



Treatment Menu



ELEMIS

NEW
Elemis
VISIBLE LIFT

Luxury Skincare & Spa Brand

ELEMIS ADVANCED ANTI-AGEING FACIALS

These superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequence for the ultimate in scientific skin therapy.

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|--|-------------|----------------|--------------------|
| Elemis Pro-Collagen Age Defy This anti-wrinkle facial slows down the visible signs of ageing, leaving the skin firmer uplifted, more youthful looking appearance. | 75 min | Ksh 11,500 | Ksh 13,000 |
| Elemis Dynamic Resurfacing Precision Peel Targeting fine lines, wrinkles, acne, superficial scarring and uneven skin bringing a renewed level of evenness and clarity to the complexion. | 75 min | Ksh 11,500 | Ksh 13,000 |
| Elemis Superfood Pro-Radiance or Marine facials Instantly firms, rejuvenates and pumps the skin, whilst helping to reduce dark circles around the eyes. | 75 min | Ksh 9,400 | Ksh 10,000 |
| Elemis Pro-Definition Lift & Contour Powerful lifting techniques target sagging jowls, cheeks, chin and neck for the ultimate lift effect | 60 min | Ksh 11,500 | Ksh 13,000 |

ELEMIS ADVANCED PERFORMANCE FACIAL

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|--|-------------|----------------|--------------------|
| Elemis Sensitive Skin Soother Immediate comfort to stressed and irritated skin. | 75 min | Ksh 8,400 | Ksh 9,000 |
| Elemis Anti-Blemish Mattify and Calm A purifying treatment that helps to regulate and rebalance the skin leaving a beautiful matt complexion. | 75 min | Ksh 8,400 | Ksh 9,000 |
| Elemis Tester Facial An introductory facial that provides a quick pick-me-up for any occasion. | 30 min | Ksh 3,800 | Ksh 4,200 |
| Elemis Deep Cleanse Facial Suitable for all skin types, this facial includes cleansing, massage, nourishing mask, and moisturizing leaving the skin revitalized. | 60 min | Ksh 6,500 | Ksh 7,200 |



FACE: TECHNOLOGY

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven results, visibly healthy, nourished and energised skin.

TECHNOLOGY: ANTI-AGEING

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|--|-------------|----------------|--------------------|
| Elemis Biotec Firm-a-lift Rediscover the architecture of your face with this ground breaking blend massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted. | 60 min | Ksh 13,000 | Ksh 14,500 |
| Elemis Biotec Line Eraser Targets wrinkles and energises the skin towards optimum performance with microcurrent pulses, red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively iron out wrinkles and fills out lines. | 60 min | Ksh 13,000 | Ksh 14,500 |
| Elemis Biotec Skin Resurfacer This revolutionary clinically proven facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. | 60 min | Ksh 13,000 | Ksh 14,500 |

TECHNOLOGY: SKIN SOLUTIONS

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|--|-------------|----------------|--------------------|
| Elemis Biotec Radiance Renew This cellular -boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moistures for instantly clearer and visibly brighter skin. | 60 min | Ksh 13,000 | Ksh 14,500 |
| Elemis Biotec Blemish Control A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam and galvanic currents thoroughly decongest and exfoliate. powerful anti-oxidants soothe, while light therapy helps clear the complexion. | 60 min | Ksh 13,000 | Ksh 14,500 |
| Elemis Biotec Sensitive Skin Soother This Anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin ability to repair itself. The result is calm and soothed skin. | 60 min | Ksh 13,000 | Ksh 14,500 |

OTHER ELEMIS TREATMENTS

MASSAGE

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|---|-------------|----------------|--------------------|
| Hot Stone Body Therapy | 90 min | Ksh 8,200 | Ksh 9,500 |
| Healing massage with the aid of heated volcanic stones. | 60 min | Ksh 6,500 | Ksh 7,000 |
| | 45 min | Ksh 5,500 | Ksh 5,800 |
| Deeper than Deep Hot Stone Massage | 60 min | Ksh 9,000 | Ksh 9,800 |
| Warm basalt stones melt away tension Heated stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the muscles, getting into areas of tension for maximum relaxation. | | | |
| Herbal Compress Massage | 90 min | Ksh 9,000 | Ksh 9,800 |
| Heated compress blended in aromatic oils and traditional herbs work to soothe aching and tense muscles and enhance a feeling of well-being for mind and body. | 60 min | Ksh 7,000 | Ksh 7,800 |
| Elemis Freestyle Deep Tissue Massage | | | |
| An exotic massage that incorporates techniques from ten different cultures. Choose either: | | | |
| Stress-A-Way | 60 min | Ksh 6,000 | Ksh 7,000 |
| Wind down and release the tension of the day. | | | |
| Spirit Reviver | 60 min | Ksh 6,000 | Ksh 7,000 |
| A powerful surge to invigorate and recharge. | | | |
| Chakra Balancing | 60 min | Ksh 6,000 | Ksh 7,000 |
| Reconnect your mind, body and soul. | | | |



| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|---|----------------------------|-------------------------------------|--|
| Muscle Melt Relax and re-energise a tired and aching body. | 60 min | Ksh 6,000 | Ksh 7,000 |
| Elemis Free Style Deep Tissue Maximum tension relieving results – specifically targeting the areas of concern. | 90 min | Ksh 8,500 | Ksh 9,500 |
| Synchronized Massage Float away as your tension is eased by two therapists working on your body using synchronized movement. | 60 min | Ksh 10,000 | Ksh 12,000 |
| Purely Maisha Aromatherapy Massage Therapeutic massage with the use of essential oils to suit your mood. | 90 min 60 min | Ksh 8,000 Ksh 5,800 | Ksh 9,200 Ksh 6,500 |
| Purely Maisha Swedish Massage Simply relaxing. | 90 min 60 min 30 min | Ksh 7,500 Ksh 5,200 Ksh 3,800 | Ksh 8,200 Ksh 6,200 Ksh 4,200 |
| Purely Maisha Deep Tissue Massage Work on specific muscle groups. A wonderful relief for stress related tension. | 90 min 60 min | Ksh 8,000 Ksh 5,800 | Ksh 9,200 Ksh 6,500 |
| Sports Massage Therapy Experience relaxation on areas of the body that are overused from repetitive and often aggressive movements | 75 min | Ksh 6,500 | Ksh 7,500 |
| Indian Head and Shoulder Massage This ancient Ayurvedic therapy treats the head, neck and shoulders. | 30 min | Ksh 3,800 | Ksh 4,200 |
| Full Back Massage A quick fix to alleviate stress, tension and tiredness. | 45 min | Ksh 5,000 | Ksh 5,800 |
| Face & Scalp Massage Works on the muscular tissues of the face and scalp effectively releasing tension. | 30 min | Ksh 3,000 | Ksh 4,000 |
| Pregnancy massage adapted to each stage of pregnancy Elemis Peaceful Pregnancy Massage This inspirational therapy connects mother and baby through the power of touch. The nurturing massage specially designed for mother to be, releases tension in your lower and upper back, alleviates swelling on hands and feet promoting relaxation whilst uplifting your spirit. | 75 min | Ksh 7,000 | Ksh 7,800 |



RITUALS

Absolute Spa Ritual

The ultimate skin and body therapy for maximum results.

Two hours of pure bliss!

Facial combined with the Elemis Deep Tissue Muscle Massage.

With Advanced Anti-Ageing Facial

With Advanced Performance Facial

Time

Members

Non Members

120 min

Ksh 14,800

Ksh 16,200

120 min

Ksh 13,600

Ksh 15,600

The Serena Aroma Stone Experience

This deeply relaxing and rebalancing treatment uses warm basalt stones to help melt away tension. Combined with Skin Specific Facial, this duo will leave you floating!

120 min

Ksh 13,000

Ksh 14,500

Back Cleansing Treatment

The back, a hard to reach area, finally gets the attention it deserves!

30 min

Ksh 3,500

Ksh 4,200

Maisha Luxury Bath

A butler drawn aroma bath in the comfort of your own bedroom.

Preparation time 30 mins

Ksh 3,000

Ksh 5,000

Foot Pressure Massage

Eases tired aching feet.

30 min

Ksh 3,300

Ksh 4,200

REFLEXOLOGY THERAPY

Pressure points on the feet are stimulated using warm basalt stones to release blocked energy from corresponding areas in your body to give an overall feeling of well-being.

60 min

Ksh 4,500

Ksh 5,800



JUST FOR MEN

TOUCH

Elemis High Performance Skin Energiser

The hard working facials for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongest. Whilst scalp and foot massage deeply relaxing.

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|---|-------------|----------------|--------------------|
| Skin IQ Facial Ideal for stressed, dehydrated skin. | 75 min | Ksh 8,400 | Ksh 9,000 |
| Urban Cleanse Facial Deep cleanse and complete skin detox leaving the skin clear and squeaky clean. | 75 min | Ksh 8,400 | Ksh 9,000 |

MEN: TECHNOLOGY

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|---|-------------|----------------|--------------------|
| Elemis Biotec Super-Charge Facial for men The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism, ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution. | 60 min | Ksh 13,000 | Ksh 14,500 |
| Total Time Out The ultimate indulgence! Select either the Anti-Ageing Elemis Skin IQ or Urban Cleanse Facial. Combine with the Elemis Freestyle Deep Tissue Massage. | 120 min | Ksh 13,600 | Ksh 15,600 |



EXOTICS

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|---|-------------|----------------|--------------------|
| Elemis intensely cleansing salt scrub - Lime and Ginger An exfoliation ritual to invigorate and revitalize the body. | 30 min | Ksh 4,800 | Ksh 5,800 |
| Elemis intensely cleansing salt scrub - Frangipani Pure sensuality to enliven the senses – an opulent exotic therapy that leaves the skin smooth and softened. | 30 min | Ksh 4,800 | Ksh 5,800 |
| Maisha Coffee Scrub An uplifting body exfoliation. | 30 min | Ksh 4,000 | Ksh 5,000 |
| Maisha Indulgence Body scrub, body wrap and massage. | 120 min | Ksh 11,500 | Ksh 12,500 |
| Chocolate Scrub An exfoliating to slough away dead skin cells and reveal young glowing skin beneath. | 30 min | Ksh 4,800 | Ksh 5,800 |
| Chocolate Wrap This body wrap will moisturize the skin and boost circulation – chocolate lovers dream! | 30 min | Ksh 4,800 | Ksh 5,800 |
| Chocolate Body Therapy Experience a luxurious chocolate decadence for the body; body scrub, wrap and massage. | 120 min | Ksh 14,200 | Ksh 15,500 |

DETOX

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|--|-------------|----------------|--------------------|
| Cellutox Aroma Spa Ocean Wrap A detoxifying blend to decongest and stimulate the system. | 75 min | Ksh 5,800 | Ksh 6,500 |
| Musclease Spa Aroma Ocean Wrap Powerful seaweed that helps complete muscle relaxation by easing aching and tense muscles. | 75 min | Ksh 5,800 | Ksh 6,500 |
| Elemis targeted toning tightener Tightening and toning are the pillars of this treatment, a powerful blends of salt, minerals and seaweeds work together to target cellulite and poor skin tone on thighs, hip, abdomen and back of arms. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed. | 60 min | Ksh 8,000 | Ksh 9,000 |

GROOMING

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|-------------------------|-------------|----------------|--------------------|
| Eyebrow shape | 30 min | Ksh 1,200 | Ksh 1,500 |
| Eyelash tint | 30 min | Ksh 1,800 | Ksh 2,500 |
| Eyebrows tint | 30 min | Ksh 1,800 | Ksh 2,000 |
| Upper lip & Chin waxing | 30 min | Ksh 1,800 | Ksh 2,000 |
| Full leg waxing | 60 min | Ksh 2,800 | Ksh 3,200 |
| Upper leg waxing | 45 min | Ksh 2,500 | Ksh 3,000 |
| Half leg waxing | 30 min | Ksh 2,000 | Ksh 2,500 |
| Arm waxing | 30 min | Ksh 1,800 | Ksh 2,000 |
| Underarm waxing | 15 min | Ksh 1,500 | Ksh 1,700 |
| Half arm waxing | 15 min | Ksh 1,500 | Ksh 1,700 |
| Brazillian wax | 30 min | Ksh 3,000 | Ksh 3,500 |
| Bikini line | 30 min | Ksh 1,800 | Ksh 2,000 |
| Chest or back - from | 30 min | Ksh 2,800 | Ksh 3,200 |

HANDS AND FEET CARE

| | <i>Time</i> | <i>Members</i> | <i>Non Members</i> |
|-----------------------|-------------|----------------|--------------------|
| Gel Spa Manicure | 75 min | Ksh 3,000 | Ksh 3,500 |
| Exotic manicure | 60 min | Ksh 2,500 | Ksh 2,500 |
| Speedy manicure | 30 min | Ksh 1,500 | Ksh 1,800 |
| Sole delight pedicure | 75 min | Ksh 3,000 | Ksh 3,000 |
| Gel Spa Pedicure | 75 min | Ksh 3,500 | Ksh 3,500 |
| Speedy pedicure | 45 min | Ksh 1,800 | Ksh 2,000 |
| Gel Polish change | 30 min | Ksh 2,000 | Ksh 2,200 |
| Gel Polish removal | 30 min | Ksh 1,000 | Ksh 1,200 |
| Nail Revarnish | 20 min | Ksh 1,200 | Ksh 1,500 |



POLICY & ETIQUETTE

FACILITIES

The Maisha Health Club & Spa boast a fully equipped gym featuring the latest cardiovascular and isotonic machines. Free weights and aerobics/yoga studio: stunning male and female spa facilities, including steam baths, sauna and Jacuzzi. A relaxing area for use after treatments or workout and as part of your spa experience where you can unwind, a 25-metre swimming pool and our juice bar offers complimentary freshly squeezed fruit juices and herbal teas to re-energise and nourish you.

OPENING HOURS

0500 - 2200 hrs (weekdays); 0700 - 2100 hrs (weekends and public holidays) - treatments from 0700 - 2200 hrs (weekday) 0700 - 2100 hrs (weekends and public holidays)

MINIMUM AGE

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

MEMBERSHIP

Yearly, half year and quarterly memberships are available. Please ask for details and benefits.

Reservations: advance reservations for spa treatment are recommended and appointments are subject to availability. Please alert your therapist on the following contra-indications:

- High blood pressure or heart condition
- Recent surgery
- Muscle, back or joint injury
- Pregnancy, epilepsy or diabetes

GROUP BOOKINGS

A 50% deposit is required to reserve treatments for groups of three persons or more.

PAYMENT

Treatment can be added to your final hotel bill. Or paid for in cash at the Maisha reception, the following credit cards are accepted: Master Card, Visa and American Express.

CHECK IN

Please arrive 30 minutes before your treatment time to enable you to relax and use the wet areas and to fully enjoy your treatment experience. Late arrivals will be subject to reduced treatment time.

WHAT TO WEAR

A robe and slippers are provided as well as disposable briefs during your treatment. We regret that nudity is not permitted within public areas.

AMENITIES

Robes, slippers and amenities are provided.

Going into the Jacuzzi or steam room? If you intend to use the wet areas (Jacuzzi, steam room or sauna) please bring your own swim wear. A wide range of swim wear is also available for purchase at the spa.

HYDRATION

We provide fresh mineral water, selected juices and herbal teas for our guest.

COMFORT

Please let your therapist know immediately if anything is not to your liking: this applies to the pressure of the massage, volume of the music, lighting and air temperature or any other part of the spa experience. The choice to chart or not during treatment is entirely yours.

SPA PRODUCTS

Home care products to compliment your treatment are available for your purchase. Your therapist will be happy to recommend.

GIFT CERTIFICATES

Our therapists and receptionists can assist you in selecting products and packages from the large variety of services and treatments we provide. Gift certificates are available and are valid for six months. They are however non-refundable.

SMOKING AND ALCOHOL

These are strictly prohibited within the facility.

MOBILE PHONES

To ensure the comfort and relaxation of all guests, the use of mobile phones and pagers are not allowed in the facility. Please switch off your mobile on entering the spa. We kindly ask you to store it in your locker whilst having your treatment, or in the gym.

PHOTOGRAPHY

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

REFUND/ EXCHANGE

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

CANCELLATION POLICY

A minimum of 2 hours' notice is required to cancel or reschedule your appointment. Any cancellation thereafter will result in 50% payment of the treatment fee. Late comers will be charged the 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. Full fee will be charged for no-shows.

JEWELLERY AND VALUABLES

We request that no jewellery be worn during your visit to the spa. Maisha accepts no responsibility for the safety of money and valuables of any kind brought into the spa. Lockers are however provided and may be used to store these if brought in. The member / guest is responsible for the locker key provided whilst in the spa / gym areas.





OPENING HOURS

0700 - 2200 hrs (weekday) 0700 - 2100 hrs (weekends and public holidays)