

## Opening Hours

Monday	Closed
Tuesday	9am - 9pm
Wednesday	9am - 9pm
Thursday	9am - 9pm
Friday	9am - 6pm
Saturday	9am - 5pm
Sunday	9am - 4pm

Opening times may be subject to change and we can open for special occasions and private bookings.

## Terms & Conditions:

- Prices and opening times are correct at time of going to print but are subject to variation without notice.
- Please read our cancellation policy.



## TREATMENT GUIDE

Located in:  
Clements Hall Leisure Centre,  
Tel 01702 203331

# SERENITY

The Award winning Serenity Spa is based upon a simple philosophy - 'excellence in simplicity'.

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Our vision is to deliver good service, quality treatments through a collection of skilled people who do simple things, brilliantly. All of Serenity's treatments focus on creating optimum skin health and body wellness.

### Cancellation Policy

We require 24hrs notice otherwise, regrettably a fee of 50% may be charged to you. This applies to all treatments and promotional offers. Cancellation fees will be payable prior to any future bookings.

### Gift Vouchers available

### Customer Service:

We are passionate in our pursuit of excellence. If you have any thoughts or comments on our standards and service levels we would be pleased to hear from you: [info@serenitythespa.co.uk](mailto:info@serenitythespa.co.uk).

### Loyalty Scheme

Regular customers to Serenity enjoy a host of discounts and special offers. To join our loyalty scheme please ask at Reception.

Thank you  
We look forward to your custom.  
Emma

## FACE AND EYE THERAPY

Dermalogica incorporates face mapping technique, analysing your skin to create the perfect treatment. We can adapt your facial to the following treatments:

Age smart – Chroma white - Clean smart - Intensive moisture - Sensitised and Medi bac.

### Touch Therapies (10 min) £10

Choose one of the following to customise your Facial to meet your individual needs: Eyebrow shape, Shoulder and neck massage, Foot massage, Scalp and neck massage, hand massage and Eye rescue mask.

Express Facial with 1 touch therapy (30 min) £30

Classic Facial with 1 touch therapy (45 min) £37

Deluxe Facial with 2 touch therapies (60 min) £42

Ultimate Facial with 3 touch therapies (75 min) £47

Natural Face lift massage (30 min) £32

Using Age smart range this treatment involves a 20min lifting massage to firm and tone the facial muscles.

Diamond Peel Dermabrasion (30 min) £40

Using tiny diamonds to remove layers of dead skin cells. This treatment targets: sun damage, pigmentation, open pores, congestion, acne scarring and fine lines.

Course of 6 £210

Diamond Peel Facia (60 min) £55 Course of 6 £300

Incorporating Dermabrasion, face and shoulder massage, hydrating mask and a touch therapy. This is the ultimate treatment to reveal radiant youthful skin.

Eye Rescue (30 min) £20 Course of 5 £85

Revitalises tired eyes and helps dark circles with a unique blend of vitamins and firming botanicals.

Bright Eyes (30 min) £35 Course of 5 £155

Using tiny diamonds to target fine lines and wrinkles to visibly smooth, and firm the eye area to leave radiant.

Patch tests are required 24 hrs before tinting on the first visit and if over a year between treatments.

Eyelash Tint (30 min) £12

Eyebrow Tint (15 min) £10

Lash and Brow Tint (45 min) £20

Eyelash Perm and Tint (1hr 30) £38

False eyelashes – full set (1hr) £85

Semi Permanent Makeup (1hr) From £300

Can be achieved on the eyes, lips and eyebrows For this service preferred method of payment is cheque or cash.

## BODY THERAPY

Mineral Rich Salt Glow (30 min) £28

Aromatic essential oils and natural smoothing enzymes exfoliate the skin leaving a natural glow and a smooth finish followed by a conditioning body cream.

Bodyfoliation Therapy (30 min) £28

Using microfoliation and aromatherapy oils to gently remove dead skin cells and nourish the skin. Ideal for premature ageing or sensitised skin.

Mud Massage Therapy

A nourishing sea mud massage to detox and condition the skin. Not suitable during pregnancy.

Back (30 min) £30

Full Body including shower (60 min) £45

Deep Cleansing Back Treatment (45 min) £35

A wonderful cleansing treatment for a hard to reach area producing silky soft skin. Includes an aromatherapy massage to relieve stress.

Seaweed Wrap (60 min) £42 Course of 6 £225

We begin with body mapping followed by a detoxifying and exfoliating mineral rich treatment sealed in a warm and relaxing wrap followed by a head/ face or foot massage leaving the skin smooth and supple.

Power recovery Wrap (60 min) £42 Course of 6 £225

We begin with body mapping followed by an exfoliation and then infused into a thermal wrap revealing deeply hydrated skin and including a face/ scalp or foot massage.

Serenity's Ultimate Body Treatment (90 min) £65

Customise your 90 minute treatment starting with an all over body exfoliation, followed by a 20 minute massage and Seaweed or a Power recovery Wrap and a face/ scalp or foot massage.

Stimulating leg and Thigh Treatment (45 min) £32

A detoxifying legs and buttock treatment to improve circulation and appearance. Includes body brushing, exfoliation, and massage for stimulation, followed by a mineral mud poultice to leave you feeling refreshed and confident in your appearance. Includes touch therapy and lifestyle advice.

Course of 6 £165

## MASSAGE AND RELAXATION

### Swedish Massage

Enjoy a relaxing aromatherapy massage to relieve stress and tension.

Back, Neck & Shoulder	(30 min) £27
Full Body	(60 min) £42
Full Body + Face	(1hr 15min) £48
Indian Head Massage	(30 min) £27

This treatment uses pressure point and drainage massage techniques to alleviate head, neck and shoulder tension.

### Sports Massage

Designed to re-align the body, this deep tissue massage can improve posture and relieve chronic tension in tight muscles.

Sports Back	(30 min) £28
Sports Full Body	(60 min) £45

### Reflexology (45 min) £32

A truly relaxing, yet very therapeutic treatment using pressure point techniques and massage of the feet.

### La Stone Therapy

This massage treatment uses the application of hot stones to bring balance and healing emotionally, physically and mentally.

Back, Neck and Shoulders	(40 min) £30
Full Body	(70 min) £48

SAVE 10% on a course of six massages.

### Tui Na Massage (1hr consultation/treatment) £45

Massage using Traditional Chinese Medical diagnosis to treat the root cause, as well as the presenting symptoms of disease - tailored to each individual. Treatment may include: massage techniques, cupping, gua sha and herbal liniments or ointments to promote health and wellbeing.

### Hypnotherapy (1hr) £40

This treatment enables you to reach the subconscious part of the psyche, helping to resolve difficulties. This can assist with: Weight control - Stress - Smoking - Nerves - Confidence - Phobias.

### Reiki (1hr) £30

A healing treatment to relieve stress and increase relaxation. The treatment works on your physical, mental, emotional and spiritual levels.

## SERENITY RITUALS

Our rituals are designed to relax, unwind and take the time out that you deserve. Each one tailored to individual needs so make your choice, relax and let the experience begin....

### Teenage Therapy (1hr) £45

Designed for younger clients using the NEW clean smart range, incorporating an Express Facial to cleanse and completed with a purifying back treatment.

### Ocean Riches (2hrs) £78

A mineral salt glow is applied to reveal smooth skin, followed by a luxury pedicure to condition and revive the feet and drift away with our Indian Head massage.

### Bridal Therapy (2hrs 30 min) £75

Revitalise your skin with a Classic Face Treatment, enhance your eyes with an eyebrow shape and eye lash tint, and give your nails the perfect finish with our express manicure and pedicure.

Patch test for tinting is required 24 hours before treatment.

### Serenity Party Pamper (2hrs) £83

A pre party experience to get you prepared for that special event. Your skin is polished with our bodyfoliation followed by Diamond peel dermabrasion to brighten the skin and completed with the perfect polish on your fingers and toes.

### Mother To Be Ritual (2hrs 45 min) £85

Relieve your tired feet with a super deluxe pedicure, followed by a 'le Remedi' treatment to smooth and firm the hands and finished with our Deluxe Face Treatment to relax and revitalise the skin.

### Essential Vitality (2hrs 30 min) £80

The journey commences with la stone Back massage, followed by an Express manicure and pedicure and finish with our Classic facial.

### Journey to Indulgence (2hrs) £90

Begin with Bodyfoliation Therapy, then relax with our full body mud massage to conclude enjoy our Express Face treatment.

### Tranquillity Together (1hr 30 min) £100 (£50 pp)

This ritual is perfect for sharing time with a friend or partner. Begin with calming Back massages and follow with our luxury manicures, in the same room

## HAND AND FOOT THERAPY

Jessica is a system that is able to help treat every nail type, using customised base coats and layers to give you the ultimate nail care treatment.

### Express Manicure (30 mins) £13

This express treatment involves nail shaping, tidy of the cuticles and a polish to give a perfect finish.

### Standard Manicure (45 min) £23

This hand and nail therapy incorporates nail shaping, massage and cuticle treatment and a polish to give a perfect finish.

### Luxury Manicure (1hr) £28

Combining the standard manicure and 'le Remedi' hand treatment to make the hands feel silky smooth and totally refreshed, completed by the perfect polish

### Super deluxe Manicure (1hr 15 min) £35

The ultimate hand treatment incorporating 'le Remedi' and heated mittens, this luxurious manicure improves condition and soothes stiff joints and the choice of a mini polish, hand cream or nourish to take home.

### Express Pedicure (30 min) £15

This express treatment involves nail shaping, tidy of the cuticles and a polish to give a perfect finish.

### Standard Pedicure (45 min) £28

This foot and nail therapy is performed on a couch and involves exfoliation, massage and cuticle treatment and finishing with the perfect polish.

### Luxury Pedicure (1hr) £35

With our NEW Pedi spa chair, this complete foot and leg treatment includes the standard pedicure and a revitalising foot mask to leave the feet feeling silky soft and finished with the perfect polish.

### Super deluxe Pedicure (1hr 15 min) £40

With our NEW Pedi spa chair, this ultimate luxurious treatment combines a full Pedicure with thermal booties, a revitalising foot mask and the choice of a mini polish or phenomen oil to take home.

### Nail Art (per nail) 50p (full set 10min) £4.50

Choose from a range of designs and add onto your perfect polish.

### Diamonds (each) 50p

Look the best for that special occasion by adding diamonds to your perfect polish.

## HAIR REMOVAL AND TANNING

Ceteum roller wax treatments use a unique blend of soothing and healing ingredients. The roller technique is quicker and more efficient.

1/2 Leg Wax	(20 min) £15
3/4 Leg Wax	(30 min) £20
Full Leg Wax	(45 min) £28

Lycon delivers superior results removing stubborn hair and provide a nurturing and skin conditioning treatment for client comfort. Azulene 'Magic' wax uses a blend of chamomile and azulene and has soothing properties.

Bikini Line Wax	(15 min) £12
High Bikini Line Wax	(30 min) £16
Brazilian Wax	(45 min) £25
Hollywood Wax	(60 min) £30
Under Arm Wax	(15 min) £10
Eyebrow Shape	(15 min) £10
Full Arm Wax	(45 min) £20
Forearm Wax	(30 min) £15
Lip or Chin Wax	(15 min) £10

Book any 2 waxing treatments and receive 15% discount of price.

### Threading (from August 2010) (15 min) £12

A technique using cotton to efficiently remove hairs achieving a defined shape.

### High Definition Brows (1st visit ) £25 (30 min) £20

7 steps to achieve the perfect Celebrity brow shape. Incorporating tinting, waxing, threading and tweezing. Patch test for HD tint is required 24 hours before treatment.

## TANNING

An airbrush tan to give an all over natural colour. For best results exfoliate 24hrs before treatment and wear loose dark clothing.

1/2 Body	(15 min) £18
Full Body	(30 min) £25
1/2 Body Top Up	(within 2 weeks) £15
Full Body Top Up	(within 2 weeks) £20

## MENS TREATMENTS

### Massage

Back, Neck & Shoulder Massage	(30 min) £27
Full Body Massage	(60 min) £42
Sports Massage	(60 min) £45
Sports Injury Treatment	(30 min) £28
	(60 min) £45

La Stone Back neck and shoulders	(40 min) £30
La Stone Full Body	(70 min) £48

Back or Chest Wax	(30 min) £18
Back and Chest Wax	(60 min) £30
Eyebrow Shape	(15 min) £10

### Men's Face Treatments

These Dermalogica treatments will change your way of thinking and how you care for your skin.

Express Facial	(30 min) £30
Classic Facial with 1 touch therapy	(45 min) £37
Deluxe Facial with 2 touch therapies	(60 min) £42
Ultimate Facial with 3 touch therapies	(75 min) £47

Men's Hand and Nail Treatment	(45 min) £27
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This treatment conditions the cuticles, and shapes the nails to leave perfect, well groomed hands.

Men's Foot Care Treatment	(1hr) £32
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Incorporating our NEW PEDI spa chair, this luxurious treatment includes a massage a revitalising foot mask and cuticle treatment leaving your feet feeling fresh and presentable.

Diamond Peel Dermabrasion	(30 min) £40
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Using tiny diamonds to remove layers of dead skin cells. This treatment targets: sun damage, pigmentation, open pores, congestion, acne scarring and fine lines.

Course of 6 £210

Man Power	(3hrs 30 min) £120
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Incorporating the men's foot and nail treatments followed by a full body massage and finished with a rejuvenating classic facial.

## MENS TREATMENTS continued

### TANNING

An airbrush tan to give an all over natural colour. For best results exfoliate 24hrs before treatment and wear loose dark clothing.

1/2 Body	(15 min) £18
Full Body	(30 min) £25
Body Top Up	(within 2 weeks) £15
Full Body Top Up	(within 2 weeks) £20