



LAKE VICTORIA SERENA  
GOLF RESORT & SPA



# MAISHA MENU

Our treatments are transformative and have long-lasting results. We use the skin's natural healing response, leaving the skin looking & feeling repaired, renewed, protected, refreshed and radiant for days – for a more youthful appearance.

## Body Ceremonies

### COUPLE'S TREAT | 90mins UGX 600,000

Relax and unwind with your favorite person. Choose any body polish and a 1-hour Serena Signature Massage-Big 5.

### MAISHA FEEL GOOD | 150mins UGX 503,000

Body polish, a Pinotage facial and a choice of either Serena Signature Massage-Big 5 or Healing Earth massage.

### OBULAMU (WELLNESS) | 120mins UGX 350,000

A proudly Ugandan experience with a combination of any Serena Signature body polish, seasonal fruits body wrap and a purely organic Shea butter massage treat.

### SWAHILI THERAPY | 90mins UGX 350,000

Purely coastal experience using organic coconut products to nourish and feed the skin through full body exfoliation and a soothing hydrating massage.



## Facial

### OUR ACNE SOLUTION - REBALANCE FACIAL PEEL | 90 mins UGX 490,000

This detoxifying ritual is ideal for acne/blemish prone skin, any skin type in need of enhanced clarity and refined pores.

### OUR AGING SKIN SOLUTION - TOTAL CORRECT FACIAL PEEL | 90 mins UGX 490,000

This dynamic ritual is ideal for mature, photo damaged skin.

### OUR HYPERPIGMENTATION SOLUTION - YOUTHFUL BRILLIANCE FACIAL PEEL | 90 mins UGX 490,000

This unique antiaging ritual is ideal for photo damaged and mature skin, as well as any skin type that desires a more youthful, radiant appearance.

### OUR DRY / SENSITIVE SOLUTION - BARRIER STRENGTH- ENING FACIAL PEEL | 90 mins UGX 490,000

This protective ritual is ideal for sensitive, dry, rosacea-prone skin, as well as post-procedure.

### HIGH PERFORMANCE MEETS NATURE | 90 mins UGX 300,000

This age-defying, high-performance treatment is specially formulated for cellular rejuvenation.

### PINOTAGE FACIAL | 60 mins UGX 240,000

Potent Antioxidant Pinotage Grape extracts are used in this up-lifting and hydrating facial giving radiance boost nutrient to the skin.

### ADVANCED MEN'S FACIAL CEREMONY | 60 mins UGX 240,000

A deep cleansing, exfoliating facial treatment harnessing the antioxidant powers of Pinotage vino therapy.

### PINOTAGE EXPRESS FACIAL | 30 mins UGX 150,000

A great treatment to refresh and restore a healthy glow when the time is tight and you need a quick boost.

# Body Massages

**HOT STONE BODY THERAPY | 90mins UGX 280,000**  
Healing massage with the aid of heated volcanic stones.

**HEALING EARTH MASSAGE | 60mins UGX 220,000**  
Choose from: Hydrating Kalahari Melon, Uplifting Coffee, Cinnamon and Orange, Detoxifying Mongongo Nut, Relaxing Marula and Neroli Oil or Balm.

**MAISHA BIG 5 | 90mins UGX 250,000**  
Signature scents are designed to awaken your senses. Tranquil – calm & relax, Painkiller- release muscle aches & pain, Pick-me-up – stimulate & detox, Chill – de-stress & balance and Spoil- nurture & pamper

**PEACEFUL PREGNANCY MASSAGE | 60mins UGX 210,000**  
Pregnancy massage adapted to specific stage of pregnancy.

**BACK MASSAGE | 40mins UGX 170,000**  
Back of legs, back, neck and shoulder massage.

**FOOT THERAPY | 40mins UGX 150,000**  
Eases tired aching feet.

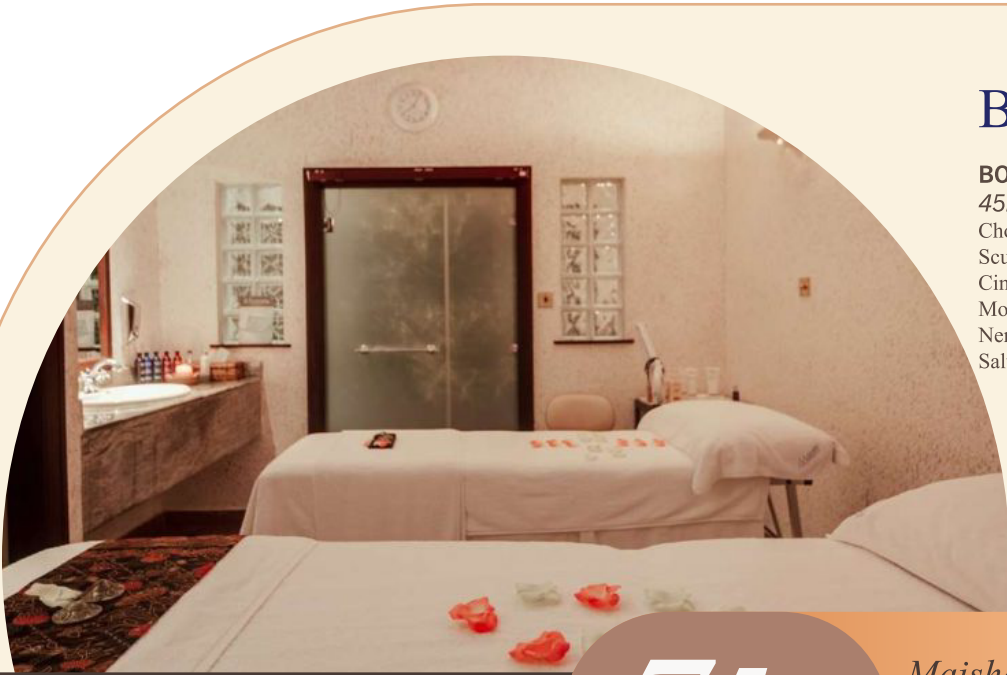
# Grooming

GROOMING	DURATION	AMOUNT
Chest / Back	30 minutes	UGX 100,000
Full Leg Waxing	60 minutes	UGX 90,000
Half Leg Waxing	30 minutes	UGX 70,000
Bikini Line	30 minutes	UGX 60,000
*Arm Waxing	30 minutes	UGX 50,000
Underarm Waxing	15 minutes	UGX 50,000
Upper Lip Waxing	15 Minutes	UGX 30,000
Chin Waxing	15 Minutes	UGX 30,000



# Body Polish

**BODY POLISH (BODY SCRUB) | 45mins UGX 160,000**  
Choose from Hydrating- Kalahari Melon, Sculpting- Maisha Coffee or Coffee Cinnamon and Orange, Detoxifying- Mongongo Nut or Relaxing – Marula and Neroli, Moisturising - Maisha Shea and Salt



7.5%  
OFF

Maisha Club members are eligible for 7.5% on all Spa services.



# Etiquette and Policy

## Minimum Age

Members and guests must be over 18 to use the spa or gym.

## Spa reservations

Advance booking prior to your arrival is recommended to avoid disappointment. Full payment is required to confirm your appointment.

## Group bookings

A 75% deposit is required to reserve treatments for groups of three persons or more. Cancellations or changes must be made at least 24 hours in advance.

## Cancellations and Late Arrival

Bookings cancelled or rescheduled 6 hours before appointment will be charged at 50% and no-shows at 100%. Late comers will be charged a full fee of their treatment despite the reduction in treatment time. If you are 15 minutes late for your treatment, your appointment will be given to the next available client.

## Contra-indications

If you are pregnant, please book treatments which don't involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy. Clients with high blood pressure, heart conditions, allergies, or other medical complications are advised to consult with their doctors before any spa treatment.

## Alcohol and smoking

Smoking and the consumption of alcohol within the spa are prohibited. Please avoid consumption of heavy meals or alcohol prior to any spa treatment.

## Valuables

We recommend no valuables are worn at the spa. Management and staff accept no responsibility for the loss of money or valuables brought into the spa premises.

## Gift vouchers

Gift vouchers are available for purchase. Please contact our spa desk for details.

## Photography

No photography is allowed unless permission has been obtained from management.

## Guest privacy

Please respect other guests' privacy by speaking softly. Cellular phones and electronic devices are discouraged.

## Consultation

Please arrive 30 minutes prior to your appointment to have a consultation with your therapist.

## Refund/Exchange

Treatment packages, series, products and memberships are not refundable once purchased. A receipt is required for exchange of products.

## OPENING HOURS

0700 – 2200hrs (Weekdays)

0700 – 2100hrs (Weekends/Public Holidays)

## For bookings/enquiries

Call **0758418650 / 0313221000 / 0417121000**

Email **Maisha.lakevictoria@serenahotels.com**

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**Lake Victoria Serena Golf Resort and Spa**

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