



AT THE  
LAKE VICTORIA SERENA  
RESORT & SPA



## MAISHA SPA MENU

# SPA ETIQUETTE

## 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 CERTIFICATES

Gift certificates are available for purchase.

Please contact our spa desk for details.

## GUEST PRIVACY

Only adults above 18 years are allowed in the spa.

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

## SPA RESERVATIONS

Advance booking prior to your arrival is recommended to avoid disappointment. Full or down payment (70%) is required for non-resort residents. Bookings cancelled 2hrs before appointment will be charged at 50% and No shows at 100%. 75% deposit is required for bookings of more than 3 people.

## CONSULTATION

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

*For bookings, please contact Maisha Spa on:  
+256313221000 or +256417121000*



# MASSAGE THERAPIES

	DURATION	PRICE
<b>Hot Stone Therapy</b> <i>Healing massage with the aid of heated volcanic stones</i>	90 Mins	250,000
<b>Purely Maisha Deep Tissue Massage</b> <i>Work on specific muscle groups. A wonderful relief for stress related tension</i>	60 Mins 90 Mins	180,000 240,000
<b>Elemis Freestyle Deep Tissue Chakra Balancing</b> <i>Brings Body into total equilibrium</i>	60 Mins	200,000
<b>Purely Maisha Aromatherapy Massage</b> <i>Therapeutic massage with the use of essential oils to suit your mood</i>	60 Mins 90 Mins	170,000 230,000
<b>Swedish Massage</b> <i>Relieves tired and aching muscles, giving total relaxation</i>	60 Mins	150,000
<b>Mother-To-Be Massage</b> <i>A massage designed specifically to relax, relieve tension and soothe mum to be</i>	60 Mins	200,000
<b>Full Back Massage</b> <i>Quick and effective massage that eases neck, shoulders, back and legs of tension and stress</i>	40 Mins	140,000
<b>Foot Pressure</b> <i>Eases tired aching feet</i>	30 Mins	135,000
<b>Luxury Bath</b> <i>An aroma bath in the comfort of your own bedroom For Executive &amp; Presidential Suite guests only</i>	N/A	105,000



# FACIALS

	DURATION	PRICE
ANTI-AGEING		
<b>Pro-Definition Lift and Contour</b> <i>Restore the architecture of your face with potent plant actives</i>	75 min	288,000
<b>Pro Collagen Age Defy</b> <i>Experience the age-defying benefits of marine-charged Padina Pavonica</i>	75 min	288,000
<b>Dynamic Resurfacing Precision Peel</b> <i>Targets the signs of ageing and dull, tired, uneven skin tone</i>	75 min	288,000
SKIN SPECIFIC SOLUTIONS		
<b>Fruit Active Glow</b> <i>Brings back the glow of tired and lifeless complexions</i>	60 Mins	220,000
<b>Deep Cleanse</b> <i>Cleansing and gentle exfoliation leaving the skin fully revitalized</i>	60 Mins	200,000
<b>Tester Facial</b> <i>An introductory facial that provides a quick and instant pick-me-up for any occasion</i>	30 Mins	140,000
MEN		
<b>High Performance Skin Energizer</b> <i>A hardworking facial for ageing, dehydrated skin and tired eyes for cell regeneration</i>	75 Mins	230,000
SCRUBS, MASKS AND WRAPS		
<b>Body Nectar Nourishing Wrap (Frangipani)</b> <i>Intensive moisturisation for thirsty skin</i>	45 Mins	160,000
<b>Targeted Toning Tightener</b> <i>A blend of massage and detoxifying clay for targeted toning and improved circulation</i>	60 Mins	200,000
<b>Maisha Coconut Body Scrub</b> <i>Leaves your skin moisturized and renewed</i>	45 Mins	140,000
<b>Maisha Coffee Body Scrub</b> <i>An uplifting body exfoliation</i>	45 Mins	140,000
<b>Maisha Shea Salt Body Scrub</b> <i>Leaves your skin soft and supple</i>	45 Mins	140,000



# GROOMING

	DURATION	PRICE
Full leg wax		60,000
Half leg wax		30,000
Chest wax		45,000
Back wax		60,000
Bikini Line wax		45,000
Full Arm wax		35,000
Underarm wax		30,000
Chin & Lip wax		15,000

# NAILS & FEET CARE

	DURATION	PRICE
Executive Manicure(Gel Polish)	75 Mins	70,000
Executive Pedicure(Gel Polish)	75 Mins	85,000
Regular Manicure(Normal Polish)	60 Mins	40,000
Regular Pedicure(Normal Polish)	60 Mins	60,000
Gel Polish Change	45 Mins	45,000
Normal Polish Change	30 Mins	20,000
Gel Polish Removal	20 Mins	25,000



# SPA PACKAGES

	DURATION	PRICE
<b>Maisha Me Time</b> <i>A Deep Cleanse facial plus a one-hour Hot Stone massage</i>	120 Mins	360,000
<b>Maisha Indulgence</b> <i>Body scrub, Fruit body wrap and an Aromatherapy massage</i>	150 Mins	350,000
<b>Couple's Treat</b> <i>Unwind with your favorite person. Any Body scrub and either a Deep Tissue or Aromatherapy massage</i>	90 Mins	580,000
<b>Maisha Serenity</b> <i>A choice of an Anti-Ageing facial and an Aromatherapy massage</i>	120 Mins	426,000
<i>A choice of a Skin Specific Solutions facial and an Aromatherapy massage</i>	120 Mins	380,000
<b>Maisha Resurgence</b> <i>Mini facial with a Full Back massage</i>	60 Mins	209,000
<b>Maisha Feel Good</b> <i>Body scrub, a Skin Specific Solutions facial and either an Aromatherapy or Deep Tissue massage</i>	140 Mins	503,000
<b>Maisha for Men</b> <i>High Performance Skin Energizer and a Deep Tissue massage</i>	120 Mins	380, 000
<b>In-Room Fitness Training</b> <i>Designed to cater for time-strapped guests. For Executive &amp; Presidential Suite guests only.</i>	30 Mins	70,000

