



TREATMENT MENU



*A thoughtfully curated collection of rituals
for rest, renewal, and quiet restoration.*



SIGNATURE EXPERIENCES

Thoughtfully composed rituals designed to restore the body, quiet the mind and renew the senses.



		Ksh
Maisha Healing Experience Designed to relieve stiff muscles and joints, this focused massage uses specific movements to encourage energy flow and a feeling of lightness once deeper muscle layers and connective tissues have been released. Ideal for travellers, tension concerns and limited mobility, with pressure adapted from medium to deep.	90 minutes	13,200
Maisha Balance Realign the body to its natural balance with a hot stone massage, followed by a mini facial and a stress-dissolving head massage.	120 minutes	13,200
Maisha Indulgence A proudly East African ritual featuring a choice of body polish, wrap and massage to relax, inspire and transport the senses.	150 minutes	20,600
The Royal Maisha Experience Indulge in the ultimate wellness journey featuring a luxurious full-body scrub, detoxifying body wrap, signature full-body massage, and your choice of either a High-Performance Facial or Exuviance Comprehensive Facial. A complete head-to-toe experience designed to relax, rejuvenate, and restore your natural glow.	180 minutes	30,000

Prices are inclusive of all statutory taxes.

MASSAGE THERAPIES

Therapeutic treatments are designed to relieve tension, restore balance, improve circulation and promote overall well-being.



		Ksh
Purely Maisha Aromatherapy Massage A therapeutic massage using essential oils selected to suit your mood and support relaxation.	60 minutes	9,500
	90 minutes	12,200
Free Style Deep Tissue Massage A customized firm-pressure massage that relieves deep muscle tension, improves circulation, and promotes recovery.	60 minutes	10,000
Purely Maisha Swedish Massage Medium pressure massage techniques to invigorate the muscles, increase blood circulation and promote relaxation.	60 minutes	8,700
	90 minutes	11,200
Hot Stone Body Therapy A healing massage using heated volcanic stones to encourage deep warmth, release and relaxation.	60 minutes	10,500
	90 minutes	12,800
Sports Massage A targeted massage designed to relieve muscle tension, reduce soreness, and support recovery in areas affected by repetitive activity or intense physical exertion.	60 minutes	11,200

Prices are inclusive of all statutory taxes.

		Ksh
Synchronized Massage	50 minutes	14,000

A deeply indulgent therapy where two professional therapists work in perfect harmony, performing identical flowing movements at the same rhythm and pressure. The synchronized touch creates a profound sense of balance, easing tension while the mind drifts into complete relaxation.

Couples Massage	60 minutes	18,000
	90 minutes	22,000

Relax side by side with a soothing full-body massage designed to ease tension, reduce stress and enhance your shared wellness experience.

Indian Head and Shoulder Massage	30 minutes	5,600
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An ancient Ayurveda-inspired therapy focusing on the head, neck and shoulders while seated.

Full Back Massage	45 minutes	7,000
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A focused treatment to alleviate stress, tension and tiredness.

Mother-to-Be Massage	90 minutes	14,000
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A nurturing massage adapted to the specific stage of pregnancy. Designed for mothers-to-be, this treatment uses African Potato Balm to release lower and upper back tension, ease swelling in the hands and feet and promote relaxation while uplifting the spirit.

Prices are inclusive of all statutory taxes.

		Ksh
Jetlag Easer	30 minutes	6,200
A foot-focused tension releaser for tired legs and feet. Lower legs and feet are exfoliated and massaged, leaving them nourished, soft and smooth.		
Foot Therapy	30 minutes	5,200
A soothing treatment for the feet and lower legs, designed to relieve tension, improve circulation and promote deep relaxation.		
Reflexology Therapy	60 minutes	7,000
Experience deep relaxation through the gentle stimulation of specific pressure points on the feet that correspond to different areas of the body. Enhanced with soothing warm stones, this treatment helps relieve stress, restore balance, and promote overall well-being.		
Face and Scalp Massage	30 minutes	6,000
A relaxing massage working on the muscular tissues of the face and scalp to release tension.		

Prices are inclusive of all statutory taxes.

BODY RITUALS

Revitalizing body rituals designed to exfoliate, nourish, hydrate and restore the skin's natural radiance.



		Ksh
Himalayan Glow Ritual	90 minutes	14,500
A luxurious body ritual combining a Himalayan salt scrub, nourishing wrap and relaxing massage to exfoliate, detoxify and leave the skin smooth, radiant and deeply relaxed.		
Crystal Radiance Experience	60 minutes	8,500
A rejuvenating ritual beginning with full-body exfoliation, followed by a nourishing body wrap to hydrate, detoxify and restore the skin, leaving it smooth, refreshed and glowing.		
Chocolate Body Therapy	120 minutes	19,000
A chocolate body ritual combining scrub, wrap and massage for a rich, sensory experience.		
Swahili Body Renew	90 minutes	14,000
An indulgent ritual featuring a Swahili coconut scrub to gently exfoliate, followed by a relaxing body massage and warm coconut oil wrap to deeply nourish, hydrate and restore the skin's natural glow.		

Prices are inclusive of all statutory taxes.

FACIAL

CARE

Thoughtfully designed facial rituals that refresh, strengthen and restore skin clarity for a healthy, radiant complexion.



		Ksh
Barrier Strengthening Facial A protective ritual ideal for sensitive, dry or rosacea-prone skin, as well as post-procedure skin. Designed with gentle exfoliants, firming and plumping ingredients to help restore comfort and wellbeing to compromised skin.	90 minutes	23,000
Our Aging Skin Solution — Total Correct A dynamic ritual ideal for mature and photo-damaged skin. This treatment uses potent ingredients to target visible signs of ageing, including concerns associated with advanced photo damage.	90 minutes	23,000
Our Hyperpigmentation Solution A high-performance ritual ideal for photo-damaged and mature skin, as well as skin seeking a more youthful, radiant appearance. Designed with ingredients known to exfoliate, hydrate and support the skin's natural collagen.	90 minutes	23,000
Exuviance Comprehensive Facial An advanced facial treatment that deeply cleanses, exfoliates and rejuvenates the skin, improving texture, tone and overall radiance.	60 minutes	12,000

Prices are inclusive of all statutory taxes.

		Ksh
High Performance Meets Nature Facial	90 minutes	14,000

An age-defying, high-performance treatment formulated for cellular rejuvenation. Includes two therapeutic masks and a specialised facial massage that delivers potent nutrients to support skin renewal.

Advanced Men's Facial Ceremony	60 minutes	11,500
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A deep cleansing and exfoliating facial treatment harnessing Pinotage vinotherapy, African Potato Balm and specialised facial massage for a hydrating experience that refreshes, nourishes and soothes the skin.

Healing Earth Tailored Pinotage Facial	60 minutes	11,500
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A tailored facial ceremony designed to address your skin's needs, from hydration and cellular rejuvenation to balance, renew and improve complexion.

Tailored options include:

Balancing & Rejuvenating: Neroli & Rose Facial

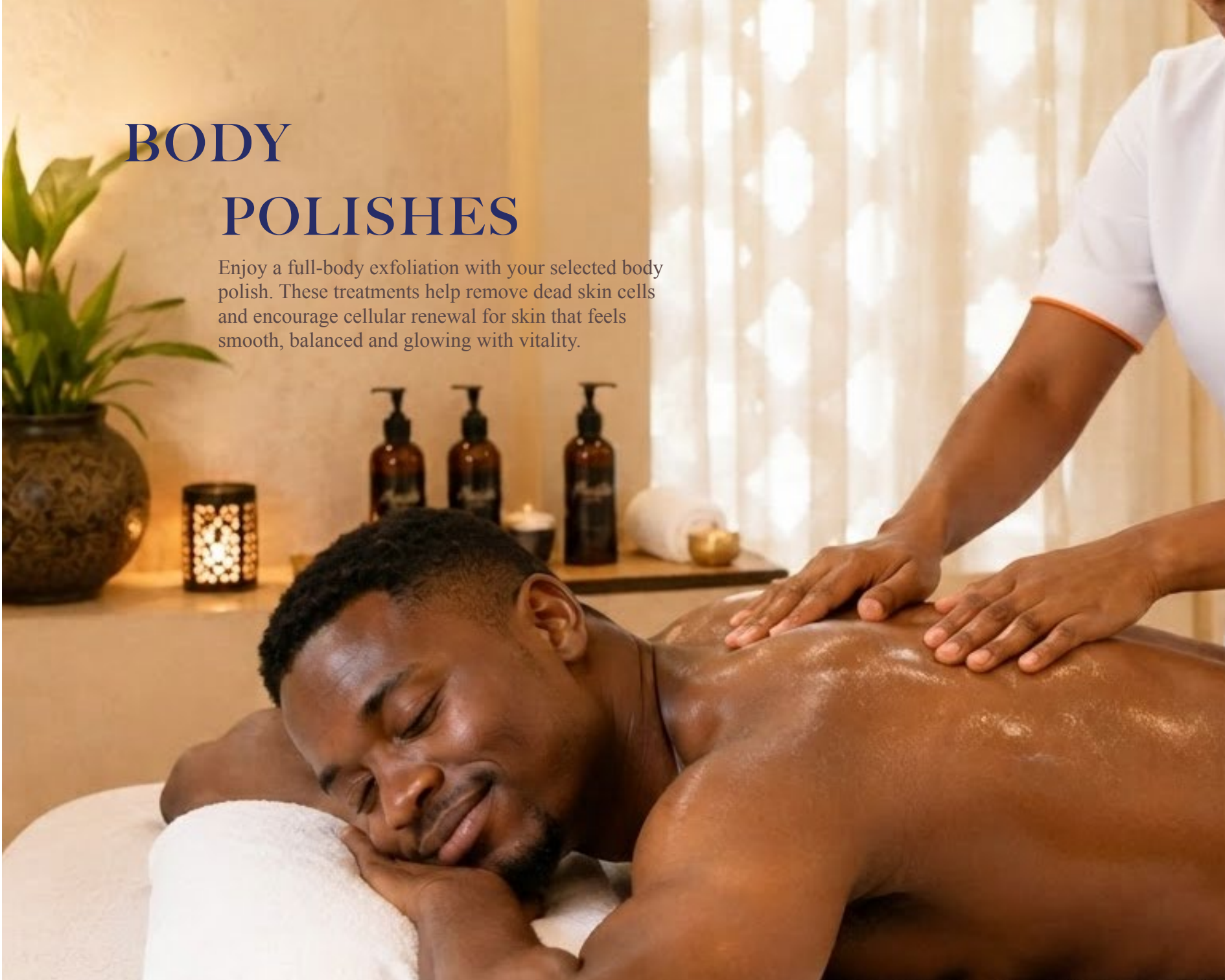
Hydrating: Marula & Rosehip Booster Facial

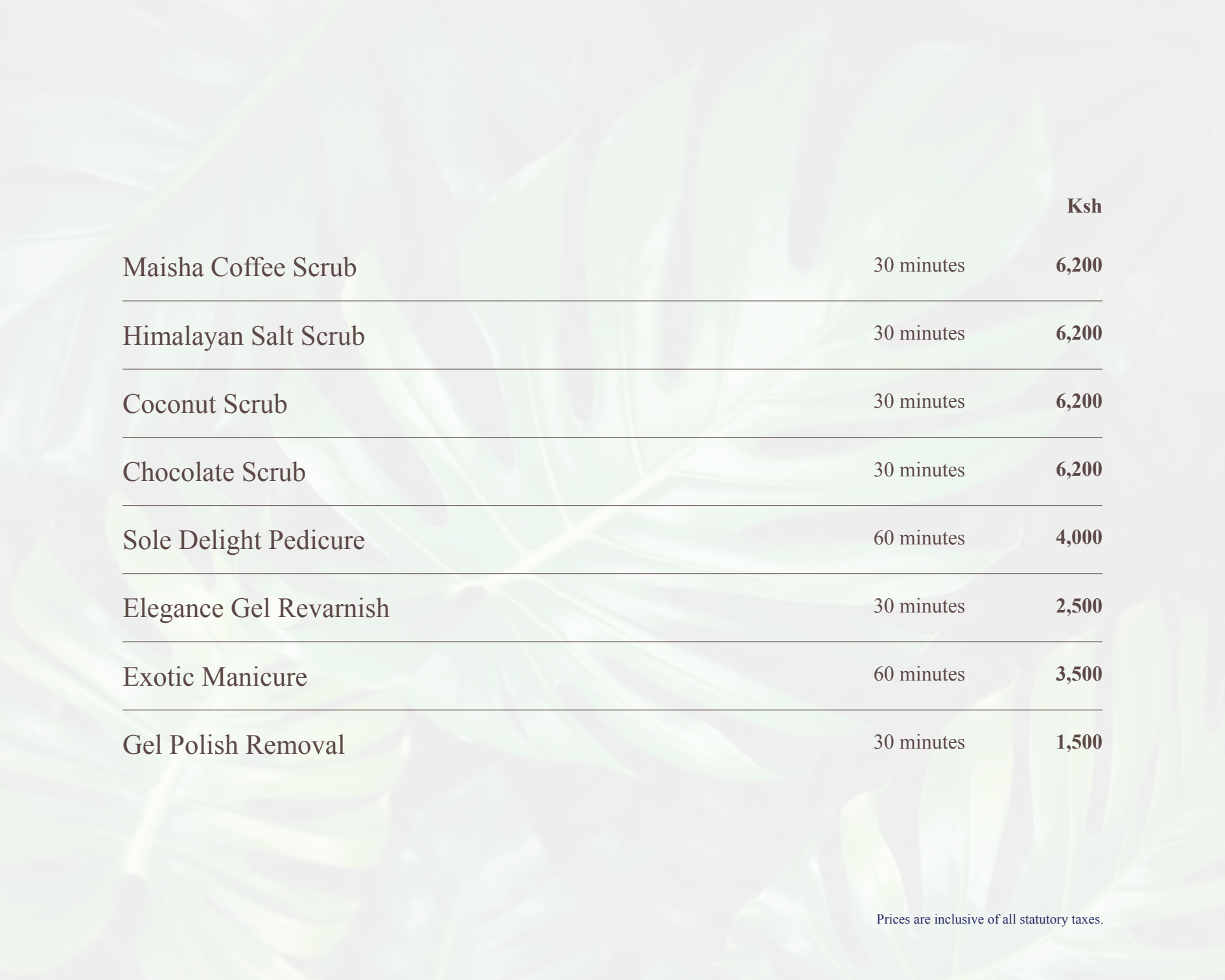
Stimulating: Jasmine & Baobab Facial

Radiance: Organic Rosehip

BODY POLISHES

Enjoy a full-body exfoliation with your selected body polish. These treatments help remove dead skin cells and encourage cellular renewal for skin that feels smooth, balanced and glowing with vitality.





		Ksh
Maisha Coffee Scrub	30 minutes	6,200
Himalayan Salt Scrub	30 minutes	6,200
Coconut Scrub	30 minutes	6,200
Chocolate Scrub	30 minutes	6,200
Sole Delight Pedicure	60 minutes	4,000
Elegance Gel Revarnish	30 minutes	2,500
Exotic Manicure	60 minutes	3,500
Gel Polish Removal	30 minutes	1,500

Prices are inclusive of all statutory taxes.

GROOMING

Refined grooming services delivered with care and discretion.



	Ksh
Eyebrow Shape	1,800
Upper Lip and Chin Waxing	2,500
Full Leg Waxing	4,500
Upper Leg Waxing	3,700
Half Leg Waxing	3,100
Arm Waxing	2,500
Underarm Waxing	2,500
Brazilian Waxing	5,000
Bikini Line	3,100
Chest or Back	5,000

Prices are inclusive of all statutory taxes.

An aerial photograph of a large, rectangular swimming pool with rounded corners, filled with clear blue water. The pool is surrounded by a wooden deck. Along the top and bottom edges of the deck, there are several green lounge chairs and large green umbrellas. On the right side, there is a curved section of the pool with a white tiled interior and a set of stairs leading into the water. The water reflects the surrounding trees and sky.

POLICY & ETIQUETTE

Guidelines designed to preserve calm, comfort and care throughout your Maisha experience.

FACILITIES

Escape to Maisha Health Club & Spa, your sanctuary for relaxation, renewal, and complete wellbeing. Whether you're seeking to recharge with a workout, indulge in a restorative spa treatment, or simply unwind, Maisha offers the perfect retreat.

Enjoy state-of-the-art fitness facilities, a soothing steam room, sauna, hot tub, relaxation lounge, and a 25-metre heated swimming pool, all thoughtfully designed to help you relax, restore, and reconnect. Complete your wellness journey with complimentary freshly squeezed juices, herbal teas, and mineral water, leaving you refreshed, revitalized, and ready to embrace the day.

OPENING HOURS

Health Club

Monday – Friday: 5:00 AM - 10:00 PM

Weekends & Public Holidays: 6:30 AM - 9:00 PM

Spa Treatments

Monday – Friday: 7:00 AM - 10:00 PM

Weekends & Public Holidays: 7:00 AM - 9:00 PM

MINIMUM AGE

To ensure a peaceful and relaxing environment, access to the spa and fitness centre is reserved for guests and members aged 18 years and above.

MEMBERSHIP

Discover a lifestyle of wellness with our quarterly, half-year, and annual membership packages. Our team will be delighted to guide you through the membership options and exclusive benefits available.

GROUP BOOKINGS

A 50% deposit is required to confirm reservations for groups of three or more guests.

RESERVATIONS

Advance reservations are recommended for all spa treatments and are subject to availability. For your comfort and safety, please inform your therapist prior to your treatment if you have any of the following:

- High blood pressure or a heart condition
- Recent surgery
- Muscle, back, or joint injuries
- Pregnancy
- Epilepsy
- Diabetes
- Any other medical condition that may affect your treatment

PAYMENT

Spa treatments may be charged to your hotel account or settled directly at the Maisha Spa reception. We accept the following modes of payment:

- Visa/ MasterCard/ American Express
- Mobile Money
- Cash

ARRIVAL

To make the most of your spa experience, we recommend arriving 30 minutes before your scheduled treatment. This allows you time to relax, enjoy our wellness facilities, and prepare for your treatment. Please note that late arrivals may result in a shortened treatment time while the full treatment fee remains applicable.

WHAT TO WEAR

A robe, slippers, towels, and disposable briefs are provided for your comfort during your visit. For the comfort and privacy of all guests, appropriate attire is required in all public areas of the spa.

AMENITIES

If you plan to enjoy our hot tub, steam room, sauna, or swimming pool, please bring your own swimwear. Should you require it, a selection of quality swimwear is available for purchase at the Maisha spa boutique.

HYDRATION

Complimentary mineral water, freshly prepared juices, and a selection of herbal teas are available throughout your visit to help you stay refreshed and hydrated.

COMFORT

Your comfort is our priority. Please let your therapist know at any time if you would like adjustments to the massage pressure, room temperature, lighting, music, or any other aspect of your treatment. Whether you prefer quiet relaxation or light conversation during your treatment, we are happy to accommodate your personal preference.

SPA PRODUCTS

Continue your wellness journey at home with our carefully selected range of professional spa products. Your therapist will be pleased to recommend products best suited to your individual needs.

GIFT CERTIFICATES

Share the gift of relaxation with someone special. Our reception team will be delighted to assist you in selecting from our range of spa treatments, wellness experiences, and gift certificates. Our Gift certificates are valid for six months from the date of purchase and are non-refundable.

SMOKING & ALCOHOL

To preserve the serenity of the spa and ensure the wellbeing of all guests, smoking and the consumption of alcohol are not permitted within the facility.

MOBILE PHONES

To maintain the peaceful atmosphere of the spa, we request that all mobile phones and electronic devices be switched to silent mode or turned off upon arrival. Lockers are provided should you wish to securely store your devices during your visit.

PHOTOGRAPHY

To protect the privacy and comfort of all guests, photography and videography are not permitted unless prior approval has been obtained from management.

REFUNDS & EXCHANGES

Spa treatments, treatment packages, memberships, and retail products are non-refundable once purchased.

CANCELLATION POLICY

Should you need to cancel or reschedule your appointment, we request at least two hours' notice.

- Cancellations made with less than two hours' notice will incur a 50% cancellation fee.
- Guests arriving late may receive a shortened treatment while the full treatment fee remains payable.
- Arrivals more than 15 minutes late may result in the appointment being released to the next available guest.
- Full charges apply for missed appointments without prior notice.

JEWELLERY & VALUABLES

For your comfort, we recommend leaving jewellery and valuables in your room or hotel safe whenever possible. Personal lockers are available for your convenience during your visit. While every care is taken, Maisha Health Club & Spa cannot accept responsibility for the loss or damage of personal belongings. Guests are responsible for items stored in their assigned locker.



NAIROBI SERENA
HOTEL

KENYA

For more information contact:
T : +254 732 124 477
E : maisha.nairobi@serenahotels.com

