

CALABASH

— SPA · SALON —



Speke Resort
Munyonyo



MUNYONYO
COMMONWEALTH
RESORT LIMITED



SPA & SALON MENU

Tel: +256 (0) 702 711 286   calabashspaug

Wellness by the shores of Lake Victoria

Holistic, bespoke care centered completely around your wellbeing.
Authentic, indulgent surroundings at the shores of Lake Victoria.
We invite you to disconnect and authentically
reconnect.



MASSAGE THERAPIES

SWEDISH MASSAGE

A well designed massage that aids in tension release & overall muscle fatigue. A great treat for beginners & those looking for a relaxing medium to firm massage.

SINGLE

60 Minutes : Ushs 95,000
90 Minutes : Ushs 120,000
120 Minutes : Ushs 150,000

COUPLE

60 Minutes : Ushs 180,000
90 Minutes : Ushs 225,000
120 Minutes : Ushs 280,000

AROMATHERAPY

This Luxurious essentialoil treatment is a great mood lifter which promotes healing & eases muscular aches, pains, & Sprains Oil are specially extracted from herbs, flowers and fruits to softens, smooth & relax the muscles as well as the soul

SINGLE

60 Minutes : Ushs 120,000
90 Minutes : Ushs 140,000
120 Minutes : Ushs 160,000

COUPLE

60 Minutes : Ushs 230,000
90 Minutes : Ushs 265,000
120 Minutes : Ushs 300,000

DEEP TISSUE

A truly traditional massage that focuses on the deepest layer of the muscle, connecting tissue and fascia. It's beneficial in releasing chronic muscle tension, repetitive strain, postural problems or recovery from injury.

SINGLE

60 Minutes : Ushs 140,000
90 Minutes : Ushs 170,000
120 Minutes : Ushs 190,000

COUPLE

60 Minutes : Ushs 265,000
90 Minutes : Ushs 320,000
120 Minutes : Ushs 355,000

HOTSTONE MASSAGE

A deeply relaxing massage that uses both hands & hot stone techniques to ease built up muscular tension. Hot stones will be used to massage the pressure points helping the muscle to loosen from its point of stress.

SINGLE

60 Minutes : Ushs 120,000
90 Minutes : Ushs 160,000
120 Minutes : Ushs 180,000

COUPLE

60 Minutes : Ushs 230,000
90 Minutes : Ushs 305,000
120 Minutes : Ushs 340,000

TRAVELLERS MASSAGE

Welcome to Kampala! Take this journey within yourself and forget about the tiresome long flights and travels. Allow us to take care of you and the travel tension from your mind and soul.

SINGLE

60 Minutes : Ushs 95,000

COUPLE

60 Minutes : Ushs 180,000

NECK, BACK & SHOULDER MASSAGE (WITH OIL)

A powerful massage that is especially effective in helping heal tightness of the lower back, stiff necks and sore shoulders are the most common areas to retain the effect of today's stressful life.

SINGLE

45 Minutes : Ushs 65,000
60 Minutes : Ushs 80,000

COUPLE

45 Minutes : Ushs 120,000
60 Minutes : Ushs 150,000

INDIAN HEAD MASSAGE

A luxurious pressure point scalp, neck and shoulder massage that boosts circulations and helps to relieve headaches and sinuses while melting the tension that often sits unwelcome on the shoulders.

SINGLE

45 Minutes : Ushs 65,000
60 Minutes : Ushs 80,000

COUPLE

45 Minutes : Ushs 120,000
60 Minutes : Ushs 150,000

REFLEXOLOGY

Deeply relaxing massage where pressure is applied to certain points on the foot that correspond to organs and systems in the body. Reflexology is very relaxing, especially for people who stand on their feet all day or just have tired, achy feet.

SINGLE

45 Minutes : Ushs 65,000
60 Minutes : Ushs 80,000

COUPLE

45 Minutes : Ushs 120,000
60 Minutes : Ushs 150,000



EXOTIC EXFOLIATION THERAPIES (BODY SCRUBS)

ALL THERAPIES 45 MINUTES : Ushs 75,000



COCONUT & ALMOND EXFOLIATION,

Coconut is rich in vitamins, oils and is a very strong antioxidant. The granules from the almond unclog the pores of the skin and the coconut hydrates you revealing skin soft and smooth to touch.

CINNAMON COFFEE & YOGURT EXFOLIATION

By applying to the skin in a gentle circular motion, coffee cinnamon scrub exfoliates the skin, removing your dry, dead skin, to reveal new, healthy-looking skin underneath.

SALT & TURMERIC GLOW EXFOLIATION

A delightful exfoliation using salt crystal to gently exfoliate, soften and leave your skin glowing and buffed while the anti-inflammatory and healing properties in the turmeric help cleanse and clear up the complexion of the skin. You will finish the treatment with a hydrating and moisturizing cocktail.

LEMON & MINT SCRUB

Naturally refreshing essential lemon oils invigorate the sense while natural essential mint oils have activating properties. Both revitalising the body and mind.

LAVENDER SUGAR SCRUB THERAPY

Not only does it smell fantastic, it's a perfect exfoliation for sensitive skin leaving your skin fully moisturized, by locking in the moisture and acting as a natural antioxidant as well. With this type of scrub we mix in organic coconut oil, granulated sugar and drops of lavender essential oil.

GINGER & ORANGE SCRUB

Awaken your senses with this ginger and Orange scrub. An exfoliation ritual designed to revitalise and relax. This invigorating scrub stimulates, tones and leaves the skin sensuously soft.

CALABASH PACKAGES

Because sometimes more is exactly what you need.

Our custom salon and spa packages are the ultimate way to enjoy not just one, but a collection of our most requested services and treatments in a single day.

Go beyond the ordinary and indulge in some of the most luxurious and beneficial treatments we have to offer.

INDIVIDUAL PACKAGES

Take time out of the day and travel wide and far within yourself.

PAMPER MYSELF

Lavender Sugar Scrub Aromatherapy Massage

100 Minutes : Ushs 195,000

COUPLE PACKAGES

Nothing beats together and no one understands it more than us.

INDULGENCE FOR TWO(2PAX)

Swedish Massage, Coconut & Almond, Mani & Pedi Express

150 Minutes : Ushs 245,000

WHEN WE MET (2PAX)

90 Minutes : Ushs 230,000

Deep Tissue Massage, Rose filled bubble bath with 2 glasses of wine

GIRLFRIEND PACKAGES

Whats better than sharing a treatment with a friend? A package

GIRLS OUT NIGHT [2PAX]

Swedish Massage, Express, Mani Pedi Duo Express

140 Minutes : Ush 300,000



MUM TO BE PACKAGES

You are more than deserving, You are a miracle in motion & we are privileged to be part of the Journey.

BEAUTIFUL EXPECTANCY

Amedium to feather light lymph and muscle relief massage that helps ease the journey to the wonder of life.

150 Minutes : Ushs 215,000

MUMMY TO BE

Lavender Sugar Scrub, Magnolia Luxurious Tissue, Body Oil for stretch marks, scar tissue and very dry skin.

100 Minutes : Ushs 170,000

LIGHTER LEGS

Foot Massage, Mani Pedi Duo Express.

140 Minutes : Ushs 145,000

DESERVINGLY SO

Ease the rush of thoughts and the ache in the feet with this wonders duo and feel both lifted up and solidly grounded at the same time.

Indian Head Massage, Foot Massage

170 Minutes : Ushs 130,000

GENTLEMEN PACKAGES

Because a man who takes care of himself is King indeed.

STONED

Hot Stone Massage, Express Mani & Pedi Duo

90 Minutes : Ushs 205,000

BEAUTY TREATMENTS

We delight in unveiling the beauty that lies with

Hair Removal waxing

[Hot wax] Hair removal done professionally

BODY WAXING

Full leg	Ush 65,000
Half leg	Ush 40,000
Full Arm	Ush 50,000
Half Arm	Ush 30,000
Underarms	Ush 30,000
Back	Ush 70,000
Chest	Ush 70,000
Tummy	Ush 70,000

INTIMATE WAXING

Full Brazillian / Hollywood	Ush 110,000
Bikini line	Ush 50,000

FACE WAXING

Upper Lip	Ush 110,000
Chin	Ush 50,000
Eyebrow shaping	Ush 25,000

FULL BODY WAXING

Full leg, full arm	Ush 310,000
Back, chest / Tummy	
Full brazillian	

FULL FACE WAX

Upper Lip, Chin	Ush 40,000
Eyebrow shapping	
Forehead, Sides	

FACIAL REMOVAL

Threading

Eyebrow Ush 15,000

Upper Lips Ush 10,000

Full Face, (Eyebrow

Upper lip, chin,

Forehead)

Tweezing Ush 10,000

Razor

Eyebrows Ush 5,000



NAIL BAR

Because your hands and feet deserve the care.

EXPRESS MANICURE

A perfect on the go hand treatment. Tidying cuticles and finishing with a file and colour.

Ushs 30,000

CLASSIC MANICURE

Shaping, vitamin soak, cuticle work, therapeutic hand massage and colour.

Ushs 50,000

EXPRESS PEDICURE

A perfect on the go foot treatment, tidying cuticles and finishing with a file and colour.

Ushs 40,000

CLASSIC PEDICURE

Our classic pedicure. Heel to toe overhaul without the hassle. Shape, vitamin soak, scrubbed, buffed, massages

Ushs 65,000

SHAPE & POLISH

Poilsh	Ushs 20,000
Reshape, buff and polish both hands & feet	Ushs 30,000
Nail Cutting	Ushs 10,000

MANI PEDI DUO

Express	Ushs 65,000
Classic	Ushs 100,000

KIDS NAIL BAR

Mani	Ushs 30,000
Pedi	Ushs 30,000
Mani Pedi Duo	Ushs 50,000

