



LAKE VICTORIA SERENA  
GOLF RESORT & SPA



THE  
MIND, BODY AND  
SPIRIT SPA

# MENU

2026





## WELCOME TO MAISHA HEALTH CLUB & SPA

### Mind. Body. Spirit

Your sanctuary of wellness and luxury, where every detail is designed for your comfort and well-being.

## FACIALS

### **Our Acne Solution – *Rebalance Facial Peel* | 90 mins | UGX 390,000**

A gentle, detoxifying treatment to clear blemishes, refine pores, and leave your skin feeling fresh and radiant.

### **Our Aging Skin Solution – *Total Correct Facial Peel* | 90 mins | UGX 390,000**

Restore vitality and smoothness to mature or sun-damaged skin with this rejuvenating facial.

### **Our Hyperpigmentation Solution – *Youthful Brilliance Facial Peel* | 90 mins | UGX 390,000**

Bring back your glow! This treatment brightens your complexion and evens out skin tone for radiant, youthful skin.

### **Our Dry / Sensitive Solution – *Barrier Strengthening Facial Peel* | 90 mins | UGX 390,000**

Soothe, protect, and nourish sensitive or dry skin, leaving it soft, calm, and hydrated.

### **High Performance Meets Nature | 90 mins | UGX 300,000**

A rejuvenating treatment for cellular renewal and healthy, glowing skin.

### **Advanced Men's Facial Ceremony | 60 mins | UGX 300,000**

A deep-cleansing and exfoliating facial designed for men, featuring antioxidant-rich Pinotage grape therapy.

### **Pinotage Facial | 60 mins | UGX 240,000**

Hydrating and uplifting—your skin will feel refreshed, nourished, and radiant.

### **Pinotage Express Facial | 30 mins | UGX 150,000**

Short on time? This quick facial gives your skin an instant boost of glow and freshness.



## BODY MASSAGES

### **Hot Stone Body Therapy | 60 mins UGX 250,000 | 90 mins UGX 280,000**

Warm volcanic stones melt away tension and leave you feeling relaxed from head to toe.

### **Healing Earth Massage | 60 mins | UGX 220,000**

Choose your favorite scent: Hydrating Kalahari Melon, Uplifting Coffee & Cinnamon, Detoxifying Mongongo Nut, or Relaxing Marula & Neroli Oil.

### **Maisha Big 5 Massage | 90 mins | UGX 250,000**

Awaken your senses with our signature blends: Tranquil, Painkiller, Pick-Me-Up, Chill, and Spoil.

### **Peaceful Pregnancy Massage | 60 mins | UGX 200,000**

Comfort-focused massage for expecting mothers, tailored to your stage of pregnancy.

### **Full Back Massage | 40 mins | UGX 170,000**

Relieve tension in your back, shoulders, neck, and legs with this targeted massage.

### **Foot Therapy | 30 mins | UGX 150,000**

Treat tired feet and restore balance, comfort, and relaxation.



## BODY SCRUB / BODY POLISH

### **Body Polish | 45 mins | UGX 160,000**

Gentle exfoliation for smooth, soft skin. Choose from Maisha Coffee Scrub or Shea & Salt Scrub. Enhance your experience with an extra treatment for deeper relaxation and glow.



## BODY CEREMONIES

### Couple's Treat | 90 mins | UGX 600,000

Enjoy a relaxing escape together with a full-body scrub and Serena Signature Massage-Big 5.

### Maisha Feel Good Package | 150 mins | UGX 503,000

Your ultimate pampering session: body scrub, Pinotage facial, and your choice of Serena Signature or Healing Earth Massage.

### Obulamu (Wellness Experience) | 120 mins | UGX 350,000

A proudly Ugandan ritual combining body scrub, seasonal fruit wrap, and Shea Butter massage.

### Swahili Therapy | 90 mins | UGX 320,000

A coastal-inspired experience with coconut-based exfoliation and hydrating massage.

### Birthday Package | 180 mins | UGX 650,000

Celebrate yourself or a loved one with a Hot Stone massage, mini facial, body wrap, scrub, and a complimentary birthday dessert.

## GROOMING SERVICES

GROOMING	DURATION	AMOUNT
Chest / Back Waxing	30 minutes	UGX 100,000
Full Leg Waxing	60 minutes	UGX 90,000
Half Leg Waxing	30 minutes	UGX 70,000
Bikini Line	30 minutes	UGX 60,000
*Arm Waxing	30 minutes	UGX 50,000
Underarm Waxing	15 minutes	UGX 50,000
Upper Lip Waxing	15 Minutes	UGX 30,000
Chin Waxing	15 Minutes	UGX 30,000



# ETIQUETTE AND POLICY

## Minimum Age

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

## Bookings and Cancellations

### Individual Bookings

Full payment is required to confirm all reservations. Cancellations or rescheduling within 6 hours of the appointment time will incur a 50% charge. No-shows will be charged in full. Late arrivals will be charged the full treatment fee, and appointments delayed by 15 minutes or more may be released to the next available guest.

### Group bookings

Reservations for three guests or more require a 75% deposit. Amendments or cancellations must be made at least 24 hours in advance.

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

## Refund/Exchange

Treatment packages, series, products, and memberships are non-refundable. Product exchanges require a valid receipt. Unused portions of packages cannot be transferred or exchanged for another time.

## DISCLAIMER

The spa treatments, services, and facilities at Maisha Spa are designed for relaxation and wellness purposes only and are not a substitute for professional medical care. Guests are kindly reminded to seek medical advice for any health concerns and agree to hold Maisha Spa harmless in this regard.

## EXCLUSIVE OFFERS:

Maisha Club Members;  
7.5% off all spa treatments  
Resort Residents;  
5% off all spa treatments

## OPENING HOURS

**Gym | Weekdays:** 6:00 AM – 10:00 PM | Weekends/Public Holidays: 7:00 AM – 9:00 PM  
**Spa Services | Weekdays:** 11:00 AM – 10:00 PM | Weekends/Public Holidays: 11:00 AM – 9:00 PM  
**Swimming Pool | Weekdays:** 6:00 AM – 7:00 PM | Weekends/Public Holidays: 7:00 AM – 7:00 PM  
**Padel Tennis | Weekdays:** 6:00 AM – 10:00 PM | Weekends/Public Holidays: 7:00 AM – 9:00 PM

TERMS AND CONDITIONS APPLY | RATES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE AND SUBJECT TO AVAILABILITY

## For bookings/enquiries

Call **+256417121000 / +256313221000**

Email **Maisha.lakevictoria@serenahotels.com**

## Lake Victoria Serena Golf Resort and Spa

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