

# TREATMENT MENU



## **MAISHA TREATMENT MENU**

### **POLANA SERENA**

It is a new dawn for Maisha and we are delighted to share our new treatment menu with you.

All treatments begin with a Bespoke Consultation with Professional Aesthetician who will identify your unique skin or Body care concerns and start you on your transformation journey.

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.

All our rituals or Body ceremonies treatments start with a 15 minutes' African foot ritual ceremony as a Welcome touch, ends with a hot beanbag to relax the shoulders.

### **BODY CEREMONIES**

#### **Maisha healing Experience – 90 minutes| MZN 6,000**

Designed massage specially to relieve stiff muscles and joints, this treatment makes use of

specific movements creating a better flow of energy and a feeling of lightness once the deeper layers of the muscles and connective tissues have been released. This is a great option for travelers, if you're struggling with tension and/or limited mobility, and you can choose the pressure (from medium to deep) according to your needs.

#### **Maisha Balance –Basically Body Realignment-with Radiance Facial 120mins MZN 9000,00**

Realign your body to its natural balance with a hot stone massage followed by a Mini Facial including a stress dissolving head massage

#### **Maisha indulgence (150minutes) MZN 10,500**

A proudly East African ritual involving a choices of body polish, wrap, Mini Facial and massage to relax, inspire and transport you to a world of sensual delight.

## **MASSAGES**

*At Maisha, we believe that a massage should be a cleansing, purifying, relaxing and healing holistic experience. Each of our massages begins with a warm mittens welcome touch and foot rocking to align your energy with that of the therapist so you can derive the most benefit from the experience. Let your highly skilled holistically trained therapist massage specific pressure points to release toxins from your body and bring you into harmonious alignment physically, emotionally and spiritually.*

### **Freestyle Deep Tissue Massage 60mins MZN 5,700**

Your therapist will select an aromatic oil according to your concerns, be they **muscle pain, stress relief, relaxation or balance**. The flowing massage works deeper into the tension, encouraging optimum circulation. **Choose from;**

1. Pinotage Detox & Uplift Oil
2. Pinotage Relax & Destress Oil
3. Pinotage Condition & Hydrate Oil

### **Purely Maisha Swedish massage 60mins MZN 5,700| 90mins MZN 7,200**

Medium pressure massage techniques to invigorate the muscles, Energize, increase blood circulation and promote relaxation.

### **Hot Stone Body Therapy 60mins MZN 5,700 |60mins MZN 7,200**

Healing massage with the aid of heated volcanic stones.

### **Purely Maisha Aromatherapy Massage 60mins MZN 5,700| 90 min MZN 7,200**

Therapeutic massage with the use of essential oils to suit your mood.

### **Indian Head and Shoulder Massage 30mins/ MZN 4,200**

*This ancient Ayurveda therapy treats the head, neck and shoulders while seated.*

### **Griiva Skanda -Back Massage 30mins/MZN 4,200**

*A quick fix to alleviate stress, tension and tiredness.*

### **Pada Abyanga Jetlag easer 30 mins MZN 4,200**

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated and massaged. Feet are left nourished, soft and smooth

### ***Muka Abhyanga Face & Scalp Massage 30 min MZN 4,200***

*Works on the muscular tissues of the face and scalp effectively releasing tension.*

### ***Peaceful Pregnancy Massage 60 min MZN 6,000***

*Pregnancy massage adapted to specific stage of pregnancy;  
This inspirational therapy connects mother and baby through the power of touch.  
The nurturing massage specially designed for mother to be using our African  
potato Balm, releases tension in your lower and upper back, alleviates swelling on  
hands and feet promoting relaxation whilst uplifting your spirit.*

## **BODY POLISH;**

Enjoy a full-body exfoliation with your selection of Body Polishes. our invigorating body polishes serve to remove dead skin and encourage cellular renewal for smooth, soft, balanced, firm, and retextured skin that glows with vitality.

*(Extend your pamper journey by adding an additional treatment to your spa experience).*

Choose from: (**45 minutes**)

- **Hydrating** ;Kalahari Melon **MZN 5,000**
- **Detoxifying** ;Mongongo Nut or Coffee cinnamon & orange **MZN 5,000**
- **Relaxing**; Marula &Neroli **MZN 5,000**
- **Stimulating**; Maisha coffee **MZN 4,000**

## **FACIALS**

### **Flag ship peels;**

**At Maisha , we push back the boundaries of skin aging; At Maisha , your skin transformation awaits you!**

**Our Solution** Facial treatments listed below include expert peels, developed by the creators of the original Glycolic Peel and customized by your aesthetician for your specific skin concerns.

### **Our Acne Solution-Rebalance Facial Peel 90MINS | MZN 10,500**

This detoxifying ritual is ideal for acne/blemish-prone skin, any skin type in need of enhanced clarity and refined pores. This treatment combines powerful exfoliators with clay detoxifying agents to absorb oil and help eliminate impurities.

### **Our Aging skin solution- Total Correct Facial peel 90MINS |MZN 10,500**

This dynamic ritual is ideal for mature, photo damaged skin. This treatment makes use of our most potent ingredients in order to target all visible signs of aging, including those associated with the most advanced photo damage.

### **Our Hyperpigmentation Solution – Youthful Brilliance Facial Peel 90MINS |MZN 10,500**

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. Designed with high performance ingredients that are known to exfoliate, hydrate and target skin's natural collagen.

### **Our Dry/Sensitive Solution- Barrier Strengthening Facial Peel 90MINS |MZN 10,500**

This protective ritual is ideal for sensitive, dry, rosacea-prone skin, as well as post-procedure. Designed with gentle exfoliants along with firming and plumping ingredients, this treatment helps restore well-being to compromised skin.



### **HIGH PERFORMANCE MEETS NATURE 90MINS| MZN 6,500**

This age-defying, high-performance treatment is specially formulated for cellular rejuvenation. It includes the application of two therapeutic masks, as well as a specialized facial massage that delivers potent nutrients to support cellular rejuvenation.

### **HEALING EARTH TAILORED FACIAL JOURNEY (Pinnotage Facial) - 60 MINS |MZN 5,700**

Choose between the following facial ceremonies to best fit the needs of your skin and provide one or more of the following benefits. Add moisture, rejuvenate and regenerate tired skin at a cellular level to balance. Offering deep hydration for tired and dehydrated skin and offers instant plumping results or heal and renew dull, lifeless skin and visibly improve complexion.

- **Balancing and Rejuvenating ;** Neroli & Rose Facial
- **Hydrating;** Marula & Rosehip booster facial
- **Stimulating ;** Jasmin & Baobab facial
- **Radiance ;** Organic Rosehip

### **ADVANCED MEN'S FACIAL CEREMONY**

**60 minutes MZN 6,000 / 90 minutes MZN 7,500**

A deep-cleansing, exfoliating facial treatment harnessing the antioxidant powers of Pinotage vinotherapy with our healing and restoring African Potato Balm and a specialised facial massage for a deeply hydrating experience that refreshes, nourishes, and soothes the skin for visible results.

## **GROOMING**

Eyebrow shape 30 min MZN 900

Upper lip & Chin waxing 30 min MZN 1,200

Full leg waxing 60 min MZN 2,000

Upper leg waxing 45 min MZN 1,700

Half leg waxing 30 min MZN 1,500

Arm waxing 30 min MZN 1,200

Underarm waxing 15 min MZN 1,200

Half arm waxing 15 min MZN 950

Bikini line 30 min MZN 1,500

Chest or back - from 30 min MZN 2,500



#### OPENING HOURS

**06:00 – 22:00**

**(Weekdays)**

**7:00 - 21:00**

**(Weekends and Public Holidays)**