

SLEEPING WARRIOR WELLNESS SPA

Breathe. Restore. Rise.

At the foot of Sleeping Warrior Hill, where
the earth rests and the spirit awakens,
lies a sanctuary shaped by nature and
African heritage.

LAKE ELEMENTAITA MANOR



Every ritual is unhurried.



Every touch intentional.



Every guest received with reverence.

Unplug. Exhale. Allow us to restore you.

The Manor Signature Experience — 90 Minutes

A grounding ritual inspired by lake breezes and wild botanicals.

* Reboot Scrub — Lavender & Lemongrass

* 60-minute Hot Stone Massage

KShs. 9,900 per person

Mountain & Lake Harmony Ritual — 90 Minutes (Couple)

A shared journey inspired by the harmony between lake and hill.

* Mint Scrub — Peppermint & Shea Seeds

* 60-minute Deep Relaxation Massage

KShs. 17,600 per couple

The Manor Retreat — 3 Hours

A full immersion of indulgence and glow.

* Piña Colada Scrub — Pineapple & Coconut Oil

* 90-minute Swedish Massage

* Pinotage Facial

KShs. 16,500 per person

Earth Rejuvenation - 90 Minutes

A restorative ritual designed to reconnect body and earth.

* 60-minute Swedish Massage

* Hydrotherapy

* Hydrating Mask

KShs. 9,900 per person



MASSAGE THERAPIES

The Art of Touch

Warrior Strength — 90 Minutes

Heated volcanic stones melt deep muscular tension, restoring vitality and grounding the body

KShs. 9,350

Sacred Flow Lymphatic Therapy — 90 Minutes

A gentle detoxifying rhythm designed to stimulate circulation and restore balance.

KShs. 8,800

Sleeping Warrior Relaxation — 60 / 90 Minutes

A calming massage focused on easing muscle tension and promoting deep relaxation.

60 minutes Kshs 6050 | 90 minutes Kshs 7150

Pre-Natal Nurture Massage-75minutes

A gentle, supportive massage for expectant mothers. Available strictly from the second trimester

Kshs 8800

Rift Valley Deep Release Massage 60/ 90 Minutes

Firm focused techniques using warm Maasai Elixir oils ideal after travel or outdoor adventure

60 minutes Kshs 6600 | 90 minutes Kshs 8250

FACIAL TREATMENTS

Pinotage Facial — 60 Minutes

A luxurious antioxidant-rich treatment using Pinotage grape extracts to hydrate, refine and restore the skin.

KShs. 7,700

BODY RITUALS & POLISHES

40 Minutes Each

- * Piña Colada Scrub — KShs. 4,400
- * Reboot Scrub — KShs. 4,400
- * Mint Scrub — KShs. 4,400
- * Acacia Honey Coffee Glow — KShs. 4,400
- * Coastal Restoration Polish — KShs. 4,400
- * Himalayan Detox Glow — KShs. 4,400

EXPRESS ADD-ONS

Back Massage — 30 Minutes **KShs. 3,850**

Foot Massage — 30 Minutes **KShs. 3,300**



End Your Ritual in Stillness

All spa journeys conclude with a calming herbal tea ceremony, enjoyed in quiet reflection as the Sleeping Warrior watches over Lake Elementaita.