



Maisha
THE
MIND, BODY AND
SPIRIT 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.

7

PROPERTIES
IN KENYA

20+

TREATMENT
EXPERIENCES

5

SIGNATURE
TREATMENTS



TREATMENT MENU

BODY CEREMONIES & MASSAGES

MAISHA HEALING EXPERIENCE

90 minutes
Ksh 10,500

Designed Deep massage specially to relieve stiff muscles and joints. Four Oils families available.

MAISHA INDULGENCE

120 minutes
Ksh 16,500

East African ritual involving a choice of body polish, wrap and a massage (four formulas available).

THE BIG 5 MASSAGES

Five formulas available in medium/ deep pressure

Deep Pressure

60 minutes	90 minutes
Ksh 7,500	Ksh 9,000

Medium Pressure

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

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

105 minutes
Ksh 11,000

Purely Coastal experience using organic coconut products to Nourish and feed the skin through full body exfoliation and a soothing hydrating massage.

HIMALAYAN THERAPY

105 minutes
Ksh 13,500

Experience the Pakistan power of 84 minerals and nutrients in Himalaya salts that activate your natural healing mechanism through Body exfoliation and a massage using heated salt stones to restore your natural balance.

AFRICAN ORINGA MASSAGE

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

Experience the grounding power of maasai tradition with our signature wooden tools that helps to release muscle tension and improve circulation.

MOTHER-TO-BE MASSAGE

90 minutes
Ksh 8,000

Pregnancy massage adapted to specific stage of pregnancy.

FOOT THERAPY

45 minutes
Ksh 5,800

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

HOT STONE THERAPY

60 minutes	90 minutes
Ksh 8,000	Ksh 9,500

Healing massage with the aid of heated volcanic 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 5,000	Ksh 9,200

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

HIGH PERFORMANCE

90 minutes
Ksh 10,300

Age-defying and formulated for cellular rejuvenation.

HAND AND FEET CARE

Spa Manicure	Spa Pedicure
60 minutes	75 minutes
Ksh 3,000	Ksh 3,500

Gel Polish Change	Gel Polish Removal
40 minutes	30 minutes
Ksh 2,000	Ksh 1,200

Normal Nail Polish (Ksh 1,000 additional for gel manicure or pedicure)

20 minutes
Ksh 1,500

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	2,000
EYEBROW SHAPE	30	1,500

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 30 minutes 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

0900 - 2230 hrs
(Weekdays)

0900 - 2100hrs
(Weekends and Public Holidays)

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