

You Deserve Our Personal Touch

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Izuba Wellness Spa is nestled in the heart of Kigali, Rwanda, at the prestigious Radisson Blu Hotel & Convention Centre.

Izuba means "SUN" in Kinyarwanda – an energy source providing warmth and positive energy.

Step into our serene environment and enjoy bespoke treatments which have been curated to enhance your sense of relaxation and well-being.

Our internationally renowned products have been specifically selected to help you achieve timeless beauty, as well as to restore your health and vitality, through the power of nature's healing resources combined with advanced technology and research.

We welcome you to begin your journey to holistic wellness with us and rejuvenate your mind, body and soul.





#### HYDRA BOOST TREATMENT | 30 MIN | RWF 45,000

Ampoule Concentrates are a true masterpiece. The skin is deeply cleansed, followed by application of an ampoule of highly concentrated active ingredients, selected for your skin type. This fast yet intensive treatment produces immediate results you can see and feel.

Skin type | All skins types in need of hydration

\*Eye treatment can be included

#### SKIN BALANCING TREATMENT | 60 MIN | RWF 75,000

A SKINOVAGE treatment based on the study of epigenetics. This treatment balances the skin, bringing combination areas into complete harmony leaving you feeling refreshed with an even skin tone while reducing blemishes, giving pores a much more refined appearance.

Skin Type | Oily, Combination Skin

\*Eye treatment can be included

# SKIN PURIFYING TREATMENT I 60 MIN I RWF 80,000

A SKINOVAGE treatment based on the study of epigenetics. Goodbye to blemished skin, hello visibly clear and wholesome skin. This treatment will counteract the formation of impurities and reduce redness and irritation.

Skin Type | Mild Acne, Blemish Prone Skin

\*Eye treatment can be included

# AGE CONTROL TREATMENT | 90 MIN | RWF | 10,000

A treatment that has become synonymous with revolutionary skincare having stood the test of time and offering brilliant results each and every time. This treatment targets expression lines and minimizes the appearance thereof and leaves skin looking relaxed with a rosy, radiant glow.

Skin Concern | Ageing Skin

\*Eye treatment can be included



#### OCEAN SALT & OIL EXFOLIATION | 30 MIN | RWF 40.000

An invigorating fully body sea salt oil exfoliant that is paired with a rich energizing body oil to remove dry skin cells and bring life to dull a dry skin. Finishing off this treatment a light refreshing body cream leaves skin smooth and supple.

#### NOURISHING BODY WRAP 1 45 MIN I RWF 55.000

A nourishing wrap infused with French cotton thistle, glaucine and poppy seed oil. This treatment promotes skin elasticity and suppleness, while supporting skin regeneration.

## EARTH MASSAGE 45 | 60 | 90 MIN | RWF 65,000 | RWF 70,000 | RWF 95,000

Welcomed by a traditional ritual you will experience a full body massage using BABOR's Vitamin E saturated Shaping Massage Oil. Designed to activate the skin and stimulate fat burn this oil will leave your skin hydrated and protects against premature skin ageing.







# HIMALAYAN SALT CRYSTAL MASSAGE 190 MIN 1 RWF 110,000

This treatment promotes recovery and rejuvenation. The heated salt crystals gently release muscle tension and other body stress, leaving you in a deep state of relaxation.

# THE IZUBA EXPERIENCE | 150 MIN | RWF | 150,000

This indulgent treatment kicks off with a luxurious foot soak, scrub and massage. This is followed by a back exfoliation and finished off with a full body massage and mini facial.



# BACK, NECK & 30 MIN I 45 MIN RWF 30,000 I RWF 40,000 SHOULDER MASSAGE

Eases stress and muscular tension in the back area when you don't have time for a full body massage. Improves blood circulation and muscle tone.

# PRESSURE POINT FOOT MASSAGE 30 MIN I RWF 30,000

This treatment aids in relaxation and relieves muscle aches.

# SWEDISH MASSAGE 60 MIN I 90 MIN RWF 55,000 I RWF 70,000

Benefits include increased blood circulation, mental and physical relaxation, decreased stress and muscle tension.

#### DEEP TISSUE MASSAGE

60 MIN I 90 MIN RWF 65.000 I RWF 90.000

This massage therapy is especially helpful for stiffness and chronic aches and pains.

#### SPORTS MASSAGE

60 MIN I 90 MIN RWF 65.000 I RWF 90.000

This is used to help prevent injuries, prepare the body for athletic activity, and to help athletes recover from workouts and injuries. Sports massage has three basic forms: pre-event massage, post-event massage, and maintenance massage.

# AROMATHERAPY MASSAGE 60 MIN I 90 MIN RWF 65,000 I RWF 90,000

A complementary and alternative therapy that uses essential oils which give off strong, pleasant aromas to promote relaxation, a sense of well-being, and healing.

# HOT STONE MASSAGE 60 MIN I 90 MIN RWF 70,000 I RWF 98,000

This therapy helps you relax and ease tense muscles and damaged soft tissues throughout your body.

### INDIAN HEAD MASSAGE

30 MIN RWF 25,000

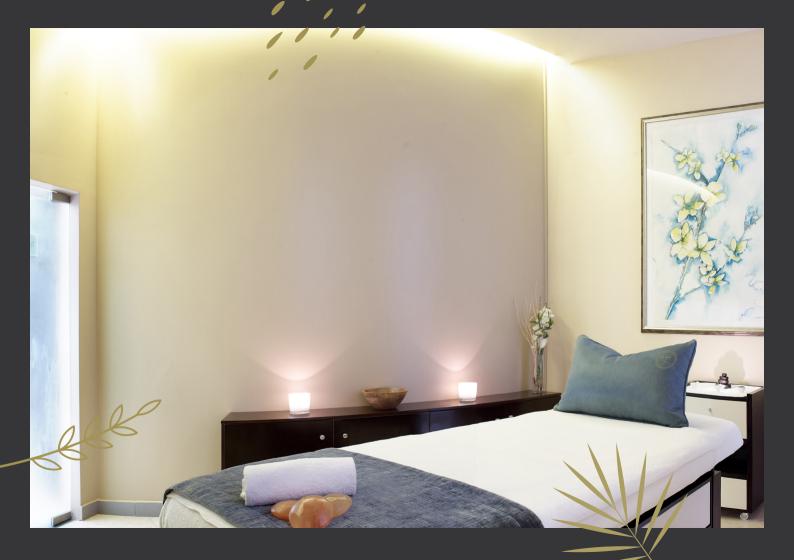
Indian head massage is a relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders

#### PREGNANCY MASSAGE

60 MIN RWF 50,000

This therapeutic treatment focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of pregnancy. It enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue.

(After first trimester, with Doctor's permission only)





# LITTLE LADY PAMPER (AGE 6 - 12)

Includes nail polish. Parental consent required. Parent/ guardian to accompany child.

Little Lady Manicure	30 min	RWF 10,000
Little Lady Pedicure	30 min	RWF 10,000
Little Lady Manicure & Pedicure Combo	60 min	RWF 20,000
Little Lady Hand / Foot / Full Body Massage	30 min	RWF 30,000

# MANICURE & PEDICURE

On-the-go Manicure	30 min	RWF 18,000
On-the-go Pedicure	45 min	RWF 22,000
Deluxe Manicure	60 min	RWF 25,000
Deluxe Pedicure	60 min	RWF 27,000
Signature Manicure & Pedicure Combo	I 20 min	RWF 48,000
Gel Manicure	75 min	RWF 30,000
Gel Pedicure	75 min	RWF 35,000
Gel Manicure & Pedicure Combo	I50 min	RWF 63,000

# **NAILS**

Overlays on Natural Nails (Gel or Acrylic)	75 min	RWF 30,000
Overlays on Natural Nails (Gel or Acrylic, French)	75 min	RWF 33,500
Fill (Acrylic or Gel)	75 min	RWF 22,000
Nail Repair	30 min	RWF 5,000/nail
Nail Art	5 min	RWF 2000/nail
Full Set with Natural Tips (Gel or Acrylic)	90 min	RWF 36,000
Full Set with French Tips (French)	I 20 min	RWF 40,000

# ADD-ONS

French Polish	15 min	RWF 9,000
File, Buff & Paint	30 min	RWF 16,000
Soak off Gel	30 min	RWF 20,000
Re-Paint	20 min	RWF 8,000
Gel Polish Application	30 min	RWF 22,000



# **WAXING**

½ Arm	15 min	RWF 12,000
3/4 Arm	30 min	RWF 16,000
Full Arm	45 min	RWF 20,000
½ Leg	30 min	RWF 19,000
3/4 Leg	45 min	RWF 23,000
Full Leg	60 min	RWF 25,000
Bikini	30 min	RWF 13,000
Brazilian	45 min	RWF 22,000
Hollywood	60 min	RWF 35,000
Underarm	15 min	RWF 10,000
Lip/ Chin/ Brow	15 min	RWF 11,000
Full Face	30 min	RWF 23,000
Back/ Stomach/ Chest	45 min	RWF 25,000

## **TINTING**

Eyelash	30 min	RWF 10,000
Eyebrow	I5 min	RWF 12,000
Lash & Brow Combo	45 min	RWF 16,000

## **TEETH WHITENING**

PURE SMILE 45 min	RWF 65,000
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### **HYDROTHERAPY**

(Use of steam room and sauna is complimentary for hotel residents and guests who have booked spa treatments)







#### INDULGENT DELIGHT

Forget about life's stresses and pamper your body, mind and spirit with these relaxing treats: 60 min Aromatherapy Massage Deluxe Manicure Deluxe Pedicure Hydra Boost

RWF 130,000 per person

#### THE RENEWAL

Return your skin to its youthful, healthy state and face the day feeling restored and full of life with these spoils:

60 min Skin Purifying Treatment 30 min (Back, Neck, Shoulder) Deluxe Manicure Deluxe Pedicure

RWF 180,000 per person

# THE REJUVENATOR

Renew and refresh your soul with these soul reviving therapies: 60 min Hot Stone Massage 60 min Skin Balancing Treatment, Deluxe Pedicure RWF 160,000 per person

#### **NEW HORIZONS**

Whether it's a new chapter you're about to begin or a special occasion that requires you looking radiant, the following will definitely prepare you:

60 min Relaxing Swedish Massage 30 min Hydra Boost Treatment Eyebrow Shape Eyelash and Eyebrow Tint Deluxe Manicure Deluxe Pedicure

#### RWF 160,000 per person

#### **DOUBLE INDULGENCE**

Share some quality time with your special person while you indulge your senses with these revitalizing treatments, perfect for two:

30 min Steam and Sauna 30 min Ocean Salt & Oil Exfoliation 60 min Full Body Massage of your choice 60 min Skin Balancing Treatment Deluxe Manicure Deluxe Pedicure

## RWF 420,000 per duo

#### **MAN-SCAPE**

Today's modern man is looking to get the best out of life and regularly makes time for himself with these invigorating therapies:

45 min Back, Neck & Shoulders Massage

45 min Pressure Point Foot Massage

30 min On-the-go Manicure

45 min On-the-go Pedicure

## RWF 120,000 per person

#### THE SPA MAN

Maintain your "manly" appearance with these for richly rewarding spa treatments:

60 min Deep Tissue Massage 60 min Skin Balancing Treatment Deluxe Pedicure

## RWF 180,000 per person

#### THE PERFECT GLOW

Pregnancy provides the perfect excuse to pamper yourself. Relax with the following baby bump friendly treatments:

30 min Ocean Salt & Oil Exfoliation 60 min Pregnancy Massage 60 min Skin Purifying Treatment Underarm Wax Brazilian Wax On-the-go Manicure On-the-go Pedicure

#### RWF 250,000 per person

# GIRLS JUST WANT TO HAVE FUN!

Being young and free means you still have the opportunity to take time out for yourself with these fabulous teen-specific indulgences:

30 min Hydra Boost Treatment Eyebrow Shape Eyelash and Eyebrow Tint Deluxe Manicure Deluxe Pedicure

RWF 150,000 per person



#### **ARRIVAL**

Please plan to arrive at the spa 15 minutes prior to your first treatment to allow ample time to check in and prepare for your treatment. Arriving late will unfortunately limit the duration of your treatment, reducing its effectiveness and your pleasure.

Your treatment will end on time so that the next guest is not delayed.

You are welcome to arrive much earlier should you wish to make use of the steam room or Sauna at no extra cost before your treatment begins.

#### SPA OPERATING HOURS

Monday to Sunday – 08h00 to 20h00 Public Holidays – 08h00 – 20h00 Earlier or later appointments can be arranged in advance.

#### PEACEFUL AMBIENCE

As a courtesy to other guests, please maintain a quiet level of conversation.

Cell phones must be turned off upon entering the spa.

#### CANCELLATIONS AND NO SHOWS

Guests who book appointments and cannot join us for their scheduled reservation are kindly requested to provide at least a 12-hour notice.

#### **PAYMENTS & GRATUITY**

The spa accepts cash, debit cards, credit cards, room charges for payment.

Momo codes with MTN and Air Tel are also accepted.

Standard gratuity is 10%.

### SPECIAL CONDITIONS

Please notify our spa receptionist when booking your treatments if you have high blood pressure, special physical concerns, diabetes, are pregnant or have any other medical conditions we should be aware of. All spa guests will be asked to complete a brief questionnaire upon check-in, designed with your well-being in mind.

## AGE REQUIREMENT

Spa guests must be 16 years of age or older to receive treatments in the spa. Guests under the age of 16 must be accompanied by a parent/ guardian throughout the duration of their treatment.

#### **GIFT VOUCHERS**

Gift vouchers are available for specified services, packages, or RWF amounts.

#### **PRICES**

Although we make every effort to keep our website and spa menu updated, please note that prices and services are subject to change without prior notice.

#### **DISCLAIMER**

Every person entering the spa facilities or utilizing the facilities or its equipment does so entirely at their own risk and agrees that Izuba Spa, its management, therapists 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 any nature. Any person, by entry into the spa facilities, waives any and all claims against the aforementioned.



#### Contact us:

spa.kigali@radissonblu.com, +250 252 252 252 RADISSON BLU HOTEL & CONVENTION CENTRE, KIGALI KG 2 Roundabout, Kigali, Kimihurura, Po Box 6629, Rwanda

