

Wellness at the heart of Calabash Spa



MASSAGES

Swedish Massage

This classic form of massage employs techniques that improve circulation and flexibility, relieve tense muscles, and inspires relaxation. A treatment performed with firm pressure and long smooth strokes.

60 Minutes
Ushs 95,000

90 Minutes
Ushs 120,000

120 Minutes
Ushs 150,000



Aromatherapy Massage

This luxurious body treatment incorporates essential oils to soften, smooth, and relax the body as well as the soul.

60 Minutes
Ushs 120,000

90 Minutes
Ushs 140,000

120 Minutes
Ushs 160,000



Hot Stone Massage

Traditional hot stone therapy involves placing and gliding various sizes of basalt stones along the spine, shoulders and neck to promote deep relaxation and trigger the natural healing process.

60 Minutes
Ushs 120,000

90 Minutes
Ushs 150,000

120 Minutes
Ushs 180,000

Beautiful Bride

Choice of body scrub, Turkish Bath, Facial, choice of massage, Luxury Mani Pedi and Lunch at La Cabana

UGX 500,000
(*Add full body waxing at UGX 300,000)

Rejuvenate at Calabash

Gym Day Pass, Choice of scrub, Turkish Bath Facial, Choice of massage, Luxury Mani Pedi Duo and lunch at La Cabana

UGX 500,000

Just Married

1 Bedroom Apartment for 2, Fruit platter, Choice of couples massage, Special hour at Hammam, Candle lit Dinner, Bottle of wine and Healthy breakfast

USD 499

Wampewo Getaway

1 Bedroom Apartment for 1, Choice of scrub, Facial, Choice of massage 120 Mins, Mani Pedi Duo, Dinner, Bottle of wine and Healthy breakfast

USD 349

Neck, Back & Shoulder Massage

The back, arms and legs are smoothed prior to the body massage using a 'body brush' rough mitt or exfoliating scrub to slough off dead skin cells on the skin surface and to stimulate lymph circulation to help the body's natural detoxifying process.

45 Minutes
Ushs 65,000

60 Minutes
Ushs 80,000



Indian Head & Neck Massage

It is a deep massage, using a variety of pressure and techniques, including circular massage strokes on your scalp, deep tissue work on your shoulders, and stretching the neck.

45 Minutes
Ushs 65,000

60 Minutes
Ushs 80,000



Foot Massage (Reflexology or Acupuncture)

Using a firm pressure, the reflexes are worked according to the client's requirements. Stress removal is the first priority followed by enhancing circulation.

45 Minutes
Ushs 65,000

60 Minutes
Ushs 80,000

MASSAGE TREATMENTS

Manicure

Express	Ushs 30,000
Luxury	Ushs 50,000
Gel	Ushs 60,000
French	Ushs 60,000
Kids Mani	Ushs 20,000

Pedicure

Express	Ushs 40,000
Luxury	Ushs 65,000
Gel	Ushs 65,000
French	Ushs 75,000
Kids Pedi	Ushs 20,000

Mani Pedi Duo

Express	Ushs 65,000
Luxury	Ushs 100,000
Gel	Ushs 115,000
French	Ushs 115,000
Kids Pedi	Ushs 30,000

Polish

Gel	Ushs 30,000
French	Ushs 30,000
Reshape	Ushs 40,000
Buff and Polish	

Waxing

Face	Ushs 30,000	Eyebrows	Ushs 20,000
Back	Ushs 70,000	Chin	Ushs 20,000
Underarms	Ushs 30,000	1/2 arms	Ushs 30,000
1/2 leg	Ushs 40,000	Full arms	Ushs 50,000
Full Leg	Ushs 65,000	Chest	Ushs 70,000
Bikini Line	Ushs 50,000	Brazilian	Ushs 110,000

SPA PACKAGES

Ultimate Indulgence

- Back Massage + Facial + Express Mani Pedi
- Choice of massage 90 Mins + Facial
- Choice of massage 120 Mins + Lunch
- Choice of massage 120 Mins + Gym Day Pass
- Back Massage + Lunch + Gym Day Pass
- Choice of massage 120 Mins + Express Mani Pedi

Choose any package at UGX 250,000

Pregnancy Massage

A wonderful choice for pre natal care that relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling).

60 Minutes
Ushs 110,000

90 Minutes
Ushs 150,000

120 Minutes
Ushs 180,000



Deep Tissue Massage

Deep-tissue massage is a specific type of massage therapy that concentrates on the deep layers of muscle and fascia in the body.

60 Minutes
Ushs 120,000

90 Minutes
Ushs 150,000

120 Minutes
Ushs 180,000



Travellers Massage

Let go of your travel hangover. Make time for yourself to forget about the tiresome long flights and travels. Release the travel tension from your mind and soul.

60 Minutes
Ushs 90,000

90 Minutes
Ushs 130,000

120 Minutes
Ushs 160,000

SCRUBS

Turkish Bath Only

It starts with relaxation in a room heated by a continuous flow of hot, dry air, allowing the bather to perspire freely.

60 Minutes Ushs 150,000

Turkish Hamman Bath + Aromatherapy

A great time to explore the architecture of a Turkish bath. An impressive room completely covered in marble featuring a big dome, several basins and an impressive göbektaşı — the central, raised platform above the heating source.

105 Minutes Ushs 250,000

Coffee Scrub

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

30 Minutes Ushs 75,000

Salt Scrub

As you lay on your stomach, the therapist rubs the salt scrub gently over your skin. The abrasiveness of the salt removes the dead skin cells.

30 Minutes Ushs 75,000

Lemon and Mint

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

30 Minutes Ushs 75,000