



Wellness and Healing Hotel



WELCOME TO WELLNESS

Le Pristine Wellness and healing hotel is a boutique getaway in Nyeri. Our promise is to offer our guests premium hospitality, luxurious accommodation and carefully curated healing activities to support them on their personal transformation journeys.

We are proudly accessible (Only 2hrs from Nairobi), affordable (Packages tailored to give you access to a wide variety of healing practices for less) and rooted in the highlands & nature (working with our environment and community sustainably to immerse all your 5 senses).

Karibu.





OUR HISTORY

When James Ramsey Smith Esq., a British Colonial Settler, decided to put up a homestead in his Nderitu Coffee Estate in highlands of the then Colony & Protectorate of Kenya in the 1930s, he chose the most vantage location in the Estate. Here, he constructed a magnificent Victorian house with a panoramic view of Mt. Kenya and the scenic surrounding plains. This house, restored to its original form and elegantly furnished, is the Club House and nerve centre of Lé Pristine Wellness and Healing Hotel.

We strive to better the hospitality and travel scene in the Mt. Kenya Region, by offering the best of the Highlands wellness and healing experiences.



YOUR STAY WITH US

GISIGA SUITES

Discover Serenity in Luxury



Our GISIGA Suites offer an enchanting escape with a fusion of comfort and elegance. Immerse yourself in a spacious 33 sqm suite, designed to provide an intimate connection with nature while ensuring utmost luxury.

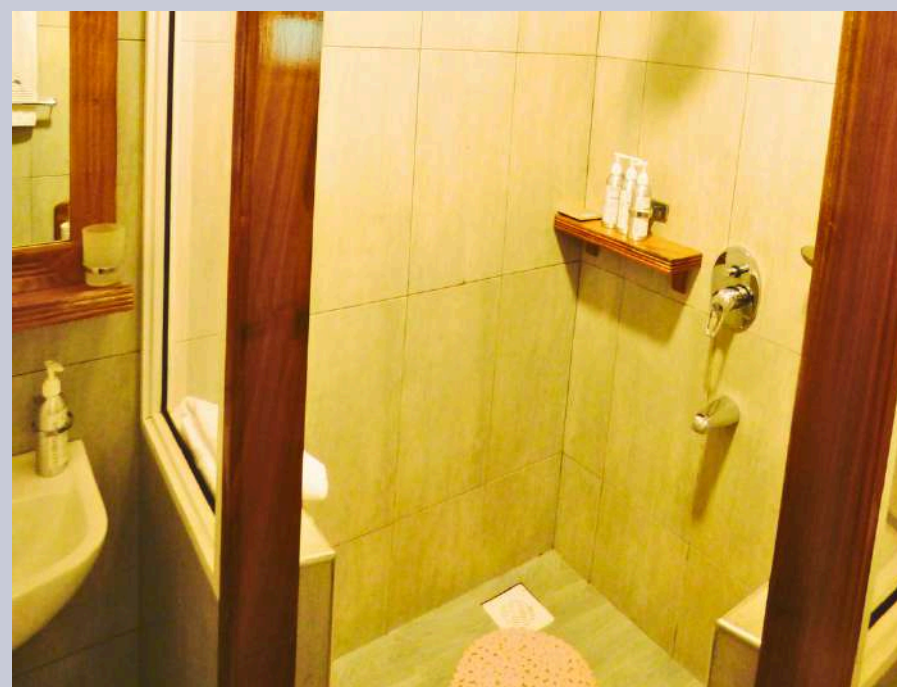
Suite Features:

- **Size and Comfort:** A generous 33 sqm space, featuring a plush double bed (6x6 ft) or twin beds (two 6x3 ft), outfitted with premium bed warmers for cozy nights.
- **Private Outdoor Bliss:** Each suite boasts a balcony with access to a private lawn or garden, inviting you to bask in the tranquility of our lush surroundings.
- **Modern Amenities:** Enjoy a fully-equipped kitchenette, mini lounge, smart TV, a mini safe and high-speed WiFi. Our suites are thoughtfully furnished with a coffee maker, mini fridge, a fireplace and more to ensure your comfort.
- **Lavish Bathroom:** Experience luxury with organic toiletries, rainforest hot shower, and plush bathroom robes.

Healing and Wellness: Embrace the healing energy of Mount Kenya, visible from your suite on a clear day.

NYONI CABINS

Your Cozy Retreat



Reminiscent of the grace of small birds, NYONI Cabins offer a snug and charming accommodation option. With a 21 sqm area, these cabins are perfect for those seeking a more intimate setting without sacrificing luxury and comfort.

Cabin Features:

- **Intimate Setting:** Each cabin is a 21 sqm haven with a choice of a double bed or twin beds, complete with a reading desk and chair.
- **Mount Kenya Views:** The balcony overlooks a private garden and provides a mesmerizing view of Mount Kenya, an awe-inspiring sight, especially during sunrise on a clear day.
- **Essential Comforts:** Equipped with a mini safe, tea and coffee amenities, smart TV, and high-speed WiFi and a heater on demand for a seamless stay.
- **Bathroom Elegance:** Furnished with organic toiletries, a hot shower, and all the essentials for a refreshing experience.
- **Special Inclusions:** Guests receive a Le Pristine gift kit, and complimentary access to our wellness activities.

LE PETIT CHAMBRES

Supporting your support



At Le Pristine, we understand the importance of accommodating your entire entourage comfortably. That's why we're delighted to introduce our Le Petit Chambres, offering cozy yet functional spaces for your accompanying staff members, whether it's a trusted driver or a dedicated nanny.

Our Le Petit Chambres provide a cost-effective solution without compromising on quality or comfort. Each room features a private bathroom, wardrobe, and bedside table, ensuring a convenient and private retreat for your valued staff. Additionally, complimentary Wi-Fi is available throughout the premises, allowing seamless connectivity during their stay.

With Le Petit Chambres, you can rest assured that your team will enjoy a restful and rejuvenating experience, while remaining close at hand to assist you during your stay at Le Pristine Wellness and Healing hotel.



WHAT ABOUT WELLNESS



MORNING WELLNESS ROUTINE

Start your day at Le Pristine with a rejuvenating 5 - 8 km walk through the serene, whispering forests that surround our retreat. This guided journey introduces you to the diverse local flora within the Arboretum, enhancing your connection to nature. Following your walk, participate in grounding and stretching sessions held on the lush grass, perfect for centering your body and mind. Complete your morning ritual with a complimentary Kibuyu, our herbal wellness tonic crafted from local herbs known for their healing properties.

This morning wellness routine is designed to energize, inspire, and prepare you for the day ahead in the most natural and nourishing way.



AYURVEDIC CULINARY EXPERIENCE

Discover the essence of the Kenyan highlands with Le Pristine's Highland Culinary Experience. Our farm-to-table dining celebrates the natural bounty of organically grown produce from local gardens and farms. Enjoy traditional flavors enhanced with modern culinary techniques, creating dishes that embody the region's heritage. Engage directly in the culinary process through cooking classes and foraging excursions.

Our menu aligns with Ayurvedic principles to promote wellness and vitality, featuring custom herbal teas and smoothies. Dine al fresco with breathtaking views of Mount Kenya, where every meal is a feast for the senses. Join us at Le Pristine for a unique dining experience that harmoniously blends nature, health, and exquisite flavors.



HIGHLAND BIRDING

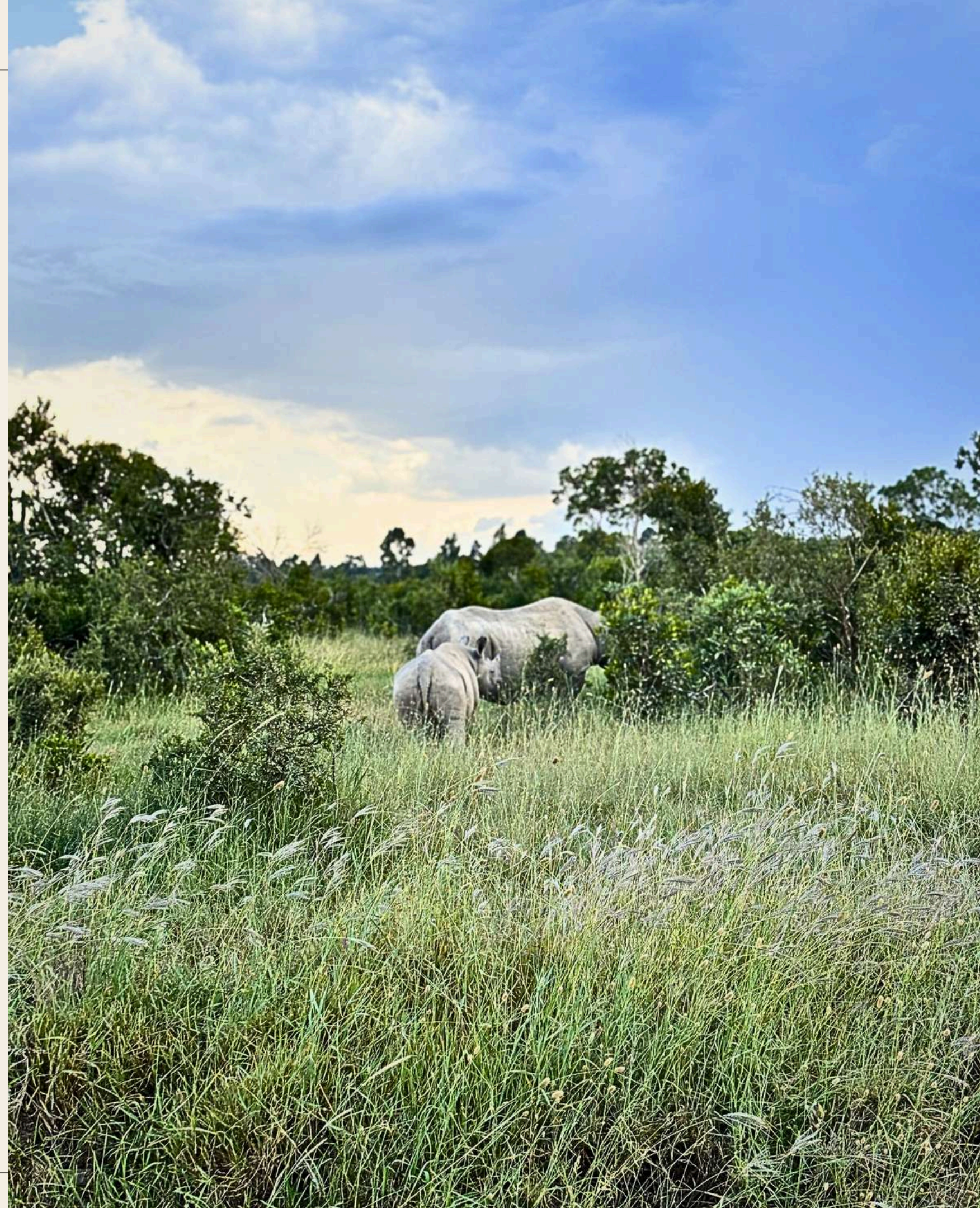
Explore the unique avian world of Le Pristine, perfectly situated near the Aberdares National Park and Lolldaiga Conservancy. Our Highland Birding Experience offers a rare glimpse of the Hinde's babbler which is endemic to the Central Kenya highlands among other spectacular species like the African firefinch, White-eared barbet and Blue-headed coucal. Tailored guided tours through diverse habitats allow for sightings of the Aberdare Cisticola, Sharpe's Longclaw, and the striking Scarlet-tufted Sunbird. Whether you're a beginner or a seasoned birdwatcher, Le Pristine provides an ideal backdrop for immersive birding adventures. Join us for a journey into the heart of nature, where each sighting enriches your understanding and appreciation of the highland's vibrant birdlife.



WATERFALL HUNTING

Embark on an exhilarating Waterfall Hunting Trek with Le Pristine, starting from Kiandongoro gate and covering a scenic 8 km hike to the stunning Karuru Falls. Explore further to discover Magura Falls and Chania Falls, culminating with a serene picnic at the historic Queens Cave. The journey offers more than just the rush of cascading waters; it's a pathway through lush landscapes where you might spot buffalos, elephants, and other wildlife.

This trek is ideal for visitors seeking to combine physical wellness with the thrill of exploration, making every step an adventure in the heart of nature's splendor.



GAME EXPERIENCE

Discover the rich tapestry of wildlife with Le Pristine's Highland Game Drive Experiences. Journey through the Ol Pejeta Conservancy to witness the last two great northern white rhinos, a truly rare and poignant encounter. Extend your adventure to the Aberdare National Park, the natural habitat of the elusive Highland Bongo, and immerse yourself in the pursuit of the majestic Big Five.

These drives not only offer glimpses of iconic wildlife but also the diverse flora and fauna that enrich Kenya's unique ecosystems. Perfect for wildlife enthusiasts and nature lovers, our game drives promise unforgettable sightings and deep connections with the wild heart of Mt. Kenya Region.

HIKES TO THE MAU MAU CAVES

Delve into the poignant history of Kenya's fight for independence with Le Pristine's guided hiking tour to the enchanting Mau Mau Caves. Located within the verdant forests of Mount Kenya, these caves were once crucial hideouts for the Mau Mau freedom fighters during the 1952-1960 uprising against colonial rule. This immersive hiking experience not only connects you with the struggles and bravery of these fighters but also surrounds you with the breathtaking natural beauty of one of Kenya's most sacred landscapes.

Our healing hike offers a unique blend of historical insight and serene nature, making it a perfect inclusion for those seeking depth and tranquility in their journey.



OUR RATES AND PACKAGES

2024 ACCOMMODATION RATE GUIDE

	STAY TYPE	SINGLE	DOUBLE	SINGLE	DOUBLE
NYONI CABINS	Bed and Breakfast	KES. 11,000	KES. 14,000	US\$ 100	US\$ 120
	Half board	KES. 14,000	KES. 20,000	US\$ 120	US\$ 160
	Full board	KES. 17,000	KES. 26,000	US\$ 140	US\$ 210
GISIGA SUITES	Bed and Breakfast	KES. 14,000	KES. 17,000	US\$ 120	US\$ 140
	Half board	KES. 17,000	KES. 23,000	US\$ 140	US\$ 190
	Full board	KES. 20,000	KES. 29,000	US\$ 170	US\$ 240

All prices include forest bathing with a 5 - 8 Km walk through the surrounding forests with our nature expert, a guided journey of local flora at the Le Pristine's Arboretum, grounding & stretching sessions on the grass and complimentary Kibuyu (Herbal wellness tonics)

GISIGA SUITES WELLNESS PACKAGES

BASIC PACKAGE

3 DAYS/ 2 NIGHTS
(without an outdoor excursion)

SINGLE
KES. 58,000

DOUBLE
KES. 90,000

EXCURSION PACKAGE

3 DAYS/ 2 NIGHTS
(with one outdoor excursion)

SINGLE
KES. 140,000

DOUBLE
KES. 256,000

FULL EMBRACE PACKAGE

6 DAYS/ 5 NIGHTS
(With daily outdoor excursions)

SINGLE
US\$. 2,350

DOUBLE
US\$. 3,850

All packages include Luxury accommodation in our prestigious Gisiga Suites, nature inspired meals on a half board basis, forest bathing for a 5 - 8 Km walk through the surrounding forests with our nature expert, a guided journey of local flora at the Le Pristine Arboretum, grounding & stretching sessions on the grass and complimentary Kibuyu (Herbal wellness tonics)

NYONI CABINS WELLNESS PACKAGES

BASIC PACKAGE

3 DAYS/ 2 NIGHTS
(without an outdoor excursion)

SINGLE
KES. 52,000

DOUBLE
KES. 84,000

EXCURSION PACKAGE

3 DAYS/ 2 NIGHTS
(with one outdoor excursion)

SINGLE
KES. 134,000

DOUBLE
KES. 248,000

FULL EMBRACE PACKAGE

6 DAYS/ 5 NIGHTS
(With daily outdoor excursions)

SINGLE
US\$. 2,200

DOUBLE
US\$. 3,750

All packages include Luxury accommodation in our cozy Nyoni cabins, nature inspired meals on a half board basis, forest bathing for a 5 - 8 km walk through the surrounding forests with our nature expert, a guided journey of local flora at the Le Pristine Arboretum, grounding & stretching sessions on the grass and complimentary Kibuyu (Herbal wellness tonics)

CORPORATE PACKAGES



In today's whirlwind of deadlines and meetings, we have cooked up some exclusive corporate packages just for you.

Team Bonding Highland Style: Engaging workshops and activities set against breathtaking highland vistas, designed to strengthen teamwork and boost morale.

Executive Escapes: A chance for your leadership to recharge, strategize, and gain fresh perspectives in the peaceful embrace of the highlands.

Our mission? To give your team a transformative experience that fuels creativity, productivity, and well-being, creating a ripple effect of positivity in your workplace.

Packages Include

- Conference & Events Packages Meeting Room (up to 20 Pax)
- Table set up with chairs.
- PA sound system
- Projector
- Water
- Writing material

EVENTS PACKAGES



From weddings to birthdays to anniversaries and proposals, we tailor enchanting event experiences that meet your brief while incorporating unique highland touches, ensuring that all your special days are beautiful, stress-free celebration filled with love, joy, and unforgettable memories.

Multiple set up spaces and options: Our grounds offer a variety of set up spaces to accommodate any group size up to 200pax

Farm to fork dining options: Your event menu is customized to your tastes, and infused with our highland aryuveda touch for our food healing touch.

Decor: We take care of all the small details that bring color and beauty to your event, from pergolas to fresh flowers, so that you can focus on enjoying your day

Package includes

- Event Pergolas with white canvas & curtains,
- Table set up with linen, cutlery, glassware, flower pots set up.
- Chairs
- Garden fairy lights
- PA sound system and an option of a DJ

DAILY PACKAGE RATED FOR EVENTS AND CORPORATES

MEETING ROOM

PAX: Max 20
(Ideal for executive meetings)

KES. 4,500

Includes:
Tea/Coffee/Water
Notebooks & Pens
Table setup and chairs
PA and Sound system
Projector

FRONT GARDEN & DECK

PAX: Less than 50
(Ideal for parties and corporate lunches)

KES. 10,000

Includes:
Regular gazebo set-up,
Table set up with linen, cutlery,
Glassware, Flowerpots set up.
Chairs
Garden Fairy lights
PA sound system
Projector

EVENTS GARDEN

PAX: More than 50
(Ideal for weddings and big events)

KES. 105,000

Includes:
Regular gazebo set-up,
Table set up with linen, cutlery,
Glassware, Flowerpots set up.
Chairs
Garden Fairy lights
PA sound system
Projector

MEAL OPTIONS AND RATES

HIGHLAND BREAKFAST

KES. 1,000 per person

Hot beverages:

Mixed Tea, coffee, Hot chocolate

Cold beverage:

We alternate different options of fresh juices

Snacks (Proteins):

we alternate from a wide list including beef kebabs, sausages, fish fingers, Boiled eggs, Beef Samosas, Chicken sandwich)

Snacks (Vegetables):

Highlands specialties inclusive of Matoke, Steamed arrowroot, sweet potatoes, Cassava, potatoes

Snacks (Pastries):

Drop scones, vegetable spring rolls, Mandazis, Tea Scones, Cakes

STANDARD HIGHLAND BUFFET OPTIONS

KES. 2,500 per person

Hot starter:

Vegetable soup, cappuccino of butternut, Beef broth.

Salad:

Cucumber salad, garden salad, avocado salad, green salad

Main Course:

A choice of two proteins and one vegetarian, the options include beef, Capon, Highland specialty chicken, Mutton, Pork, Yellow lentil curry, green peas and carrot stew

Starches:

includes a choice of two options, the list includes Paprika dusted Cassava, Oriental rice, vegetable rice, Pilau, Sauteed bananas, mashed bananas, Chips, Sauteed potatoes, Mashed Potatoes, Mukimo, Ugali, steamed arrow roots, Fried or steamed sweet potatoes, Chapati

Sides:

Greens, creamed greens, stir fry vegetables

Desert:

Fruit cuts, fruit salad or pastries

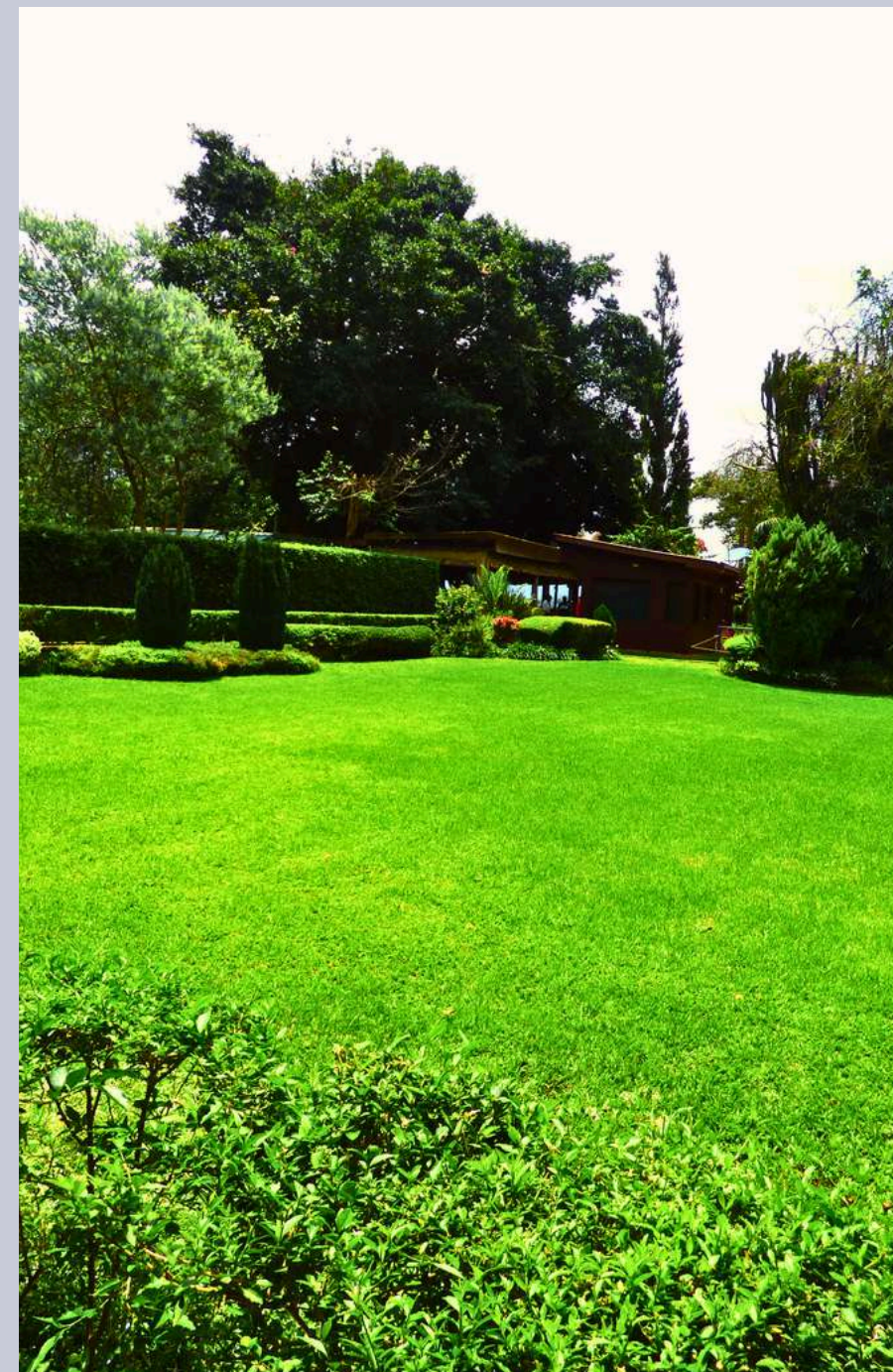
Drink:

Water or Soda

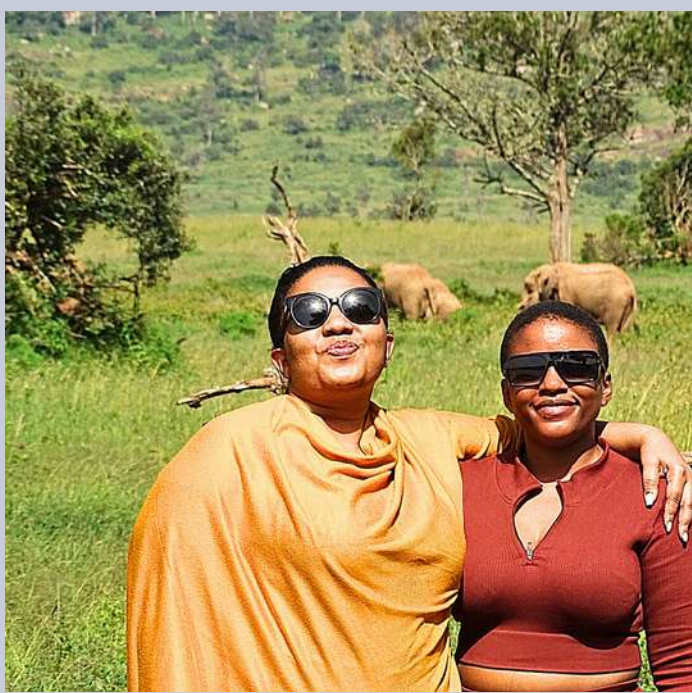
GALLERY



HOTEL GALLERY



ACTIVITY GALLERY



OUR HOTEL ADVANTAGES



Five Stars
Hotel Service



Easy
Registration

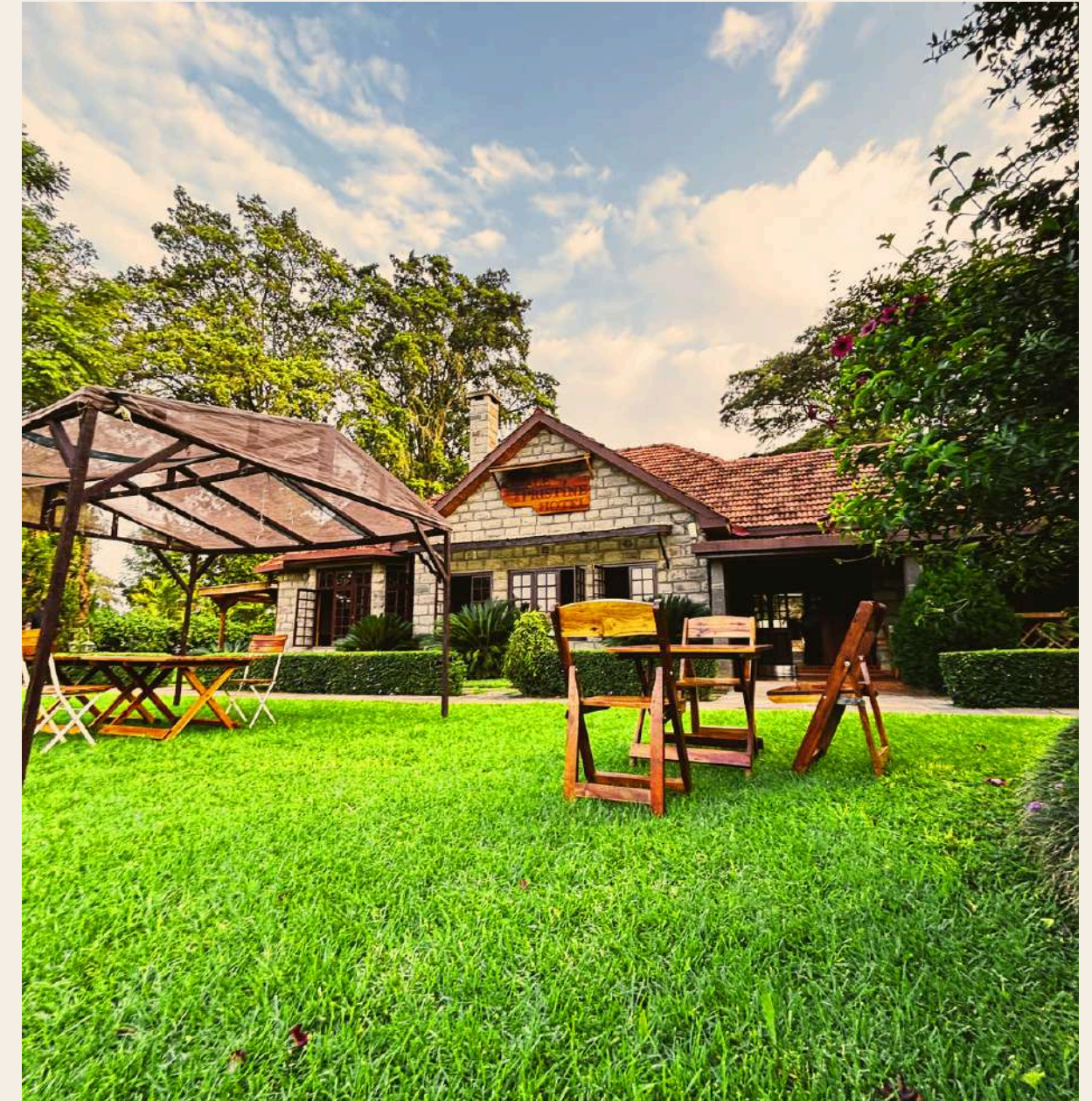


Friendly Staff



Clean and Tidy

We are eco-sustainable, our food is organic and locally sourced, our amenities are non-toxic and environmentally safe, and our linens are responsibly sourced. All waste water is recycled into clean water that is used to sustain the grounds & lawns



RESERVATION INFO



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