Premium Gel Manicure	5,500
Premium Gel Penicure	4,500
LCN Urea Pedicure	5,500
LCN Urea Pedicure with Gel Application	6,500

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CLASSIC MESSAGES

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THE ARUKA HOLISTIC MASSAGE

This gentle massage uses long strokes, kneading, deep circular movements, vibration and tapping to help you feel relaxed and energized. De-toxifying, stimulating and draining, this massage targets all muscle and energy routes, concentrating mainly on your most sensitive areas resulting in long-lasting relaxation.

(KES 7,800)

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DEEP TISSUE MASSAGE

This massage technique uses slower, more-forceful strokes to target the deeper layers of muscle and connective tissue, relieving tension. This massage is ideal for people in need of muscle flexibility.

(KES 10,200)

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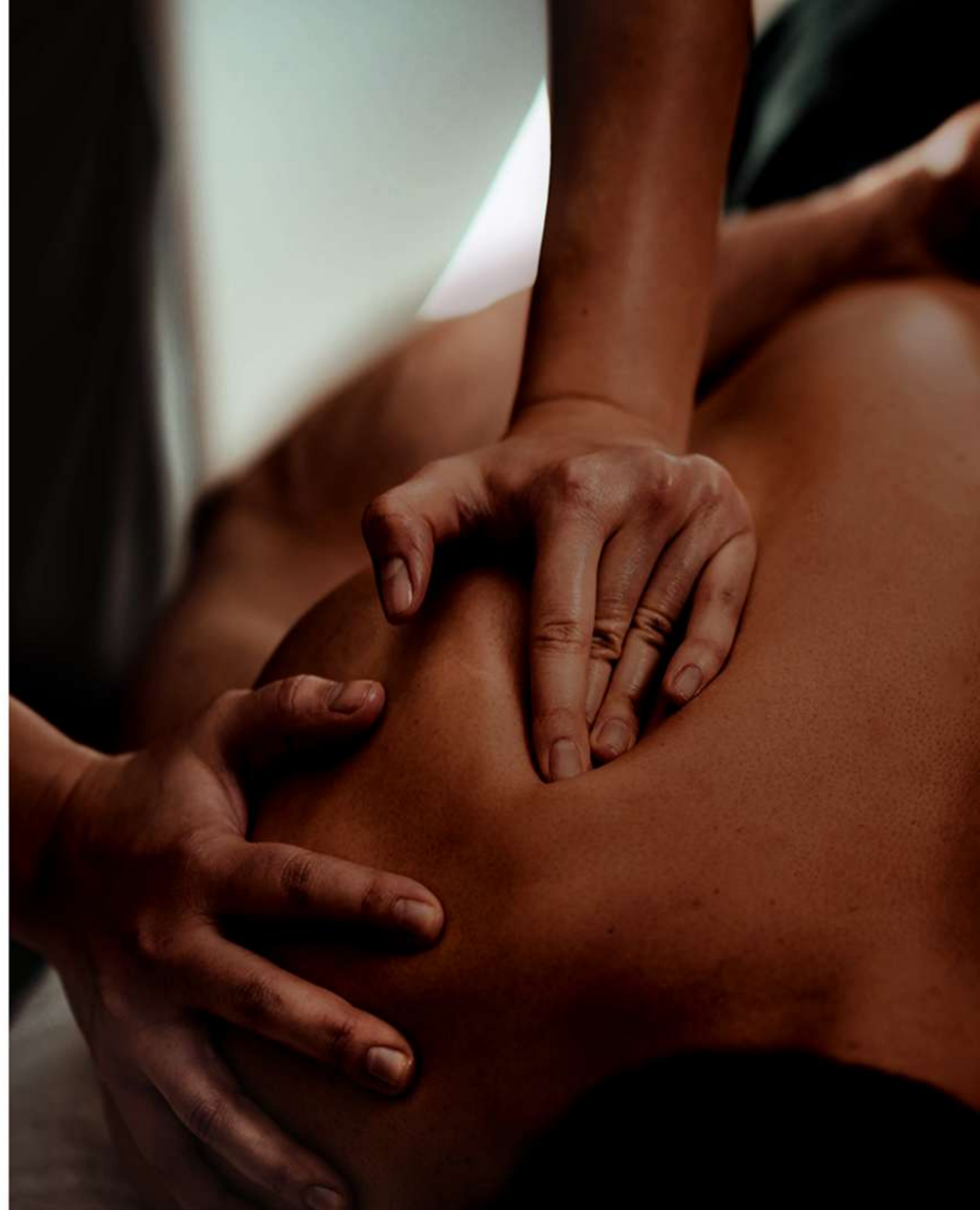
SPORTS MASSAGE

Here we use long strokes, kneading, deep circular movements, vibration and tapping to alleviate tension, tiredness and soreness. The massage penetrates deep into the muscles, helping combat muscle knots and is used in combination with body stretches for optimal relaxation.

(KES 10,200)

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** New prices effective from October 1st 2024





THAI MASSAGE

A whole-body treatment in traditional Thai style primarily consisting of gentle pressure, stretching and assisted yoga techniques. Gentle pressure is applied along the body's meridians to release blockages and tension, allowing life energy to flow freely through the energy channels again.

(KES 14,400)

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LYMPHATIC DRAINAGE

This gentle, slow massage technique stimulates the lymphatic system, aids the detoxification of the body and counters water retention.

(KES 14,400)

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SHIATSU MASSAGE

Shiatsu means 'finger pressure' in Japanese. We use rhythmic, localized pressure using fingers, hands or elbows on certain acupressure points on the body to relieve tension. We work your whole body and your therapist will focus on areas that need extra attention.

(KES 14,400)

REFLEXOLOGY THERAPY

Here we use gentle pressure on specific points along your feet (and possibly on your hands or ears as well) to help you feel more relaxed and energized. This is achieved using thumb, finger, and hand massage techniques.

(KES 5,600)

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FULL BODY MASSAGES (90 MINS)

PRICE (KES)

Holistic	7,800
Deep Tissue	10,200
Sports	10,200
Thai	14,400
Pre/Post Natal	12,000
Shiatsu	14,400
Lymphatic	14,400
Mambo Yote	19,800
Reflexology (60 mins)	6,000

Body Massage Enhancements:

Aromatherapy	1,200
Cupping	2,400
Hot Stones	2,400
Steam	2,400
Body Scrub	2,400
Body Scrub (w/out massage)	4,400

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