



## MAISHA SPA THERAPY MENU



KAMPALA SERENA  
HOTEL



THE LEADING HOTELS  
OF THE WORLD®



# FACE - TOUCH

Our renowned Maisha hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. Skin on skin forms a deep connection, creating the best possible environment for maximum absorption and clinically proven results. Each active product is applied using a combination of ancient and modern massage techniques from around the world. The hands of our own highly trained Maisha therapists are profoundly effective anti-ageing tools. This is where intuition meets expertise.

## ANTI-AGEING

## PRO-COLLAGEN AGE DEFY (Elemis)

#### One Anti-Wrinkle Facial - Proven Result

This anti-wrinkle facial slows down the visible signs of ageing, leaving the skin firmer uplifted, for a more youthful looking appearance.

The power of *padina pavonica* is accelerated by the electrical energy of precious minerals quartz, tourmaline, rhodochrosite and malachite to re-energize cell communication, whilst *laminaria digitata* and red coral optimizes cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance

75 min

UGX 273,000

#### PRO-DEFINITION LIFT & CONTOUR (Elemis)

Super lifting facial with visible results after one treatment:

Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce the puffiness and fluid retention associated with sagging skin along the jawline.

75 min

UGX 308,000

#### DYNAMIC RESURFACING PRECISION PEEL (Flemis)

Peel away the years for smoother, more radiant skin.

Targeting fine lines, wrinkles, acne, superficial scarring and uneven skin tone leaving your skin smooth and radiant bringing a renewed level of evenness and clarity to the complexion.

75 min

UIGX 273.000

# SKIN SOLUTION

#### SUPERFOOD PRO-RADIANCE (Elemis)

To combat ageing, stressed and slackened skin.

This anti-ageing facial instantly firms, rejuvenates and plumps up the skin, whilst helping to reduce dark circles. Moisturisation levels and elasticity of the skin are proven to increase after just one treatment.

75 min UGX 245,000

#### SENSITIVE SKIN SOOTHER (Elemis)

Pure soothing heaven for sensitive skin

Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin

75 min UGX 220 000

#### ANTI-BLEMISH MATTIFY AND CALM (Elemis)

A purifying treatment for congested skin

A powerful face and eye treatment that helps to regulate and balance the skin by absorbing sebum, calming irritation and re-balancing oil rich pores leaving a beautiful matt complexion.

75 min UGX 220,000

## **SKIN SPECIFIC FACIALS**

## FRUIT ACTIVE GLOW (Elemis)

Brings back the glow to a lifeless complexion.

60 min UGX 168,000

## EXOTIC MOISTURE DEW (Flemis)

Treat your skin to a moisture boost.

60 min UGX 168,000

## HERBAL LAVENDER REPAIR (Elemis)

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine pores and treat skin breakouts.

60 min **UIGX 168.000**

## TESTER FACIAL (Flemis)

An introductory Elemis skin specific facial that provides a quick pick-me-up for any occasion

30 min UGX 90,000

## BACK CLEANSING TREATMENT

Includes a cleansing, full exfoliation, and hydration of problem skin. The back, a hard to reach area, finally gets the attention it deserves!

30 min UGX 90,000

# FACE – TECHNOLOGY

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine, works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy and energised skin

## ANTI-AGEING

60 min	UGX 350,000
30 min	UGX 175,000

### BIOTEC LINE ERASER

The ultimate wrinkle-smoothing facial to rejuvenate ageing skin.

Face and eyes are targeted with the anti-ageing benefits of the Lines & Wrinkles Activator, an intensive complex of Padina Pavonica, African Birch Bark and Tripeptides. Microcurrent pulses lift and firm the skin, boosting collagen production, whilst light therapy and O2 Infusion help plump and smooth away visible lines and wrinkles.

### BIOTEC FIRM-A-LIFT

Super-lift facial to help firm and tighten cheeks, neck and jaw line. Skin is infused and stimulated by the contouring benefits of the Lift Effect Activator, rich in revolutionary plant

stem cells, Alaria Esculenta seaweed and Lupin. Galvanic current propels the bio-active formulas deeper into the skin, whilst microcurrent pulses dramatically lift and firm the sagging jowl area.

### BIOTEC ANTI-PIGMENT BRIGHTENER

The ultimate performance facial for a more even, brighter complexion.

This powerful brightening facial visibly illuminates the complexion. Highly effective ultrasonic peel and light therapy technologies are combined with precision massage movements and the layering of proven brightening activities. This targeted treatment responds to individual skin needs, dynamically treating uneven skin tone, discolourations and age spots on the face, neck, decollete, arms and hands.

### **BIOTEC SKIN RESURFACER**

Revolutionary resurfacing facial to even skin tone, reduce blemish marks and smooth fine lines.

Delivers a high-tech double peel with the Resurfacing Activator, infused with concentrated lactic and hyaluronic acid to help boost cell turnover. Ultrasonic peeling, steam and light therapy reveal a skin that is noticeably smoother and a more even tone, whilst minimising the appearance of blemish marks and fine lines.

## **SKIN SOLUTIONS**

### **BIOTEC RADIANCE RENEWAL**

Radiance-boosting, bio-electric facial to energise tired, dull and stressed skin.

Target tired face and eyes with the brightening Radiance Activator, rich in anti-oxidants, hyaluronic acid and peptides. Ultrasonic vibrations draw impurities to the surface and exfoliate, whilst galvanic current with elderberry and orange flower extract re-energise and restore vital moisture. Skin appears more radiant and luminous, whilst helping reduce dark circles around the eyes.

### **BIOTEC BLEMISH CONTROL**

Deep cleansing, light therapy facial to visibly clear and re-balance oily, blemish prone skin.

Reduce breakouts and clear pores. Anti-Blemish Activator rich in anti-oxidants Rosalina, Lavender and Sweet Marjoram with a powerful combination of ultrasonic peeling, galvanic current and steam deeply cleanse exfoliate and re-balance

an oily, congested skin. Clinically proven light therapy helps repair and reduce inflammation. Pore size is visibly reduced and the complexion clearer.

### **BIOTEC SENSITIVE SKIN SOOTHER**

De-sensitising anti-redness facial, to sooth and calm a delicate skin. Sensitivity and high colour are reduced with the extra-soothing properties of the Sensitive Activator. Rich in Allantoin, Willowherb and Frankincense it works in harmony with oxygen infusion and light therapy to deliver essential nutrients to the skin. Restoring balance and vital moisture levels, redness is visibly reduced and skin immediately comforted.



# MEN

Men's skin behaves differently to women's. Shaving, fatigue, sport and screen time all make their own demands. **ELEMIS** responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

## FACE – TOUCH

### HIGH PERFORMANCE SKIN ENERGISER

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration, whilst steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax. Finally the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalised skin for a vibrant and energised result.

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75 min

UGX 220,000

## FACE – TECHNOLOGY

### BIOTEC SUPER-CHARGER FOR MEN

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution.

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60 min

# FACE AND BODY THERAPY

The perfect introduction to ELEMIS. This is a dynamic approach to top-to-toe couture care. Choose your own combination of facial and body massage, or let your Maisha therapist personally prescribe the perfect treatment to work with your skin, your mood and your needs

COUTURE TOUCH

Condition your skin and condition your muscles with this all-embracing hands-on experience. Combine any 30 or 60 minute ELEMIS hands-on TOUCH facial with your personalised 'Freestyle Deep Tissue Massage' or 'Deeper than Deep Hot Stone Massage.

**120 min** UGX 349,000

# COUTURE TECHNOLOGY

Time to switch your skin on. Combine any 30 or 60 minute ELEMIS TECHNOLOGY (skin solution) facial with your personalised 'Freestyle Deep Tissue Massage' or 'Deeper than Deep Hot Stone Massage'.

120 min UGX 363,000

## SERENA SIGNATURE EXPERIENCE

Experience the ultimate Elemis duo, a sensational massage combined with a beautiful hot stone facial massage. Designed as an all-over body experience, the 30 minute body treatment leads seamlessly into a relaxing warm stone facial for the remaining 25 minutes.

Unique customised 'Ice-Cool Thermal Muscles Massage' specifically targets problem areas. The extremes of coolness and heat effectively relieve stress and eases aching muscles, adapted to target specific problem areas.

60 min UGX 245,000

# BODY

MAISHA HOT STONE BODY THERAPY

Founded over 200 years ago in Arizona, stone therapy is today one of the most sought after spa treatments. Using a combination of long stroking movements and deeper penetrating techniques, heated stones are manoeuvred to warm and massage muscles and easing away tension, and achieving a state of deep relaxation and calm.

90 min UGX 250,000

KODO ROCKS

The powerful healing properties of these special rocks, integrated with the kodo, combine to achieve powerful healing within the body relieving muscular, physical and emotional tension. A choice of native aromatic oils are prescribed to address individual client need – to rejuvenate, harmonise or detoxify.

60 min UGX 224,000  
90 min UGX 276,000 (Li'tya)

LI'TYA KODO - melody

60 min UGX 175,000

MARTA KODO

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques which work to balance and re-align energy flow, enhance mind and body wellness. A combination of pressure points and spiralling movements ground and uplift, working to relieve muscular aches and pains while leaving the body's energies renewed and refreshed. A choice of native aromatic oils is prescribed to address your individual needs – to rejuvenate, harmonize or detoxify.

90 min UGX 250,000

## SYNCHRONISED MASSAGE

This unique massage is applied by two intuitive therapists working together harmoniously like a synchronized dance. Maintaining balanced pressure and strokes of their hands to comfort your body's energy flow, resulting in the ultimate experience of relaxation and well being.

60 min UGX 265,000

#### PURELY MAISHA AROMATHERAPY MASSAGE

Our aromatherapy massage uses hand blended essential oils that have a therapeutic effect and perfect results. This massage enhances the appearance of the skin and brings balance to mind and body. Great for relieving stress, jetlag,

fatigue, releasing toxins from the cells and promoting overall wellness.

30 min	UGX 110,000
60 min	UGX 156,000
90 min	UGX 220,000

#### PURELY MAISHA SWEDISH MASSAGE

A soothing massage suited to your individual requirements using an oil of your choice.

60 min	UGX 126,000
30 min	UGX 94,000

#### PURELY MAISHA DEEP TISSUE MASSAGE

A deep tissue massage designed for individuals wanting more detailed work on specific muscle groups. A wonderful relief for stress related tension.

60 min	UGX 156,000
30 min	UGX 110,000
90 min	UGX 250,000

#### INDIAN HEAD & SHOULDER MASSAGE

This ancient ayurvedic therapy treats the head, neck and shoulders using stroking, kneading and pressure point techniques, with or without aromatic oils. It is an effective treatment for headaches, sinus congestion and eyestrain. A perfect prelude to a facial!

30 min	UGX 110,000
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#### FULL BACK MASSAGE

A quick fix to alleviate stress, tension and tiredness.

45 min	UGX 126,000
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#### ENERGY RELEASE FOOT THERAPY

Release energy channels of the entire body. Eases tired aching feet through the use of heated stones to warm the feet for ultimate therapy.

60 min	UGX 200,000
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#### HERBAL COMPRESS MASSAGE

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.

90 min	UGX 155,000
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#### FACE & SCALP MASSAGE

30 min	UGX 94,000
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#### G5 MASSAGE

A mechanical massage using a vibrating massager to break down body fat and ease tension in the muscles

30 min	UGX 94,000
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## FREE STYLE DEEP TISSUE MUSCLE MASSAGE (Elemis)

Deep rhythmic pressure massage alleviates stress, ease aching muscles and revive the senses with this powerful customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

## STRESS-A-WAY (Elemis)

Wind down and release the tension of the day.

60 min UGX 168,000

## SPIRIT REVIVER (Elemis)

A powerful surge to invigorate and recharge.

60 min UGX 168,000

## MUSCLE MELT (Elemis)

Relax and re-energise a tired and aching body.

60 min UGX 168,000

## CHAKRA BALANCING (Elemis)

Reconnect your mind, body and soul

60 min UGX 168,000

GARDEN OF ENGLAND ROSE RESTORE (Elemis)

Lavishly hydrating body massage and micro-wrap; Skin is left exquisitely moisturised, intensely supple and deliciously scented.

60 min

UGX 178 000

## DEEP TISSUE BACK MASSAGE (Elemis)

Minimum time, maximum tension relieving results – specifically targeting the back, neck and shoulder areas, where you need it most.

30 min

UGX 120 000

#### PEACEFUL PREGNANCY MASSAGE (Flemis)

This inspirational therapy connects mother and baby through the power of touch. The nurturing massage specially designed for mother to be releases tension in your lower and upper back, alleviates swelling on hands and feet promoting relaxation whilst uplifting your spirit.

75 min

UGX 156,000

# BODY SCRUB AND WRAP

## INTENSELY CLEANSING SALT SCRUB - LIME & GINGER (Elemis)

Invigorated, cleansed and polished to perfection – a body exfoliation ritual to invigorate and revitalise the body, leaving the skin deeply cleansed, glowing and vibrant.

30 min UGX 141,000

#### INTENSELY CLEANSING SALT - FRANGIPANI

Luxurious salt scrub melts on contact with the skin to leave it beautifully soft and nourished

30 min UGX 141,000

## MINTY SCRUB (Flemis)

This revitalizing, fresh mint body scrub gently cleanses, nourishes and smoothes the skin leaving it silky smooth.

30 min UGX 141 000

#### **EXOTIC COCONUT RUB AND MILK RITUAL WRAP (Flemis)**

Pure sensuality to enliven the senses – an opulent exotic therapy that leaves the skin smoothed and softened.

45 min UGX 168 000

#### HOT MINERAL BODY BOOST

A revolutionary mineral-rich experience of skin

conditioning, metabolic balancing and energising wellness.

75 min UGX 168,000

#### POLICE POWERED MUSCLE RELEASE

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Painful knots are eased, Tension is dissolved and the skin elasticity is improved.

60 min UGX 160 000

CELLUTOX AROMA SPA OCEAN WRAP (Elemis)

A detoxifying blend to decongest and stimulate the system, combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

75 min UGX 180 000

MUSCLEFASE AROMA SPA OCEAN WRAP (Flemis)

Powerful seaweed for complete muscle relaxation

Drift away while you are cocooned in a comforting wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warm blend of Essential oils, this specialized treatment helps ease aching, tense muscles.

75 min UGX 180,000

## BODY – DETOX AND CELLULITE

### TARGETED TONING TIGHTENER

Cellulite is associated with poor circulation, fluid retention and congested digestive System. A body mask is combined with specialist drainage massage techniques on the hips and thighs to help smooth the appearance of cellulite boost blood circulation and reduce fluid retention, leaving your skin firmer and smoother to touch. In addition, cleansing of the colon through abdominal massage to detoxify the body.

60 min	UGX 203,000
30 min	UGX 90,000

### THOUSANDS FLOWER DETOX WRAP

This treatment provides super skin-health and powerful detoxification, helping stimulate the elimination process and restore equilibrium

60 min	UGX 165,000
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## OWN

### MAISHA COFFEE SCRUB

We use a blend of ground coffee and essential oils to provide a thorough exfoliation and polishing of de-vitalised skin cells while promoting overall wellness. Very uplifting!

30 min	UGX 110,000
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### LI'TYA YANKO

- means song of running water  
An energizing full body exfoliation therapy cleanses the spirit, revitalizes the energy meridians and brings tone and clarity to the skin. Your choice of Australian native aromatic oils is applied to the body, followed by Desert salts to exfoliate and purify your skin. A sensory experience for the body that leaves skin invigorated and spirit revitalized.

30 min	UGX 168,000
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### LI'TYA YANKO JANDELEE

- song of running water on the skin  
An energizing full body exfoliation to recharge and cleanse the skin. Your choice of Austrian native aromatic oils are applied to the body, followed by desert salt to exfoliate and purify your skin, this treatment includes a refreshing facial designed to deep cleanse, smoothen and hydrate the skin followed by a melting scalp massage- A truly superior experience for the face and body to restore energy and refresh the mind.

45 min	UGX 200,000
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### MAISHA INDULGENCE

Body scrub, body wrap and massage.

120 min	UGX 250,000
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# HANDS AND FEET THERAPY

## MIJI POLAMA - little hands/ fingers (Li'tvg)

Rescue tired rough and patched hands with this intensive soothing, and replenishing treatment for hands and lower arms.

30 min UGX 80,000

MARTA POLAMA - means hands/big fingers (Li'tya)

Rescue tired rough and patched hands with the intensive soothing, and replenishing treatment for hands and lower arms- include cuticle work with your choice of nail polish for extra glamour.

60 min UGX 160,000

## MIJI JINA-little footprint (Li'tya)

Soak away tension and treat your soul to this wonderful relaxing and grounding treatment with decent foot massage to rejuvenate the entire body and calm the senses.

30 min UGX 85,000

MARTA JINA - means foot print (Li'tvg)

Soak away tension and treat your soul to this wonderful relaxing and grooming treatment with decent foot massage to rejuvenate the entire body and calm the senses-including cuticle work with your choice of nail polish for the special touch

60 min **UGX 165 000**

## EXOTIC RITUAL GROOMING FOR HANDS (Elemis)

Pure indulgence for hands, may be extended to a 75 min treatment to include a manicure

30 min UGX 83,000

## SOLE DELIGHT GROOMING FOR FEET (Flemis)

A total sensory experience for feet. May be extended to a 75 min treatment to include a pedicure

30 min UGX 83,000

## HANDS & FEET CARE

Amount (UGX)

Creative nails manicure	65,000
French manicure	77,000
Creative nails spa manicure	104,000
Speedy manicure	52,000
Creative nails pedicure	77,000
French pedicure	90,000
Creative spa pedicure	116,000
Speedy pedicure	65,000
Nail enamel change	30,000

## WAXING

Amount (UGX)

Eyebrow shaping	25,000
Upper lip	25,000
Eyebrow tinting	46,000
Chin	46,000
Eyelash tinting	46,000
Upper leg	65,000
Under arm	46,000
Full leg	77,000
Bikini line	104,000
Half leg	52,000
Arms	52,000
Chest or back	77,000

Treatments are available on:

Weekdays

7:00 am to 10:00 pm

Weekends and public holidays

7:00 am to 9:00 pm

Please call the Maisha Spa on (+256 414) 309501 for an appointment or dial Maisha from your room if staying with us.



## TREATMENTS ALSO AVAILABLE AT:

### KENYA

- Maisha Spa at Nairobi Serena Hotel
- Serena Beach Resort & Spa
- Mara Serena Safari Lodge
- Amboseli Serena Safari Lodge
- Sweetwaters Serena Camp
- Kilaguni Serena Safari Lodge
- Serena Mountain Lodge
- Ol Pejeta House
- Lake Elmenteita Serena Camp

### TANZANIA

- Dar es Salaam Serena Hotel
- Lake Duluti Serena Hotel
- Ngorongoro Serena Safari Lodge
- Serengeti Serena Safari Lodge
- Lake Manyara Serena Safari Lodge
- Kirawira Serena Camp
- Mbuzi Mawe Serena Camp
- Selous Serena Camp
- Serena Mivumo River Lodge

### UGANDA

- Maisha Spa at Lake Victoria Serena Resort & Spa

### RWANDA

- Maisha Spa at Kigali Serena Hotel
- Lake Kivu Serena Hotel

### MOZAMBIQUE

- Maisha Spa at Polana Serena Hotel

### ZANZIBAR

- Zanzibar Serena Hotel



KAMPALA SERENA  
HOTEL