



Spa Treatment Menu

All treatments begin with a bespoke consultation with a 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 and feeling repaired, renewed, protected, refreshed and radiant for days – for a more youthful appearance.

Facials

High Performance Tri-Enzyme Facial

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

Duration: 90 minutes / Amount 200,000 TSH

Pinotage Facial

Potent Antioxidant Pinotage Grape extracts are used in this up-lifting and hydrating facial giving radiance boost nutrient to your skin type. This facial is customized to target specific skin conditions.

Duration: 60 minutes / Amount 135,000 TSH

Mini Facial

A great treatment to refresh and restore a healthy glow when the time is tight and you need a quick boost.

Duration: 30minutes/ Amount 100,000 TSH

Body Ceremonies

Swahili Therapy

Purely Coastal experience using organic coconut products to Nourish and feed the skin through full body exfoliation and a soothing hydrating massage.

Duration: 90 minutes/ Amount 220,000TSH

Maisha Spirit of Utu

Combination of Body polish and massage to choose from the Healing Earth range.

Duration: 90 minutes / Amount 300,000 TSH

Himalayan Salt Therapy

Experience the Pakistan power of 84 minerals and nutrients in Himalaya salts that activate your natural healing mechanism through Body exfoliation and a massage using heated salt stones to restore your natural balance.

Duration: 90minutes/Amount 270,000TSH

Body Polish

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.

Healing Earth Polish

Choose from Hydrating- Kalahari Melon, Sculpting-Coffee Cinnamon and Orange, Detoxifying- Mongongo Nut or Relaxing – Marula and Neroli.

Duration: 40 minutes / Amount 125,000 TSH

Maisha Coffee Scrub

An invigorating body scrub using ground coffee – very uplifting.

Duration: 40 minutes / Amount 100 ,000 TSH

Massage Ritual

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

Duration :90 minutes / Amount 270,000 TSH

Together Is Best

A speedy pedicure OR mini facial and a choice of any Big 5 massages leaving both of you energized and uplifted as you enjoy each other's company.

100minutes /500,000 TSH



Serena Signature Massages

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.

Maisha Big 5

Signature scents are designed to awaken your senses. Five formulas available in light, medium or deep pressure .

- Tranquil – calm & relax
- Painkiller- release muscle aches & pain
- Pick-me-up – stimulate & detox
- Chill – de-stress & balance
- Spoil- nurture & pamper

Duration: 90 minutes/ 230,000 TSH
Duration: 60 minutes/ 160,000 TSH

Back Massage

Back of legs, back, neck and shoulder massage. A quick fix to relieve stress, tension and tiredness

Duration: 45 minutes / Amount 115 ,000 TSH

Foot Pressure Massage

Eases tired aching feet.

Duration: 30 minutes / Amount 100 ,000 TSH

Hot Stone Therapy Massage

Healing massage with the aid of heated volcanic rocks

Duration: 90 minutes / Amount 270 ,000 TSH
Duration: 60 minutes / Amount 200 ,000 TSH

Jetlag Recovery (Neck and Shoulder Reboot)

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

Duration: 30 minutes/ Amount 115,000 TSH

Beautiful Expectancy

A peaceful massage adapted to specific stage of pregnancy. Our nurturing and customized full body massage is designed to relieve built up tension in the lower and upper back, reduce swelling in feet whilst promoting relaxation.

Duration: 75minutes/ 180,000 TSH

Serena Experience Journey

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

- Kalahari Melon Hydrating journey
- Marula and Neroli Relaxing journey
- Mongongo Nut Detoxifying journey
- Coffee, Cinnamon and Orange uplifting journey

Duration 120 minutes / Amount 360 ,000 TSH

Opening Hours:

0900hrs-2100hrs Daily

Maisha Club members are eligible for 20 % on all spa services.



Etiquette and Policy

• Spa reservations and cancellation

Advance booking prior to your arrival is recommended to avoid disappointment. Full payment is required for non-residents. Bookings cancelled 2 hours before appointment time will be charged 50% and no-shows at 100%. Late comers will be charged the full fee of their treatment despite the reduction in treatment time. If you are 30 minutes late for your treatment, your appointment will be given to the next available client.

• 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 associates accept no responsibility for the loss of money or valuables brought into the spa premises.

• Gift vouchers

Gift vouchers are available for purchase. Please contact our spa desk for details.

• Photography

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

• Guest privacy

Please respect other guests' privacy by speaking softly. Cellular phones and electronic devices are discouraged.

• Consultation

Please arrive 10minutes prior to your appointment to have a consultation with your therapist.

• Refund/Exchange

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