SereneStay is an inland (non-coastal) resort in Kenya that mainly caters to those who have been working too hard for too long and desperately need to relax and unwind. The resort does this by creating a tranquil environment its guests can use to relax and even be at one with nature. The resort does.

HOMEPAGE:

* Title
* Pictures
* Menu – services, about us, contact us
* Promo line: “Your mind will answer most questions if you learn to relax and wait for the answer”

SERVICES:

A perfect place to detox and unwind, Serene Stay offers a plethora of opportunities for you to destress. All our services have been recommended, tried and tested by experienced psychologists, physiologists, doctors and yoga gurus to ensure maximum utility and healing for your body, mind and soul.

What we offer:

* Serene Spa - the ultimate spa experience equipped with 3 soothing packages to suit all your needs:

1. One With The Sea Package: seaweed wrap and cucumber scrub, health juice detox and cleanse, sensory deprivation tank and rehydration session.
2. Earth and Fire Package: hot stone massage, mud bath, sauna and steam, and deep tissue massage.
3. Fly Above Air Package: guided breathing body connection session, air shower, light massage, acupuncture session, and mini-fast for half a day.

* Yoga and Meditation – we offer three meditation sessions per day, where guests can choose to attend any and all sessions if they wish. All sessions take place in our nature domes:

1. Breathing session: guided breathing exercises with an experienced yoga breath expert (7:00am – 9:00am)
2. Power Yoga session: guided physical exertion session with an expert in body posture, strength and toning (2:00pm – 4:00pm)
3. Yin Yoga session: guided deep stretching session with a yin yoga guru to detox and heal the muscles – perfect for an exhausted body and mind, and works wonders for enhancing sleep (6:00pm – 8:00pm)

* Nature walks – guests can become one with nature by going on our morning and evening nature walks through our forest and streams. Guests are allowed cameras on these walks, however they are not allowed to bring camera phones or any other devices that can be used to take pictures. We seek to preserve the nature and wildlife around us and part of that means we must not disturb their natural habitats with unnatural noises from devices.
* Swimming – we have a wonderful, large swimming pool accessible to guests form 6:00am to 8:00pm!
* A foodie’s paradise – we offer an all inclusive package of food, drinks and cocktails! A buffet with some of the best chefs in Kenya, and a wide variety of indulgences that are different every day!

Serene Stay strictly does not allow mobile phones, laptops, or any other technological gadgets that guests can use to reconnect with the world!

ABOUT US:

Serene Stay was founded in 2011 by the Beyond Travels Association which seeks to promote a healthy and enjoyable lifestyle through their various ventures in spas, yoga clubs and gyms. Serene Stay has always sought to be a safe haven for those who are overwhelmed, stressed and need an escape from the outside world. This is why we have a strict policy of no technological devices. We seek to help guests deepen their connection with nature and themselves through staying with us. We provide a transcendent experience that rejuvenates and re-energizes our guests.

CONTACT US:

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