



Sanaar

SPA 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.



SANAAR SIGNATURE

Great Lakes Spice Journey

2.5hrs | \$94

Brighten - Firm - Revitalize - Sculpt

Our customized Great Lakes Spice Journey will enrich you in the true Ugandan spirit of warmth and hospitality. Healing Earth has formulated a powerful blend of coffee, cinnamon, cloves and orange essential oils and extracts creating a memorable spice experience. 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 island glow. A blissful full body massage using a combination of our signature botanical balms and pure aromatherapy oils complete this truly indulgent experience leaving you relaxed, radiant and energized.

Sanaar Sensory Experience

1.5hrs | \$70 - per couple \$134

Relax – Nourish – Renew

A luxurious sensual escape into a world of aromatic and opulent sensations. Start your treatment with a Marula & Neroli body polish, followed by a selection of Marula & Neroli aromatherapy oil or 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 2hrs | \$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 BODY RITUALS

Sanaar Polishing Body Ritual 45min | \$32

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 1 hr | \$76

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 PACKAGES

Bliss 3hrs | \$112

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

Indulgence 4hrs | \$155

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



SANAAR FACIAL THERAPY

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 & Boabab Skin Protector – AntiAging 1 hr | \$48

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 and Decongesting 1hr | \$48

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 | \$48

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.

The Tri-Enzyme Peptide High Performance Optimizer Facial 1.5hrs | \$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 TOUCH

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 Back, Neck & Shoulders 30min | \$25

Relieve tension and soothe your tired back leaving you rejuvenated.

Scalp, Neck & Shoulder Massage 30min | \$27

Release any tension in your shoulder and neck area and enjoy a relaxing scalp massage.

Sanaar Foot Massage 30min | \$25

A rewarding massage for your tired feet which focuses on your reflex points leaving you relaxed

Aromatherapy Massage 60min | \$40 - 90min | \$54

Gentle flowing movements combined with our Healing Earth balms and Oils create this holistic treatment that rewards your body as well as your senses.

Deep Tissue Massage 60min | \$41 - 90min | \$56

A massage that focuses on the deeper layers of your muscle to help with any muscle tension and stiffness.

Hot Stone Massage 90min | \$59

A deeply relaxing massage that melts away all the soreness and stress from your body.

Pre Natal Massage 60min | \$47

Enjoy a relaxing massage to help deal with any back soreness and water retention as you await your bundle of joy.

Rungu Stick Massage 60min | \$44 - 90min | \$59

A massage using a rungu which is excellent for reaching tired or painful muscles helping to improve lymph drainage and release of endorphins.



SANAAR HANDS & FEET

Sanaar Minimani 30min | \$10

Sanaar Minipedi 45 min | \$13

Sanaar Manipedi 120min | \$30

French Add on 15min | \$3

Sanaar Manicure 60min | \$15

Sanaar Pedicure 60min | \$18

Buff & Polish 30min | \$5

SANAAR WAXING

Eyebrows 15min | \$6

Half leg 30min | \$15

Lip 15min | \$6

Underarms 15min | \$10

Chin wax 15min | \$8

Full leg 45min | \$20

Brazilian 45min | \$23

Half leg 20min | \$17

Full arm 30min | \$14

Half arm 20min | \$10

Standard Bikini 30min | \$10

Chest 30min | \$15

Back 50min | \$22

TINTING

Eyebrows 25min | \$6

Eyelash 25min | \$8

Brows & Lashes 30min | \$12



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. Cancellation

Policy: A booking cancellation fee of 50% will be charged on all bookings that are cancelled within 8 hours 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.

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.

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.





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