

# 'MAISHA' HEALTH CLUB AND SPA







In a world of shrinking time, information deluge, stress impact and escalating pressure, the need for inner peace is critical. Which is why we are delighted to present the concept of 'Maisha': our 'Mind, Body and Spirit Spa' in Nairobi, which operates in all of our properties.

'Maisha' means 'life' in Swahili and with its spacious state-of-the-art facilities and opulent surroundings our Maisha Health Club and Spa in Kenya is one of Nairobi's finest.



THE LEADING HOTELS  
OF THE WORLD®





Facilities include:

- A 25-metre heated outdoor pool with sun-deck and café service.
- Spa facilities include jacuzzi, steam room, sauna and juice bar.
- State-of-the-art gymnasium with both cardio and isotonic machines.
- Aerobic studio offering classes and workout sessions in: Cardiovascular, Kick-boxing, Zumba, Salsa, Step aerobics, ‘Aero-tone’, ‘Ashtanga Vinyasa’ and ‘Hatha’ Yoga, Pilates, Spinning, ‘Body Pump, Stretch and Sculpture’.
- Four treatment rooms offering a wide range of holistic well-being to include: Elemis Facials, Elemis Deep Tissue Massage, Body Scrub, Body Wrap, Aromatherapy Massage, Hot Stone Massage, Herbal Compress Massage, Tandem Massage, Massage for Mother-to-be, Reflexology, Manicure, Pedicure, Waxing and our Signature indulgences.
- Golf: we can arrange for our guests to play at any of a number of nearby courses including the Royal Nairobi Golf Course and the Railway Golf Course.

# THE SPA

## OPENING HOURS

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





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





## IN ROOM TREATMENTS

### Jet Lag Recovery

A reviving massage that promises to ground and regulate your body schedule. Using aromatherapy oils this treatment will banish jet lag by combining a foot massage to sweep away the sluggish feeling, a back and scalp massage to ease tension and boost circulation.

30 min

Ksh 4,200

### Indian Head Massage

An ancient Ayurvedic therapy for tension headaches, sinus and eyestrain.

30 min

Ksh 4,200

### Foot Pressure Massage

A therapeutic massage that targets our punished zones. Give yourself a break and let us relax your feet.

30 min

Ksh 4,200

### Tension relief massage (back, legs and scalp)

A quick fix to alleviate stress, tension and fatigue.

30 min

Ksh 4,200





## LUXURY BATH MENU

### Relaxing and Calming

Chill out: These calming lavender, mandarin, geranium and marjoram suds are guaranteed to soothe and relax you after the most stressful of day.

Can't sleep? We have the answer: our ultimate restful cocktail of camomile, lavender and neroli oils drift off into a wonderful night sleep

### Elemis Milk Ritual Bath

Capturing the essence of Cleopatra ancient bathing ritual, this opulent bath will leave your skin soft, supple and deeply nourished.

## POOLSIDE TREATS

Surrender to absolute bliss as we pamper you by the poolside. Experience the luxury of rejuvenating with our poolside therapeutic treatment.

### Indian Massage

This ancient technique is done on the head, back and shoulders to improve circulation and ease tension.

### Extremity Teaser

Hands, feet and scalp massage.

### Foot Pressure Massage

A therapeutic massage that targets out most punished zone. Give yourself a break and let us relax your feet.

## TREATMENT MENU

### ELEMIS ADVANCED ANTI-AGEING FACIALS

*These superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequence for the ultimate in scientific skin therapy.*

Elemis Pro-Collagen Age Defy This anti-wrinkle facial slows down the visible signs of ageing, leaving the skin firmer uplifted, more youthful looking appearance.	75 min	Ksh 13,000
Elemis Dynamic Resurfacing Precision Peel Targeting fine lines, wrinkles, acne, superficial scarring and uneven skin bringing a renewed level of evenness and clarity to the complexion.	75 min	Ksh 13,000
Elemis Superfood Pro-Radiance or Marine facials Instantly firms, rejuvenates and pumps the skin, whilst helping to reduce dark circles around the eyes.	75 min	Ksh 10,000
Elemis Pro-Definition Lift & Contour Powerful lifting techniques target sagging jowls, cheeks, chin and neck for the ultimate lift effect	60 min	Ksh 13,000





## ELEMIS ADVANCED PERFORMANCE FACIAL

Elemis Sensitive Skin Soother Immediate comfort to stressed and irritated skin.	75 min	Ksh 9,000
Elemis Anti-Blemish Mattify and Calm A purifying treatment that helps to regulate and rebalance the skin leaving a beautiful matt complexion.	75 min	Ksh 9,000
Elemis Tester Facial An introductory facial that provides a quick pick-me-up for any occasion.	30 min	Ksh 4,200
Elemis Deep Cleanse Facial Suitable for all skin types, this facial includes cleansing, massage, nourishing mask, and moisturizing leaving the skin revitalized.	60 min	Ksh 7,200

## FACE: TECHNOLOGY

*The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven results, visibly healthy, nourished and energised skin.*

## TECHNOLOGY: ANTI-AGEING

### Elemis Biotec Firm-a-lift

60 min    Ksh 14,500

Rediscover the architecture of your face with this groundbreaking blend massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

### Elemis Biotec Line Eraser

60 min    Ksh 14,500

Targets wrinkles and energises the skin towards optimum performance with microcurrent pulses, red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively iron out wrinkles and fills out lines.

### Elemis Biotec Skin Resurfacer

60 min    Ksh 14,500

This revolutionary clinically proven facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.





## TECHNOLOGY: SKIN SOLUTIONS

### Elemis Biotec Radiance Renew

This cellular -boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moistures for instantly clearer and visibly brighter skin.

60 min    Ksh 14,500

### Elemis Biotec Blemish Control

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam and galvanic currents thoroughly decongest and exfoliate. powerful anti-oxidants soothe, while light therapy helps clear the complexion.

60 min    Ksh 14,500

### Elemis Biotec Sensitive Skin Soother

This Anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin ability to repair itself. The result is calm and soothed skin.

60 min    Ksh 14,500

## OTHER ELEMIS TREATMENTS

### MASSAGE

Hot Stone Body Therapy	90 min	Ksh 9,500
Healing massage with the aid of heated volcanic stones.	60 min	Ksh 7,000
	45 min	Ksh 5,800
Deeper than Deep Hot Stone Massage	60 min	Ksh 9,800
Warm basalt stones melt away tension		
Heated stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the muscles, getting into areas of tension for maximum relaxation.		
Herbal Compress Massage	90 min	Ksh 9,800
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.	60 min	Ksh 7,800





## Elemis Freestyle Deep Tissue Massage

An exotic massage that incorporates techniques from ten different cultures.

Choose either:

Stress-A-Way

60 min

Ksh 7,000

Wind down and release the tension of the day.

Spirit Reviver

60 min

Ksh 7,000

A powerful surge to invigorate and recharge.

Chakra Balancing

60 min

Ksh 7,000

Reconnect your mind, body and soul.

Muscle Melt

60 min

Ksh 7,000

Relax and re-energise a tired and aching body.

Elemis Free Style Deep Tissue

90 min

Ksh 9,500

Maximum tension relieving results – specifically targeting the areas of concern.

Synchronized Massage

60 min

Ksh 12,000

Float away as your tension is eased by two therapists working on your body using synchronized movement.



Purely Maisha Aromatherapy Massage	90 min	Ksh 9,200
Therapeutic massage with the use of essential oils to suit your mood.	60 min	Ksh 6,500
Purely Maisha Swedish Massage	90 min	Ksh 8,200
Simply relaxing.	60 min	Ksh 6,200
	30 min	Ksh 4,200
Purely Maisha Deep Tissue Massage	90 min	Ksh 9,200
Work on specific muscle groups. A wonderful relief for stress related tension.	60 min	Ksh 6,500
Sports Massage Therapy	75 min	Ksh 7,500
Experience relaxation on areas of the body that are overused from repetitive and often aggressive movements		
Indian Head and Shoulder Massage	30 min	Ksh 4,200
This ancient Ayurvedic therapy treats the head, neck and shoulders.		
Full Back Massage	45 min	Ksh 5,800
A quick fix to alleviate stress, tension and tiredness.		





Face & Scalp Massage	30 min	Ksh 4,000
Works on the muscular tissues of the face and scalp effectively releasing tension.		

Pregnancy massage adapted to each stage of pregnancy Elemis Peaceful Pregnancy Massage	75 min	Ksh 7,800
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.		

## RITUALS

Absolute Spa Ritual  
The ultimate skin and body therapy for maximum results.  
Two hours of pure bliss!  
Facial combined with the Elemis Deep Tissue Muscle Massage.

With Advanced Anti-Ageing Facial	120 min	Ksh 16,200
With Advanced Performance Facial	120 min	Ksh 15,600



The Serena Aroma Stone Experience

120 min Ksh 14,500

This deeply relaxing and rebalancing treatment uses warm basalt stones to help melt away tension. Combined with Skin Specific Facial, this duo will leave you floating!

Back Cleansing Treatment

30 min Ksh 4,200

The back, a hard to reach area, finally gets the attention it deserves!

Maisha Luxury Bath

Ksh 5,000

A butler drawn aroma bath in the comfort of your own bedroom.

Preparation time 30 mins

Foot Pressure Massage

30 min Ksh 4,200

Eases tired aching feet.

REFLEXOLOGY THERAPY

60 min 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.



## JUST FOR MEN

### TOUCH

*Elemis High Performance Skin Energiser*

*The hard working facials for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongest. Whilst scalp and foot massage deeply relaxing.*


Skin IQ Facial	75 min	Ksh 9,000
Ideal for stressed, dehydrated skin.		

Urban Cleanse Facial	75 min	Ksh 9,000
Deep cleanse and complete skin detox leaving the skin clear and squeaky clean.		

### MEN: TECHNOLOGY

Elemis Biotec Super-Charge Facial for men	60 min	Ksh 14,500
The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism, ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.		





Total Time Out	120 min	Ksh 15,600
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The ultimate indulgence! Select either the Anti-Ageing Elemis Skin IQ or Urban Cleanse Facial.  
Combine with the Elemis Freestyle Deep Tissue Massage.

## EXOTICS

Elemis intensely cleansing salt scrub - Lime and Ginger	30 min	Ksh 5,800
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An exfoliation ritual to invigorate and revitalize the body.

Elemis intensely cleansing salt scrub - Frangipani	30 min	Ksh 5,800
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Pure sensuality to enliven the senses – an opulent exotic therapy that leaves the skin smooth and softened.

Maisha Coffee Scrub	30 min	Ksh 5,000
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An uplifting body exfoliation.

Maisha Indulgence	120 min	Ksh 12,500
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Body scrub, body wrap and massage.

Chocolate Scrub  
An exfoliating to slough away dead skin cells and reveal young glowing skin beneath.

30 min      Ksh 5,800

Chocolate Wrap  
This body wrap will moisturize the skin and boost circulation – chocolate lovers dream!

30 min      Ksh 5,800

Chocolate Body Therapy  
Experience a luxurious chocolate decadence for the body; body scrub, wrap and massage.

120 min      Ksh 15,500

## DETOX

Cellutox Aroma Spa Ocean Wrap  
A detoxifying blend to decongest and stimulate the system.

75 min      Ksh 6,500

Musclease Spa Aroma Ocean Wrap  
Powerful seaweed that helps complete muscle relaxation by easing aching and tense muscles.

75 min      Ksh 6,500





Elemis targeted toning tightener

60 min

Ksh 9,000

Tightening and toning are the pillars of this treatment, a powerful blends of salt, minerals and seaweeds work together to target cellulite and poor skin tone on thighs, hip, abdomen and back of arms. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed.





## GROOMING

Eyebrow shape	30 min	Ksh 1,500
Eyelash tint	30 min	Ksh 2,500
Eyebrows tint	30 min	Ksh 2,000
Upper lip & Chin waxing	30 min	Ksh 2,000
Full leg waxing	60 min	Ksh 3,200
Upper leg waxing	45 min	Ksh 3,000
Half leg waxing	30 min	Ksh 2,500
Arm waxing	30 min	Ksh 2,000
Underarm waxing	15 min	Ksh 1,700
Half arm waxing	15 min	Ksh 1,700
Brazillian wax	30 min	Ksh 3,500
Bikini line	30 min	Ksh 2,000
Chest or back - from	30 min	Ksh 3,200



## HANDS AND FEET CARE

Gel Spa Manicure	75 min	Ksh 3,500
Exotic manicure	60 min	Ksh 2,500
Speedy manicure	30 min	Ksh 1,800
Sole delight pedicure	75 min	Ksh 3,000
Gel Spa Pedicure	75 min	Ksh 3,500
Speedy pedicure	45 min	Ksh 2,000
Gel Polish change	30 min	Ksh 2,200
Gel Polish removal	30 min	Ksh 1,200
Nail Revarnish	20 min	Ksh 1,500



# 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-energies and nourish you.






## DESCRIPTION

<b>Class</b>	<b>Definition</b>	<b>Intensity</b>
Ab-Blast	Abdominal exercises to work your mid-section, gain stability and increase flexibility.	Moderate / High
Aqua-Aerobics	An all-round cardiovascular workout that will let the water take away the high impact and weight of the workout on your muscles.	Low / Moderate
Body-tone	A great cardiovascular workout for all parts of the body. Excellent for trimming and toning.	Moderate
Box-fit	Box-fit is an all level circuit training class. Classes include a strength/cardio workout, boxing techniques, pad work, timed stations, music and lots of fun!	High

## Body toning

<b>Class</b>	<b>Definition</b>	<b>Intensity</b>
Circuit Training	Circuit training is a high intensity workout that uses multiple types of fitness training in short sharp doses.	High
Kick-boxing	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!	High
Pilates	Pilates focuses on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture also relieving stress and tension.	Low / Moderate
Salsa	An energetic, upbeat class, based on Salsa dance steps and taught to pulsing Latin rhythms.	Low / Moderate



<b>Class</b>	<b>Definition</b>	<b>Intensity</b>
Spinning	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.	High
Step Aerobics	An intense aerobics class using the Step. Step aerobics burns more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals, and bums.	Moderate / High
Yoga	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.	Low / Moderate
Zumba	This class is a fusion of Latin and international music – dance themed that create a dynamic, exciting fitness workout – it is a mixture of body sculpting movement with easy to follow dance steps. This is great as a cardio workout.	Moderate

\*Classes are complimentary for all in-house guests ages 18 and older.



## 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
- 8 treadmills
- 3 elliptical machines
- 2 upright bikes
- 2 recumbent bikes
- Spin bikes
- Aerobics studio
- Resistance strength equipment and free weights



## 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.

1. Training kit 1- includes stability ball, skipping rope, exercise mat, dumbbells and wobble board
2. Training kit 2- include Bosu, medicine ball. Mat, resistance bands and skipping rope
3. Training kit 3- include spin bike dumbbells and exercise mat

Personal training services offered in room:

- 30 min express personal training- include 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 boast a fully equipped gym featuring the latest cardiovascular and isotonic machines. Free weights and 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 and our juice bar offers complimentary freshly squeezed fruit juices and herbal teas to re-energies and nourish you.

## OPENING HOURS

0500 - 2200 hrs (weekdays); 0700 - 2100 hrs (weekends and public holidays) - treatments from 0700 - 2200 hrs (weekday) 0700 - 2100 hrs (weekends and public holidays)

## 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 chart or not during treatment is entirely yours.

### SPA PRODUCTS

Home care products to compliment your treatment are available for your 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 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.

