

Experience

A Memorable Serene Journey

Experience our unique and peaceful surroundings ~ healthy environment ~ trusting touch from our highly qualified professional staff and customer service.

Our commitment is to provide the most advanced products and progressive therapies in a very personalized and comfortable manner. Striving to exceed all guests' expectations and developing a relationship based on trust is a goal we are determined to achieve. Improving the quality of our guests lives by providing their moment of quiet time, enhancing the skin, improving mobility, and beauty that will last.....Exceptional spa services will be provided by using the finest products, superior advanced techniques and the latest proven technology.

Relax ~ Escape ~ Restore

Spa Hours

Monday 1pm – 6pm

Tuesday – Friday 9am -7pm

Saturday 9am – 6pm

Closed Sunday

*Please see our website at
www.serenewellnessspa.com
for details*

Our Sanitation & Disinfection Promise

Our hydrotherapy tub, pedicure sinks and manicure tables are sanitized and disinfected between each service with a hospital grade disinfectant that eliminates the toughest germs and viruses without harming people and the environment.

The jets from the pedicure stations and hydrotherapy tubs well as all implements are removed, cleaned and submerged for the required time as specified by the State Board after each service. We use Ameri Kleen, a hospital grade tuberculocidal, virucidal, fungicidal and bactericidal disinfectant.

Preparing For Your Appointment

Thank you for honoring your appointment time. Fifteen minutes late or more may require that we abbreviate or reschedule your appointment in order to honor the appointments of our other guests.....24-hour cancellation notice is required for all appointments.

Please arrive 15 minutes prior to your scheduled appointment to ensure plenty of time to complete any paperwork, allow you to change clothes, secure your personal items and take a moment to relax.

We Work As A Team

If you would be more comfortable or better served by another member of our staff, whom might provide a fresh point of view, please let us know. We recognize that the correct staff-client match is paramount and we encourage our guests to try any of our team members without hesitation.

Our Team of Hand Picked Professionals are licensed and certified in Advanced Education for superior technical service and technique. Our entire team is continually trained to insure quality, consistency and gracious service for our guests.

Facials

Our qualified aestheticians attend continual training year-round to assure you receive the latest treatments and technology the industry has to offer.

Serene Spa Facial – One of our most popular facials; our trained aestheticians will analyze your skin and create this beautifully unique facial. This facial includes a deep cleansing, customized exfoliation, extractions if necessary, botanical serums fortified with anti-oxidants to replenish your skin at the cellular level, an anti-stress massage, completed with a customized masque and care cream. *Allow 60 minutes.* **\$85.00**

Serene Luminous Extended Facial – A gorgeous complexion can be yours with our extended facial. We incorporate all of our most effective treatments for the ultimate in rejuvenation and relaxation. Customized Facial + Décolleté + Hand + Active Retinol Lip + Intensive Eye Treatment. *Allow 90 minutes.* **\$150.00**

Refresher Mini Facial/First Facial – For those in search of a quick pick-me-up, this facial includes a warm aromatic pre-cleanse, gentle exfoliation and a personalized hydrating masque. Your skin will be left soft and soothed, with an instant surge of moisture. This facial includes no extractions. *Allow 45 minutes.* **\$65.00**

Corrective Purifying Facial – A customized facial treatment for those with specific skin challenges. Using a complete line of ingredients this deep pore-cleansing facial will help balance and control your skin during the different stages of inflammation or breakout. Specific attention is given to the extraction procedure. *Allow 60 minutes.* *** Series of six \$510.00*** **\$90.00**

Serene Oxygenating Facial – A unique treatment using a layered topical oxygen masque. The first layer of oxygen exfoliates, while the second layer stimulates the cells metabolism and leaves your skin with a bright complexion. *Allow 60 minutes* ***Series of six \$540.00*** **\$95.00**

Myoxy-Caviar Facial – Experience the ultimate in luxury skincare with rejuvenating benefits. The unprecedented concentration of Caviar extract with repairing sea proteins, combined with lavish pearl extract and age-defying Escutox™ powerfully rejuvenates and re-hydrates rendering your skin resurfaced, refined and youthfully radiant. *Allow 60 Minutes* **\$140.00**

Serene Rosacea Facial – Immediate and beautiful results are achieved with this lift off masque treatment. Abundant with the most beneficial, calming, anti-inflammatory & anti-oxidant actives, including green tea, rose & seaweed. Recommended for couperose, sensitive & rosacea skin. *Allow 60 Minutes* **\$98.00**

Anti-Aging Facial with Vitamin C – The finest marine extracts, renowned for their anti-aging & firming properties are coupled with the potent anti-oxidant vitamin C, in this powerful treatment. *Allow 60 Minutes* ***Series of six \$558.00*** **\$98.00**

Our Pure Freeze-Dried Facials are infused in the skin's deepest layers through the process of ionization:

Collagen High Performance – For optimum super-replenishing hydrating results. *Allow 60 Minutes*

Hyaluronic Acid High Performance – A highly moisturizing skin treatment. *Allow 60 Minutes*

Radiance Lightening High Performance – Treats skin pigmentation associated with hormones, sun exposure and aging. *Allow 60 Minutes* ***Series of six \$600.00*** **\$105.00**

Customized Peel Treatments – Our peels are designed to minimize the appearance of surface lines, smooth out rough skin texture, aid in clearing acne and help hyper-pigmentation. These peels remove dead skin cells without irritating the skin and will leave your skin soft and radiant. Our Lacto Peel is safe and effective for all skin types. Men please do not shave the day of this treatment. *Allow 45 Minutes* ***Series of six \$390.00*** **\$70.00**

His Sport Facial – A deeply hydrating & balancing facial for the active man utilizes specially formulated products. To insure a comfortable and relaxing facial, please shave prior to treatment. *Allow 60 Minutes* **\$80.00**

Specialty Treatments

Deep Cleansing Back Treatment – This deep cleansing back treatment is excellent for clogged pores and acneic skin. Completing this treatment is a cooling and soothing masque. *Allow 45 Minutes* **\$60.00**

Micro-Current Rejuvenation

Micro-Current Facial Rejuvenation is the most revolutionary, non-invasive facial treatment currently available. The procedure actually stimulates the facial area to tighten and tone, giving the contour of the face a visible lift.

Micro-Current Facial Rejuvenation counteracts the ravages of sun and aging and poor dietary habits, without invasive surgery. Micro current stimulates the many functions of the skin through the use of micro-current probes.

Micro-Current Facial Rejuvenation rejuvenates the overall appearance of the face and neck. This non-surgical “natural” approach to facial rejuvenation and lift also enhances and prolongs the results of peels and other surgical procedures.

Micro-Current Facial – Diminishes fine lines, wrinkles, detoxifies the lymph system, reshapes and lifts the facial muscles, reduces rosacea, acne and scarring, repairs sun damage, lightens pigmentation and more. *Allow 75 Minutes*

We highly recommend a series of six treatments, followed by monthly maintenance for optimum results.

*****Series of six \$720.00*** \$125.00**

Spot Treatments – For a specific area only. *Allow 45 Minutes* **\$50.00**

Stress Management/Relaxation Treatment

For deeper relaxation equals several hours of rest in 15 minutes and overcomes jet lag. *Allow 30 Minutes* **\$40.00**

Facial Enhancers

(Available only during your skin treatment)

Intensive Eye Treatment – Our freeze-dried concentrate treatment is highly active in reducing visible lines around the eye area.

\$40.00

De-Stress Eye Treatment – A refreshing masque of ginkgo biloba reduces puffiness and leaves eyes rested and smooth.

\$30.00

Active Retinol Lip Treatment – Redefines lip contour & smoothes wrinkles & furrows. Active ingredients are of a retinol serum and a line-plumping masque. **\$25.00**

Customized Peels Add On – Enhance your facial by adding one of our medical-grade peels. We will select a peel to give you the optimum results to improve texture and leave your skin smooth. **\$30.00**

Décolleté and Neck Treatment – This high-performance treatment is rich in the latest botanical discovery: Kigelia Africana Extract, which has high content of flavonoids and phitosterol to restore smoothness and firmness as well as elastin for elasticity.

\$45.00

Shea Butter Hand Treatment – Let us give your hands the attention they deserve. This treatment includes an exfoliation, hydration, and warm hand mittens, finishing with a soothing massage. **\$25.00**

Post-Facial Makeup – Do you have somewhere to go after your facial? A light make-up application will ensure a convenient facial appointment any time of the day. **\$25.00**

Massage

Relax ~ Escape ~ Restore

Our expert massage therapists carry compassion in their hands and will relieve your build-up tension, reduce stress, muscle fatigue and help to improve circulation.

Serene Customized Spa Massage – A relaxing aromatherapy massage customized to your needs. During your consultation, your therapists will create a massage to alleviate tension and stress. (Light to medium pressure)

25 minutes – Back	\$40.00	Series of six \$210.00 \$35.00 each
55 minutes	\$70.00	Series of six \$390.00 \$65.00 each
70 minutes	\$85.00	Series of six \$480.00 \$80.00 each
85 minutes	\$100.00	Series of six \$570.00 \$95.00 each

Deep Tissue/Sports Massage – A deeper and direct pressure massage designed to alleviate sore and fatigued muscles. This massage is intended for relief of stubborn knots in areas of chronic tension. You will feel relaxed and revitalized.

25 minutes – Back	\$50.00	Series of six \$270.00 \$45.00 each
55 minutes	\$80.00	Series of six \$450.00 \$75.00 each
70 minutes	\$95.00	Series of six \$540.00 \$90.00 each
85 minutes	\$110.00	Series of six \$630.00 \$105.00 each

Maternity Massage – This gentle massage designed to increase circulation, reduce swelling and ease minor aches and pains. Special pillows and bolsters will allow mom-to-be to experience the massage in complete comfort.

25 minutes	\$45.00
55 minutes	\$75.00
70 minutes	\$90.00

Duet Massage Room – (Please specify Couple Massage Room when booking)

Share one of our relaxing massages with a friend or loved one in our peaceful double massage room. Perfect for any occasion, side by side therapeutic massages are performed in the comfort of our couple massage suite along side the fireplace.

55 minutes	\$140.00
85 minutes	\$200.00

Warm Stone Massage - Experience a luxurious and relaxing massage combined with deep heat therapy. Smooth, volcanic basalt stones are heated and used to enhance traditional massage techniques, acting as extensions of the therapist's hands.

55 minutes	\$90.00
85 minutes	\$120.00

Shirodhara Treatment – The Shirodhara Treatment is an ayurvedic practice that involves a warm stream of oil flowing on the third eye for about 30 minutes. Originally from India, this healing treatment has become one of the most sought after in the spa industries of Europe and America. This treatment gives a feeling of deep relaxation which helps to calm and clear the mind. A great treatment for people who work under a lot of stress and need instant, and deep relaxation.

\$75.00

Shirodhara + 55 Minute Massage

The greatest relaxation experience is to add the Shirodhara Treatment to your 55 minute massage.

\$140.00

Body Treatments

Aromatherapy Body Smoothers – A refreshing and invigorating treatment. Using a blend of salt infused with essential oils or sugar infused with essential oils, this natural exfoliation will effectively remove dull surface skin cells leaving your body with a silky finish. *Allow 45 Minutes* **\$55.00**

Anti-Stress Aromatherapy Body Wrap – This treatment begins with one of our Aromatherapy Body Smoothers. After a shower to remove the excess polisher your body will be wrapped in essential oils of ylang ylang, lavender, peru balsam and tangerine. Aromatic, relaxing, soothing, brings peacefulness to the body and soul. *Allow 75 Minutes* **\$85.00**

Ocean Seaweed Body Treatment – Allow your skin to hydrate and replenish with the natural elements found in seaweed. This treatment improves blood circulation, bringing more oxygen to the skin's tissue. *Allow 60 Minutes* **\$95.00**

Green Coffee Body Wrap – An anti-toxin wrap with the ability to activate the GST enzyme, which eliminates all toxins and activates lipolysis, which breaks down fat. Slimming and firming, this treatment is recommended for all skin types. *Allow 60 Minutes* **\$95.00**

Body Contour by M'Lis – An all-natural wrapping process that actually detoxifies the tissues and can produce an inch loss of up to 14 inches when purchased in a 6-week series. Please bring a two-piece bathing suit. *Allow 90 Minutes*
*****Series of six \$540.00***** **\$95.00**

Body & Massage Enhancements

A perfect way to add your own finishing touches to your massage or body treatment.

Shea Butter Hand Treatment (Body/Massage) – Let us give your hands the attention they deserve. This treatment includes an exfoliation, hydration, and warm hand mittens, finishing with a soothing massage. **\$25.00**

Scalp and Hand Treatment (Body) – This massage duo is especially good for busy minds and tired hands. **\$30.00**

Ocean Seaweed Back Treatment (Massage) – This all-in-one treatment will exfoliate, detoxify, and hydrate the back. It begins with a dry brush exfoliation, followed by an application of warm pure seaweed to help relax tense back muscles. This is a great addition to any massage. **\$30.00**

Serene Baths

Bathe away stress, strain and fatigue with a healthy-spa soak in a private candle lit room. Soaking in a therapeutic herbal bath benefits body and mind through skin absorption and inhalation of herbs. Great before a massage!

Serene Escape Bath – Rest quietly in your private herbal healing bath, while the therapeutic ingredients of lavender or other relaxing essential oils condition your body and restore your spirit.

Milk Escape Bath – The soothing and softening properties of this silky milk bath is a perfect way to begin any treatment.

Relaxing Muscles Bath – This healing bath with eucalyptus and mineral salts will totally relax your body and prepare you for any massage. *Allow 30 minutes* **\$30.00**

Waxing and Hair Removal

Waxing is effective in promoting a slower and lighter growth of hair. The following waxing services require a ¼" hair growth and are not recommended for clients using Retin-A, Renova, Differin, Accutane or other harsh exfoliants.

Initial Eyebrow Design (over 4 week's growth)	\$20.00
Eyebrow Maintenance	\$15.00
Eyebrow Tweeze	\$25.00
Lip or Chin	\$10.00
Eyebrow and Lip Combo	\$25.00
Half Arms	\$30.00
Full Arms	\$40.00
Bikini	\$35.00 + up
Half Legs (knee and below)	\$40.00
Full Legs	\$55.00 - \$75.00
Full Face	\$40.00
Men's Back	\$45.00
Underarms	\$25.00
Toes and Feet	\$20.00

Makeup and Brow Bar Services

Makeup is a tool designed to enhance your own inherited beauty and personal sense of style. Our mineral-based, allergen-free cosmetics genuinely treat and protect the skin.

Special Occasion/Bridal— Our expert makeup artists can give you that perfect look for your special event or polished for your next presentation. They will recommend the tools to reproduce the same look at home with confidence.

Allow 60 Minutes **Trial (1hour) \$45.00 \$65.00**
Lesson \$75.00

Teen Lesson— Let our makeup artists help you with new colors and your new trendy look. Learn the dos and don'ts. Bring a friend and share the fun.

Allow 45 Minutes **\$50.00**

Seasonal Update— Our makeup artists will help you choose the right colors for the season and help you up-date your look. *Allow 45 Minutes* **\$45.00**

Makeup Match/Touch Up **Complimentary**

Eyebrow Tinting **\$15.00**

Eyelash Application **\$25.00**

Nail Spa

We invite you to experience a true nail spa.

Our manicure tables are sanitized between each service with Ameri-Kleen, a hospital grade disinfectant that eliminates the toughest germs and viruses without harming people and the environment. All implements are cleaned and submerged for the required time as specified by the State Board after each service.

Our pedicure tubs are sanitized and disinfected between each service with our hospital grade disinfectant Ameri-Kleen. The jets from the pedicure tubs and all implements are removed, cleaned and submerged for the required time as specified by the State Board after each service.

Serene Spa Manicures

Serene Escape Manicure – Pamper yourself with nail-perfecting plunge. After the powerful relaxing powers of lavender working on your senses, a gentle scrub will perfectly prepare your hands for the ultra-softening massage, warm mittens and finished with a hydrating moisturizer. Your nails are perfected with our formaldehyde-toluene free polish.
Allow 60 Minutes **\$38.00**

Essential Spa Manicure – This manicure begins with a relaxing soak, soothing scrub, a light massage, cuticle care and polish. Allow 45 Minutes **\$30.00**

His Sport Manicure – This manicure includes an in depth exfoliation with a soothing scrub and finishing with a relaxing massage and moisturizer.
Allow 45 Minutes **\$30.00**

Express or Pre Teen Manicure – In a hurry and in need of a mini manicure and polish.
Allow 30 minutes **\$20.00**

Our Safe Gel Nail Enhancers and Extensions

Full Set	\$65.00
Fills	\$40.00
Overlays	\$45.00
Repairs	\$5.00

Polish Change Only On Nails	\$10.00
Add French	\$10.00
Add Callus Treatment	\$10.00

Serene Spa Pedicures

Please do not shave prior to your pedicure treatment.

Serene Escape Pedicure – This relaxing treatment begins with a warm mineral salt therapeutic bath, followed by exfoliation and a peppermint clay masque that softens and hydrates while imparting a cooling sensation to your feet. Next you will experience a relaxing massage, finishing with a hydrating moisturizer and polish.
Allow 75 Minutes **\$48.00**

Essential Spa Pedicure – This pedicure is for those on the go. We begin with a softening soak; exfoliate with a soothing scrub, a light massage, cuticle care and polish.
Allow 45 Minutes **\$40.00**

Reflexology Pedicure – This treatment begins with an aromatic soak and a full Serene Escape Pedicure. Then you will be reclined in a quiet atmosphere and your feet will receive a massage application of pressure points to relieve stress, and is known to relieve all types of pain in the body. Allow 70 minutes **\$70.00**

Warm Stone Pedicure – Ahhhh...begin with the Serene Escape Pedicure, add warm stones and massage, finish with a shea butter moisturizer and polish.
Allow 75 Minutes **\$70.00**

Men's Sport Pedicure – Time to relax those tired feet with a warm sea salt soak, followed by an exfoliation with our soothing scrub and finishing with a relaxing massage and moisturizer. Allow 60 Minutes **\$40.00**

Express or Pre Teen Pedicure – In a hurry and in need of a mini pedicure and polish.
Allow 30 minutes **\$25.00**

Polish Change Only On Toes	\$10.00
Add French	\$10.00
Add Callus treatment	\$10.00

Spa Packages

Sample Escape **\$95.00**

Refresher Mini Facial
25 Minute Back & Neck Massage
“For those on the go”
Allow 90 minutes

Sports Escape **\$115.00**

Sports-Muscle Soak
Sports Massage (70 minutes)
Allow 95 minutes

Serene Escape **\$218.00**

Serene Escape Bath or upgrade to 55 - Warm Stone massage
Serene Spa Massage (55 minutes)
Our customized Serene Spa Facial
Serene Escape Pedicure
Allow 3 ½ hours

Ultimate Serene Journey **\$268.00**

Aromatherapy Body Smoother
Serene Spa or DT Massage (55)
High Performance Serene Facial
Essential Spa Manicure
Serene Escape Pedicure
Allow 4 ½ hours

Add To Any Above Package **\$25.00**

Wash and style immediately following any package at La Dolce Vita Salon next door.

Customize Your Own Package

3 Or More Treatments: \$10.00 Off On Full Service Only
(Excludes Baths, Mini Facial, 25 Minute Massage,
Essential Manicure or Pedicure & All Waxing)
Call our spa coordinator for details.

Spa Information

Gift Cards

The perfect gift... Serene Wellness Spa gift cards are beautifully wrapped for a grand presentation. Gift cards are available at the spa, or on our website at www.serenewellnessspa.com, or may be charged by telephone. All gift cards are non-refundable and non-transferable.

Show your appreciation to dedicated employees, loyal clients and reliable vendors with spa rewards from Serene Wellness Spa. Allow us to design your corporate appreciation program. Email serenespa@aol.com for details.

No Children Please

To maintain our peaceful spa environment, the facility is reserved for adults. No children under the age of 12 are allowed unless they are receiving services.

Cancellation Policy

A 24-hour cancellation notice is required for all services to avoid cancellation charges of 50% of the cost of services rendered. If the reserved time can be filled, no charges will be made.

Credit Card Guarantee

All services require a credit card guarantee against late cancellation and missed appointments. When making your reservation, please have a Visa, MasterCard, Discover or American Express number ready.

Cell Phones and Pagers

Our guest's time here is for relaxation and rejuvenation, please help us ensure all guests their Serene Journey and turn cell phones and pagers off.

Jewelry

Serene Wellness Spa cannot be responsible for personal valuables. Please leave your valuables at home or lock them in your personal locker while visiting us.

Spa Products

Spa Products can be returned within 14 days of purchase for retail credit only. No cash or charge refunds will be given.

Payment

Cash, Visa, MasterCard, Discover, American Express, Checks,
Serene Wellness Spa Gift Cards

Prices are subject to change without notice.