



TREATMENT MENU







# Maisha

THE  
MIND, BODY AND  
SPIRIT SPA



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.

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.

# Body Ceremonies

## MAISHA HEALING EXPERIENCE

*90 minutes*

*Ugx 315,000*

Designed 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 travelers, 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= 405,000*

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

## MAISHA INDULGENCE

*150 minutes*

*Ugx 400,000*

A proudly East African ritual involving a choice of body polish, wrap and massage to relax, inspire and transport you to a world of sensual delight.

## CHOCOLATE WRAP

*30 minutes*

*Ugx 180,000*

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





# 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 240,000	Ugx 360,000

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

## **PURELY MAISHA SWEDISH MASSAGE**

60 minutes	90 minutes
Ugx 210,000	Ugx 315,000

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

## **HOT STONE BODY THERAPY**

90 minutes
Ugx 360,000

Healing massage with the aid of heated volcanic stones.

## **PURELY MAISHA AROMATHERAPY MASSAGE**

60 minutes	90 minutes
Ugx 240,000	Ugx 360,000

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

## **INDIAN HEAD AND SHOULDER MASSAGE**

30 minutes
Ugx 135,000

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



## FULL BACK MASSAGE

*45 minutes*

*Ugx 174,000*

A quick fix to alleviate stress, tension and tiredness.

## SPORTS MASSAGE THERAPY

*75mins*

*Ugx 270,000*

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

## JETLAG EASER

*45 minutes*

*Ugx 150,000*

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*

*Ugx 120,000*

*60 minutes*

*Ugx 200,000*

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

## FOOT THERAPY

*30 minutes*

*Ugx 120,000*

*60 minutes*

*Ugx 200,000*

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.

## FACE & SCALP MASSAGE

*30 min*

*Ugx 120,000*

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

## *Peaceful Pregnancy Massage*

*75 min*

*Ugx= 350,000*

Pregnancy massage adapted to a specific stage of pregnancy; This inspirational therapy connects mother and baby through the power of touch. The nurturing massage was specially designed for mother to be using our African Potato Balm, releases tension in your lower and upper back, alleviates swelling on hands and feet promoting relaxation whilst uplifting your spirit.





# 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,
- Detoxifyin; Mongongo Nut,
- Relaxing; Marula & Neroli
- Stimulating; Maisha coffee or coffee cinnamon & Orange
- Soothing; Chocolate scrub
- Energising; Maisha lemon shea salt





# Facials

*At Maisha, we push back the boundaries of skin aging and your skin transformation awaits!*

*Our Facial Solution treatments listed below include expert peels, developed by the creators of the original Glycolic Peels and customized by your aesthetician for your specific skin concerns.*

## **OUR ACNE SOLUTION - REBALANCE FACIAL PEEL**

*90 minutes*

*Ugx 561,000*

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 561,000*

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*

*Ugx 561,000*

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 561,000*

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

Ugs 339,000

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.



## ADVANCED MEN'S FACIAL CEREMONY

60 minutes

Ugx 276,000

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.

## HEALING EARTH TAILORED FACIAL JOURNEY (PINNOTAGE FACIAL)

60 minutes

Ugx 276,000

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.





## Grooming

EYEBROW SHAPE	30 minutes	Ugx 45,000
EYELASH TINT	30 minutes	Ugx 90,000
EYEBROWS TINT	30 minutes	Ugx 90,000
UPPER LIP	15minutes	Ugx 45,000
CHIN WAXING	30 minutes	Ugx 60,000
FULL LEG WAXING	60 minutes	Ugx 108,000
UPPER LEG WAXING	45 minutes	Ugx 90,000
HALF LEG WAXING	30 minutes	Ugx 75,000
ARM WAXING	30 minutes	Ugx 60,000
UNDERARM WAXING	15 minutes	Ugx 60,000
HALF ARM WAXING	15 minutes	Ugx 52,000
BIKINI LINE	30 minutes	Ugx 104,000
CHEST OR BACK - FROM	30 minutes	Ugx 120,000

## Hand and Feet Care

SPA MANICURE	60 minutes	Ugx 65,000
SPEEDY MANICURE	30 minutes	Ugx 52,000
SPA PEDICURE	90 minutes	Ugx 116,000
SPEEDY PEDICURE	30 minutes	Ugx 65,000
NAIL ENAMEL CHANGE	15 minutes	Ugx 30,000
GEL REMOVAL	30 minutes	Ugx 65,000





# Maisha Etiquette and 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.

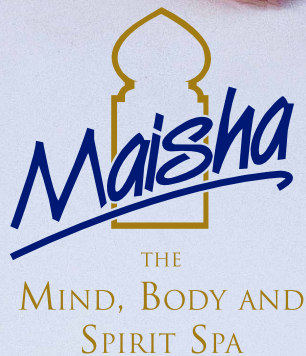
## Consultation

Please arrive 30 minutes 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.





We are open Monday-Sunday;  
07:00 AM - 09:00 PM (Weekdays, Weekends and Public Holidays)

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