

KENYA Land of Mystery and Marvels!



Another beautiful sunrise to begin another beautiful day in the amazing country of KENYA!!!

After 2 nights in Amboseli, we leave for Nakuru and the expansive Lake Nakuru. Here we'll be staying in Sarova's Lion Hill Game Lodge. If you haven't already, do visit

their website: <https://www.sarovahotels.com/lionhill-nakuru/> They have an amazing spa and, if interested, you should book your "treatment" upon arrival! :>)

| Tulia Beauty Treatments | Duration | Price |
|---------------------------|-------------|-----------|
| Manicure | 1hr | Ksh 2,200 |
| Manicure – Gel | 1hr | Ksh 2,700 |
| Pedicure | 1hr 15mins | Ksh 2,700 |
| Pedicure – Gel | 1hr 15mins | Ksh 3,200 |
| Revanishing | 30mins | Ksh 800 |
| Revanish – Gel | 1hr | Ksh 1,500 |
| Eyebrow Shaping | 30mins | Ksh 1,000 |
| Coco Cinammon | 45mins | Ksh 4,500 |
| Anti-Cellulite Body Scrub | 45mins | Ksh 4,500 |
| Skin Detox Body Scrub | 45mins | Ksh 4,500 |
| Kenya Kahawa Scrub | 45mins | Ksh 4,500 |
| Tulia Body Ritual | 2hrs 30mins | Ksh 8,000 |

| Tulia Facial Treatments | Duration | Price |
|----------------------------------|----------|-----------|
| Glow and Radiant Mini Facial | 30mins | Ksh 3,500 |
| Express Cleansing Facial for Men | 1hr | Ksh 5,000 |
| Relaxing Gents Facial | 30mins | Ksh 3,500 |
| Pure Balancing Facial | 1hr | Ksh 5,500 |

Your comfort – Do let us know

Although we do our best to anticipate your needs, we appreciate that a spa is a very individual experience. Please let your therapist know if there is any way that she can improve your treatment or comfort – for example, heavier or lighter massage pressure, an extra towel, sound or lighting levels. We greatly appreciate your feedback.

| Tulia Body Therapies | Duration | Price |
|----------------------|----------|-----------|
| Swedish Massage | 1hr | Ksh 4,500 |
| Tulia Massage | 1hr | Ksh 5,000 |
| Deep Tissue | 1hr | Ksh 5,500 |
| Reflexology | 45mins | Ksh 4,000 |
| Stress Reliever | 30mins | Ksh 3,500 |
| Tulia Revitalizer | 1hr | Ksh 5,000 |
| Foot Massage | 30mins | Ksh 2,500 |
| Aromatherapy | 1hr | Ksh 6,000 |
| Hot Stone Therapy | 1hr | Ksh 6,000 |
| Indian Head Massage | 30mins | Ksh 3,500 |

The above prices are inclusive of all statutory taxes.



For those of you interested, email me and I'll send a more readable Spa Tariff! As of this writing, 1,000 Kenyan Shillings = \$8.76 US.

Ah, yes, more about money! If you're using US dollars, they MUST have been printed after 2006!!! So check your money before leaving the US. Seriously, one of the ladies on our last trip didn't believe that, tried buying something at one of the roadside stands, and was refused because her US dollars were printed before 2006.

More about Lion Hill Game Lodge:
YES! All the hotels have indoor plumbing with running hot and cold water!



... and the rooms are LOVELY!!!
These photos are of the Standard Room and Bath.

And then there's the FOOD!!! :>)



FLAMINGO RESTAURANT



You'll be well fed and pleasantly surprised at the array of familiar, and unfamiliar, dishes! We'll have full breakfast, lunch, and dinner at each property! You may decide to try something you've never had before, or just stay with that which is familiar! Whatever you decide, ENJOY!!!

Oh, yes, we'll be out to see the animals every day, unless you chose to stay at the pool and just relax! The choice is always yours, but I don't think you'll want to miss anything. You may just want that massage at the end of the day! :>)



After dinner perhaps a drink at the bar before we end another day of adventure with this beautiful sunset ... and a peek at a Vervet baby with mom ...

This week you'll all receive a Special Edition outlining a brief itinerary.

That's it for now! Enjoy the photos!

Kwa Heri,

Jeanie Matthies-Kurzrok

Jeanie6433@aol.com

