



Maisha Spa & Health Club

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To enter Maisha Spa is equal to stepping into a haven of serenity. A rare space where you can entirely relinquish yourself to our highly professional therapists exclusively dedicated to your well-being.

Located on the 2nd, 3rd and 4th floors of the fabulous Serena Hotel, we have dedicated an area of 35,000 square feet to this state-of-the-art facility providing an exquisite environment combined with the natural elements of fire, water, wood, earth and metal essential for the perfect balance of Yin and Yang. This luxurious sanctuary comprises of a Yoga and Pilates Studio, a Hi-tech fitness centre, with latest cardiovascular and weight training equipment, including treadmills, step machines, cardio bikes, weight machines, and free weights.

The Spa also features a Zen space with 10 treatment suites, each with their own private bathroom and rain shower facility.

Upon arrival, you will embrace retreat to your individual spa room or choose from a unique blend of aquatic experiences in the Vitality Lounge. Through ancient rituals and exotic treatments, you will experience great revival of your body, mindset and spirit.

Whether you come to enhance your outward appearance, or restore your inner well-being, Maisha invites you to experience internationally acclaimed quality products with exceptional service in a unique setting.

Massage Therapies

Maisha Fusion Massage

This signature treatment fuses together powerful massage practices from around the world. The treatment exclusively focuses on restoring your health, relieving jet lag, easing muscle pain and calming your overall feeling of weariness.

90 min

Balinese Massage

Inspired by the Balinese traditions, this ritual utilizes techniques that vary in tempos of acupressure, rolling motions, long strokes and percussion providing an invigorating and energizing experience for your body.

60 min / 90 min

Essence Aromatic Massage

A gentle massage technique performed to encourage overall relaxation using a special blend of fragrant oils. Nurturing palm strokes discard tension and calm the senses. This pampering experience brings balance to the body, mind, and spirit.

60 min / 90 min

Shiatsu Massage

This is a dry massage technique that has been practiced for thousands of years throughout Asia. The term Shiatsu literally means ‘finger pressure’ in Japanese. It is performed to alleviate muscle fatigue and tension by applying pressure to specific points along the energy meridians of the body

60 min / 90 min

Thai Massage

It is described as ‘Yoga Massage’ for its stretching and bending movements. This is ideal for anyone who desires increased energy flow and flexibility.

90 min

Reflexology

Release stress and tension by having the reflex points of your feet stimulated followed by a shoulder massage. Your Therapist will apply pressure to the soles of the feet that correspond with different body organs. This restores depleted energy levels and encourages overall good health.

30 min / 60 min

Relaxation Massage (Head and Shoulders or Back)

An invigorating massage treatment that essentially focuses on the key stress areas of the body, this treatment is ideal for unwinding after a long day of business dealings.

30 min / 60 min

Sports Massage

This massage technique focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas.

60 min / 90 min

Four Handed Massage

If two hands are better than one, then it stands to reason how divine four hands will be. This treatment utilizes two therapists working together to bring you elevated relaxation and physical balance.

60 min

Pregnancy Massage

Relieve yourself from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage focuses specifically to the changes in your body and works to ease your discomfort, reduce swelling and help lower stress.

60 min

Herbal Compress

Inspired by Thai healing traditions, our warm compress, containing a parcel of 14 medicated herbal ingredients, is applied to the whole body using an acupressure technique. The herbs help to increase one's energy, improve the immune system and lung function while acupressure stimulates blood circulation and releases muscle tension.

90 min

Facial Care

Warm Stone Massage

Heated stones are used to enhance a nurturing head-to-toe tissue massage. Tensions melt away as a warm sensation penetrates the muscles to release stress, provides relief from pain and evokes deep relaxation. This treatment promotes physical, mental and even spiritual wellbeing.

90 min

Shirodhara

This 5000-year-old Indian therapy is physically rejuvenating, mentally refreshing, and just pure heaven. Following an Ayurvedic pressure massage, experience perfect calmness and tranquility as a stream of specially blended, warmed medicated oils pour softly onto the third eye transporting your mind and body into a state of deep relaxation. Shirodhara deeply relaxes the nervous system, lowers metabolism, integrates brain function and induces mood stability.

90 min

For all our facial treatments, we incorporate the internationally acclaimed product line from Dr Howard Murad, a board certified dermatologist labeled “Father of Internal Skincare”. His line of skincare products are a scientifically proven solution based on the Water Principle, the process of replenishing the lost water in our cells and focuses on making our skin and bodies healthy and beautiful.

Environmental Shield Facial

This is our most popular facial for those experiencing sun damage and pigmentation. It delivers pure vitamin C directly into the skin for maximum results restoring clarity, texture, elasticity, and firmness while fading pigmentation and smoothing out fine lines and wrinkles.

90 min

Resurgence Facial

Regain a youthful, luminescent glow with this luxurious dual-mask facial – the perfect remedy for dry skin, loss of elasticity, dullness, and / or hormonal breakouts. Avocado oils and shea butter provide immediate hydration to restore suppleness, texture, and tone, while AHA, fruit enzymes, soybean and clove promote cellular renewal.

90 min

Men’s Facial

This exclusive facial treatment is designed for men with stressful work schedules. It focuses on soothing the effected skin that has been damaged by sun exposure or shaving, deep cleaning clogged pores and reducing ingrown hair or breakouts.

90 min

Bath Rituals

Redness Therapy

Soothe and neutralize Rosacea-like redness and sensitive skin with this breakthrough treatment. This facial involves no steam or extractions, allowing sensitive skin to benefit from the application of two deeply calming facial masks. The patented formulas of this treatment feature unparalleled antioxidant and anti-inflammatory benefits to cool skin on contact, instantly alleviate redness and restore hydration.
75 min

Acne Facial

This professional strength acne treatment is scientifically formulated to improve skin clarity and reduce acne blemishes while soothing redness and inflammation. Whether it is severe acne or occasional hormonal breakouts, this treatment is ideal for soothing irritated skin. It combines exfoliating natural fruit enzymes, antioxidants, and hydrating agents to open clogged pores for deep cleansing and extraction without irritation.
75 min

Back Glow Facial

This calming 'back facial' deeply cleans, balances and normalizes problem areas in your back that are hard to reach otherwise. This treatment is designed to improve the appearance of blemished skin, uneven skin tone and relieve your back's stressed looking meridians.
75 min

This bath experience is available within the privacy of your own room. Our Spa butler will come in 30 minutes prior to prepare the bath and design it for your specific relaxation need.

Hydrating Milk Bath

Renew, clarify and calm the spirit while soothing and moisturizing your body with rich milk protein.

Tranquility Soak

Immerse yourself in our mineralizing sea salts with soothing lavender essential oils to escape the stress of daily life.

Aromatic Flower Bath

The exotic aromas and relaxing flower bath helps to balance your mind, body and spirit.

In Sickness and In Health

Warming oriental ginger energizes the body and revives a tired mind.

Personalize your Choice of Treatment

Please choose your desired option from the following:

Scrub

Lightening and Brightening : Coconut and Milk
Deep and dirty : Coffee and Cacao
Comfort and Cleansing : Ginger, Lemon, Sea Salt
Gentle & Invigorating : Chocolate and Vanilla

Mask

Lightening : Coconut and Milk
Detoxification : Coffee and Cacao
Warming : Ginger, Rice powder, Honey
Glowing : Chocolate and Vanilla

Treatment Enhancers

Add a little something extra special to your spa journey with any of these therapeutic experiences.

Revitalizing Eye Treatment

This little gem can be taken in combination with your facial or on its own. Botanical extract revitalizes and tones the eye area in order to calm, relax, and soothe your eyes. A true blessing for tired, jet-lagged or irritated eyes, reducing puffiness and dark shadows.

20 min

Wrinkle Relax

Essential proteins and collagen enhancers are infused into skin to diminish fine lines and wrinkles around the eye

20 min

Massage

This treatment is specific to the head and helps stimulate the scalp and hair follicles. You can also choose between other body areas such as the Back, Feet, Hands, Arms, Neck and Shoulders

15 min

Ear Candling

This sensitive treatment focuses on improving your hearing, balance, mental clarity and even your sense of taste by removing the blockages from the ear canal.

30 min

Hydrotherapy

Salt Scrub and Vichy Shower

This treatment begins with a unique sea salt body exfoliation leaving the skin revitalized and serene. Following this, strategically positioned showerheads dispense temperature controlled water encouraging blood circulation and applying stress releasing pressure.

90 min

Raindrop Ritual

Lie back and enjoy a full skin and body brushing followed by a relaxing massage before surrendering to the warm vichy rain shower experience.

90 minutes

Raindrop Body Wrap

Begin your journey with the invigoration of a full dry body brush that will provide your skin with the ability to better absorb the purifying qualities of your body wrap. Concluding with a therapeutic Vichy rain shower experience you will feel completely re-energized.

60 minutes

Hydrotherapeutic Floral Jacuzzi

This treatment begins with a 45 minute body massage followed by a sensuous oil-infused bath treatment in a petal-filled Jacuzzi. The aromatic healing properties of essential oil and massage will leave you calm and rejuvenated.

90 min

Marine Sea Salt Jacuzzi

This is a unique bath experience, rich in minerals and sea salts, providing an invigorating experience for your body. It focuses on deeply purifying your body, relieving tension and reducing muscle aches and water retention.

90 min

Herbal Detoxification Jacuzzi

This is ideal for sensitive skin because it combines traditional remedies used to improve blood circulation, reduce muscular and joint aches and provide ultimate relaxation.

90 min

My Body

Personal Trainer

Our personal trainer tailors every fitness workout customized to your unique body and your individual health fitness goals. Each of the personal training workouts optimizes your time to maximum your results.

Group Classes

Different group classes such as circuit training, free weight training, kick boxing, cross training, and numerous other health-related activities are available. Be sure to contact the reception to reserve a place.

Hair Dresser / Beauty Salon

Maisha provides a top-to-toe treatment for your hair and grooming needs. For a detailed service and price list, please refer to the attachment.

Spa Boutique

Maisha spa features a wide array of retail collection available for our guests. You can choose between hair care and therapeutic products, swimming costumes, OPI nail care, Clarins Make up and much more.

Spa Etiquette

We value our reputation as a professional spa providing not only excellence in technical services, but creating an atmosphere of genuine caring and concern for your well-being. As a responsible business, we value your feedback and are here to answer any query that you may have.

Reservations and Cancellation

Reservations can be made at the Maisha Reception in person or via telephone. We suggest that appointments are scheduled at least one day in advance to obtain your preferred time.

Should you wish to cancel your appointment, please call in 4 hours prior to your scheduled appointment otherwise a 50% cancellation fee will apply. A 100% charge will be applied to no shows.

Arrival

We recommend that you arrive 15 minutes prior to your scheduled time in order to relax, take in the facility, settle in and prep for your treatment. You will also be asked to fill out a confidential pre-treatment questionnaire during this time. This is to check for possible contra-indications to any treatment.

Valuables

The Maisha provides changing rooms and lockers for all our guests. However, we still advise that you do not to bring any valuables to the Spa. We accept no responsibility for the loss of money or valuables of any kind.

Client Care

At the time of booking, please express whether you prefer a male or female Spa Therapist. All of our Spa Therapists are highly trained in discreet draping techniques to ensure your personal comfort at all times.

Admission

Complimentary use of changing room facilities, swimming pool and gym is available to all hotel guests.

Hours of Service

Treatments : 10.00 a.m - 10.00 p.m (7 days a week)
Last booking is at 09.00 p.m.
Gym : 06.00 a.m - 10.00 p.m
Swimming Pool : 06.00 a.m - 10.00 p.m

In-Room Services

Only bath rituals are available in the privacy of your hotel room. All other services are provided at the Maisha.



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