



Karen Blixen  
Coffee Garden & Cottages

# BODY & CALM CENTER

A TOUCH OF LUXURY, A WORLD OF SERENITY

## **THE MASSAGES**

### **The Blixen's Signature Body Massage**

Our signature body massage incorporates both Deep tissue and Maasai Rungu massage techniques and is designed to relax the muscles, ease tension, improve circulation and promote general wellbeing. Suitable for people with tensed muscles.

**80 Minutes @ [KSHS 10,000]**

### **Baroness Blixen's Aroma Treatment**

A relaxing massage using African organic oils, calming strokes of varied techniques; targets the muscles, offering numerous benefits for both physical and psychological well-being.

**60 Minutes @ [KSHS 8,500]**

**30 Minutes @ [KSHS 6,500]**

### **Deep Tissue Massage**

Therapeutic massage relieving severe muscle tension using continuous and direct deep pressure. Best for those experiencing constant fatigue.

**60 Minutes @ [KSHS 9,000]**

**30 Minutes @ [KSHS 7,000]**

### **Holistic Massage (Swedish)**

This massage takes into account not just your physical body, but your emotional well-being allowing your body to relax.

**60 Minutes @ [KSHS 8,000]**

**30 Minutes @ [KSHS 6,000]**

### **The Warm Lava Stone Massage**

Warm Basalt stones release therapeutic heat deep into the muscles warming, relieving and soothing aching muscles.

**90 Minutes [KSHS 8,500]**

### **Muscle Melt Recovery Massage**

Perfect for sore or overworked muscles, this treatment combines a cooling-warm menthol balm with slow, therapeutic massage. The ritual closes with a full-body hot-towel press, deeply comforting and designed to seal in relief for lasting relaxation.

**1 hour 15 min [KSHS 8,000]**

### **Back Massage**

Bad back Bad life, enjoy a 30-minute back massage which will release tensions. Feel back on track with this fabulous quick fix.

**30 Minutes [KSHS 6,500]**

### **Head Neck and Shoulder Massage**

Get a quick head, neck and shoulder massage to set you back on track, a wonderful quick fix for anyone who feels tight around the neck and shoulders, a real game changer.

**30 Minutes @ [KSHS 6,000]**

### **Reflexology**

Based on the ancient philosophy that specific points on the feet correspond with organs in the body, this traditional reflexology massage unblocks the energy channels to create harmony and aid general wellness.

**60 Minutes [KSHS 5,000]**

## **BODY TREATMENTS**

### **The Full Body Exfoliation (Scrub)**

An exfoliating body treatment is designed to leave your skin soft, supple and glowing.

**30 Minutes [KSHS 4,000]**

### **The Skin Soother (mask)**

Body mask treatment from natural ingredients applied to the skin to hydrate, detoxify, and rejuvenate.

**45 Minutes [KSHS 4,000]**

## **THE BLIXENS RITUAL**

### **Tranquility (Scrub, mask, massage and facial)**

A restorative and soothing Spa treatment that begins with a body exfoliation and is followed by our signature 60-minute body massage. A treatment that leaves you completely relaxed and your skin feeling soft, smooth and supple.

**2 hours 30min [KSHS 12,000]**

### **Chai/Kahawa Ritual**

Indulge in a luxurious body treatment inspired by Kenya's rich tea and coffee heritage. This ritual begins with a rejuvenating body scrub made from natural tea or coffee extracts to gently exfoliate and detoxify the skin, leaving it smooth and glowing. It is followed by a deeply relaxing holistic massage using nourishing massage cream to soothe muscles, improve circulation, and restore total body balance. Perfect for relaxation and revitalization.

**90 Minutes [KSHS 10,000]**

### **The Revival**

This luxurious treatment begins with a gentle body scrub to exfoliate and smooth the skin, revealing a fresh, radiant glow. A rich body mask is then applied to nourish, hydrate, and restore balance, leaving the skin silky and revitalized. The experience is completed with a soothing massage with moisturizing cream to relieve tension, enhance circulation, and promote total relaxation.

**2 hours 30 min [KSHS 10,000]**

### **Dead sea Salt Scrub & Mud**

A mineral-rich treatment that begins with a Dead Sea salt scrub to gently exfoliate and purify the skin. This is followed by a nourishing Dead Sea mud wrap that detoxifies, firms, and replenishes essential minerals, leaving your skin smooth, refreshed, and deeply revitalized.

**75 Minutes - [KSHS 7,500]**

## **FACIAL TREATMENT**

### **Skin Renewal Facial**

Restore the luminous glow you used to know with this luxurious multi-active facial. Advanced collagen, peptides and anti-oxidants boost elasticity, stimulate cellular turnover, reduce the appearance of medium to deep wrinkles leaving skin radiant.

**60 Minutes [KSHS 5,500]**

to deep wrinkles leaving skin radiant.

**60 Minutes [KSHS 5,500]**

#### **Advanced Facial**

Give your skin the care it deserves with our Advanced Facial. This treatment deeply cleanses, exfoliates, and hydrates your skin using modern techniques and serums. It helps reduce fine lines, clear breakouts, and brighten dull skin, leaving you with a healthy, glowing, and refreshed look.

**60 Minutes [KSHS 7,500]**

#### **Restore Facial**

Lift, tone, and rejuvenate your skin with our Ultra Visage Facial. This treatment uses gentle micro-current technology to firm facial muscles, improve circulation, and boost collagen production. It helps reduce fine lines and leaves your skin feeling smoother, tighter, and beautifully refreshed, giving you a natural and youthful glow.

**60 Minutes [KSHS 10,000]**

### ***HAND AND FOOT TREATMENT***

#### **Manicure**

A soothing, softening spa therapy for the hands based on lightening extracts of liquorice and nourishing oils and butters. It is designed to brighten, condition and soften the hands whilst calming the senses.

**60 Minutes [KSHS 3,000]**

#### **Pedicure**

A refreshing, soothing spa therapy for tired feet enriched with cooling menthol & camphor and deeply nourishing oils & butters. It is designed to condition, repair and soften the feet whilst uplifting the senses.

**60 Minutes [KSHS 4,000]**

**Polish Application [KSHS 1,000]**

**Gel Polish Application [KSHS 2,000]**

### ***BODY WAXING***

|               |               |
|---------------|---------------|
| Full Body     | [KSHS 25,000] |
| Full Leg      | [KSHS 6,000]  |
| Half Leg      | [KSHS 3,000]  |
| Bikini Line   | [KSHS 2,000]  |
| Brazilian     | [KSHS 5,000]  |
| Under Arms    | [KSHS 2,000]  |
| Full Face Wax | [KSHS 3,000]  |
| Full Arm      | [KSHS 3,000]  |
| Half Arm      | [KSHS 1,500]  |
| Lip/Chin      | [KSHS 1,000]  |
| Eyebrow       | [KSHS 1,000]  |
| Back          | [KSHS 4,000]  |
| Chest         | [KSHS 4,000]  |



# Karen Blixen

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**P.O Box** 9913-00100 GPO NBO

**Tel:** 0711579001

**Email:** [info@karenblixengroup.com](mailto:info@karenblixengroup.com)

**Website:** [info@karenblixengroup.com](http://info@karenblixengroup.com)

**Karen Blixen Coffee Garden**, 336 Karen Road, Karen, Nairobi Kenya