



ehimá Cave Spa

Ehima Spa lets you experience rejuvenating treatments in a unique atmosphere inspired by the African rain forest and caves. Mother Nature has archived a rich variety of fragrant and delectable herbs, barks and saps for an amazing array of therapeutic and soothing uses. Our dedicated and experienced therapists will indulge you with our adaptation of some uniquely African and Asian treatments.

Age-old techniques are combined with modern knowledge that will help you rejuvenate and relax. After each treatment you will feel healthier, more beautiful and happier.

Massage

Deep Tissue massage

Deep-seated tensions and chronic pains are dissolved by powerful palm and finger pressure massage techniques

60 minutes - 35,000

90 minutes - 43,000

Balinese massage

A gentle acupressure to stimulate circulation, alleviate muscular and joint tension, that brings a sense of wellbeing, calm and deep relaxation.

60 minutes - 30,000

90 minutes - 38,000

Aromatherapy massage

A gentle pressure massage with special oils to improve health and well-being

60 minutes - 25,000

90 minutes - 35,000

Hot Stone massage

The therapeutic power of touch is combined with the energy of hot stones to align and harmonize your Chakras. This can be extremely effective in relaxing both body and mind, flushing away irritating toxins and releasing pain.

60 minutes - 38,000

90 minutes - 45,000

Bamboo massage

Increases circulation in the body and reduces muscle tension and soreness

60 minutes - 30,000

90 minutes - 38,000

Foot Reflexology

Stimulating pressure points on the feet which connect directly to the nervous systems, organs and glands. Reflexology improves blood circulation, alleviating stress and other health issues.

30 minutes - 20,000

Back-neck-shoulder & Scalp massage

Muscle relaxation can improve flexibility, reduce pain caused by tight muscles and even improve sleep

30 minutes - 20,000

Four hands massage.

The secret of this style of massage is the use of double therapist combining the techniques of skin rolling. The long kneading strokes and acupressure will relax your body

50 minutes - 60,000

Abhyangga massage

Abhyanga massage is done with warm oil. It increases skin blood flow, slows down aging, improves sleep cycle, relieves stress and boosts immune system.

60 minutes - 35,000

90 minutes - 43,000



Nails

Pedicure - 12,000
Manicure - 10,000
Pedicure + Manicure - 20,000

Heat Treatments

| Sauna | Steam |
|---------------------|---------------------|
| 15 minutes - 10,000 | 15 minutes - 10,000 |
| 20 minutes - 15,000 | 20 minutes - 15,000 |

Jacuzzi
30 minutes - 20,000

Facials

Relaxing facial 35,000

A quick to refresh your skin with cleansing , scrubbing , steaming ,extraction and mask . Ideal for acne and oily skin

Whitening Facial 35,000

An idea for brightening and toning the skin with cleansing , scrubbing , steaming and mask

Anti Aging Facial 35,000

An idea for firming , skin tightening and anti wrinkles with cleansing , scrubbing , steaming , and mask

Body Scrub Includes Sauna 30,000

Full body exfoliation to open pores and remove dead cells skin . living skin smooth , fresh and clean

Moroccan Hamam 45,000

Traditional bath with steam , foam and Moroccan scrub that detoxes your body , rejuvenate skin ,exfoliate dead skin which helps in control of acne

Waxing

| | |
|--------------------|----------------------------|
| Eyebrow - 6000 | Bikini - 10,000 |
| Chin - 6,000 | Brazilian - 15,000 |
| Underarm - 7,000 | Brazilian for men - 17,000 |
| Half arm - 8,000 | Abdomen - 7,000 |
| Full arm - 15,000 | Back - 30,000 |
| Half legs - 10,000 | full face - 17,000 |
| Full legs - 20,000 | Full body - 70,000 |

Packages

Royal Packages

2hrs 15minutes **Single** - 70,000 | **Couple** - 130,000
Sauna , Body scrub , Massage or facial with compliment of Tea and slice of cake

Cave Packages

3hrs **Single** - 100,000 | **Couple** - 190,000
Sauna , Body scrub , Massage and Facial with compliment of Tea and slice of cake

Ehima Packages

4hrs **Single** - 150,000 | **Couple** - 290,000
Sauna or Jacuzzi , Body scrub , Massage , Facial , Pedicure or manicure with compliment of 2 glasses of wine

Gifts vouchers are available

OPENING HOURS

Tuesday – Sunday: 9am - 8pm
Monday: Closed

Royal Residences
6 Elsie Femi Pearse, VI - Lagos
+234 (0)9135577597

 ehimaspa


ehimá
Cave Spa

A rejuvenating
african rain forest
experience

www.royalresidencelagos.com