



Maisha 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 guest's 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.

Maisha Spa Treatment Price Menu

- MASSAGE THERAPIES -

	Duration (mins)	Price (UGX)
Hot Stone Therapy: Healing massage with the aid of heated volcanic stones	90 mins	250,000
Elemis Free Style Deep Tissue Massage: An exotic massage that incorporates techniques from ten different cultures. Choose either:		
Stress-A-Way: Wind down and release the tension of the day	60 mins	190,000
Spirit Reviver: A powerful surge to invigorate and recharge	60 mins	190,000
Muscle Melt: Relax and re-energise a tired and aching body	60 mins	190,000
Chakra balancing: Reconnect your mind, body and soul	60 mins	190,000
Purely Maisha Deep Tissue Massage: Work on specific muscle groups. A wonderful relief for stress related tension	90 mins	230,000
	60 mins	165,000
Purely Maisha Aromatherapy Massage: Therapeutic massage with the use of essential oils to suit your mood	90 mins	230,000
	60 mins	165,000
African Relaxing Massage: Relieves tired and aching muscles, giving total relaxation	60 mins	145,000
Serena Companion Massage: Relax and unwind with your favorite person – ideal for couples, mothers/daughters and friends. Choose either a deep tissue or aromatherapy treatment	90 mins	450,000
Mother-To-Be Massage: A massage designed specifically to relax, relieve tension and soothe mum to be	60 mins	190,000
Full Back Massage: Quick and effective massage that eases back, neck, back of legs and shoulder of tension and stress	40 mins	135,000
Foot Pressure: Eases tired aching feet	30 mins	130,000

- FACIALS -

	Duration (mins)	Price (UGX)
Anti-Ageing Facials		
Pro-Definition Lift and Contour: Restore the architecture of your face with potent plant actives	75 mins	310,000
Pro Collagen Age Defy: Experience the age-defying benefits of marine-charged Padina Pavonica	75 mins	288,000
Dynamic Resurfacing Precision Peel: Targets the signs of ageing and dull, tired, uneven skin tone	75 mins	288,000
Skin Solutions		
Superfood Pro-Radiance: Energize and detoxify stressed, dull skin with a nutritional superfood boost	75 mins	230,000
Anti-Blemish Mattify and Calm: Mattify and combat oil and shine whilst restoring micro-circulation	75 mins	224,000
Sensitive Skin Soother: Reduce the appearance of redness and protect against daily stresses	75 mins	224,000
Deep Cleanse Facial: Fit for all skin types. It includes cleansing and gentle exfoliation leaving the skin fully revitalized	60 mins	173,000
Men		
High Performance Skin Energizer: The hard-working facial for ageing, dehydrated skin combined with scalp and foot massages	75 mins	230,000
Total Time Out: The Ultimate Indulgence! It includes an Elemis deep tissue massage and a High-Performance Skin Energizer	120 mins	380,000
Spa Ritual		
Absolute Spa Ritual: Elemis deep tissue massage and Anti-Ageing Facial	120 mins	426,000
Absolute Spa Ritual: Elemis deep tissue massage and Skin Solution facial	120 mins	380,000
- DETOX AND CELLULITE WRAP -		
Targeted Toning Tightener: A powerful blend of massage and detoxifying clay for targeted toning and improved circulation	75 mins	219,000
Thousand Flower Detox Wrap: Uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification	75 mins	173,000

- SCRUBS AND WRAPS -

	Duration (mins)	Price (UGX)
Body Nectar Nourish Wrap (Sweet Orchid or Frangipani): Intensive moisturization for thirsty skin	45 mins	155,000
Maisha Indulgence: Body scrub, body wrap and massage	150 mins	330,000
Maisha Coffee Body Scrub: An uplifting body exfoliation	45 mins	135,000
Maisha Aroma Salt Body Scrub: Leaves your skin soft and supple	45 mins	135,000
Intensely Cleansing Salt Glow (Lime and Ginger or Frangipani): An exfoliating ritual to invigorate and revitalize the body	45 mins	175,000

- GROOMING -

Full leg waxing		81,000
Half leg waxing		46,000
Chest or Back waxing		81,000
Bikini Line waxing		69,000
Arms waxing		46,000
Under-arm waxing		40,000
Eye brow shape		23,000
Chin & Lip waxing		25,000
Upper Leg Waxing		52,000

- NAILS AND FEET CARE -

Manicure (Gel Polish)	75 mins	115,000
Pedicure (Gel Polish)	75 mins	138,000
Manicure (Normal Polish)	60 mins	58,000
Pedicure (Normal Polish)	60 mins	81,000
Gel Polish Change	45 mins	54,000
Normal Polish Change	30 mins	40,000
Gel Polish Removal	40 mins	29,000