

Maisha

THE
MIND, BODY AND
SPIRIT SPA

AT THE
LAKE VICTORIA SERENA
RESORT & SPA

TREATMENT MENU

Ladies





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.

Maisha Club members are eligible for 7.5% discount on all spa services.

All prices are in Ugandan Shilling (UGX) and are inclusive of applicable Government Taxes, Service Charge and Training Levy.

BODY CEREMONIES

All our Rituals or Body Ceremonies treatments start with a 15-minute African Foot Ritual Ceremony as a welcome touch, ends with a hot beanbag to relax the shoulders.

MAISHA HEALING EXPERIENCE

90 minutes

UGX 275,000

Designed deep tissue 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 travellers, 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

UGX 350,000

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

MAISHA INDULGENCE

150 minutes

UGX 430,000

A proudly East African ritual involving a choice of a body polish, wrap and Massage to relax, inspire and transport you to a world of Sensual delight. (Hydrating, detoxifying, stimulating and relaxing)

OBULAMU (WELLNESS)

120 minutes

UGX 350,000

A proudly Ugandan experience with a combination of shea butter and salt polish, seasonal fruits body wrap and an Aromatherapy massage.

COUPLE'S TREAT

90 minutes

UGX 600,000

Relax and unwind with your favorite person. Choose any body polish and a one-hour Aromatherapy or Deep Tissue massage.

MAISHA FEEL GOOD

140 minutes

UGX 503,000

Body polish, a Pinotage facial and either an Aromatherapy or Deep Tissue massage.





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 *90 minutes*
UGX 200,000 *UGX 250,000*

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
4. Grape seed oil.

PURELY MAISHA SWEDISH MASSAGE

60 minutes
UGX 160,000

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



HOT STONE BODY THERAPY

90 minutes

UGX 250,000

Healing massage with the aid of heated volcanic stones.

PURELY MAISHA AROMATHERAPY MASSAGE

60 minutes

90 minutes

UGX 190,000

UGX 240,000

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

SPORTS MASSAGE THERAPY

75 minutes

UGX 230,000

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

FULL BACK MASSAGE

40 minutes

UGX 150,000

A quick fix to alleviate stress, tension, and tiredness.

FOOT THERAPY

60 minutes

UGX 150,000

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.

PEACEFUL PREGNANCY MASSAGE

75 minutes

UGX 210,000

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





HEALING
earth™

HEALING
earth™

HEALING
earth™

KALAHARI MELON
hydrate oil

HEALING
earth™

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

UGX 150,000

Choose from:

- **Hydrating;** Kalahari Melon
- **Detoxifying;** Mongongo Nut
- **Relaxing;** Marula & Neroli
- **Stimulating;** Coffee, Cinnamon & Orange or Maisha Coffee
- **Moisturising;** Maisha Shea Butter and Salt



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

UGX 490,000

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

UGX 490,000

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

90 minutes

UGX 490,000

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

UGX 490,000

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

UGX 300,000

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

UGX 240,000

Choose between the following facial ceremonies to best fit the needs of your skin and provide one of 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

UGX 240,000

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

	<i>Minutes</i>	<i>UGX</i>
UPPER LIP/CHIN WAXING	<i>15</i>	<i>30,000</i>
FULL LEG WAXING	<i>60</i>	<i>90,000</i>
UPPER LEG WAXING	<i>45</i>	<i>70,000</i>
LOWER LEG WAXING HALF	<i>30</i>	<i>70,000</i>
ARM WAXING	<i>30</i>	<i>50,000</i>
UNDERARM WAXING	<i>15</i>	<i>50,000</i>
HALF ARM WAXING	<i>15</i>	<i>45,000</i>
BIKINI LINE	<i>30</i>	<i>60,000</i>
CHEST OR BACK	<i>30</i>	<i>100,000</i>
EYEBROW WAXING	<i>30</i>	<i>40,000</i>

ETIQUETTE & POLICY

MINIMUM AGE

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

SPA RESERVATIONS AND CANCELLATION

Advance booking prior to your arrival is recommended to avoid disappointment. Full payment is required for non-residents. Bookings cancelled or rescheduled 2 hours before appointment time will be charged at 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 15 minutes late for your treatment, your appointment will be given to the next available client.

GROUP BOOKINGS

A 75% deposit is required to reserve treatments for groups of three persons or more.

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 staff 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 30minutes 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 exchange of products.

OPENING HOURS

0600 - 2200 hrs
(Weekdays)

0700 - 2100hrs
(Weekends and Public Holidays)



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