

# Q O R O K W E

## SPA MENU

### HAND & FOOT MASSAGE

P550 | 45min

### HEAD, SHOULDER & BACK MASSAGE

P600 | 45min

### BACK & NECK MASSAGE

P400 | 45min

### FULL BODY MASSAGE

P750 | 60min OR P950 | 90min

### QOROKWE SIGNATURE MASSAGE

P1200 | 120min

Rain welcome touch, Body scrub, Body mud Mask, and full body massage with rain massage candle

### COUPLES FULL BODY MASSAGE

P1100 | 60min OR P1700 | 90min

### HOT STONE MASSAGE

P750 | 60min

Heated stone massages help melt away stress, improves overall health, and promotes deep relaxation of the body & Mind. Heat from the stones penetrate deep muscle tissues to alleviate aches, pains, and ease muscle tension. Hot stones placed on key points, relaxes blood vessels, and encourages blood flow throughout the body.

Increased blood flow and circulation aids in the detoxification of the circulatory system to boost the immune system and overall health. It melts away stress and tension to improve sleep and overall mood and creates balance and harmony between mind & body.

### CALABASH MASSAGE

The calabash was one of the first cultivated plants in the world, grown not for food but as a container and it has only recently been documented for use as a massage tool, however it is fast becoming a trend in exclusive African spas.

The Africa Calabash Massage gives a deeper dimension to the massage by amplifying the movements of the therapist; The use of different sizes and shapes allows to adapt them to the working zone; It scatters tension zones, softens muscles, tendons, and cutaneous tissue.

P750 | 60min

### RUNGU (STICK) MASSAGE

African Rungu massage is a long stroked, deep pressure massage that reduces pains and aches, improves blood circulation, lymph drainage and muscle toning and provides Immediate relaxation.

A Rungu is an important emblem of warrior status for Masai males and is used as a throwing club. Rungus are typically about 18 - 20 inches in length with a long narrow shaft for a handle and heavy knob or ball at the end. The African Rungu is carved out of Eucalyptus wood, is very heavy and is used as a massage tool in the Rungu massage.

It is helpful to the therapist to apply a deeper pressure during the massage that makes it very useful in the massage of sore muscles. The Rungu is used in smooth, vigorous, and stimulating massage movements to effective release of stress.

P750 | 60min

### QOROKWE BUSH PEDICURE (no polish)

P350 | 45min