



méstil

HOTEL & RESIDENCES

Sanaar

GYM & SPA

TREATMENT
MENU





Welcome to our divine sanctuary.
Indulge in our Sanaar Journey and discover a place of
profound peace, serenity and tranquility.

We believe in the continuous nourishment, protection and
harmony of ones-self therefore we strive to be an inspiration
to each guest in the pursuit of relaxation, vitality and
rejuvenation.

Our purifying foot ritual precedes most of our treatments
and guarantees that your Sanaar Journey start on the right
foot, allowing each treatment to begin with you feeling calm
and centered.

MASSAGE THERAPY

Connect to the powerful source within you that brings about inner peace and healing. Our massages are perfectly mastered and seamlessly integrated into memorable moments of pure delight.

Destress Scalp, Neck, Shoulder & Back Massage	30 min	\$30	Release any tension in your shoulder, neck and back area and enjoy a relaxing scalp massage.
Sanaar Foot Massage	30 min	\$25	A rewarding massage for your tired feet which focuses on your reflex points leaving you relaxed
Aromatherapy Massage	60 min 90 min	\$40 \$54	Gentle flowing movements combined with our essential oils to create this holistic treatment that rewards your body as well as your senses.
Deep Tissue Massage	60 min 90 min	\$50 \$60	A massage that focuses on the deeper layers of your muscle to help with any muscle tension and stiffness.
Hot Stone Massage	90 min	\$60	A deeply relaxing massage that melts away all the soreness and stress from your body.
Pre Natal Massage	90 min	\$60	Enjoy a relaxing massage to help deal with any back soreness and water retention as you await your bundle of joy.
Rungu Stick Massage	60 min 90 min	\$50 \$60	A massage using a rungu which is excellent for reaching tired or painful muscles helping to improve lymph drainage and release of endorphins.



SANAAR FACIAL

Your delicate face is the outer expression of that which lies deep within. Your skin tells a tale as unique as your fingerprint. The secret lies in the correct diagnosis of your skin's unique picture. We introduce you to the powerful marriage of anti-oxidants in tandem with your skin's inherent ability of nature to replenish itself through restoring hydration.

Jasmine & Boobab Skin Protector – Anti-aging	1hr	\$50	Precious oils from ancient Baobab are combined with extracts of Jasmine and a powerful synergy of anti-oxidant & protective actives leaving your skin soft and renewed resulting in youthful radiance and plumping effect.
Neroli & Rose Skin Balance – Anti Pollution & Decongesting	1hr	\$50	Extracts of Neroli and precious Rose replenish and decongest to balance and clear skin leaving it left cleansed, cleared, hydrated and flawless.
Marula & Rose Skin Hydrator – Tone and Renew	1hr	\$50	Marula, Rose, Geranium and Ylang-Ylang essential oils are mixed into an invigorating blend of sheer skin bliss. Excellent for tired dehydrated skin, needing a special boost to even out texture and create a vibrant glow.
Pinotage Hydrating Facial	1hr	\$50	Pinotage Hydrating Facial treatment suitable to balance and protect the skin on a deeper level using a purifying mask to renew and regenerate your skin combatting razor bumps and ingrown hairs.
The Tri-Enzyme Peptide High Performance Optimizer Facial	1hr 30 min	\$67	Healing Earth's unique formula backed by top cosmetic expert research, allows for the penetration of unique anti-aging active ingredients and rejuvenation of the skin with age less results. Cranberry Extracts combined with potent peptides, vitamins, amino acids and fatty acids create an increased production of micro collagen resulting in a youthful appearance and ageless skin. This treatment and trademark enzyme peel yields excellent results against hyper pigmentation and will result in evening out skin tone caused by exterior pollutants by brightening and lightening skin especially when combined with home care.

Add: Pure Organic Rosehip Face Oil as a Booster to any of the above facials as a miracle skin elixir.



SANAAR BODY BALANCE EXPERIENCE

Sanaar Polishing Body Ritual

1hr 15 min \$50

Hydrate and soften your skin with your choice of an earth soul body polish ritual.

Choose from:

- Kalahari Melon
- Coffee cinnamon and orange
- Mongongo Nut

Sanaar Cocoon

1hr 30 min \$86

A full body polish and wrap to hydrate and soften your skin with your choice of an earth soul body polish and mask ritual.

Choose from:

- Kalahari Melon
- Coffee cinnamon and orange
- Mongongo Nut

SANAAR EXPERIENCES

Great Lakes Spice
Journey

2hr 30 min

\$98

Brighten - Firm - Revitalize - Sculpt

A vigorous dry body brush boosts circulation, followed by an energizing, detoxing body polish which will leave your skin feeling silky and refreshed. You will then be cocooned in a coffee, cinnamon and orange gel wrap to eliminate the toxins, firm and energize skin whilst adding a radiant glow. A blissful full body massage using a combination of our signature botanical balms completing this truly indulgent experience leaving you relaxed, radiant and energized.

Sanaar Sensory
Experience

1hr 30 min
Per Couple

\$86

\$134

Relax – Nourish – Renew

A luxurious sensual escape into a world of aromatic and opulent sensations. Start your treatment with body polish, followed by a selection of Marula & Neroli balm for a sensual massage. Bring along your loved one for a synchronized energy fusing massage to honor the deep connection that exists between your divine love.

Sanaar Miracle
Experience

2hr

\$92

Protect – Repair - Heal

A luxurious treatment to repair and heal your skin. A miracle healing anti-ageing treatment our african potato balm is used to treat all skin ailments from eczema, rough skin, painful skin, dry and damaged skin repairing skin and restoring healthy skin barrier. Wonderful anti-ageing treatment like no other. Start your treatment with a gentle body polish followed by a luxurious full body massage using our African Potato miracle balm and finish off with a well deserved mini facial.

Sanaar Packages

3hr

\$112

Bliss

- 60 min Aromatherapy Massage
- 60 min Anti-Ageing Facial
- 60 min Sanaar pedicure

4hr

\$155

Indulgence

- 30min Full Body polish
- 60min Aromatherapy Massage
- 60min Anti-Ageing Facial
- Sanaar Pedicure
- Sanaar Manicure



HANDS & FEET

Sanaar Mini - manicure	30 min	\$10
Sanaar Mini - pedicure	45 min	\$15
Sanaar Manicure Gel Polish	60 min	\$20
Sanaar Pedicure Gel Polish	60 min	\$25
Buff & Polish	30 min	\$15

SANAAR WAXING

Eyebrows	16 min	\$6
Lip	15 min	\$6
Underarms	15 min	\$10
Chin Wax	15 min	\$8
Full Leg	25 min	\$35
Brazilian	40 min	\$40
Half Leg	20 min	\$20
Full Arm	30 min	\$20
Half Arm	20 min	\$15
Standard Bikini	30 min	\$20
Chest	30 min	\$15
Back	50 min	\$32



SPA ESSENTIALS

Facilities	Sanaar Spa offers all spa guests the use of its facilities. We are sure you will understand that in keeping with the serene atmosphere within the spa, cell phones must be switched to silent.
Punctuality	Guests are requested to arrive 20 minutes or more prior to your treatment time in order to complete the consultation card. A late arrival may result in a shorter treatment, or possibly even a forfeited treatment.
Spa Operating Hours	From Monday to Sunday, including public holidays.(9:00am - 9:00pm)
Spa Treatments	All treatments are subject to therapist availability. Prices are subject to change without notice, & are inclusive of VAT.
Consultation	Please inform your therapist of any medical condition/s, allergies, intolerances or needs before your treatment. Please note, certain treatments are not permitted for women within their first trimester of pregnancy.
Changing Rooms	You will be provided with a locker for your personal items. A gown & a pair of slippers may be utilised for the duration of your visit at the spa.
Safety Regulations	We recommend that you do not wear any jewellery during your visit, and that you keep all valuables (including cell phones) safe in your locker. Your locker key should be kept with you personally at all times.
Payment	We accept cash, debit cards, all credit cards & room charges as a form of payment. In certain instances, a prepayment may be required to secure your booking.
Age Restriction	Adult supervision is required for children under 16. Hydro facilities are not available to children under 16.
Dress Code	Swimming costumes must be worn when using the hydro and pool facilities.
Gift Vouchers	Vouchers can be issued for specific treatments or for a specific value. The original gift vouchers must be presented at an appointment in order to be honored. Gift vouchers may not be redeemed for cash.
Special Offers & Promotions	May not be used in conjunction with discount vouchers or loyalty programmes.

Cancellation Policy

A booking cancellation fee of 50% will be charged on all bookings that are cancelled within 1 hour or less of the appointment time; in the case of a "no-show", the full cost will be charged. Should the booking be confirmed with a gift voucher, a cancellation fee of 50% of the value of the gift voucher will be charged, and in case of a "no show", the full value of the gift voucher will be considered as redeemed. Should a group consisting of 5 persons or more wish to cancel their booking, they are requested to provide at least one week's notice or the full value of the group booking will be charged.

Disclaimer

Every person entering the Sanaar Gym & Spa premises or utilizing the facilities and equipment on these premises does so entirely at their own risk and agrees that Sanaar Gym & Spa, its management or staff and/or the hotel shall not be held liable or responsible, whether jointly or severally, for any loss, injury, death, damages, claim and/or compensation of whatsoever nature. Such person by their entry to these premises for any reason whatsoever waives any and all claims against the aforementioned.



Méstil Hotel & Residences

20 Barracks Drive Nsambya,
Kampala Uganda

+256 313 243 000 / +256 752 007 729

www.mestilhotels.com
sanaar@mestilhotels.com