



## 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 - 45,000

90 minutes - 65,000

### 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 - 40,000

90 minutes - 55,000

### Aromatherapy massage

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

60 minutes - 35,000

90 minutes - 50,000

### 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 - 50,000

90 minutes - 70,000

### Bamboo massage

Increases circulation in the body and reduces muscle tension and soreness

60 minutes - 40,000

90 minutes - 55,000

### 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 - 30,000

### Back-neck-shoulder & Scalp massage

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

30 minutes - 30,000

### 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 - 80,000

### 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 - 50,000

90 minutes - 70,000



## Nails

Pedicure - 15,000  
Manicure - 13,000  
Pedicure + Manicure - 28,000

## Heat Treatments

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

**Jacuzzi**  
30 minutes - 25,000

## Facials

**Relaxing facial** 45,000  
A quick to refresh your skin with cleansing , scrubbing, steaming ,extraction and mask . Ideal for acne and oily skin

**Whitening Facial** 45,000  
An idea for brightening and toning the skin with cleansing , scrubbing , steaming and mask

**Anti Aging Facial** 45,000  
An idea for firming , skin tightening and anti wrinkles with cleansing , scrubbing , steaming , and mask

**Body Scrub Includes Sauna** 40,000  
Full body exfoliation to open pores and remove dead cells skin . living skin smooth , fresh and clean

**Moroccan Hamam** 60,000  
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 - 7000	Bikini - 17,000
Chin - 7,000	Brazilian - 22,000
Underarm - 10,000	Brazilian for men - 25,000
Half arm - 10,000	Abdomen - 10,000
Full arm - 15,000	Back - 40,000
Half legs - 25,000	full face - 25,000
Full legs - 30,000	Full body - 80,000

## Packages

**Royal Packages**  
2hrs 15minutes **Single** - 85,000 | **Couple** - 160,000  
Sauna , Body scrub , Massage or facial with compliment of Tea and slice of cake

**Cave Packages**  
3hrs **Single** - 120,000 | **Couple** - 230,000  
Sauna , Body scrub , Massage and Facial with compliment of Tea and slice of cake

**Ehima Packages**  
4hrs **Single** - 180,000 | **Couple** - 350,000  
Sauna or Jacuzzi , Body scrub , Massage , Facial , Pedicure or manicure with compliment of 2 glasses of wine

Gifts vouchers are available

### OPENING HOURS

Monday – Sunday: 9am - 8pm

Royal Residences  
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 ehimaspa



ehimá  
Cave Spa

A rejuvenating  
african rain forest  
experience

[www.royalresidencelagos.com](http://www.royalresidencelagos.com)