

Maisha
AT
SERENA HOTELS



TREATMENT MENU



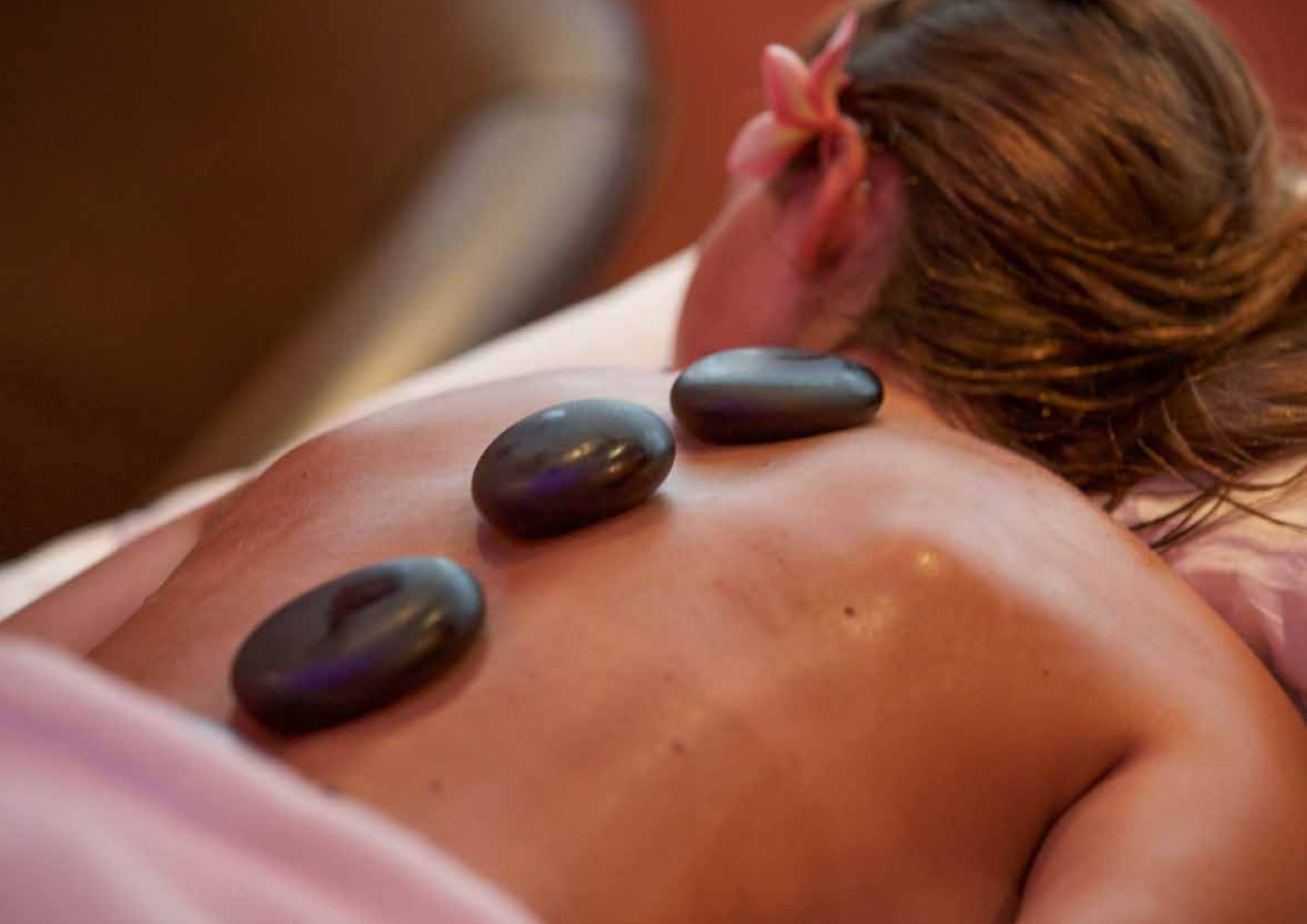


It is a new dawn for Maisha and we are delighted to share our new treatment menu with you.

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

Ksh 10,500

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

120 minutes

Ksh 13,500

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

150 minutes

Ksh 16,500

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



KALAHARI MELON
hydrate oil



MARULA & NEROLI
relax oil



MONGONGO NUT
detoxify oil



COFFEE, CINNAMON, ORANGE
define & sculpt oil



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

60 minutes

Ksh 8000

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

30 minutes 60 minutes 90 minutes

Ksh 4,000 Ksh 7,000 Ksh 9000

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

HOT STONE BODY THERAPY

60 minutes

90 minutes

Ksh 8,000

Ksh 9,500

Healing massage with the aid of heated volcanic stones.

PURELY MAISHA AROMATHERAPY MASSAGE

30 minutes

60 minutes

90 minutes

Ksh 4,300

Ksh 7,500

Ksh 9,700

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

AFRICAN RELAXING MASSAGE

30 minutes

60 minutes

90 minutes

Ksh 4,000

Ksh 5,000

Ksh 7,000

Relieves tired muscles with aid of small gourds giving total relaxation



PURELY MAISHA AROMATHERAPY MASSAGE

60 minutes 90 minutes
Ksh 7,500 Ksh 9,700

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

INDIAN HEAD AND SHOULDER MASSAGE

30 minutes
Ksh 4,500

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

FULL BACK MASSAGE

45 minutes
Ksh 5,800

A quick fix to alleviate stress, tension and tiredness.

JETLAG EASER

45 minutes
Ksh 5,000

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

FACE & SCALP MASSAGE

30 minutes
Ksh 4,000

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

MOTHER-TO BE MASSAGE

75 minutes
Ksh 8,000

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.

FOOT THERAPY

45 minutes
Ksh 5,800

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.

ORINGA MASSAGE

60 minutes 90 minutes
Ksh 6,500 Ksh 8,000

Long strokes, rolling stick, pressure points and gentle stretching techniques are applied using masai oringa stick.
(Oringa is a significant masai stick for protection and hunting)



HEALING
earth™

HEALING
earth™

KALAHARI MELON
hydrate oil

HEALING
earth™

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).

45 minutes

Ksh 5,000

Choose from:

- Hydrating; Kalahari Melon
- Detoxifying; Mongongo Nut
- Relaxing; Marula & Neroli
- Stimulating; Maisha coffee or coffee, cinnamon & orange



FACIALS

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

More than just a facial, each of our facial ceremonies is designed to transport you on a memorable sensory journey that includes a specialised, expertly curated facial massage and bespoke aromatherapy oils to relax and uplift your mind while offering visible results to your skin. Can be combined with any other treatment on the menu.

HIGH PERFORMANCE MEETS NATURE

90 minutes

Ksh 11,300

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.

ADVANCED MEN'S FACIAL CEREMONY

60 minutes

Ksh 9,200

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.

HEALING EARTH TAILORED FACIAL JOURNEY (PINNOTAGE FACIAL)

60 minutes

Ksh 9,200

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



GROOMING

EYEBROW SHAPE	<i>30 minutes</i>	<i>Ksh 1,500</i>
UPPER LIP & CHIN WAXING	<i>30 minutes</i>	<i>Ksh 2,000</i>
FULL LEG WAXING	<i>60 minutes</i>	<i>Ksh 3,600</i>
UPPER LEG WAXING	<i>45 minutes</i>	<i>Ksh 3,000</i>
HALF LEG WAXING	<i>30 minutes</i>	<i>Ksh 2,500</i>
ARM WAXING	<i>30 minutes</i>	<i>Ksh 2,000</i>
UNDERARM WAXING	<i>15 minutes</i>	<i>Ksh 2,000</i>
HALF ARM WAXING	<i>15 minutes</i>	<i>Ksh 1,700</i>
BIKINI LINE	<i>30 minutes</i>	<i>Ksh 2,500</i>
CHEST OR BACK	<i>from 30 minutes</i>	<i>Ksh 4,000</i>



HANDS AND FEET CARE

SPA MANICURE	<i>60 minutes</i>	<i>Ksh 3,000</i>
SPA PEDICURE	<i>75 minutes</i>	<i>Ksh 3,500</i>
GEL POLISH CHANGE	<i>40 minutes</i>	<i>Ksh 2,000</i>
GEL POLISH REMOVAL	<i>30 minutes</i>	<i>Ksh 1,200</i>
NORMAL NAIL REVARNISH <i>(Kshs 1000 Additional for Gel manicure or pedicure)</i>	<i>20 minutes</i>	<i>Ksh 1,500</i>

POLICY & ETIQUETTE

OPENING HOURS

From 9:00 am to 9:00 pm daily.

MINIMUM AGE

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

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.

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 purchase. Your therapist will be happy to recommend.

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.





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