



*Transform Your Life*

TREATMENT MENU





# Welcome to Amani Spa & Wellness

We understand your desire to live a life of happiness and inner peace. To achieve this you need to feel vibrant and healthy, both physically and emotionally. But the journey to wellness can seem overwhelming, which may make you feel vulnerable and disheartened. We deeply believe that your life is destined to be filled with joy and vitality, and we're committed to guiding you on this journey.

Having traversed the path to wellness ourselves, we're intimately familiar with the trials and triumphs that come along the way. That's why we've dedicated ourselves to showcasing the transformative power of Wellness as a way of life.

Here's how we guide you on this journey:

- Inspirational SPACES -

steeped in the therapeutic charm of nature

- Customised TREATMENTS -

centred around your unique wellbeing needs

- Premium PRODUCTS -

designed to enhance your health and wellness

- Transformational JOURNEYS -

meticulously crafted to invigorate your body, mind, and spirit

- Enriching CONTENT -

to guide you on integrating wellness into every aspect of your life

Embark on this journey with us to break away from stress, fatigue and despair. Choose to embrace a life of meaning, vitality, and serenity.

Your journey to a happier,  
healthier you starts here.

Discover the transformative power of our skillfully crafted Signature Journeys, each designed to nurture physical vitality, emotional balance, and mental clarity. Our intention is for you to feel rejuvenated.

### KURHULA BODY RITUAL

"Kurhula", is a connection to inner peace and tranquility. This ritual emphasises on achieving balance and a deeper level of relaxation with a combination of our signature full-body massage using coconut massage balm, and a revitalising mini facial evoking a nurturing experience for the body and mind.

90min ₦55 000

### SPIRIT OF AFRICA

This unique massage is inspired by traditional African elements using Rungu massage sticks, believed to represent aspects of strength and courage. A rich and therapeutic experience incorporating firm pressure techniques with a focus on relieving deep muscular tension.

90min ₦55 000

### HIMALAYAN SALT CRYSTAL RITUAL

A restorative ritual incorporating the therapeutic benefits of warm coconut balm, the immune-boosting properties of Himalayan salt stones, and the overall intention of promoting well-being. An experience that goes beyond traditional massages.

90min ₦55 000

### HYDRO HARMONY

An exhilarating Rasul session with the self-application of a body peel and mask, followed by a floatation pool session imitating the Dead Sea. Results in deep relaxation and relief of joint and muscular tension. Complete your journey of rejuvenation with a soothing Aromatherapy back, neck and shoulder massage.

90min ₦55 000

### MINDFUL MASSAGE

A connection to time-tested wellness traditions promoting a sense of calm. Combining gentle yoga movements and breathing, followed by our signature Aroma Wellbeing massage to enhance the sensory experience, inspiring awareness, and contributing to your overall well-being

60min ₦45 000

Our signature aromatherapy collection, expertly formulated with your wellbeing in mind, harnesses the natural synergy of indigenous and botanical ingredients from the African continent. Choose between...

60min ₦41 500 | 90min ₦51 000 - SINGLE

60min ₦78 000 | 90min ₦97 000 - COUPLES SUITE

## DETOX & SLIMMING

Experience the extensive benefits of Black Pepper, Peppermint & Bergamot. This potent combination works harmoniously to eliminate toxins, promote healing, restore balance, and support your lymphatic system.

## IMMUNE BOOST

Boost your body's natural defense system with our invigorating blend of Lemon, Tea Tree & Eucalyptus. This uplifting treatment with its anti-viral properties boosts respiratory health and improves the quality of sleep, vital for optimal immune function.

## MUSCLE EASE

Soothe and alleviate muscle fatigue, aches, and pains with our powerful blend of Peppermint, Marjoram & Black Pepper. This therapeutic combination accelerates your body's natural healing abilities, helping to restore energy levels and promote overall well-being.

## SLEEP WELL

Reclaim your natural sleep patterns with this delicate blend of Lavender, Chamomile & Geranium. Designed to create a serene ambiance for a better quality of sleep, balancing your body's internal clock, and promoting overall health, longevity, and mental clarity.

## STRESS RELEASE

A fragrant floral blend of Geranium, Bergamot & Lavender, designed to subtly calm your physical body and create a sense of calm. This soothing massage contributes to a more tranquil state of mind, reducing stress and anxiety levels.



We understand that you often have unique preferences and specific areas of tension or discomfort or the need to just feel heard.

## MADE-FOR-ME

Embrace your unique wellbeing needs by curating your massage experience, step-by-step. Get creative and choose your duration by combining, or double up, your 15-minute focus area, your referred pressure, wellbeing balm and favourite enhancement. Complete the experience with your choice of cold, or hot herbal infusion tea.

60min ₦43 500 | 75min ₦51 500 | 90min ₦59 000

### Your Choices...

#### STEP 1: FOCUS AREA

Scalp & Neck | Back & Shoulders | Legs | Feet | Hands & Arms | Face & Décolleté

#### STEP 2: PRESSURE

Light | Medium | Firm

#### STEP 3: AMANI WELLBEING BALM

Detox & Slimming | Immune Boost | Muscle Ease | Sleep Well | Stress Release  
Shea Butter

#### STEP 4: ENHANCEMENTS (optional)

Himalayan Salt Stones | Warm Basalt Stones | Cool Basalt Stones | Rungu Sticks

#### STEP 5: WELLNESS TEA

Calming | Stimulating | Refreshing | Uplifting | Detoxifying | Soothing | Invigorating

A selection of classic massages aimed to promote relaxation, relieve muscle tension and improve circulation.

## CLASSIC SWEDISH

Stimulate, relax, and revitalise with this traditional massage.

60min ₦38 000 | 90min ₦46 000 - SINGLE

60min ₦71 000 | 90min ₦87 000 - COUPLES SUITE

## DEEP TISSUE

Powerful therapy targeting deep muscle layers and connective tissue. Ideal for chronic muscular tension and stiffness.

60min ₦43 000 | 90min ₦53 000 - SINGLE

60min ₦81 000 | 90min ₦101 000 - COUPLES SUITE

## HOT STONE MASSAGE

A sensory massage using heated natural river stones. Experience reduced muscle tension and enhanced circulation, activating vital life force energy.

60min ₦45 000 | 90min ₦53 000 - SINGLE

60min ₦85 000 | 90min ₦101 000 - COUPLES SUITE

## ASIAN INSPIRED MASSAGE

Combining ancient massage practices of Thai and Shiatsu with classic massage movements to create a journey of tension release and reflection.

60min ₦51 000 | 90min ₦57 000

## AFRICAN RUNGU MASSAGE

A deep pressure treatment using wooden massage sticks to improve circulation and muscle toning while providing immediate relaxation.

60min ₦45 000 | 90min ₦52 000

## BACK, NECK & SHOULDERS

A rejuvenating massage concentrating on the common areas associated with stress and tension.

30min ₦25 000 | 45min ₦30 000

## PRESSURE POINT FOOT MASSAGE

A re-balancing foot and lower leg massage to improve blood circulation and reduce toxins, leaving you feeling as though you are floating.

30min ₦27 000



### MOM-TO-BE MASSAGE (After first trimester)

A nourishing full body massage created with techniques to ease tension in areas prone to muscular pain and fatigue during or after pregnancy.

90min ₦41 500

### LYMPH DRAINAGE MASSAGE

A gentle massage using specialised rhythmic movements to encourage the flow of lymphatic fluid in the legs and abdomen, helping to alleviate swelling due to water retention, improve circulation, and enhance the body's ability to eliminate waste and toxins.

30min ₦26 000

### CBD MASSAGE

The combination of various massage techniques and CBD oil aims to promote a more profound sense of relaxation together with enhancing the therapeutic effects and objectives. Choose your focus:

- Sports & Recovery for sore and stiff muscles, pain and injury
- Revive & Rejuvenate to revitalise and invigorate the body and mind.
- Relax & Unwind to relieve tension, stress and anxiety.

60min ₦47 000 | 90min ₦53 000

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### Fun and enjoyable mini spa experiences for young ones (Ages 10-16).

MINI MANICURE ..... 30min ₦10 500

MINI PEDICURE ..... 30min ₦10 500

CHILLOUT MASSAGE ..... 30min ₦12 500



A skin care solution that works with the skin's biological processes to achieve visible results and actively improve skin health.

### SKNLOGIC EXPRESS FACIAL

A fully customised facial targeted at achieving results in 30 minutes.

30min ₦26 000

### CLEANSING FACIAL (Oily Skin)

Lifts impurities without disrupting the skin's natural balance, fighting bacteria-causing acne, and improving the appearance of oily skin.

60min ₦35 000

### BRIGHTENING FACIAL (Dull & Dry Skin)

Hydrates, rejuvenates, and balances the skin with fig extracts, restoring the skin's ability to eliminate dead skin cells.

60min ₦35 000

### FIRMING FACIAL (Mature Skin)

Powerful concentrated antioxidants, vitamins & nutrients revive and support healthy collagen production and protect the skin against free radicals.

60min ₦35 000

#### Optional Add-on

HYDRATING PEEL-OFF MASK

15min ₦7 500

Safe and controlled advance skin treatments focusing on skin rejuvenation and revitalisation.

### MULTIPEEL TREATMENT

A superficial peeling treatment using Alpha and BetaHydroxy Acid to gradually remove surface skin cells. Resulting in a fresher look, improved skin texture and less visible fine lines and dark spots, with no downtime.

60min ₦41 000

### SKNPEN TREATMENT

An advanced treatment gently stimulating the skin with very fine needles to encourage natural collagen production, improve acne scarring, fine lines & wrinkles, uneven skin texture, enlarged pores or sun damage pigmentation.

90min ₦49 000

Certified organic skincare harnessing the power of advanced pre- & probiotics to restore balance and slow ageing to allow your skin to thrive.

### ESSE EXPRESS FACIAL

A fully customised facial targeted at achieving results in 30min.

30min ₦29 000

### ESSE EXPERIENCE FACIAL

Tailored to address your specific skin concerns with customisations and carefully crafted add-ons. Benefits include soothing stress relief, boosted collagen production, reduced inflammation, and strengthened skin barrier function.

60min ₦39 000

### ESSE LIVE PROBIOTIC FACIAL

Elevate your skin with probiotics and a specialised massage, designed to reduce inflammation, enhance barrier function, and address signs of ageing by restoring microbial balance to the skin, all while promoting complete relaxation.

75min ₦43 500

#### Optional Add-on

PROBIOTIC / INTENSITY / HYALURONIC AMPOULE	₦10 000
BRIGHTENING / HYDROBOOST AMPOULE	₦9 500
EXCLUSION MASK	₦10 500

## Waxing

FACE .....	₹16 000
EYEBROW .....	₹12 000
LIP .....	₹12 000
CHIN .....	₹12 000
UNDERARM .....	₹12 000
FULL ARM .....	₹16 000
3/4 ARM .....	₹15 000
1/2 ARM .....	₹14 000
BIKINI .....	₹15 000
G-STRING .....	₹17 000
BRAZILIAN .....	₹19 000
HOLLYWOOD .....	₹24 000
FULL LEG .....	₹20 000
3/4 LEG .....	₹17 000
1/2 LEG .....	₹15 000

## Threading

FULL FACE .....	₹18 500
EYEBROW .....	₹12 500
LIP .....	₹12 500

Nourish, revive, and rejuvenate your body. Choose from a variety of traditional body treatments enhanced by vibrant aromatherapy essential oils and the splendour of rich luxurious ingredients.

### RASUL (2 People)

An Arabian inspired sensory cleansing journey in an aromatic steam room with a nourishing exfoliation and body masks, completed with a tropical rain rinse, leaving you feeling refreshed and rejuvenated.

45min ₺36 000

### BODY SCRUB

Enjoy this cleansing exfoliating experience which leaves the skin radiant and soft to the touch.

30min ₺23 000

### HAMMAM

A traditional cleansing ritual of an invigorating body scrub and decadent therapeutic body mask, promoting skin renewal and overall relaxation.

#### Choose between...

Traditional Hammam

90min ₺40 000

Hydrating Hammam

95min ₺50 000

Brightening Hammam

95min ₺55 000

### FLOTATION TREATMENT

Floating in warm water with a high salt concentration provides deep relaxation equivalent to 4 hours of sleep. You will experience a feeling of weightlessness while alleviating body pains and dissolving away mental stress and tension.

30min ₺20 000

### FACILITIES USAGE ONLY

Usage of our Sauna and Steam Room Facilities.

40min ₺18 000

Embrace self-care in an environment dedicated to your relaxation. From perfectly polished fingertips to pampered toes, elevate your look with a fresh and refined finish.

### EXPRESS MANICURE

An express nail service for those on the go, simply touch up your nails with nail filing, shaping, and trimming of the cuticles.

30min ₦13 000

### EXPRESS PEDICURE

Soak, nail trimming & filing, cuticle work and rich crème application.

30min ₦13 000

### EXPRESS MANI & PEDI DUO

2-in-1 quick fix which includes both our Express Manicure and Express Pedicure.

60min ₦18 000

### AMANI MANICURE

An age defying luxury treatment to renew and revitalise hands. Includes an exfoliation, nail shaping, cuticle trimming and an indulgent hand and arm massage, completed with your chosen shade of nail lacquer.

60min ₦17 000

### AMANI PEDICURE

Immerse your feet into our world to be soothed, polished, softened and hydrated. The service includes a nourishing mask, cuticle care, nail shaping, and is completed with your chosen shade of nail lacquer.

60min ₦18 000

### AMANI MANI & PEDI DUO

A wonderful combination of our classic Amani Manicure and Amani Pedicure

90min ₦25 000



## Acrylic, Gel & Fill

ACRYLIC WITH TIPS .....	₹ 15 000
ACRYLIC WITH OVERLAY .....	₹ 14 000
ACRYLIC REFILL .....	₹ 14 000
COLOURED ACRYLIC .....	₹ 17 000
COLOURED ACRYLIC REFILL .....	₹ 14 000
OMBRE NAILS .....	₹ 18 000
OMBRE REFILL .....	₹ 14 000
SCULPTURE NAILS .....	₹ 18 000
SCULPTURE REFILL .....	₹ 14 000
GEL .....	₹ 12 000
FRENCH TIPS .....	₹ 16 000
CHROME .....	₹ 11 000
STICK-ON .....	₹ 12 000
FANCY NAIL ART (per finger) .....	₹ 7 000
GLOW IN THE DARK .....	₹ 21 000
NAIL WRAP .....	₹ 11 000

## Add-ons & Maintenance

FRENCH POLISH	15min ₹ 7 500
RE-SHAPE, BUFF & POLISH	20min ₹ 10 000
GEL POLISH APPLICATION	30min ₹ 10 500
SOAK-OFF PER SET	30min ₹ 8 500
PARAFFIN WAX	30min ₹ 9 500
JELLY PEDICURE	30min ₹ 9 500



Treatment collections to nurture vibrance, relaxation and vitality, initiating your transformation to Wellness as a way of life. Fully immerse in re-connecting with yourself and your wellness journey.

Breakfast or Lunch available at an additional cost – add 1 hour to your package time.

### AMANI ROMANCE (2 People)

Your romance begins with an invigorating sensory Rasul cleansing journey, including a body exfoliation and mud treatment in a private steam room with a sensation shower. Complete the experience with an Aromatherapy Couples Massage that will lull you off into a deep slumber of relaxation.

2hrs ₦72 000

### AMANI ROYALE

The ultimate in complete wellbeing. Your personalised journey to total relaxation begins with a full body Hot Stone Massage, followed by a 45-minute SKN Logic Brightening Facial. The luxurious Amani Manicure and Amani Pedicure ensures a perfect finish to this royal experience.

3.5hrs ₦82 000

### BESPOKE EXPERIENCE

Create your own spa package and choose any 90-minute combination from the following:

90min ₦46 000

#### Choose from...

##### 60 Minutes

Aromatherapy Massage | Deep Tissue Massage | Amani Manicure | Amani Pedicure

##### 30 Minutes

Body Scrub | Back Massage | Pressure Point Foot Massage | SKN Logic Express Facial

### GIRLS JUST WANNA HAVE FUN (minimum of 4 people)

A relaxing and fun way to celebrate Hen Parties, Baby Showers and Birthday Parties. Includes an invigorating Body Scrub and relaxing Back Massage followed by an Express Manicure or Express Pedicure.

90min ₦44 000

## Policy

- Booking made the day before or on the day of your treatment that are cancelled will result in a 50% cancellation fee.
- Bookings that need to be rescheduled can only be done once. If the booking were to be rescheduled for a 2nd time it will result in a 50% fee.
- Please note that we are unable to accommodate clients who are more than 20min late.
- If you must cancel or re-book your appointment, we respectfully request at least 24 hour notice.
- Cancellations or missed appointments without 24 hour notice will result in a charge of 50% or all of the service amount.
- A 50% deposit is required to secure all treatment bookings confirmed for Mondays - Thursdays.
- Full prepayment on all treatment bookings confirmed on Weekends and Public Holidays is required at least one day prior to the booking date.
- In the case of a "no-show", the full cost will be charge.

## Banking Details

**Account Name:** Avalon Int'l Nig. Ltd T/A Radisson Blu Hotel Lagos Ikeja

**Account Number:** 401125 0327

**Bank Name:** Fidelity Bank

**Sort Code:** 070152344



**SPA FACILITIES:**

To maintain the serene atmosphere, kindly switch off or silence mobile phones while in the spa.

**PUNCTUALITY:**

Please arrive 15 minutes before your scheduled treatment to complete a Health and Lifestyle Questionnaire. Late arrival may result in a shorter or forfeited treatment.

**SPA OPERATING HOURS:**

We are open Sundays – Wednesdays from 09:00 – 22:00 and Thursdays – Saturdays from 09:00 – 23:00, including Public Holidays.

**SPA TREATMENTS:**

All treatments are subject to therapist availability. Prices are subject to change without notice and include VAT.

**CONSULTATION:**

Inform your therapist of any medical conditions, allergies, intolerances, or needs before your treatment. Note that some treatments are not suitable during the first trimester of pregnancy.

**SAFETY REGULATIONS:**

We recommend not wearing any jewelry and keeping valuables (including mobile phones) in your locker. Keep your locker key with you at all times.

**PAYMENT:**

We accept cash and card payments. Room Charges are welcome for all Resort Guests. In certain instances a pre-payment may be required to secure your booking

**PRODUCT REFUND POLICY:**

Unopened and unused products can be returned within 48 hours of purchase. A refund will be provided as an Amani Spa gift voucher of the original purchase value.

**AGE RESTRICTION:**

Guests 16 years and older are welcome at the Spa. Children under 16 must be accompanied by an adult.

**CANCELLATION POLICY:**

Cancellations within 8 hours or less of the appointment time will incur a 50% fee. "No-show" appointments will be charged at full cost.

**GIFT VOUCHERS:**

Gift vouchers are available for specific treatments or a specific value. The original voucher must be presented at the appointment for redemption. Vouchers cannot be redeemed for cash.

**SPECIAL OFFERS:**

Special offers cannot be combined with discount vouchers or loyalty programs.

**DISCLAIMER:**

Every person entering the spa or using the facilities and equipment on these premises does so entirely at their own risk and agrees that Amani Spa & Wellness, its management, or therapists, and/or Nofa Resort Owner, Radisson Hotel Group, and/or Nofa Riyadh, A Radisson Collection Resort shall not be held liable or responsible, whether jointly or severally, for any loss, injury or death, damages, claim and/or compensation of whatsoever nature. Such person by their entry to these premises for any reason whatsoever waives any and all claims against the aforementioned parties.





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