



SpaMANIA

Wellness Center



Menu



PRICE
DROP

SpaMANIA

Wellness Center

SIT - RELAX - ENJOY



▶ OUR SERVICES

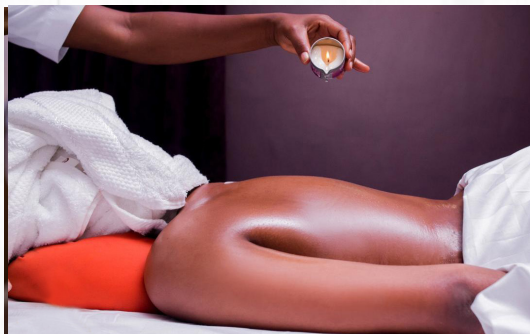
- o Aromatherapy Massage
- o Kneading Therapy (Deep-tissue)
- o Swedish Massage
- o Jacuzzi (Hydrotherapy)
- o Body Scrub
- o Basalt Therapy (Hot Stone)
- o Thai Massage
- o Acupuncture
- o Turkish Exfoliate Bath
- o Vajacial Special
- o V- Steam
- o SpaMania Massage Combo
- o Intergrated Calming Therapy
- o Candle Wax (Rejuvenating)
- o Stress Killer Booster
- o Crocodile Walk (4-hands Massage)
- o Prenatal Massage (After Bath)
- o Waxing
- o Chinese pressure point
- o Body wrap
- o Cupping therapy
- o Therapeutic massage
- o Fertility Massage
- o Hot Towel Massage
- o Facials
- o Anniversary Packages
- o Bridal package
- o Green Tea
- o Chicken Luwombo
- o Grilled Chicken (Weekend)
- o Goat Luwombo
- o Fish Luwombo

SPA MANIA

AROMATIC OIL THERAPY

MASSAGE

UGX	60min	UGX	90min		
130,000	140,000				
UGX	60min	UGX	90min	UGX	2Hrs
120,000	130,000	150,000			
					FREE BODY SCRUB



Aromatherapy massages combine soft, gentle pressure on your back, shoulders and head. You will inhale essential oils through a diffuser and absorbing them through your skin. Our massage therapist will usually decide which essential oils to use, but you can let them know if you have a preference.



Strictly, NO SEX

We are a professional Spa

SPA MANIA

KNEADING THERAPY (DEEP TISSUE MASSAGE)

UGX	90min	UGX	2Hrs
150,000		170,000	
UGX	90min	UGX	2Hrs
140,000		160,000	
FREE BODY SCRUB			

Free

Body scrub
to all sessions
above
90+ minutes

This treats musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. It promote faster healing by increasing blood flow and reducing inflammation.

0759969627



SPA MANIA

CLASSIC MASSAGE

(SWEDISH MASSAGE)

UGX	60min	UGX	90min	UGX	2Hrs
110,000	130,000	150,000			

UGX	60min	UGX	90min	UGX	2Hrs
100,000	120,000	140,000			

Swedish massage is the most popular type of massage. It involves soft, long, kneading strokes, as well as light, tapping strokes, on topmost layers of muscles. It improves lymphatic and blood circulation. This is also combined with movement of the joints. By relieving muscle tension, Swedish therapy can be both relaxing and energizing.



SPA MANIA BODY SCRUB

10%
Discounted

UGX	60min	UGX	60min	UGX	90min	UGX	90min
100,000		90,000		150,000		130,000	
Sugar Scrub		Salt Scrub		Coffee and Honey		Tumeric scrub	

UGX	60min	UGX	60min	UGX	90min
140,000		150,000		200,000	
Sugar Scrub + Massage		Salt Scrub + Massage		Coffee and Honey + Massage	



A body scrub is a popular body treatment. It exfoliates and hydrates your skin, leaving it smooth and soft. A body scrub is done with an abrasive material usually sea salt scrub or sugar mixed with some kind of massage oil and an aromatic like essential oils

JACUZZI Hydro-Therapy

Comes with Massage,
Hot-stone, Movie, Stem &
Juice

Couples
UGX 3hrs
170,000
per person

Single Person
UGX 3hrs
200,000



JACUZZI + BODY SCRUB

Comes with Jacuzzi, Massage, Scrub, Movie, Stem & Juice

UGX 3hrs
260,000
per person

UGX 3hrs
480,000
Couple

JACUZZI PARTY PACKAGE 6HRS SESSION

It's a large or pool bath with a system of underwater jets of water to massage the body. Warm water flows through small holes, producing a pleasant, bubbling effect

10

4 people	UGX 680,000	UGX 400,000
3 people	UGX 510,000	UGX 400,000
2 people	UGX 500,000	UGX 400,000
1 person	UGX 450,000	UGX 400,000
	With Massage	Without Massage

Comes with bottle of wine, Movie, Juice, Tea, Fruit,
Steam bath, Decoration, Picture
(Jacuzzi for the Birthday person)



Moroccan bath, is a traditional cleansing practice which may have a range of health and cosmetic benefits.

Moroccan bath includes lathering, steaming and scrubbing. In a private setting, a practitioner will use a soap to lather across your body, followed by a relaxing session in a steamy environment to help open the pores. Next, they will gently exfoliate your skin using a scrub to remove dead skin cells and toxins

Sugar Scrub UGX 2Hrs
180,000

Sea salt Scrub UGX 2Hrs
200,000

Tumeric Scrub UGX 2Hrs
220,000

Coffee & honey + milk Scrub UGX 2Hrs
250,000

Massage + Moroccan Bath UGX 2Hrs
300,000

Special

Stress Killer + Moroccan Bath UGX 3Hrs
380,000

MOROCCAN BATH (NTINDA BRANCH)





THAI MASSAGE

SPA MANIA BASALT THERAPY HOT-STONE

~~UGX 60min UGX 90min UGX 120min~~
~~140,000 160,000 190,000~~

UGX 60min UGX 90min UGX 120min
130,000 150,000 170,000

With Hot Stone Massage the heat enhances the effect of increased circulation that massage induces. The client will also notice increased movement in joints due to warm tendons loosening faster. Overall it is both comforting beneficial.

~~UGX 60min UGX 90min UGX 2hrs~~
~~160,000 180,000 200,000~~

UGX 60min UGX 90min UGX 2Hrs
150,000 170,000 190,000

This is a traditional Thai style. It's a combination of gentle movements, acupressure, guided stretching, Is best for people who want a more active form of massage and want to reduce and relieve pain and stress. It help improve flexibility, circulation, energy levels



TURKISH BATH

Exfoliate Bath

FREE BODY SCRUB

new

Freedom
city
branch

UGX 2hr ~~240,000~~ UGX 3hr ~~250,000~~

UGX 2hr **180,000** UGX 3hr **220,000**



Turkish exfoliating bath or hamam is a type of steam bath or a place of public bathing associated mostly with the Islamic world.

A Turkish bath (Turkish hamam) is a hot steam hydro-therapy treatment which has a miraculous effect on both the mental and physical state of everyone able to enjoy its benefits, ie Relieves stress, Cleans the skin, Eliminates toxins, Improves blood circulation, Clears respiratory tract

VAJACIAL SPECIAL

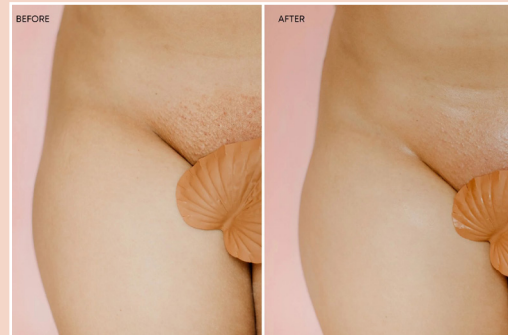
UGX 40- 60min

250,000

Vajacial, vsteam, full bikini waxing

Vajacials as it sounds, facials performed on the vaginal area of the body. Vajacials focus only on the bikini line, pubic mound (the V-shaped area where pubic hair grows), and outer labia, nothing is inserted or applied to the inside of the vagina.

The purpose of a vajacial is to minimize ingrown hair, keep the pubic area nicely exfoliated and smooth



V-STEAM

UGX 30min **30,000** UGX 60min **50,000**

Vaginal steaming is an age-old natural remedy said to cleanse the vagina and uterus, regulate menstruation, and ease period cramps and bloating.

INCREASES:	Fertility, Wetness, Tightness
TREATS:	Yeast infections, Uterine fibrosis
REMOVES:	Odor, Period cramps, Dryness & Pain




SPA MANIA MASSAGE COMBO

Facial, Waxing, Aromatherapy, Body scrub.

UGX 2hrs ~~300,000~~ UGX 3hrs ~~380,000~~ UGX 2hrs **280,000** UGX 3hrs **300,000**

This treatment begins with a full body scrub which will leave you feeling refreshed and relaxed. A mixture of essential oils will exfoliate and moisturise the whole body, leaving the skin feeling refreshed and toned. This is followed by a classic back, neck and shoulder

massage, waxing or steam bath aimed at relieving your muscular tension in areas which are known to be the most common areas to retain the effects of stress.

This is accompanied with healthy food, juice and fruits



■ CANDLE WAXING MASSAGE

FREE BODY SCRUB



UGX	60min	UGX	90min	UGX	120min
170,000		200,000		250,000	

UGX	60min	UGX	90min	UGX	120min
150,000		170,000		220,000	

This treatment begins with a body scrub to remove the dead skin, followed by warm melted candle wax that soothes and warms the whole body.



SPA MANIA

INTERGRATED CALMING THERAPY

Hot stones, Deep tissue, Hot Towel,
Thai massage

UGX	2hrs
250,000	

UGX	3hrs
300,000	

Integrated massage is massage session in which a bunch of techniques are integrated with one another. it's the art and science of combining numerous techniques/ modalities into a single session to give the client the best possible results. It allows the therapist to tailor sessions to your symptoms, pressure preferences, and the

way your body responds to the techniques used. If one technique isn't effective, they can just move onto another one instead of being tied to a technique that isn't working.

No two integrated massage sessions will be exactly alike, and that's the beauty of it.

Integrated massage mainly means more options for you. It can combine therapy and relaxation, can be strictly relaxing, strictly therapeutic, movement enhancing, pain relieving or any combination of these.



STRESS KILLER BOOSTER

Thai Massage, Hot-stone, Body scrub, Aromatherapy free v-steam for women



UGX 90min 280,000	UGX 2hrs 300,000	UGX 3hrs 350,000
		<small>Stress Killer + Moroccan Bath</small>
UGX 90min 250,000	UGX 2hrs 280,000	UGX 3hrs 300,000
		<small>Stress Killer + Moroccan Bath</small>

Rejuvenate and soothe yourself with this 3 in one relaxing, pain relieving massage package which involves use of different techniques by the therapist.

JACCUZI + STRESS KILLER BOOSTER

Jacuzzi, Massage, Hot-stone, Body scrub, Aromatherapy free v-steam for women

Single Person

UGX 3hrs
300,000

Couples

UGX 3hrs
580,000



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SPA MANIA

▶ CROCODILE WALK FOUR-HANDS MASSAGE

UGX	60min	UGX	90min	UGX	2Hr
180,000		300,000		400,000	

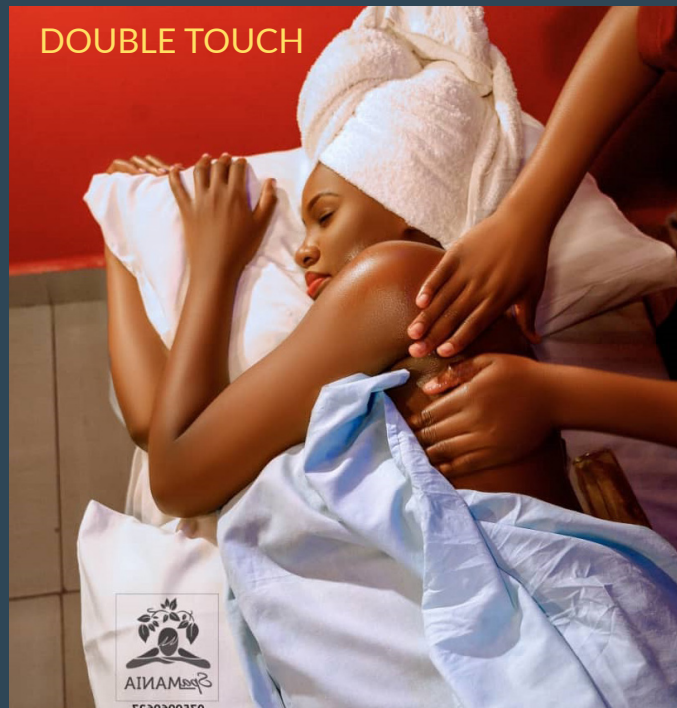
UGX	60min	UGX	90min	UGX	2Hr
160,000		280,000		360,000	

In a four-hands massage, two therapists work on one client, often using synchronized moves. A four-hands massage can be like experiencing two full body massages at the same time. Good massage therapists will use the client's body as a form of canvas onto which they choreograph slow, detailed moves of varying paces and pressures.

This is a powerful treatment for anyone who has a hard time letting go during treatments.



DOUBLE TOUCH





SPA MANIA BODY WAXING

30,000	70,000	70,000	100,000
Armpits	Brazilian Wax	Bikini Line	Full bikini Waxing

10,000	20,000	50,000	280,000
Upper lip waxing	Chin waxing	Half leg waxing	Full body package

A body waxing involves removal of your skin hair using special wax, which can be hot or cold, that adheres to hair and pulls them out, leaving our skin smooth and soft by getting rid of unwanted hair. Eyebrows, face, pubic hair (called bikini waxing), legs, arms, back, abdomen, knuckles, and feet. can all be waxed

HOT TOWEL MASSAGE THERAPY

UGX 60min
150,000

UGX 90min
170,000

UGX 120min
200,000

The towel's warmth offers an effective way to improve circulation, reduce muscle soreness, and release tension. Whenever we're injured, we should focus on improving circulation to the area to promote faster healing. A massage is the best way to unwind and recover, and it can get even better. With the inclusion of a hot towel, a massage becomes much more relaxing and beneficial to the body. The heat from the towel opens up your pores and promotes circulation.



FACIAL MASSAGE

UGX 120,000	UGX 170,000
ORGANIC FACIAL	ANTI-AGING FACIAL
UGX 100,000	UGX 150,000
ORGANIC FACIAL	ANTI-AGING FACIAL



Hydrating, anti-aging congestion and pollution

Facial massage helps promote healthy skin while relaxing your facial muscles. It has a relaxing and rejuvenating effect, helping you look and feel better.

Anti-aging and wrinkles. One of the main benefits of facial massage is its ability to improve the overall appearance of skin. Sinus pressure, Acne, Glowing skin, kin blood flow, Facial rejuvenation, Manage scar tissue

POSTPARTUM MASSAGE

AFTER-BIRTH MASSAGE

Facial, Hot-stone, Waxing, Aromatherapy and V- steam

UGX 2Hrs
280,000



Fundal massage is a uterine massage technique used by medical professionals to help the uterus contract back down to its usual size. It is thought that light abdominal massage may continue to be beneficial for up to 2 or 8weeks after birth

PRENATAL MASSAGE

UGX 90min UGX 2Hrs
150,000 **170,000**

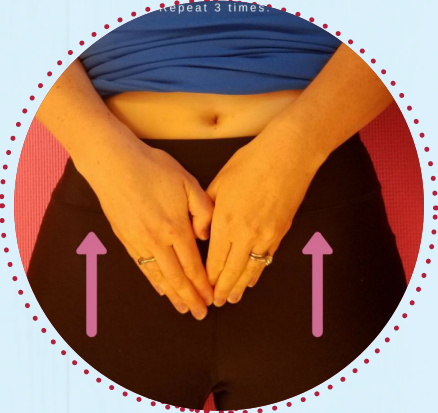


Maternal massage it improves overall health, reduce stress and relieve muscle tension, headaches, back pains, joint pains and improves labor outcome and newborn health. It stimulate better sleep

FERTILITY MASSAGE

UGX 60min UGX 90min
150,000 180,000

Repeat 3 times.

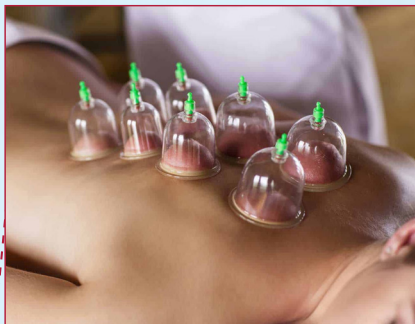


This Massage is designed to enhance chances of conception. It supports the body to cleanse of toxins, reduce stress hormones, balance hormones. Here fertility oils are added to tonify reproductive organs of any inflammations

CUPPING THERAPY

UGX 60min UGX 90min
~~250,000 300,000~~

UGX 90min UGX 120min
200,000 250,000



Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

THERAPEUTIC MASSAGE

Red Light therapy

UGX 60min UGX 90min UGX 120min
~~170,000 200,000 250,000~~

UGX 60min UGX 90min UGX 120min
150,000 170,000 200,000



Therapeutic Massage Therapy is defined as the mobilisation of soft tissue (such as muscle, fascia and body fluids) to restore normal systemic. It can be used to assist in the treatment of most musculo-skeletal and associated problems, and regular Therapeutic Massage

SPA MANIA GROUP MASSAGE

Girls' day out, Bachelors' party, Anniversary Birthday celebrations

Bring your spouse and friends for rejuvenating sessions at SpaMania wellness centre. This comes with a variety of choices from our massage menu. Thai massage, Aromatherapy, body scrub, waxing, steam bath and Jacuzzi all aimed at relieving you and friends from the effects of stress.

This is accompanied with Healthy food, Green tea, Juice and Fruits

BRIDAL PACKAGE

1 massage session per week for a month

400,000

Per person

BIRTHDAY PACKAGE

Swimming, Aromatherapy, steam bath and flower decoration. (Jacuzzi for the Birthday person)

FREE FOOD, WINE & JUICE

ANNIVERSARY PACKAGE

Swimming, Candle massage, Aromatherapy, Jacuzzi and flower decoration. Accompanied with wine, Juice and healthy tea

600,000

Two persons only

4 people

UGX

790,000

5 people

UGX

980,000

8 people

UGX

1,150,000

10 people

UGX

1,500,000



We are a professional Spa

Strictly, NO SEX

Disclaimer

SPA MANIA MEMBERSHIP

Open to all boundaries

Individual Subscription

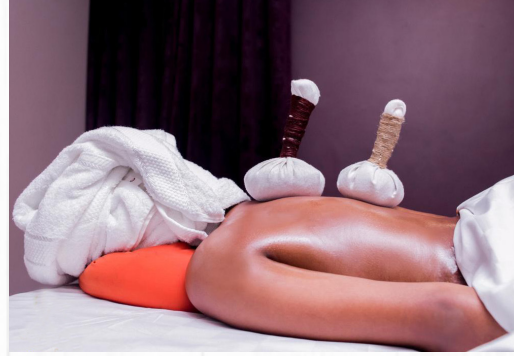
3 Months	_____	1,200,000
6 Months	_____	2,300,000
Annual	_____	4,500,000

BOOKLET OF VOUCHERS

Unlimited to any
Spa Package

50 Vouchers	_____	7,000,000
25 Vouchers	_____	3,750,000
10 Vouchers	_____	2,000,000





Please call our spa reservations team on +256 706 199425

