

TREATMENT MENU



Maisha

THE
MIND, BODY AND
SPIRIT SPA

AT THE
LAKE VICTORIA SERENA
GOLF RESORT & SPA

Ladies





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.

Maisha Club members are eligible for 7.5% on all spa services.



BODY CEREMONIES

COUPLE'S TREAT

90 minutes

UGX 600,000

Relax and unwind with your favorite person. Choose any body polish and a one-hour Serena Signature Massage-Big 5.

MAISHA FEEL GOOD

150 minutes

UGX 503,000

Body polish, a Pinotage facial and a choice of either Serena Signature Massage-Big 5 or Healing Earth massage.

MAISHA INDULGENCE

150 minutes

UGX 430,000

A proudly East African ritual involving a choice of any Healing Earth body polish, wrap and Healing Earth massage to relax, inspire and transport you to a world of sensual delight. (Detoxifying, stimulating)

MAISHA BALANCE (Basically Body Realignment) WITH RADIANCE FACIAL

95 minutes

UGX 350,000

Realign your body to its natural balance with a hot stone massage followed by Pinotage Express facial including a stress dissolving head massage.

OBULAMU (Wellness)

120 minutes

UGX 350,000

A proudly Ugandan experience with a combination of any Serena Signature body polish, seasonal fruits body wrap and a purely organic Shea butter massage treat.





FACIALS

At Maisha, we push back the boundaries of skin aging. 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

90 minutes

UGX 490,000

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

90 minutes

UGX 490,000

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 HYPER PIGMENTATION SOLUTION - YOUTHFUL BRILLIANCE FACIAL PEEL

90 minutes

UGX 490,000

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

90 minutes

UGX 490,000

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

90 minutes

UGX 300,000

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.

PINNOTAGE FACIAL

60 minutes

UGX 240,000

Potent Antioxidant Pinotage Grape extracts are used in this up-lifting and hydrating facial giving radiance boost nutrient to the skin.

ADVANCED MEN'S FACIAL CEREMONY

60 minutes

UGX 240,000

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.

PINOTAGE EXPRESS FACIAL

30 minutes

UGX 150,000

A great treatment to refresh and restore a healthy glow when the time is tight and you need a quick boost.



BODY MESSAGES

HOT STONE BODY THERAPY

90 minutes

UGX 250,000

Healing massage with the aid of heated volcanic stones.

HEALING EARTH MASSAGE

60 minutes

UGX 200,000

Choose from: Hydrating Kalahari Melon, Uplifting Coffee, Cinnamon and Orange, Detoxifying Mongongo Nut, Relaxing Marula and Neroli Oil or Balm.

SERENA SIGNATURE MASSAGES (Maisha Big 5)

60 minutes

90 minutes

UGX 200,000

UGX 250,000

Signature scents designed to awaken your senses: Tranquil – calm & relax, Painkiller- release muscle aches & pain, Pick-me-up – stimulate & detox, Chill – de-stress & balance and Spoil- nurture & pamper.

PEACEFUL PREGNANCY MASSAGE

60 minutes

UGX 210,000

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 or grapeseed oil releases tension in your lower and upper back, alleviates swelling on hands and feet promoting relaxation whilst uplifting your spirit.

BACK MASSAGE

40 minutes

UGX 170,000

Back of legs, back, neck and shoulder massage. A quick fix to relieve stress, tension and tiredness.

FOOT THERAPY

40 minutes

UGX 150,000

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.





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).

BODY POLISH (Body Scrub)

45 minutes

UGX 160,000

Choose from:

- Hydrating; Kalahari Melon
- Stimulating; Maisha Coffee or Coffee, Cinnamon & Orange
- Detoxifying; Mongongo Nut
- Relaxing; Marula & Neroli
- Moisturising - Maisha Shea and Salt





GROOMING

| | | |
|------------------------------|-------------------|--------------------|
| CHEST | <i>30 minutes</i> | <i>UGX 100,000</i> |
| BACK | <i>30 minutes</i> | <i>UGX 100,000</i> |
| FULL LEG WAXING | <i>60 minutes</i> | <i>UGX 90,000</i> |
| UPPER LEG WAXING | <i>45 minutes</i> | <i>UGX 70,000</i> |
| LOWER LEG WAXING HALF | <i>30 minutes</i> | <i>UGX 70,000</i> |
| BIKINI LINE | <i>30 minutes</i> | <i>UGX 60,000</i> |
| ARM WAXING | <i>30 minutes</i> | <i>UGX 50,000</i> |
| UNDERARM WAXING | <i>15 minutes</i> | <i>UGX 50,000</i> |
| HALF ARM WAXING | <i>15 minutes</i> | <i>UGX 45,000</i> |
| UPPER LIP WAXING | <i>15 Minutes</i> | <i>UGX 30,000</i> |
| CHIN WAXING | <i>15 Minutes</i> | <i>UGX 30,000</i> |

POLICY & ETIQUETTE

MINIMUM AGE

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

SPA RESERVATIONS & CANCELLATION

Advance booking prior to your arrival is recommended to avoid disappointment. Full payment is required for non-residents. Bookings cancelled or rescheduled 2 hours before appointment time will be charged at 50% and no-shows at 100%. 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.

GROUP BOOKINGS

A 75% deposit is required to reserve treatments for groups of three persons or more.

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.

SMOKING AND ALCOHOL

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.

OPENING HOURS

0600 - 2200 hrs
(Weekdays)

0700 - 2100hrs
(Weekends and Public Holidays)



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GOLF RESORT & SPA

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