



The Oberoi

ZAHRA

LUXURY NILE CRUISER

C/O Mena House Oberoi

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OBEROI SPA

SPA MENU

THE OBEROI

ZAHRA

Luxury Nile Cruiser





FACILITIES

The Spa offers the following facilities:

3 doubles and 1 single therapy suites with private steam-shower, 1 hair salon, gymnasium,
outdoor heated swimming pool

For appointments please call at extension 402



FOR THE COMPLETE SPA EXPERIENCE

To ensure that your spa experience is the commencement of an inspiring journey into a different world,
we recommend the following:

- ~ Book your treatment 24 hours in advance in order to ensure availability.
- ~ Consult our therapists who will be pleased to advise you on treatments that suit your individual needs.
- ~ To fully enjoy the peaceful and tranquil environment of the Spa, cellular phones and electronic devices are discouraged.
 - ~ For your convenience, we suggest you come to the Spa reception 10 minutes prior to your body or facial treatment in order to change and prepare yourself.
- You may, however, wearing the robe provided in your cabin/suite.
- ~ Please give us at least a 4 hour notice if you need to cancel an appointment. Please note that any treatment cancelled within four hours to the scheduled appointment will be charged at 50%
- ~ Gentlemen guests who are having a facial are advised to shave at least 3 hours before their treatment.
 - ~ Relaxation is essential to the treatment process. It is advisable to take your treatment at a time when you will be able to relax for at least 1 hour after the treatment.
 - ~ Please note that the Spa is a non-smoking area.
- ~ Guests with high blood pressure, heart condition or who are pregnant or have other medical complications are advised to consult their doctor before signing up for any Spa treatments.



The Oberoi Spa, offering amongst the finest spa facilities on the Nile, is a luxurious haven of peace and tranquility.

The Zen-like ambience, complemented by the stunning marble and oak wood interiors, sets the mood for a therapeutic experience. The predominant use of beige and white imbues the space with a sense of calm. In the day an abundance of natural light infuses a sense of warmth to the space while indirect cove lighting bestows a soft glow in the evenings. Incense sticks and aromatic oils permeate the air with a gentle fragrance creating the perfect ambience for relaxation.

The serenity of the space calms the senses in preparation for the varied beauty and rejuvenating treatments performed by hand-picked therapists in the privacy of the four massage suites. Each suite includes a private treatment and relaxation area, an en suite steam-shower and washroom.

The extensive spa menu offers holistic, non-clinical therapies, massages and beauty treatments incorporating ancient Ayurvedic principles, Aromatherapy and Western techniques administered by skilful therapists.

Based on the philosophy of intensive touch and minimal use of technology, the Oberoi Spa celebrates healing and renewal of the senses by human touch and the use of natural and indigenous ingredients. The Oberoi Spa treatments feature only the finest natural ingredients thus remaining true to the Asian tradition of respect for the environment. Treatments on the menu feature massages, exotic body scrubs and rejuvenating beauty treatments.



BODY MASSAGES



oberoi massage

60 minutes
90 minutes

Our signature massage uses palms and fingertips to apply pressure and continuous strokes that flow rhythmically from one to the other to stimulate blood circulation, iron out the knots and induce a state of total relaxation. The blended oil used for this massage promotes concentration and rejuvenates the spirit. **STRESS**

stress relieving massage

60 minutes
90 minutes

Drawing on the best of Eastern and Western techniques, this oil massage combines soothing strokes and stretching to loosen muscular tension, encourages lymphatic flow to balance the internal system and coax your body to respond positively to the caring language of touch.

balinese massage

60 minutes
90 minutes

Originating from Bali, this is a deep pressure massage using medium-depth strokes and pressure point to reach below the superficial muscle layers. This massage helps to balance the energy centres and improve integration of your internal systems. To complement the massage techniques, the blended oil has properties that help relieve muscular tension, improve and balance subtle energies for a heightened sense of well being.

thai massage (no oil)

60 minutes
90 minutes

Traditional Thai massage works on the theory of intrinsic energy flow and energy balance to promote better health and healing processes. This massage concentrates on careful application of pressure to distribute energy, release blockage and stretch the muscles leaving the body relaxed, energetic and free from stiffness. A natural fibre two-piece outfit is worn during this massage.

ayurvedic massage

75 minutes

An ancient massage therapy using a combination of invigorating and soothing strokes to stimulate the circulatory and the nervous system in the body. The massage tones the skin, heightens concentration and leaves you feeling refreshed and rejuvenated.

shiro abhyangam

45 minutes

Traditional Indian therapy in which the vital points of the upper body are balanced to calm the senses. The face, head, neck, shoulder and back are massaged with medium pressure to relax the muscles and ease tension. This is followed by mild fomentation to promote total relaxation.

ayur face massage

30 minutes

(for all skin types)
A traditional beauty treatment in which the therapist gently stimulates the facial muscles, concentrating on the marma (vital energy points). A mild aromatic facial oil is used which leaves the skin glowing and rejuvenated.

yoga stretching massage

60 minutes

The session begins with 15 minutes of pranayam (deep breathing) and meditation to calm the body and mind. This is followed by a dry massage while the body is held in various yoga postures. The therapy helps to restore the natural balance and suppleness of the body.



arabian coffee scrub

30 minutes

An excellent scrub using finest coffee grains combined with moisturising agents that remove impurities from the skin surface while providing nourishment so that the skin is soft and toned after the treatment.

cool mint scrub

30 minutes

Ideal for sensitive or sun exposed skin; this refreshing scrub is gentle and soothing to the skin and yet removes impurities effectively. The moisturising helps to puff up the dehydrated skin.

sandalwood

30 minutes

and turmeric scrub

Widely used by young girls in India, the scrub is excellent for both dry and oily skin. The combination of sandalwood and turmeric exfoliate dead skin cells and weaken the hair roots to gradually decrease hair growth, for a smoother skin in the long term.

BODY WRAPS

All treatments include a head and face massage (without oil) while the body is drawing benefits from the wrap.

banana oatmeal mask

60 minutes

This invigorating blend of oatmeal, honey and banana harmonise to tighten, cleanse, moisturise and soften the skin. Natural fibres in the ingredients also gently exfoliate and fade out facial lines.

orange honey wrap

60 minutes

Treat your skin to a dose of vitamins and fruit acids from orange and the natural healing power of honey. This moisturising wrap helps to tone the skin and promote cell renewal.

mint cucumber healer

60 minutes

A cooling wrap suitable for dull skin which helps to smoothen fine lines, lighten blemishes, soften hard skin and provide a soothing effect.



BEAUTY TREATMENTS



All treatments include cleansing, exfoliating, massage and mask.

oberoi facial

60 minutes

For All Skin Types

Natural healing properties of fresh products are used in our signature facial. Various ingredients ranging from honey to watermelon are specially selected for each particular skin type. Collectively, the ingredients cleanse, exfoliate, moisturise and restore elasticity, leaving the skin glowing and supple after the treatment.

basic cleansing facial

60 minutes

For Dry & Normal to Combination Skin

European products suitable for each particular skin type are used in this treatment to remove impurities that block the pores, which blocks the pores and cause skin irritations and blemishes. The special massage movements help to deep cleanse by stimulating blood flow and loosening surface blockages while providing relaxation. The mask provides nourishment to balance the skin.



gentle conditioning facial

60 minutes

For Dry & Sensitive Skin

Dry or sunburnt skin requires special attention to restore balance, improve hydration and encourage new cell growth. The treatment products are carefully selected for these purposes while specific care is taken so as not to aggravate the skin further. The mask contains vitamins essential for skin that has been dehydrated or exposed to sun.

skin balancing facial

60 minutes

For Oily Skin

The products used help to clear up blocked pores and remove excess oil generated by over-active sebaceous glands. A brief and gentle massage is administered to avoid stimulating the oil glands before a skin-balancing mask is applied to purify and tone the skin.



Our luxury Spa programmes, ranging from 90 minutes to 150 minutes, comprise of various treatment compositions to suite your individual preference. Indulge in these specially designed programmes for the ultimate experience in body pampering.



OASIS OF PEACE 1.5 HOUR SPA EXPERIENCE

The process starts with choice of body scrub to remove dead skin cells leaving your skin soft and silky smooth. A 60 minutes full body massage wraps up the session of complete rejuvenation. (Please choose from the A La Carte Menu for your preferred choice of body scrub and body massage).

Body Scrub	30 minutes
Body Massage	60 minutes

HERBAL SERENITY 2.5 HOUR SPA EXPERIENCE

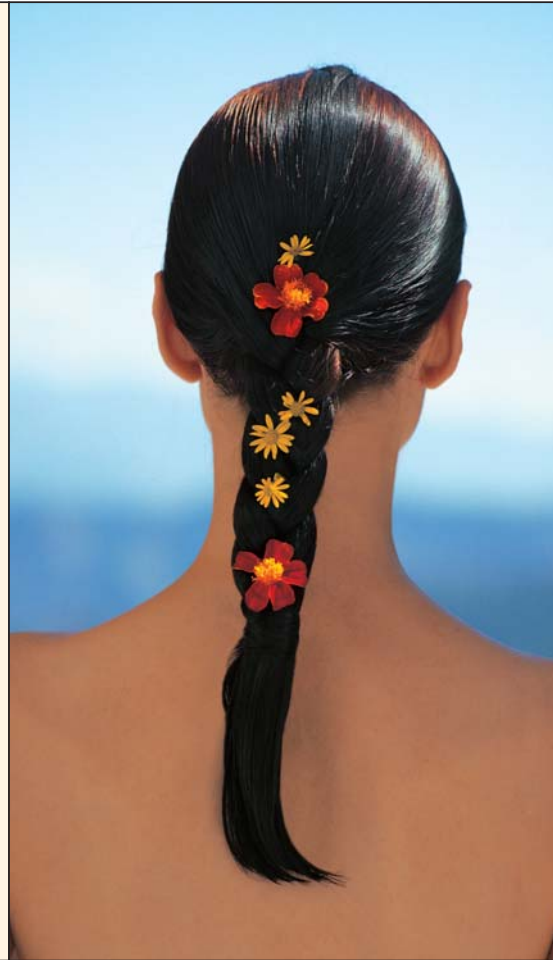
A complete pampering session beginning with choice of body scrub that cleanse and refresh leaving the skin delicately scented. This is followed by a 60 minutes body treatment, which comprises of a head and face massage while the body is drawing benefits from the wrap. The session ends with a Stress Relieving massage that improves blood circulation and will re-energies you.

Body Scrub	30 minutes
Body Wrap	60 minutes
Stress Relieving Massage	60 minutes

OBEROI HARMONY 2.5 HOUR SPA EXPERIENCE

This pampering programme leaves you feeling beautiful inside out. Starting with the Arabian Coffee Scrub which leaves the skin glowing followed by the signature Oberoi Massage which uses aromatherapy to induce total relaxation, the session ends with Oberoi Facial that cleanses, moisturises and rejuvenates with a variety of natural products.

Arabian Coffee Scrub	30 minutes
Oberoi Massage	60 minutes
Oberoi Facial	60 minutes



HAIR SALON

- Hair Cut (Ladies)
- Hair Styling (Ladies)
- Shampoo and Blow Dry
- Threading
- Eyebrow Shaping
- Pedicure
- Manicure