



LAKE VICTORIA SERENA
GOLF RESORT & SPA



THE
MIND, BODY AND
SPIRIT SPA

SPA MENU

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.



BODY CEREMONIES & MASSES

Couple's Treat

90 minutes | UGX 600,000

Relax together with a scrub and any signature massage.

Maisha Feel Good Package

150 minutes | UGX 503,000

Ultimate pampering: scrub, Pinotage facial, a signature massage.

Obulamu Experience

120 minutes | UGX 350,000

Ugandan ritual: Shea and Salt scrub, fruit wrap, Shea Butter massage.

Birthday Package

180 minutes | UGX 620,000

Celebrate with a hot stone massage, mini facial, wrap and scrub.

Hot Stone Body Therapy

60 minutes | UGX 250,000

90 minutes | UGX 280,000

Healing massage with the aid of heated volcanic stones.

The Big 5 Massage

90 minutes | UGX 250,000

Experience the essence of Africa with our signature aromatherapy blends inspired by the African Big 5 animals— *Tranquil, Painkiller, Pick-Me-Up, Chill, or Spoil.*

Healing Earth Massage

60 minutes | UGX 220,000

90 minutes | UGX 250,000

A signature full-body massage using *Healing Earth* aromatherapy oils to ease muscle tension, nourish the skin and promote deep relaxation. Choose *Condition & Hydrate, Detox & Uplift, or Relax & Destress.*

Peaceful Pregnancy Massage

60 minutes | UGX 200,000

Pregnancy massage adapted to specific stage of pregnancy.

Swahili Therapy

90 minutes UGX 320,000

Coastal experience including a soothing massage and a nourishing body wrap.

BODY SCRUB

45 minutes | UGX 170,000

Gentle exfoliation for smooth, soft skin. Choose from Maisha Coffee Scrub or Shea & Salt Scrub.



FACIALS

NeoStrata Rebalance Facial

90 minutes | UGX 390,000

Gentle detox treatment clears pores, brightens skin.

NeoStrata Total Correct Facial

90 minutes | UGX 390,000

Dynamic ritual is ideal for acne/blemish prone skin.

NeoStrata Youthful Brilliance Facial

90 minutes | UGX 390,000

Brightens complexion, evens tone for radiant youthful skin.

NeoStrata Barrier Strengthening Facial Peel

90 minutes | UGX 390,000

Ideal for sensitive, dry, rosacea-prone skin.

High Performance

90 minutes | UGX 300,000

Age-defying and formulated for cellular rejuvenation.

Men's Facial Ceremony

60 minutes | UGX 300,000

Deep-cleansing men's facial with antioxidant-rich Pinotage grape therapy.

Pinotage Facial

30 minutes | UGX 160,000

60 minutes | UGX 240,000

Add moisture and rejuvenate tired skin to give you a glow.

GROOMING

	Minutes	UGX
Chest / Back Waxing	30	100,000
Full Leg Waxing	60	90,000
Half Leg Waxing	30	70,000
Bikini Line	30	60,000
Underarms	15	50,000



ETIQUETTE & POLICY

SPA EXPERIENCE

Experience a journey of relaxation and wellbeing with treatments tailored to your individual needs. When making your reservation, please advise us of any medical conditions, allergies, injuries, or pregnancy that may affect your treatment.

ARRIVAL & CONSULTATION

Please arrive 30 minutes before your appointment to complete a Guest Consultation Form and enjoy the spa facilities. This consultation allows you to advise your therapist of any medical history or concerns so your treatment can be safely tailored to your needs. Late arrivals will receive the remaining treatment time but will be charged the full treatment fee. Appointments delayed by more than 15 minutes may be released to the next available guest.

BOOKINGS & CANCELLATIONS

Individual Bookings

Full payment is required to confirm all reservations. Cancellations or rescheduling made within 6 hours of the appointment will incur a 50% cancellation fee. No-shows will be charged 100% of the treatment value.

Group Bookings

Reservations for three or more guests require a 75% deposit. Amendments or cancellations must be made at least 24 hours in advance. Cancellations made within less than 24 hours will result in forfeiture of the deposit.

SPA ETIQUETTE

To preserve the tranquil spa environment, we kindly request that guests speak softly, silence mobile phones, and refrain from photography unless authorised by management. Smoking and the consumption of alcohol are prohibited within the spa. We also recommend avoiding heavy meals or alcohol before your treatment.

SPA ATTIRE & VALUABLES

Bathrobes, slippers, disposable underwear, and complimentary spa amenities are provided for your comfort. Please leave jewellery and valuables at home or in your room, as management cannot accept responsibility for lost or damaged personal items.

HEALTH & SAFETY

Guests must be 18 years or older to access the spa or gym. Massage and stimulating treatments are not recommended during the first trimester of pregnancy. Guests with high blood pressure, heart conditions, allergies, or other medical conditions are advised to seek medical advice before receiving treatments.

GIFT VOUCHERS

Gift vouchers for spa treatments are available for purchase. Please contact Spa Reception for further information.

REFUNDS & EXCHANGES

Treatment packages, memberships, series, and gift vouchers are non-refundable and non-transferable. Retail products may be exchanged with a valid receipt. Unused portions of treatment packages cannot be exchanged or transferred.

Disclaimer

The spa treatments, services, and facilities at Maisha Spa are designed for relaxation and wellness purposes only and are not a substitute for professional medical care. Guests are kindly reminded to seek medical advice for any health concerns and agree to hold Maisha Spa harmless in this regard.

Exclusive Spa Privileges:

Maisha Club Members 7.5% and Resort Residents 5% off all spa treatments.

OPENING HOURS

Weekdays:

11:00 AM – 10:00 PM

Weekends/Public Holidays:

11:00 AM – 9:00 PM

FOR BOOKINGS

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