



Forest Breeze Wellness Center



THE *Sands*
AT NOMAD 

Making the most of your massage / treatment

- ❖ *Enjoy a warm shower prior to your massage / treatment*
- ❖ *Your body will be covered at all times. Should any particular massage technique or treatment feel uncomfortable for you, please tell the therapist treating you.*
- ❖ *Tell your therapist about any areas of your body that have been injured, or feel sore, or tense.*
- ❖ *Inform your therapist on any medical conditions you may have.*
- ❖ *If you are suffering from a cold, flu or skin rash, be sure to tell your therapist. This information is important, as spa treatments may increase the health risk or discomfort caused by these ailments*
- ❖ *During the session, close your eyes and sink into a deep relaxation. Focus your attention on breathing slowly and deeply.*
- ❖ *Please notify us at least four hours in advance if you need to cancel or re-schedule your appointment, otherwise we must charge the full price of the service to your room.*
- ❖ *If possible, please leave your jewellery and valuables in your room safe. Lockers are available for your personal items. We do not accept responsibility for any lost or stolen items.*
- ❖ *Please do not pay cash, kindly sign to your room account.*

Enjoy your Massage Treatment!

The Management Team

Massage packages



THE SANDS SIGNATURE

120 min

(based on SEA MINERALS by D'VINE)

6,800

[REGENERATE | REJUVENATE | RESTORE]

A rejuvenating, revitalising spa therapy based on a powerful blend of marine algae (seaweed) designed to stimulate elasticity and reveal a healthier, vibrant skin tone whilst refreshing the senses.

Welcome Tea | Foot Ritual | Body Scrub | Body Mask | Full Body Massage

Massage packages



PURIFY

100 min

[CLEANSE | DETOX | TONE]

6,400

A cleansing, detoxifying spa therapy based on a powerful blend of essential oils and marine algae (seaweed) extracts designed to improve circulation and decongest the body's systems whilst invigorating the senses.

Welcome Tea | Foot Ritual | Body Scrub | Lymphatic Drainage Massage

Massage packages



CHAI

100 min

[REVIVE | AWAKEN | RECHARGE]

6,000

A revitalising, uplifting spa therapy based on the healing benefits of Kenyan green tea, hibiscus and liquorice designed to lighten, brighten and soften the skin whilst recharging the senses.

Welcome Tea | Foot Ritual | Body Scrub | Swedish Massage

Massage packages



KAHAWA

100 min

[STIMULATE | ENERGISE | REVITALISE]

6,000

An invigorating, stimulating spa therapy based on therapeutic benefits of coffee and an uplifting blend of essential oils designed to improve circulation, restore vitality and awaken the senses.

Welcome Tea | Foot Ritual | Body Scrub | Body Mask | Swedish Massage

Massage



Swedish Massage

A massage technique designed to relax the muscles ease tension, improve circulation and promote general well being.

60 min

3,000

Back, Neck & Shoulder Massage

This deep tissue therapy focuses on the back, neck, and shoulders and it is designed to release tension and blockages leaving one feeling rejuvenated, renewed and revitalized.

30 min

2,000

Deep Tissue Massage

A massage technique that utilizes slow strokes and deep finger pressure techniques to release the tension, aches and pains.

60 min

3,500



Massage



Aromatherapy Massage

A holistic treatment that is based on the psychological and physical benefits of essential oils. The treatment is designed to either energise or relax the body.

60 min

3,500

After Sun Relaxing Massage

A soothing effect on the body after sun bathing, quick healing on a sun burned skin, improving blood circulation and leaving the body relaxed, soft and smooth.

45 min

2,500

Hot Stone Massage

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

60 min

3,500



Massage



Face Massage

Relaxing facial muscles, improving blood circulation and invigorating the skin.

30 min

2,000

Indian Scalp Massage

Muscle relaxation techniques aimed at providing relief from mental and emotional stress and increasing oxygen uptake to the brain and tissues thus creating peace and tranquillity.

30 min

2,000

Abhyanga

A whole body oil massage, gentle applied with medicinal oils. The relaxing caress of warm oil reactivates the body while the preventive cleansing effect ensures absolute wellbeing toxins are gently washed away, balancing your energy.

60 min

3,600



Manicure and Pedicure



Manicure and Pedicure

4,100

Pedicure [REFRESH | SOOTHE | NOURISH]

2,500

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

Nail & Cuticle Work | Soak | Foot Scrub | Foot Mask | Nail Varnish

Manicure [REFINE | NOURISH | SOFTEN]

2,000

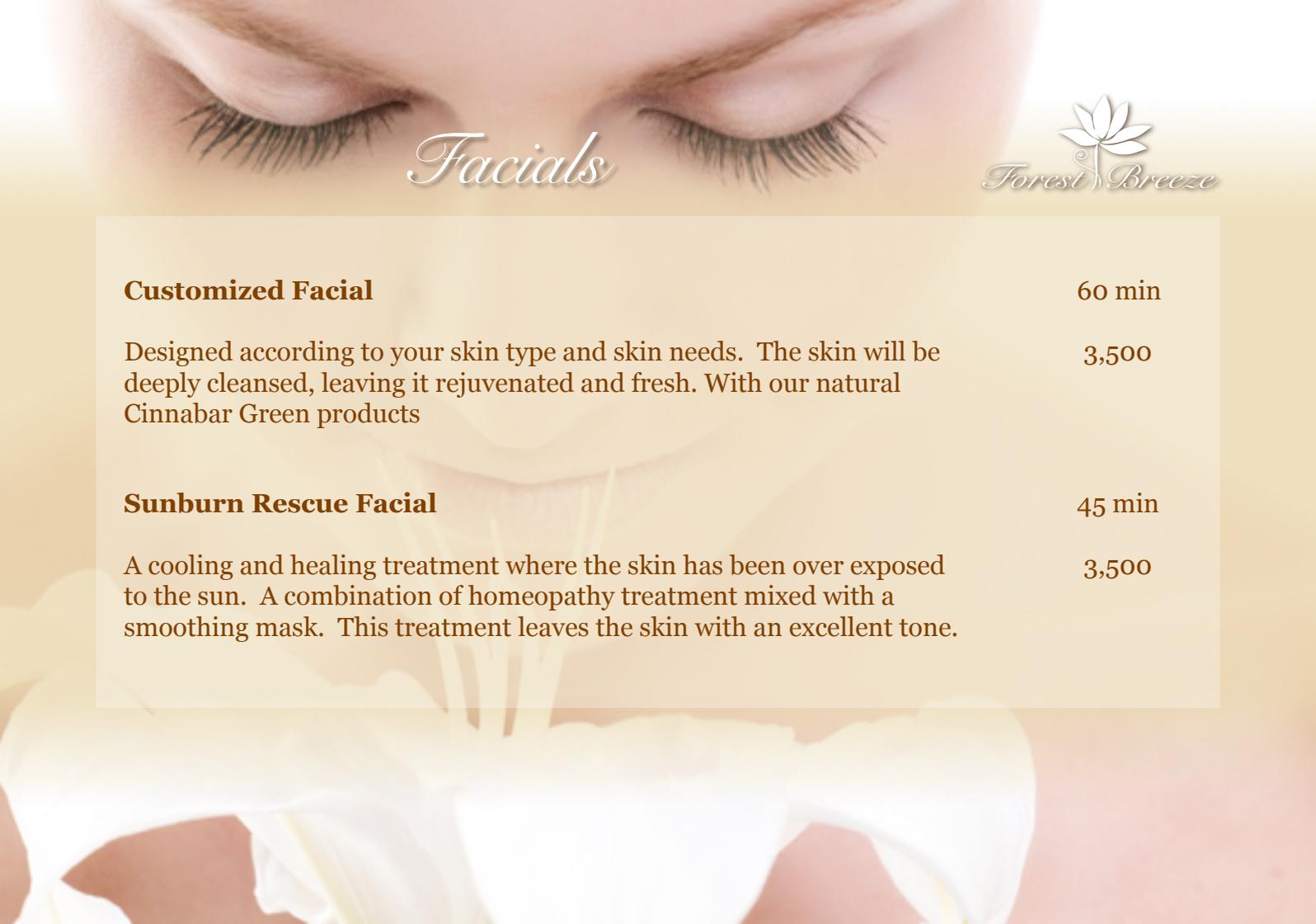
A soothing, softening spa therapy for the hands based on lightening extracts of liquorice and nourishing oils and butters. It is designed to brighten, condition and soften the hands whilst calming the senses.

Nail & Cuticle Work | Soak | Hand Scrub | Hand Mask | Nail Varnish

Re-varnish

800





Facials



Customized Facial

60 min

Designed according to your skin type and skin needs. The skin will be deeply cleansed, leaving it rejuvenated and fresh. With our natural Cinnabar Green products

3,500

Sunburn Rescue Facial

45 min

A cooling and healing treatment where the skin has been over exposed to the sun. A combination of homeopathy treatment mixed with a smoothing mask. This treatment leaves the skin with an excellent tone.

3,500