



# ARUSHA SERENA HOTEL, RESORT & SPA

## TREATMENT MENU



SERENA HOTELS  
SAFARI LODGES • HOTELS • RESORTS

### FACE

#### HIGH PERFORMANCE FACIAL

A revolutionary facial care treatment using the latest in tri-enzyme Peptide anti-ageing technology. The skin is firmed and rejuvenated visibly improving the signs of ageing.

90 Mins \$ 130

#### PINOTAGE FACIAL

Potent Anti-Oxidant Pinotage Grape extracts are used in this uplifting and hydrating facial giving radiance boost nutrient to the skin.

60 Mins \$ 90

### BODY

#### BODY POLISH

Choose from:

Hydrating Kalahari Melon, Sculpting Coffee, Cinnamon & Orange, Detoxifying Mongongo Nut or Relaxing Marula & Neroli.

30 Mins \$ 55

#### Maisha SPIRIT OF UTU

Combination of Body polish and a massage to choose from the range.  
(Also take home a special piece of Africa in form of a lovingly handcrafted gift as a reminder of the spirit of UTU)

90 Mins \$ 130

#### MASSAGES RITUALS

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

30 Mins \$ 55

60 Mins \$ 90

90 Mins \$ 120

#### AFRICAN RELAXING MASSAGE

Relaxing massage with the aid of traditional gourd that relieves aches giving total relaxation.

60 Mins \$ 70

90 Mins \$ 90

#### HOTSTONE THERAPY MASSAGE

Healing massage with the aid of heated volcanic stones

60 Mins \$ 100

90 Mins \$ 140

#### SERENA EXPERIENCE JOURNEY

Combination of a full body scrub, body wrap, a mini facial and a massage .

Choose from:

Kalahari Melon hydrating journey

120 Mins \$ 160

Marula & Neroli relaxing journey

120 Mins \$ 160

Mongongo Nut Detoxifying Journey

120 Mins \$ 160

Coffee, cinnamon & Orange Uplifting Journey

120 Mins \$ 160

#### JETLAG RECOVERY (Neck & Shoulder Reboot)

Ancient massage to ease head & shoulder tension ,headaches, migraine ,sinus congestion and eye strain.

30 Mins \$ 50

#### AFRICAN FOOTPRINT CEREMONY – TIRED LEGS AND FEET RELIEF

Melt away stress and rejuvenate tired legs and feet with this specialised treatment to soften, hydrate, cool and leave your feet silky soft using our unique blend of Africa Inspired oils and balms. Great for jet lag and tired legs and feet.

45 Mins \$ 60

### FOOT & HAND RITUAL

Spa Manicure

60 Mins

\$ 45

Speedy Pedicure

45 Mins

\$ 45

Spa Pedicure

75 Mins

\$ 60

Nail Revarnish

20 Mins

\$ 15

Speedy Manicure

30 Mins

\$ 35

Welcome African Foot Touch Ceremony (Complimentary for Serena Experience Journey)

For any bookings please contact the reception.