

# TREATMENT MENU



*Maisha*  
AT  
NAIROBI SERENA  
HOTEL



MARULA & NEROLI  
HEALING  
earth  
BODY





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.

All our rituals or body ceremonies treatments start with a 15 minutes african foot ritual ceremony as a welcome touch, ends with a hot beanbag to relax the shoulders.

**Club members are eligible for 10% discount on all spa services.**



# BODY CEREMONIES

## **MAISHA HEALING EXPERIENCE**

*90 minutes*  
*Ksh 10,500*

Designed massage specially to relieve stiff muscles and joints, this treatment makes use of specific movements creating a better flow of energy and a feeling of lightness once the deeper layers of the muscles and connective tissues have been released. This is a great option for travelers, if you're struggling with tension and/or limited mobility, and you can choose the pressure (from medium to deep) according to your needs.

## **MAISHA BALANCE (BASICALLY BODY REALIGNMENT) WITH RADIANCE FACIAL**

*120 minutes*  
*Ksh 13,500*

Realign your body to its natural balance with a hot stone massage followed by a Mini Facial including a stress dissolving head massage

## **MAISHA INDULGENCE**

*150 minutes*  
*Ksh 16,500*

A proudly East African ritual involving a choice of body polish, wrap and massage to relax, inspire and transport you to a world of sensual delight.

## **CHOCOLATE BODY THERAPY**

*120 minutes*  
*Ksh 15,500*

Experience a luxurious chocolate decadence for the body; body scrub, wrap and massage.

## **CHOCOLATE WRAP**

*30 minutes*  
*Ksh 5,800*

This body wrap will moisturize the skin and boost circulation – chocolate lovers dream!



# MASSAGES

*At Maisha, we believe that a massage should be a cleansing, purifying, relaxing and healing holistic experience. Each of our massages begins with a warm mittens welcome touch and foot rocking to align your energy with that of the therapist so you can derive the most benefit from the experience. Let your highly skilled holistically trained therapist massage specific pressure points to release toxins from your body and bring you into harmonious alignment physically, emotionally and spiritually.*

## **FREESTYLE DEEP TISSUE MASSAGE**

*60 minutes*

*Ksh 8000*

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation. Choose from;

1. Pinotage Detox & Uplift Oil
2. Pinotage Relax & Destress Oil
3. Pinotage Condition & Hydrate Oil

## **PURELY MAISHA SWEDISH MASSAGE**

*60 minutes      90 minutes*

*Ksh 7,000      Ksh 9000*

Medium pressure massage techniques to invigorate the muscles, Energize, increase blood circulation and promote relaxation.

## **HOT STONE BODY THERAPY**

*60 minutes      90 minutes*

*Ksh 8,000      Ksh 9,500*

Healing massage with the aid of heated volcanic stones.

## **PURELY MAISHA AROMATHERAPY MASSAGE**

*60 minutes      90 minutes*

*Ksh 7,500      Ksh 9,700*

Therapeutic massage with the use of essential oils to suit your mood.

## **HERBAL COMPRESS MASSAGE**

*60 minutes      90 minutes*

*Ksh 8,300      Ksh 10,300*

Heated compress blended in aromatic oils and traditional herbs work to soothe aching and tense muscles and enhance a feeling of well-being for mind and body.





### **SPORTS MASSAGE THERAPY**

*75 minutes*

*Ksh 9,000*

Experience relaxation on areas of the body that are overused from repetitive and often aggressive movements.

### **INDIAN HEAD AND SHOULDER MASSAGE**

*30 minutes*

*Ksh 4,500*

This ancient Ayurveda therapy treats the head, neck and shoulders while seated.

### **FULL BACK MASSAGE**

*45 minutes*

*Ksh 5,800*

A quick fix to alleviate stress, tension and tiredness.

### **JETLAG EASER**

*45 minutes*

*Ksh 5,000*

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated and massaged. Feet are left nourished, soft and smooth

### **FACE & SCALP MASSAGE**

*30 minutes*

*Ksh 4,000*

Works on the muscular tissues of the face and scalp effectively releasing tension.

### **MOTHER-TO BE MASSAGE**

*75 minutes*

*Ksh 8,000*

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

### **REFLEXOLOGY**

*60 minutes*

*Ksh 5,800*

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).

*45 minutes*

*Ksh 5,000*

Choose from:

- Hydrating; Kalahari Melon
- Detoxifying; Mongongo Nut
- Relaxing; Marula & Neroli
- Stimulating; Maisha coffee or coffee, cinnamon & orange
- Soothing; Chocolate scrub



# FACIALS

*Flag ship peels; 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*

*Ksh 18,700*

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*

*Ksh18,700*

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 HYPERPIGMENTATION SOLUTION - YOUTHFUL BRILLIANCE FACIAL PEEL**

*90 minutes*

*Ksh 18,700*

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*

*Ksh 18,700*

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.



### **EXUVIANCE CLINICAL FACIAL**

*45 minutes*

*Ksh 9,000*

A famous pick me up facial for a refreshed and radiant skin.

### **HIGH PERFORMANCE MEETS NATURE**

*90 minutes*

*Ksh 11,300*

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.

### **ADVANCED MEN'S FACIAL CEREMONY**

*60 minutes*

*Ksh 9,200*

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.

### **HEALING EARTH TAILORED FACIAL JOURNEY (PINNOTAGE FACIAL)**

*60 minutes*

*Ksh 9,200*

Choose between the following facial ceremonies to best fit the needs of your skin and provide one or more of the following benefits. Add moisture, rejuvenate and regenerate tired skin at a cellular level to balance. Offering deep hydration for tired and dehydrated skin and offers instant plumping results or heal and renew dull, lifeless skin and visibly improve complexion.

- Balancing and Rejuvenating; Neroli & Rose Facial
- Hydrating; Marula & Rosehip booster facial
- Stimulating; Jasmin & Baobab facial
- Radiance; Organic Rosehip





# GROOMING

<b>EYEBROW SHAPE</b>	<i>30 minutes</i>	<i>Ksh 1,500</i>
<b>EYELASH TINT</b>	<i>30 minutes</i>	<i>Ksh 3,000</i>
<b>EYEBROWS TINT</b>	<i>30 minutes</i>	<i>Ksh 2,500</i>
<b>UPPER LIP &amp; CHIN WAXING</b>	<i>30 minutes</i>	<i>Ksh 2,000</i>
<b>FULL LEG WAXING</b>	<i>60 minutes</i>	<i>Ksh 3,600</i>
<b>UPPER LEG WAXING</b>	<i>45 minutes</i>	<i>Ksh 3,000</i>
<b>HALF LEG WAXING</b>	<i>30 minutes</i>	<i>Ksh 2,500</i>
<b>ARM WAXING</b>	<i>30 minutes</i>	<i>Ksh 2,000</i>
<b>UNDERARM WAXING</b>	<i>15 minutes</i>	<i>Ksh 2,000</i>
<b>HALF ARM WAXING</b>	<i>15 minutes</i>	<i>Ksh 1,700</i>
<b>BIKINI LINE</b>	<i>30 minutes</i>	<i>Ksh 2,500</i>
<b>CHEST OR BACK</b>	<i>from 30 minutes</i>	<i>Ksh 4,000</i>
<b>BRAZILLIAN WAX</b>	<i>40 minutes</i>	<i>Ksh 4,000</i>

# POLICY & ETIQUETTE

## FACILITIES

The Maisha Health Club & Spa boasts a fully equipped gym featuring the latest cardiovascular and isotonic machines, free weights, aerobics/ yoga studio, stunning male and female spa facilities including steam baths, sauna and jacuzzi. A relaxing area for use after treatments or workout and as part of your spa experience where you can unwind, a 25-metre swimming pool. Our juice bar offers complimentary freshly squeezed fruit juices and herbal teas to re-energise and nourish you.

## OPENING HOURS

Weekdays: 0500 - 2200hrs  
Weekends and  
public holidays: 0700 - 2100hrs

## MINIMUM AGE

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

## MEMBERSHIP

Yearly, half year and quarterly memberships are available. Please ask for details and benefits.

## RESERVATIONS

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

## GROUP BOOKINGS

A 50% deposit is required to reserve treatments for groups of three persons or more.

## PAYMENT

Treatment can be added to your final hotel bill or paid for in cash at the Maisha reception. The following credit cards are accepted: Master Card, Visa and American Express.

## CHECK IN

Please arrive 30 minutes before your treatment time to enable you to relax and use the wet areas and to fully enjoy your treatment experience. Late arrivals will be subject to reduced treatment time.

## WHAT TO WEAR

A robe and slippers are provided as well as disposable briefs during your treatment. We regret that nudity is not permitted within public areas.

## AMENITIES

Robes, slippers and amenities are provided. Going into the Jacuzzi or steam room? If you intend to use the wet areas (Jacuzzi, steam room or sauna) please bring your own swim wear. A wide range of swim wear is also available for purchase at the spa.

# POLICY & ETIQUETTE

## HYDRATION

We provide fresh mineral water, selected juices and herbal teas for our guest.

## COMFORT

Please let your therapist know immediately if anything is not to your liking. This applies to the pressure of the massage, volume of the music, lighting and air temperature or any other part of the spa experience. The choice to chart or not during treatment is entirely yours.

## SPA PRODUCTS

Home care products to compliment your treatment are available for purchase. Your therapist will be happy to recommend.

## GIFT CERTIFICATES

Our therapists and receptionists can assist you in selecting products and packages from the large variety of services and treatments we provide. Gift certificates are also available and are valid for six months. They are however non-refundable.

## SMOKING AND ALCOHOL

These are strictly prohibited within the facility.

## MOBILE PHONES

To ensure the comfort and relaxation of all guests, the use of mobile phones and pagers are not allowed in the facility. Please switch off your mobile on entering the spa. We kindly ask you to store it in your locker whilst having your treatment, or in the gym.

## PHOTOGRAPHY

No photography is allowed unless permission has been obtained from management.

## REFUND/ EXCHANGE

Treatment packages, series, products and memberships are not refundable once purchased. A receipt is required for exchange of products.

## CANCELLATION POLICY

A minimum of 2 hours' notice is required to cancel or reschedule your appointment. Any cancellation thereafter will result in 50% payment of the treatment fee. 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. Full fee will be charged for no-shows.

## JEWELLERY AND VALUABLES

We request that no jewellery be worn during your visit to the spa. Maisha accepts no responsibility for the safety of money and valuables of any kind brought into the spa. Lockers are however provided and may be used to store these if brought in. The member/guest is responsible for the locker key provided whilst in the spa/gym areas.

## OPENING HOURS

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0500 - 2200 hrs  
*(Weekdays)*

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0700 - 2100 hrs  
*(Weekends and Public Holidays)*

