

Manicure, enjoy a full manicure to groom hand and nails, including exfoliation, filling and shaping of nails, cuticle treatment combined with relaxing hand massage. French manicure, nails extension and scrub is available. **From D 550 / € 10**

Pedicure, a therapeutic treatment for your feet that removes dead skin, softens hard skin and shapes and treats your toenails. A good foot treatment is heaven and helps you to relax. **From D 660 / € 12**

Waxing and other hair removal systems are available. **From D 300 / € 6**

Facial Treatments, relax while your skin is cleansed, toned, exfoliated and moisturized. All facials are individually tailored to your skin requirements. We offer special treatments for sensitive skin and anti wrinkle with hyaluronic acid. **From D 800 / € 15**

Body Wrap, can be hydrating, detoxifying or slimming. The pampering experience of a body wrap can provide multiple benefits, depending on the type chosen. The best result if you combine it with a massage **30 min D 550 / € 10**

Kundalini Yoga Classes, regular classes are offered at the Kairaba Hotel premises. Kundalini Yoga is the physical path and involves more than just the physical body. It is an awakening of the true nature that exists in all of us. Discover Yogic solutions for refreshing sleep, abundant energy and deep relaxation. Set yourself for health, success and ease in the days ahead. **Class D 200 / € 4**
Individual D 550 / € 10



“And feel wonderfully rejuvenated”

Anyone who has ever come to Golden Hands Spa for a treatment will gladly make the experience a regular ritual – an excuse for some time-out, a self-prescribed treatment or a special treat every four to six weeks.

You find a space to relax, unwind, restore the senses and re-discover a brand new YOU!

Upgrade your holidays with our special packages. Experience an integrated approach to wellness designed to strengthen the connection between mind and body for increased health and happiness. We also offer special designed combined treatments for your personal requirements.

Health & Wellness



Golden Hands Spa

The Fountain for your Well-being

Atlantic Hotel

Banjul

African Princess Beach Hotel

Kotu

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Catch your breath, calm your senses! Our guests can enjoy relaxing treatments, invigorating massages, pedicures, manicures, facial treatments, beauty care, waxing, hair dressing and hair care.

Aromatherapy Massage is massage therapy with essential oils (highly concentrated plant oils) added to the massage oil or lotion. It is a ultimate experience of touch and frequency

- Insomnia
- Digestive disorders
- Headache
- Back pain

50 min D 1250 / € 23

Vital Plus Sport Massage Therapy is geared toward athletes of every kind, from world-class professionals to weekend joggers. The particulars of the sports massage technique are specific to the athlete's sport of choice. Focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements.

50 min D 1295 / € 24

Gambian Bamboo Massage, hollow bamboo canes are used as a massage tool, either warmed or at room temperature. They can be used with or without hot stones. The cane is held by the therapist and rolled over the muscle with the same strokes they would use with their hands. The muscle is then kneaded, which assists in the release of tension and easing of knots.

50 min

D 1250 / € 23

Cupping Massage, release tension at your back, helps to break up stagnation in the tissue. Rather than applying pressure to muscles, the suction uses pressure to pull skin, tissue and muscles upward.

50 min 1495 / € 28

Flower Remedy Massage, the method of healing using Bach flowers works on the energetic level to balance emotions. The logic behind the treatment of these flowers is that every emotion in our body has a certain frequency. An unbalanced feeling creates an unbalanced frequency. This imbalance creates a snowball effect that eventually (in a slow or fast paste) becomes a mental or physical imbalance. The re balancing effect of the Bach flowers combined with touch is a pleasant way to release stress and tensions.

50 min D 1495 / € 28

Coconut Oil Massage, a remedy for dry skin. The coconut oil nourish your skin and is absorbed very easy. Coconut oil work wonders in treating cellulite and thus leaves your skin smooth and cellulite free, it boosts up the fat burning process in the body naturally and thereby burns the cellulite. The oil also supports detoxification of the body.

50 min D 1375 / € 25

Aloe Vera Massage, natural and fresh Aloe Vera gel in combination with our healing massage, it induces the relaxation, support and nourish the skin and stimulates the immun system. For the undesirable effects of sunburn we would advise you to enjoy aloe Vera massage which is done by application of gelatinous ointment made of aloe oil, healing and restoring burnt skin and itch. Being rich in anti-oxidant properties, aloe Vera oil has also preventive characteristics: it prevents skin damage from radiation. The oil soothes the skin, keeping it moist and prevents drying and flaking of the skin in dry weather.

50 min D 1575 / € 29

Reflex-Zone Therapy

Relief of stress, pain, back problem and low energy

30 min D 790 / € 15

Detox Honey Massage, Honey massage incorporates the healing effects of honey and the beneficial ingredients that honey contains. During the massage, Beneficial substances from the honey are absorbed directly into the skin and trapped toxins are loosened. As an added benefit, the muscles are stretched and loosened.

50 min D 1495 / € 28

Partner Massage, For the pair that wants to share in the benefit of massage as much as experiencing it themselves, nothing is better than a couple's massage. To know the person you care deeply for is receiving the same stress-reducing, muscle-relaxing experience as you brings even more relaxation to your session. You can share the experience with your partner or friend.

50 min D 2450 / € 45

Ear Candling, here are many benefits of ear candling. It has helped people with sinus congestion, colds, ear aches and infections, candida, headaches, lymphatic congestion, sore throats, mucus, sinus infections, balance and equilibrium. It is safe, simple and natural. It is a soothing experience that reduces stress and tension and also sharpens mental functions.

30 min D 675 / € 13

Detox and Slimming Massage, light pressure spa massage treatment is ideal for those detoxing or slimming. Your lymph nodes are stimulated to drain excess fluid and reduce toxins. Water retention is one of the biggest challenges to overcome when s. This treatment is the perfect solution to alleviate the effects of cellulite and the signs of bloating.

50 min D 1495 / € 28

Range of Physiotherapy Treatments and Natural Remedies are available