



# Maisha

THE  
MIND, BODY AND  
SPIRIT SPA

AT THE  
KIGALI SERENA HOTEL



TREATMENT MENU

# BODY CEREMONIES

*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.*

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

## **MAISHA HEALING EXPERIENCE**

*90 minutes*

*RWF 100,000*

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*

*RWF 125,000*

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

## **MAISHA INDULGENCE**

*150 minutes*

*RWF 150,000*

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

## **SERENA KUBAHO (Wellbeing)**

*120 minutes*

*RWF 120,000*

A combination of Rwandese relaxing massage, Stimulating coffee scrub and a grape seed facial.

# 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**

*30 minutes*      *60 minutes*  
*RWF 45,000*      *RWF 70,000*

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**

*30 minutes*      *60 minutes*      *90 minutes*  
*RWF 40,000*      *RWF 60,000*      *RWF 75,000*

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

## **INZIZA (SPLENDOR)**

*60 minutes*      *90 minutes*  
*RWF 55,000*      *RWF 70,000*

Simply relaxing Rwandese Massage by use of grapeseed oil that leaves your body feeling Magnificent!

## **HOT STONE BODY THERAPY**

*60 minutes*      *90 minutes*  
*RWF 75,000*      *RWF 90,000*

Healing massage with the aid of heated volcanic stones.

## **PURELY MAISHA AROMATHERAPY MASSAGE**

*30 minutes*      *60 minutes*      *90 minutes*  
*RWF 40,000*      *RWF 65,000*      *RWF 85,000*

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

## **INDIAN HEAD AND SHOULDER MASSAGE**

*30 minutes*

*RWF 40,000*

This ancient Ayurveda therapy treats the head, neck and shoulders while seated.

## **FULL BACK MASSAGE**

*45 minutes*

*RWF 50,000*

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

## **JETLAG EASER**

*45 minutes*

*RWF 40,000*

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated and massaged. Feet are left nourished, soft, and smooth.

## **FACE & SCALP MASSAGE**

*30 minutes*

*RWF 40,000*

Works on the muscular tissues of the face and scalp effectively releasing tension.

## **PEACEFUL PREGNANCY MASSAGE**

*75 minutes*

*RWF 76,000*

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.

## **FOOT THERAPY**

*60 minutes*

*RWF 55,000*

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.



## 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).

*30 minutes*

*RWF 45,000*

### **Choose from:**

- Hydrating; Kalahari Melon
- Detoxifying; Mongongo Nut
- Relaxing; Marula & Neroli
- Stimulating; Coffee, Cinnamon & Orange
- Stimulating; Maisha coffee

## 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*

*RWF 160,000*

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*

*RWF 160,000*

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 HYPER PIGMENTATION SOLUTION - YOUTHFUL BRILLIANCE FACIAL PEEL

*90 minutes*

*RWF 160,000*

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*

*RWF 160,000*

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*

*RWF 115,000*

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*

*RWF 95,000*

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*

*RWF 85,000*

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>RWF</i>
<b>UPPER LIP</b>	15	10,000
<b>CHIN WAXING</b>	15	10,000
<b>FULL LEG WAXING</b>	60	40,000
<b>UPPER LEG WAXING</b>	45	25,000
<b>LOWER LEG WAXING</b>	30	25,000
<b>ARM WAXING</b>	30	20,000
<b>UNDERARM WAXING</b>	15	20,000
<b>HALF ARM WAXING</b>	15	15,000
<b>BIKINI LINE</b>	30	25,000
<b>CHEST OR BACK</b>	30	40,000
<b>EYEBROW WAXING</b>	30	20,000
<b>FACE WAX</b>	45	30,000

## POLICY & ETIQUETTE

### **MINIMUM AGE**

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

### **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, American Express and Mobile Money.

### **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.

*All prices are in Rwanda Francs and are inclusive of applicable Government Taxes, Service Charge and Training Levy.*

## OPENING HOURS

0700 - 2130 hrs  
(Weekdays)

0700 - 2100hrs  
(Weekends and Public Holidays)

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



**KIGALI SERENA**  
HOTEL

Maisha Spa  
Kigali Serena Hotel  
KN 3 AV. | P.O.Box 7469, Kigali - Rwanda  
Tel: +250 788 184 500  
Email: [maisha.kigali@serenahotels.com](mailto:maisha.kigali@serenahotels.com)  
[www.serenahotels.com](http://www.serenahotels.com)

