



LAKE VICTORIA SERENA  
GOLF RESORT & SPA



THE  
MIND, BODY AND  
SPIRIT SPA

# SPA 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.



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# BODY CEREMONIES

## **Couple's Treat**

*90 minutes* | UGX 600,000

Relax together with a scrub and a Big 5 massage.

## **Maisha Feel Good Package**

*150 minutes* | UGX 503,000

Ultimate pampering: scrub, Pinotage facial, a signature massage.

## **Obulamu (Wellness Experience)**

*120 minutes* | UGX 350,000

Ugandan ritual: Shea and Salt scrub, fruit wrap, Shea Butter massage.

## **Birthday Package**

*180 minutes* | UGX 650,000

Celebrate with a hot stone massage, mini facial, wrap, scrub and a dessert.

## **Swahili Therapy**

*90 minutes* | UGX 320,000

Coastal experience including a soothing massage and a nourishing body wrap.

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# BODY MESSAGES

## **Hot Stone Body Therapy**

*60 minutes* UGX 250,000

*90 minutes* UGX 280,000

Healing massage with the aid of heated volcanic stones.

## **Healing Earth Massage**

*60 minutes* | UGX 220,000

Signature massage for deep relaxation, circulation, and muscle tension relief. Choose Condition & Hydrate, Detox & Uplift, or Relax & Destress.

## **The Big 5 Massage**

*90 minutes* | UGX 250,000

Experience the essence of Africa with our signature aromatherapy blends inspired by the African Big 5 animals— Tranquil, Painkiller, Pick-Me-Up, Chill, or Spoil.

## **Peaceful Pregnancy Massage**

*60 minutes* | UGX 200,000

Pregnancy massage adapted to specific stage of pregnancy.

## **Full Back Massage**

*40 minutes* | UGX 170,000

Relieve tension in your back, shoulders, neck, and legs with this targeted massage.

## **BODY SCRUB**

*45 minutes* | UGX 160,000

Gentle exfoliation for smooth, soft skin. Choose from Maisha Coffee Scrub or Shea & Salt Scrub.

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# FACIALS

## **Pinotage Facial**

**30 minutes UGX 160,000**

**60 minutes UGX 240,000**

Add moisture and rejuvenate tired skin to give you a glow.

## **High Performance**

**90 minutes | UGX 300,000**

Age-defying and formulated for cellular rejuvenation.

## **Men's Facial Ceremony**

**60 minutes | UGX 300,000**

Deep-cleansing men's facial with antioxidant-rich Pinotage grape therapy.

## **NeoStrata Rebalance Facial**

**90 minutes | UGX 390,000**

Gentle detox treatment clears pores, brightens skin.

## **NeoStrata Total Correct Facial**

**90 minutes | UGX 390,000**

Dynamic ritual is ideal for acne/blemish prone skin.

## **NeoStrata Youthful Brilliance Facial**

**| 90 minutes | UGX 390,000**

Brightens complexion, evens tone for radiant youthful skin.

## **NeoStrata Barrier**

### **Strengthening Facial**

**90 minutes | UGX 390,000**

Deal for sensitive, dry, rosacea-prone skin.

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# GROOMING

	Minutes	UGX
<b>Chest / Back Waxing</b>	30	<b>100,000</b>
<b>Full Leg Waxing</b>	60	<b>90,000</b>
<b>Half Leg Waxing</b>	30	<b>70,000</b>
<b>Bikini Line</b>	30	<b>60,000</b>
<b>Underarms</b>	15	<b>50,000</b>

## ETIQUETTE & POLICY



### SPA EXPERIENCE

Experience a journey of relaxation and wellbeing with treatments tailored to your individual needs. When making your reservation, please advise us of any medical conditions, allergies, injuries, or pregnancy that may affect your treatment.

### ARRIVAL & CONSULTATION

Please arrive 30 minutes before your appointment to complete a Guest Consultation Form and enjoy the spa facilities. This consultation allows you to advise your therapist of any medical history or concerns so your treatment can be safely tailored to your needs. Late arrivals will receive the remaining treatment time but will be charged the full treatment fee. Appointments delayed by more than 15 minutes may be released to the next available guest.

### BOOKINGS & CANCELLATIONS

#### Individual Bookings

Full payment is required to confirm all reservations. Cancellations or rescheduling made within 6 hours of the appointment will incur a 50% cancellation fee. No-shows will be charged 100% of the treatment value.

#### Group Bookings

Reservations for three or more guests require a 75% deposit. Amendments or cancellations must be made at least 24 hours in advance. Cancellations made within less than 24 hours will result in forfeiture of the deposit.

### SPA ETIQUETTE

To preserve the tranquil spa environment, we kindly request that guests speak softly, silence mobile phones, and refrain from photography unless authorised by management. Smoking and the consumption of alcohol are prohibited within the spa. We also recommend avoiding heavy meals or alcohol before your treatment.

### SPA ATTIRE & VALUABLES

Bathrobes, slippers, disposable underwear, and complimentary spa amenities are provided for your comfort. Please leave jewellery and valuables at home or in your room, as management cannot accept responsibility for lost or damaged personal items.

### HEALTH & SAFETY

Guests must be 18 years or older to access the spa or gym. Massage and stimulating treatments are not recommended during the first trimester of pregnancy. Guests with high blood pressure, heart conditions, allergies, or other medical conditions are advised to seek medical advice before receiving treatments.

### GIFT VOUCHERS

Gift vouchers for spa treatments are available for purchase. Please contact Spa Reception for further information.

### REFUNDS & EXCHANGES

Treatment packages, memberships, series, and gift vouchers are non-refundable and non-transferable. Retail products may be exchanged with a valid receipt. Unused portions of treatment packages cannot be exchanged or transferred.

### Disclaimer

The spa treatments, services, and facilities at Maisha Spa are designed for relaxation and wellness purposes only and are not a substitute for professional medical care. Guests are kindly reminded to seek medical advice for any health concerns and agree to hold Maisha Spa harmless in this regard.

### Exclusive Spa Privileges:

**Maisha Club Members 7.5% and Resort Residents 5% off all spa treatments.**

## OPENING HOURS

Weekdays:

**11:00 AM – 10:00 PM**

Weekends/Public Holidays:

**11:00 AM – 9:00 PM**

## FOR BOOKINGS

Call +256417121000 / +256313221000

Email [Maisha.lakevictoria@serenahotels.com](mailto:Maisha.lakevictoria@serenahotels.com)



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