

MAISHA HEALTH CLUB AND SPA

THE SPA

THE GYM

POLICY & ETIQUETTE



Dear Guest,

On behalf of all of us at the Maisha Spa and Health Club, we wish to welcome you to the Nairobi Serena Hotel.

Maisha offers relaxing male and female spa facilities and luxurious treatments, an ultra modern fully equipped gym and aerobics/yoga studio, and a 25-metre heated swimming pool. Our juice bar offers freshly squeezed fruit juices and herbal teas to re-energize and nourish you.

We invite you to let go of the stresses and strains of everyday life and join us as we take you on a journey of self relaxation and mind restoration with a variety of our fitness activities and array of spa treatments that can be tailored to your very need. Allow us to pamper you with our ultimate treatments performed in the tranquillity of Nairobi's finest spa and let us give you time to cherish something truly unique - you.

Details of our spa treatments are available in this folder. Should you wish to make an appointment, please dial Maisha on ext. 477 / 475 and our receptionist or one of our highly trained therapists will assist you in creating your own personalized spa experience.

We recommend that you arrive for your appointment 20 - 30 minutes early to allow you to relax and fully take advantage of the wet areas which will further enhance your experience.

We look forward to indulging you.

Yours truly,
The Maisha Team





THE SPA

OPENING HOURS

0700 - 2200 hrs (weekday) 0700 - 2100 hrs (weekends and public holidays)





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.





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 9,000

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.

PEACEFUL PREGNANCY 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).

30 minutes

Ksh 5,000

Choose from:

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





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

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.

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.

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

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.





GROOMING

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





THE GYM

OPENING HOURS

0500 - 2200 hrs (weekdays) 0700 - 2100 hrs (weekends and public holidays)



The Maisha Health Club & Spa boast a fully equipped gym featuring the latest cardiovascular and isotonic machines. Free weights and aerobics / yoga studio: stunning separate 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 heated swimming pool and our juice bar offers complimentary freshly squeezed fruit juices and herbal teas to re-energise and nourish you.

** Classes are complimentary for all in-house guests ages 18 and older.
Intensity: Low / Moderate / High*

AB-BLAST

Moderate / High

Abdominal exercises to work your mid-section, gain stability and increase flexibility.

AQUA-AEROBICS

Low / Moderate

An all-round cardiovascular workout that will let the water take away the high impact and weight of the workout on your muscles.

BODY-TONE

Moderate

A great cardiovascular workout for all parts of the body. Excellent for trimming and toning.





BODY TONING

CIRCUIT TRAINING

High

Circuit training is a high intensity workout that uses multiple types of fitness training in short sharp doses.

KICK-BOXING

High

Punch and kick your way into shape with a combination of boxing and kick boxing delivered in a high intensity fun environment. Guaranteed to burn those calories!

PILATES

Low / Moderate

Pilates focuses on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture also relieving stress and tension.

SPINNING

High

Spinning is a high intensity, cardio workout. Using a stationary bike with different resistance levels, you will both tone and strengthen all areas of your body. Our instructor will encourage you all the way.

STEP AEROBICS

Moderate / High

An intense aerobics class using the Step. Step aerobics burns more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals, and bums.

YOGA

Low / Moderate

Relax your mind and body with our yoga class led by a fully qualified instructor. This class is suitable for all abilities and works to the level that your body is ready for.

MZUQA

Moderate

Embraces natural rhythmic beats, tempos, and transitions to seamlessly flow from one move to the next strengthening the heart, while toning and building core strength.





FITNESS ASSESSMENT

Fitness assessments are tailored to meet the specific needs of each Member and Guest. This program is designed to provide baseline information to establish your current fitness status and includes individualized exercise recommendations. Major components of health-related fitness to be assessed include: body composition, cardiopulmonary endurance, muscular strength and endurance, balance and flexibility. All sessions are scheduled with our fitness instructors.

EQUIPMENT AND AMENITIES

- Relaxation lounge and juice bar
- Separate ladies and gents lockers and changing rooms
- 4 Spa treatment rooms
- 25-metre heated swimming pool
- State of the art techno-gym equipment
- Treadmills
- Elliptical machines
- Resistance strength equipment and free weights
- Recumbent bikes
- Spin bikes
- Aerobics studio
- Upright bikes

IN ROOM FITNESS

Make room for fitness! Enjoy working out at your convenience in the comfort of your room. For the option of training in your room, with or without a personal trainer, please dial Maisha and choose either of the training kits listed below which will then be delivered to you. For personal training session, please book in advance, through the Maisha reception.

Training kit 1: includes stability ball, skipping rope, exercise mat, dumbbells and wobble board

Training kit 2: includes bosu, medicine ball, mat, resistance bands and skipping rope

Training kit 3: includes spin bike, dumbbells and exercise mat.

IN ROOM PERSONAL TRAINING SERVICES

Ksh 5,000

- 30 min express personal training - includes a full body circuit using the training kits above
- 60 min full personal training - full body strength and cardio training session
- 45 min spin bike session - endurance, strength and interval training.





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
(Same timing for treatments)

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.

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 chat 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.



