



GUIDE TO Good Pamper

📍 Monty Suites Lekki,
Block 54A, Plot 16 Adebayo Doherty Road,
Off Admiralty Way Lekki Phase1, Lekki, Lagos State.

✉ reservations.lekki@montysuites.com

☎ +234 (0) 913 444 5705

✉ reservations@montysuites.com

🌐 www.montysuites.com





OPERATING HOURS

Monday – Sunday: 10:00 am – 09:00 pm

Public Holidays: 10:00 am – 09:00 pm

SPA ETIQUETTE

Arrival time is a minimum of 15 minutes prior to your first treatment.

You will be provided with a gown and slippers for your comfort and should be worn throughout your stay.

Person(s) under the age of 13 years should be accompanied with an adult to use the Spa facilities.

All prices, treatments and information are current at the time of distribution and are subject to revision without prior notice.



Massage Collection

Classic Swedish

Single 60mins	N25,000
Single 90mins	N35,000
Couples Suite 60mins	N50,000
Couples Suite 90mins	N70,000

Gentle stoke, full body massage, great for people who don't like deep pressure. It's release muscle knots, and help with total relaxation

Aromatherapy

Single 60mins	N27,500
Single 90mins	N37,500
Couples Suite 60mins	N55,000
Couples Suite 90mins	N75,000

Aromatherapy is the use of essential oils to promote healing and a feeling of well-being and relaxation

Hot Candle Massage

Single 60mins	N27,500
Single 90mins	N37,500
Couples 60mins	N55,000
Couples 90mins	N75,000

Deep Tissue

Single 60mins	N30,000
Single 90mins	N42,000
Couples Suite 60mins	N60,000
Couples Suite 90mins	N84,000

Resolve serious body pain, focus on stress muscles group More pressure is applied to the stressed muscles group, to reach deep aching Muscles and Tissues and to loosen them

Hot Stone

Single 60mins	N30,000
Single 90mins	N42,000
Couples Suite 60mins	N60,000
Couples Suite 90mins	N84,000

Very good for people who have muscle pain, tension it helps relieve stress, Pain, muscle tension, improve blood flow and Promote relaxation.



Facials Collection

Express Classic Facials

45 minutes

N15,000

A great way to relax and rejuvenate the skin with much needed moisture Achieve cleansing, exfoliating, and moisturizing at anytime for your face. You will enjoy a complimentary led light therapy

Firming Facial

90 minutes

N25,500

For all skin type, improve circulation its slow aging process, and rejuvenate your skin

Brightening Facial

60minutes

N20,500

This helps to brighten up the skin and improves issues related to complexion

Micro Dermabrassion

60 minutes

N20,500

This is good for all skin types, it tightens pores, Removes dead cells and impurity and speed growth of new cells

Hydra Facials

90minutes

N25,500

Best for all skin type, it's gentle, recommended for dehydrated, dull, flaking and tired skin for over all nourishing, replenishing and refresh skin.

Acne Facials

60minutes

N20,500

This is our decongesting treatment for Acne prone face Remove excess surface sebum, dead skin cells and build up in pores, eliminate bacteria Achieve deep cleansing, exfoliating, extraction You will enjoy a complimentary led light therapy and the High frequency to reduce enlarge pores

Derma Planning

60 minutes

N25,500

A non-painful procedure that is targeted at removing, hair and top layer(dead skin) of your epidermal skin to achieve instant facial glow



The Journey's

Royal Relax Pamper Journey

3 HOURS N72,000
2 People N140,000

Experience tranquillity, get quality care from people who care. Begin with Hot Stone luxury pedicure and manicure. Continue with a Sauna session plus a complimentary steam session Get a Moisturizing Full Body Exfoliation and Wrap. Conclude With Aroma therapy massage and Hydrating Facials

Ageless Pamper Journey

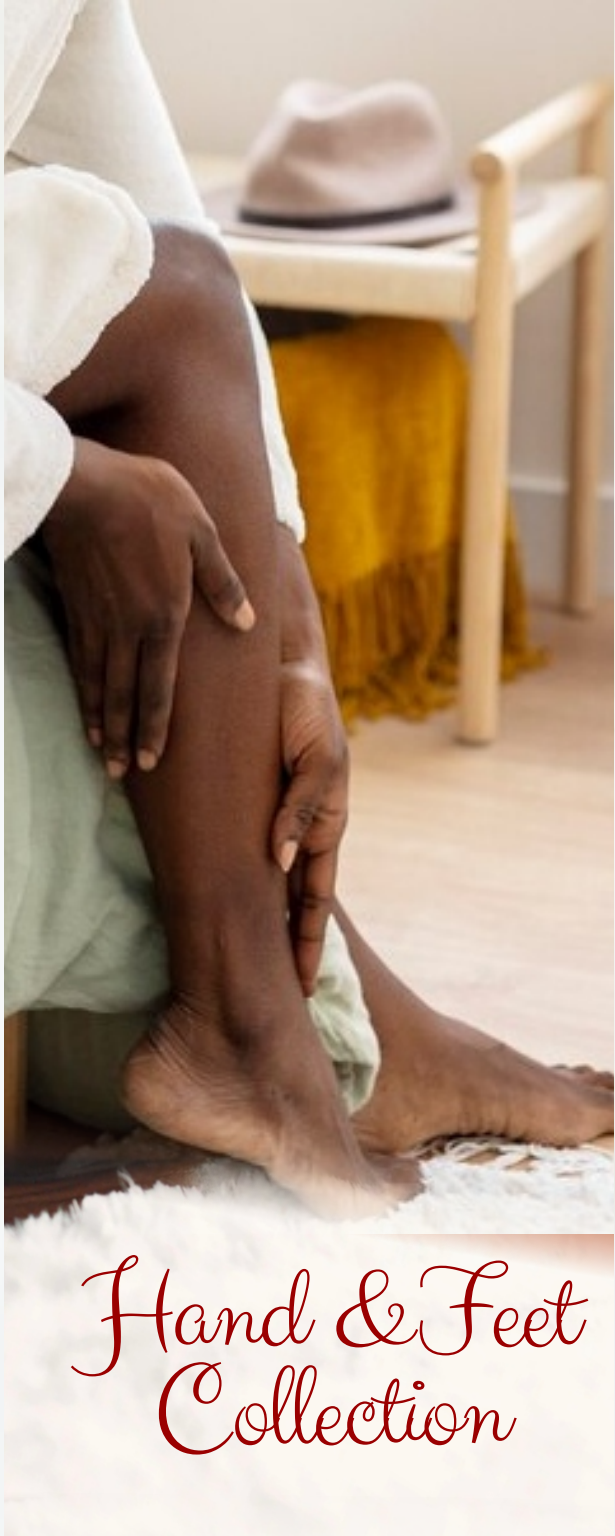
1 Person (2 Hours) N47,500
2 Persons (2 Hours) N90,500

Begin with a complimentary steam session then, Continue with Full Body Scrub and Detox Body Wrap Get Zein Obagi Brightening Facial and finish with back neck and shoulder massage

Renew Pamper Journey

1 Person (2 Hours) N47,500
2 People (2 Hours) N90,500

Begin with Pedicure and Manicure. Continues with a complimentary steam or Sauna Session Aromatherapy or Hot Stone Massage Conclude with Zein Obagi Deep Cleansing Facials



Hand & Feet
Collection

Express Pedi Mani
N12,000

Pretty Pedicure
N12,000

Male Pedicure
N15,000

Manicure
N10,000

Pedicure & Manicure
N22,000

Hot Stone Luxury
Pedicure & Manicure
N25,000



Exfoliating Collection

Sugar Body Scrub **N15,000**

Remove dead skin cells, encourages new cell turn over reveal healthier skin hydrate/moisture skin

Vitamin C Body Scrub **N20,000**

Remove dead skin cells, encourages new cell turn over reveal healthier skin hydrate/moisture skin
Brighten your skin Smooth and Even skin

Detox Body Wrap **N15,000**

Detoxification skin rejuvenation/refresh skin deep hydration improve skin elasticity Total relaxation

Traditional Hamman **N30,000**

Deep Exfoliation remove dead skin cells, encourages new cell turn over reveal healthier skin hydrate/moisture skin Smooth and Even skin

Glow Hamman **N35,000**

Deep Exfoliation
remove dead skin cells, encourages new cell turn over reveal healthier skin hydrate/moisture skin achieve a glow on your skin Smooth and Even skin

Brightening Hamman **N40,000**

Deep Exfoliation
Remove dead skin cells, encourages new cell turn over reveal healthier skin hydrate/moisture skin Brighten your skin Smooth and Even skin.



Nail Colour

Gel Manicure 75mins	N12,000
Gel Pedicure 75mins	N15,000
Gel Manicure and Pedicure	N25,000
Gel polish application	N7,000
Polish	N3,000
Soak off	N,5000

Handsome / Pretty Me

Soft Toes & Pretty Fingers	N7,000
Mini-Facials	N8,500
Soft stokes	N12,000



Stress Relief Treatment

Photo-Therapy

30mins

N15,000

A great source of ATP (adenosine triphosphate) production in the body for every cell in the body: an increase in the production of this energy will give you overall better health and functionality of the brain and body

Head, Face & Shoulder Massage

30mins

N15,000

Increase blood circulation, reduce body heat, better sleep, very good for relaxation

Pressure Points Foot Massage

30minutes

N15,000

Benefits: improve blood circulation, improves lower back, boost immunity, lower blood pressure and Reduces Anxiety and improve mood

Mum To Be

90mins

N30,000

Benefit: Pain relief Reduces swelling improve sleep reduce stress and anxiety

Pressure Points Hand & Foot Massage

45mins

N20,000

Benefits: improve blood circulation, Pain relief, improves lower back, boost immunity, ease Carpal Tunnels symptoms lower blood pressure, Reduces Anxiety and improve mood

Back Neck & Shoulder Massage

30minutes

N22,000

Benefit: loosen stiff muscles and improve mobility reduces pain and aches, prevent strain, improve sleep, improve flexibility, relaxation,

Bride to Be Total Body Care

4hours

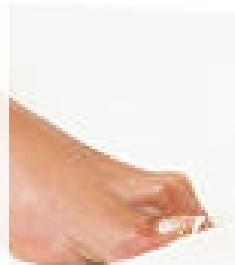
N105000

Discounted package for the Bride to Be Glow Hamman 45mins choice facials Pedicure and Manicure Hollywood Waxing and Underarm 45mins full body Choice Massage



Waxing

Eye brow	N3,000
Upper lip	N3,000
Chin	N3,000
Under arm	N5,000
Half arm	N6,000
Full arm	N8500
Half leg	N8,000
Full leg	N10,000
Bikini	N70,00
Brazilian	N10,000
Hollywood	N12,000
Chest	N8,000
Nose	N5,000



Micro Blading/ Eye Lashes Collection

Micro-Blading
N45,000

Micro Blading Touch Up
N25,000

Classic Lashes
N15,000

Hybrid Lashes
N20,000

Volume Lashes
N25,000