

WHAT ELSE DO WE OFFER?

Enso allows you to free your mind and rejuvenate your body. In order to give you a truly Holistic experience we also host free talks on Health, Beauty and Personal Development. Sign up to receive our Monthly Offers and Enso Talks invites.

WANT TO BOOK A GROUP SPA DATE?

We know in today's hectic lifestyle there is nothing better than relaxing with friends. Book a spa treatment followed by cocktails at Aer Lounge or a yummy meal at Bonhomie Restaurant. Contact us to book your Spa Date.

SPA ETIQUETTE

To ensure that you get the best out of your spa experience, please come 10 minutes before your appointment time. This will allow you to relax and get ready for your treat. We also have a no phone use policy at the spa, meaning you dedicate your spa time to honour the most important person in your life.. **YOU**

FITNESS & WELLNESS

Our monthly Gym membership gives you unlimited use of Gym use with a personal trainer, Heated Pool, Steam and Spa along with one Sports/Holistic Massage each month. Monthly Membership is Ksh 10,500/-

CANCELLATIONS & LATE COMERS

Cancellation of your appointment at Enso with less than 24hrs notice will incur a 50% charge. Kindly make sure you plan well and arrive on time. Failure to do so, may result in a shorter Spa Experience.

LIKE OUR SERVICE?

Recommend and follow us on Instagram



Enso Wellness Day Spa at the Concord situated on Wangapala Road in Parklands specialises in tailored Holistic wellness and offers you the very best when it comes to spa pampering and treatments to help you Relax, Recharge and Revitalise.

At Enso you can enjoy your time lazing poolside with a good book while sipping a refreshing drink, work out at the gym or melt away tension in our sauna and steam room before stepping into the Spa for one of our treatments which will leave you glowing with life and vitality.

Enso also run weekly special offers, monthly wellness packages and free seminars on Health, Beauty and Personal Development to clients registered on our loyalty program.

So, what are you waiting for? Call us today to book your Enso Wellness Spa Experience.

ENSO... letting your mind float and your body flow with vitality

Phone 0780 927 299 to Book
Hotel Guests call Reception to Book

BODY TREATMENTS

HOLISTIC MASSAGE

1hr Ksh4,000

Let the long flowing strokes and warm oil of this deeply relaxing massage take you on a journey of deep relaxation and stress relief.

AROMATHERAPY

1hr Ksh5,000

Choose your blend of oils for an invigorating full body massage. Choose from;

RELAX, EASE or **ENERGISE**

SPORTS LOMI LOMI/DEEP TISSUE

1hr Ksh5,000

Deep tissue stretching and trigger point massage aimed at easing muscle tension ideal for athletes and anyone leading a physically active lifestyle.

TRAVELLERS BACK MASSAGE

30mins Ksh2,300

Ideal for the traveller or office worker suffering with shoulder and back stiffness.

ENSO SOLE

1hr Ksh4,000

The feet have over 7,000 nerve endings flowing from various parts of the body. This stimulating foot ritual incorporates deep massage strokes, mobilisations and trigger point therapy is great for overall wellness and will leave you dancing on air.
(Not for pregnant women)

ENSO CRANIAL OIL

1hr Ksh4,000

This treatment stimulates the lymphatic drainage of the head and upper thoracic area which aids in reducing headaches, improves blood circulation, promotes hair growth, boosts better sleep and relaxation.

MINI SPA EXPERIENCES

RELAX ME

2hrs of relaxation Ksh6,000

Holistic Massage followed by Express Facial

ENERGISE ME

2hrs of Energising Ksh7,000

Antioxidant Scrub Steam followed by a Citrus Aromatherapy Massage

DETOX ME

3hrs of Sheer Indulgence Ksh8,500

Antioxidant Scrub n Steam,
Holistic Massage, Reflexology, Poolside Green Tea & Fruits

HEALTH ME UP

4hrs of invigorating Health Ksh9,500

40min Personal Trainer Gym Session,
Steam, Sauna with 30min Pool time,
Holistic Massage, Hydrating Facial,
Poolside Green Tea & Fruits

MAKE ME SPARKLE

4hrs of sparkle prep Ksh13,000

Sparkle like a Diva with our Express Glow Body Scrub n Steam , Aroma Massage, Hydrating Facial, Express Mani & Pedi

MORROCAN HAMMAM

1.5hr of sheer luxury Ksh8,500

Black olive soap and a natural loofah are used in a steam room by our therapist to exfoliate your skin, a clay mask is applied to draw out toxins ending with argan oil to leave your skin soft and velvety.

HOLISTIC REBALANCING

2.5hrs of our Healing, Rebalancing Ksh9,500

A relaxing Holistic Massage followed by guided meditation and angel card reading to leave you feeling relaxed, grounded and renewed.

SPA EXPERIENCES

Our spa packages are simply divalicious and utterly pampering. Go that extra bit further and combine your Spa experience with a sumptuous meal at Bonhomie Restaurant or cocktails at Aer Lounge.

DIVALICIOUS SPARKLE

3hrs of getting sparkle ready Ksh 8,000

Antioxidant body Scrub n Steam,
Holistic Massage, Hands File 'n' Polish

GLOW DIVALICIOUS

4hrs of Pampering to Glow Ksh12,000pp

Pool time to float away in warm water,
Glow Body Scrub n Steam,
Holistic Massage, Express Facial & Manicure

GLITTER DIVALICIOUS

6.5hrs of Sheer Indulgence Ksh16,000pp

Pool Time, Glow Body Scrub n Steam,
Holistic Massage, Express Facial,
Express Pedicure & Manicure followed by
Prosecco Lunch

PRINCESS DIVALICIOUS

4hrs of Princess Pampering Ksh 11,000
Glow Scrub, Steam, Holistic Massage,
Poolside Lunch

***Prosecco Lunch:** Tomato Cappuccino with Basil Starter, Chef Supreme herb chicken with mushroom sauce served with farm fresh vegetables and creamy mash followed by a fruit platter for dessert. Paired with Prosecco.

***Poolside Lunch:** Cob Salad with a medley of Boiled Egg, Grilled Chicken, Quinoa, Avocado, Sweetcorn, Pickled Onion and a spicy cashew-nut dressing followed by warm chocolate brownie served with vanilla ice-cream. Paired with white Sangria.

*We also cater for Vegetarian/Gluten Free diets

HOT STONE MASSAGE

1.5hrs Ksh7,500

Heated basalt stones and warm oil glide over the skin for a deeply relaxing and ethereal experience which melts away muscle tension and the day's stress.

PRENATAL MASSAGE

1.5hrs Ksh5,000

Pregnancy is such a beautiful experience; as baby bump grows postural changes can leave you with back ache and tired legs. This massage is perfect for easing postural tension and mama pampering. (Note: must be 5months pregnant or above. Not recommended before 20weeks)

BODY SCRUBS

All our body scrub treatments are 30mins and incorporated with steam.

ANTIOXIDANT SCRUB

Ksh2,500

The antioxidant properties of Coffee are combined with the toxin pulling and skin smoothing properties of Coconut.

GLOW SCRUB

Ksh2,500

The cleansing properties of Sea Salt are combined with aphrodisiac Rose to make you glow.

SMOOTH n SWEET SCRUB

Ksh2,500

The healing properties of Honey with the nourishing properties of Apricot oil deliver a nourishing and gentle exfoliation.

FACIAL TREATMENTS

EXPRESS FACIAL

45min Ksh 3,000

This express facial with oatmeal protein exfoliation and rose otto to tighten the skin combined with a soothing head, face, neck and shoulder massage makes this the perfect little treatment to leave your skin fresh while leaving you feeling relaxed.

SKIN RENEWAL ENZYME PEEL FACIAL

1hr Ksh6,000

This moisturising enzyme peel facial thoroughly removed dead skin cells. The plant complex of magnolia, willow bark, grapefruit, propolis and camomile extract has an anti-inflammatory effect and soothes the skin while renewing. Leaving it looking fresh and youthful.

SKIN LUMINOUS DETOXING FACIAL

1hr Ksh6,000

Is a detoxing facial with white clay and honey. Hyaluronic acid, panthenol as well as allantoin, amino acids and sodium lactate reduce wrinkles and moisturises the skin leaving it feeling fresh and healthy.

POOLSIDE HYDRATING FACIAL

30mins Ksh2,500

Enjoy relaxing pool side facial. Delivering a gentle exfoliation followed by skin hydration and brightening mask sheet mask. This is a great calming facial.

MANLY FACIAL

1hr Ksh4,000

Indulge in a scalp, neck and shoulder massage after cleansing, exfoliating, toning treatment for your face. This treatment is designed to soothe the skin, restore hydration and have you looking great.

WAX ME SMOOTH

FULL LEGS	Ksh3,500
HALF LEGS	Ksh1,800
ARMS	Ksh2,000
UNDER-ARM	Ksh1,000
BIKINI LINE	Ksh1,500
BRAZILLIAN (landing strip)	Ksh3,000
HOLLYWOOD (Buff n Smooth)	Ksh3,500
UPPER LIP/EYEBROWS/CHIN	Ksh500/zone
MANLY SMOOTH CHEST	Ksh3,000
MANLY SMOOTH BACK	Ksh4,500
BBC for Men (BALLS, BUTT n CRACK)	Ksh5,000

THREADING

EYEBROWS	Ksh500
UPPER LIP / CHIN	Ksh400

NAIL BAR

FILE N POLISH (HANDS/FEET)	Ksh800
EXPRESS MANI/ PEDI	Ksh1,500
ENSO SPA MANICURE	Ksh2,500
ENSO SPA PEDICURE	Ksh2,500
FRENCH POLISH MANICURE	Ksh3,000
GEL MANICURE/PEDICURE	Ksh3,500
GEL POLISH SOAK OFF	Ksh1,000

NAILBAR FOR MEN

MANLY MANICURE

Ksh2,500

Make your hands noticeable with this manly manicure to make your hands feel fab.

MANLY PEDICURE

Ksh3,500

Feet are the most neglected part of the body. This manly pedicure will leave your feet feeling happy and light.