



*You Deserve Our Personal Touch*







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.

# The Facial Experience



## HYDRA BOOST TREATMENT | 30 MIN | RWF 35,000

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 65,000

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 | 60 MIN | RWF 68,000

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 90,000

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

# The Body Experience

## OCEAN SALT & OIL EXFOLIATION | 30 MIN | RWF 35,500

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 | 45 MIN | RWF 40,000

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 34,400 | RWF 47,500 | RWF 70,000

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.







# Signature Treatments

## HIMALAYAN SALT CRYSTAL MASSAGE | 90 MIN | RWF 80,500

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 120,000

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.

# Classic Massages

**BACK, NECK & SHOULDER MASSAGE**      **30 MIN | 45 MIN**      **RWF 25,000 | RWF 34,000**

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**      **45 MIN | RWF 25,000**

This treatment aids in relaxation and relieves muscle aches.

**SWEDISH MASSAGE**      **60 MIN | 90 MIN**      **RWF 40,000 | RWF 60,000**

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

## **DEEP TISSUE MASSAGE**

**60 MIN | 90 MIN**

**RWF 47,500 | RWF 70,000**

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

## **SPORTS MASSAGE**

**60 MIN | 90 MIN**

**RWF 47,500 | RWF 70,000**

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 | 90 MIN**

**RWF 40,000 | RWF 60,000**

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 | 90 MIN**

**RWF 50,000 | RWF 85,000**

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

## INDIAN HEAD MASSAGE

30 MIN

RWF 22,000

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

## PREGNANCY MASSAGE

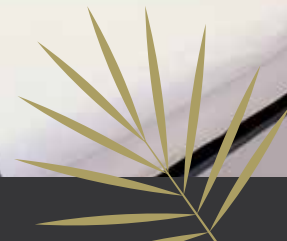
60 MIN

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)**





# Hands & Feet

## LITTLE LADY PAMPER (AGE 6 – 12)

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

|   |        |            |
|---|--------|------------|
| Little Lady Manicure                        | 30 min | RWF 8,400  |
| Little Lady Pedicure                        | 30 min | RWF 8,400  |
| Little Lady Manicure & Pedicure Combo       | 60 min | RWF 15,800 |
| Little Lady Hand / Foot / Full Body Massage | 30 min | RWF 22,000 |

## MANICURE & PEDICURE

|  |         |            |
|--|---------|------------|
| On-the-go Manicure                       | 30 min  | RWF 13,000 |
| On-the-go Pedicure                       | 45 min  | RWF 14,000 |
| Deluxe Manicure                          | 60 min  | RWF 19,000 |
| Deluxe Pedicure                          | 60 min  | RWF 22,000 |
| Opulent Manicure (includes Paraffin Dip) | 90 min  | RWF 25,000 |
| Opulent Pedicure (includes Paraffin Dip) | 90 min  | RWF 27,000 |
| Signature Manicure & Pedicure Combo      | 120 min | RWF 37,000 |
| Gel Manicure                             | 75 min  | RWF 24,000 |
| Gel Pedicure                             | 75 min  | RWF 27,000 |
| Gel Manicure & Pedicure Combo            | 150 min | RWF 49,000 |

## 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)                 | 120 min | RWF 40,000     |



## ADD-ONS

|                        |        |            |
|------------------------|--------|------------|
| French Polish          | 15 min | RWF 4,800  |
| File, Buff & Paint     | 30 min | RWF 11,000 |
| Soak off Gel           | 30 min | RWF 14,000 |
| Soak off Acrylic       | 30 min | RWF 17,500 |
| Re-Paint               | 20 min | RWF 3,500  |
| Gel Polish Application | 30 min | RWF 16,500 |
| Paraffin Wax Dip       | 15 min | RWF 10,000 |

# Spa Grooming

## WAXING

|                      |        |            |
|----------------------|--------|------------|
| ½ Arm                | 15 min | RWF 8,000  |
| ¾ Arm                | 30 min | RWF 12,000 |
| Full Arm             | 45 min | RWF 14,000 |
| ½ Leg                | 30 min | RWF 14,000 |
| ¾ Leg                | 45 min | RWF 16,000 |
| Full Leg             | 60 min | RWF 19,000 |
| Bikini               | 30 min | RWF 8,500  |
| Brazilian            | 45 min | RWF 17,000 |
| Hollywood            | 60 min | RWF 27,000 |
| Underarm             | 15 min | RWF 7,000  |
| Lip/ Chin/ Brow      | 15 min | RWF 5,600  |
| Full Face            | 30 min | RWF 16,000 |
| Back/ Stomach/ Chest | 45 min | RWF 15,000 |

## TINTING

|                   |        |           |
|-------------------|--------|-----------|
| Eyelash           | 30 min | RWF 6,400 |
| Eyebrow           | 15 min | RWF 4,900 |
| Lash & Brow Combo | 45 min | RWF 9,500 |

## TEETH WHITENING

|            |        |            |
|------------|--------|------------|
| PURE SMILE | 45 min | RWF 52,000 |
|------------|--------|------------|

## HYDROTHERAPY

|                    |        |            |
|--------------------|--------|------------|
| Steam room & Sauna | 60 min | RWF 15,000 |
|--------------------|--------|------------|

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





# Ultimate Spa Escapes at Izuba Spa

## 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

**RWF 68,800 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

Deluxe Manicure

Deluxe Pedicure

**RWF 92,600 per person**

## THE REJUVENATOR

Renew and refresh your soul with these soul reviving therapies:

60 min Hot Stone Massage

60 min Skin Balancing Treatment

**RWF 97,700 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 111,400 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 Saunav

30 min Ocean Salt & Oil Exfoliation

60 min Full Body Massage of your choice  
60 min Skin Balancing Treatment  
Deluxe Manicure  
Deluxe Pedicure

**RWF 324,700 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 65,400 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 114,300 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 173,800 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 77,400 per person**

# Spa Etiquette

## 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.



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