



THE
MIND, BODY AND
SPIRIT SPA
AT THE
SERENA BEACH
RESORT & SPA

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.

20+

TREATMENT
EXPERIENCES

5

SIGNATURE
TREATMENTS



TREATMENT MENU

BODY CEREMONIES & MASSAGES

MAISHA HEALING

90 minutes

Ksh 10,500

Designed massage specially to relieve stiff muscles and joints.

MAISHA COUPLE

90 minutes

Ksh 18,000

Celebrate your love with a massage facial or exfoliation spa experience

THE BIG 5 MASSAGES

Deep Pressure

60 minutes 90 minutes

Ksh 7,500 Ksh 9,000

Medium Pressure

60 minutes 90 minutes

Ksh 7,500 Ksh 8,500

Experience the essence of our signature scents, inspired by Africa's Big 5 animals in a uniquely crafted sensory journey.

1. Tranquil - Calm & Relax
2. Pick-me-up - Stimulate & Detox
3. Chill- De-stress & Balance
4. Spoil - Nature & Pamper
5. Painkiller - Aches & Pain

SWAHILI THERAPY

90 minutes

Ksh 11,000

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

HIMALAYAN THERAPY

90 minutes

Ksh 13,500

Promote deep relaxation and detoxication.

MAISHA CLASSIC

120 minutes

Ksh 15,000

Relax, renew and revitalize

MOTHER-TO-BE MASSAGE

90 minutes

Ksh 8,000

Pregnancy massage adapted to specific stage of pregnancy.

HOT STONE BODY THERAPY

60 minutes

90 minutes

Ksh 8,000

Ksh 9,500

Healing massage with the aid of heated volcanic stones.

FOOT THERAPY

45 minutes

Ksh 5,800

Pressure points on the feet are stimulated using warm basalt stones.

INDIAN HEAD AND SHOULDER MASSAGE

30 minutes

Ksh 4,000

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

BODY SCRUB

45 minutes

Ksh 5,000

- **Hydrating;** Kalahari Melon
- **Detoxifying;** Mongongo Nut
- **Relaxing;** Marula & Neroli
- **Stimulating;** Coffee, Cinnamon & Orange or Maisha Coffee

PINNOTAGE FACIAL

30 minutes

60 minutes

Ksh 4,500

Ksh 9,200

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

HIGH PERFORMANCE

90 minutes

Ksh 11,300

Age-defying and formulated for cellular rejuvenation.

EXUVIANCE TOTAL CORRECT FACIAL

90 minutes

Ksh 18,700

Dynamic ritual is ideal acne/blemish prone skin.

EXUVIANCE BARRIER STRENGTHENING FACIAL

90 minutes

Ksh 18,700

Ideal for sensitive, dry, rosacea-prone skin.

EXUVIANCE CLINICAL FACIAL

45 minutes

Ksh 9,000

Addresses skin tone, blemishes and fine lines to transform the texture of the skin.

GROOMING

| | <i>Minutes</i> | <i>Ksh</i> |
|-----------------------|----------------|------------|
| FULL LEG WAXING | 60 | 3,600 |
| HALF LEG WAXING | 30 | 2,500 |
| BIKINI LINE | 30 | 2,500 |
| UNDERARM WAXING | 15 | 1,500 |
| YOGA on request | 60 | 3,500 |
| STEAM/SAUNA & JACUZZI | 60 | 3,000 |

ETIQUETTE & POLICY

MINIMUM AGE

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

SPA RESERVATIONS AND CANCELLATION

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

INDIVIDUAL BOOKINGS

1. Cancellation Notice:

Cancellations must be made at least six (6) hours before the scheduled appointment.

If a booking is made for a treatment to be held within the next hour, it cannot be cancelled.

2. Late Cancellation & No-Show Fee:

Cancellations made less than six hours before the appointment will incur a 50% charge of the treatment fee.

3. Late Arrivals:

Arriving late will result in a reduced treatment time to accommodate other guests.

The full treatment fee will still apply.

4. Cancellation Process:

All cancellations must be updated in the booking system and reason for cancellation recorded.

The therapist must be notified immediately about the cancellation.

GROUP BOOKINGS (3 or More clients)

1. Deposit Requirement:

A 50% deposit is required to secure group bookings.

2. Cancellation Notice:

Cancellations or changes must be made at least 24 hours in advance.

Cancellations made within less than 24 hours will result in forfeiture of the deposit.

3. Late Arrivals & No-Shows:

Late arrivals will have reduced treatment time, but full charges will apply.

No-shows or last-minute cancellations will be charged the full treatment fee.

4. Final Confirmation:

Group bookings must be reconfirmed at least 48 hours before the scheduled appointment.

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 VOUCHERS

Gift vouchers are available for purchase. Please contact our spa desk for details.

PHOTOGRAPHY

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

GUEST PRIVACY

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

CONSULTATION

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

REFUND/EXCHANGE

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



SCAN TO VIEW
OUR MENU



OPENING HOURS

1000 - 2000 hrs
(Weekdays/ Weekends
and Public Holidays)

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Maisha
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