



## Welcome to Serena Spa

From the ultimate pampering experience for couples, to soothing treatments for sun lovers and healing remedies for sufferers of modern day stress, Serena Spa has a therapy perfect for you.

Our exotic menu of Massages, Body Works, Facials and Salon Treatments features rejuvenation therapies inspired by India's ancient holistic Ayurveda or "Science of life".

Allow your senses to be lulled into a peaceful state by the welcoming smiles and soothing, skilled hands of our therapists as they employ traditional restoratives, herbs, oils, spices and flowers combined with time honoured rituals to balance body, mind and soul.

**A practical note:** Please be at the spa 10 minutes before your appointment to select your favourite oil. Should you be unable to come, please call 2 hours in advance, otherwise your account will be charged with 50% of the treatment cost.



# **MASSAGES**

## **MARMA BODY, MIND AND SPIRIT MASSAGE**

(90 MINUTES)

US\$ 133.00

This exotic and highly therapeutic, Ayurveda inspired massage with aromatic herbal oil stimulates the Marmas, the body's vital pressure points. This full body massage begins with the balancing of the head's Marmas followed by the body's points massaged by the therapist's feet and then by hand with long sweeping strokes. The treatment concludes with a healing, herbal body mask followed by a warm shower. Provides a complete re-balancing of body, mind and spirit.

## **SERENITY FULL BODY MASSAGE**

(50 MINUTES)

US\$ 87.00

This full body pampering massage features a range of customised Aromatherapy oil blends to convey the healing, harmonising and rejuvenating properties of Essential Oils into the body through rhythmic touch. Choose the oil to suit your mood.

## **ANTI-STRESS HEAD, NECK AND SHOULDER MASSAGE**

(30 MINUTES)

US\$ 62.00

This massage relieves soreness and stress-related tension. A totally relaxing massage concentrating on the neck and shoulders while relieving stress by using gentle Acupressure on the scalp.

## **AROMATHERAPY BACK MASSAGE**

(30 MINUTES)

US\$ 62.00

A perfect introduction to Aromatherapy, this massage concentrates on relieving muscular tension. Circulation is increased while muscle tone and skin texture is improved.

**THE ABOVE PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 16% GST.**



### **PADABHYANGA FOOT AND LEG MASSAGE**

(30 MINUTES)

US\$ 62.00

Your feet will first be soothed in a bath of Essential Oils, followed by a revitalising foot and lower leg massage with herbal oil. This treatment incorporates pressure point therapy to stimulate, cleanse and balance the body's internal organs.

### **ADAM & EVE SERENITY**

(50 MINUTES)

US\$ 149.00

Designed for couples, this deeply relaxing massage, performed by two therapists using a very special blend of Aroma Oils, provides a unique experience for lovers.

### **SOOTHING HOT STONE MASSAGE**

(90 MINUTES)

US\$ 138.00

It is believed that water-smoothed stones harness the vitality and energy of the waters that have long washed over them – in this popular treatment heated stones collected from the river beds of South India are used. The deep penetrating heat of the stones combined with traditional massage strokes relieves tension and sore muscles. The treatment also stimulates circulation, improves joint mobility, aids elimination, relieves sinuses and provides equilibrium to the body and mind. If you seek something new and beneficial, try our healing hot stone treatment.

### **THAI YOGA MASSAGE**

(60 MINUTES)

US\$ 97.00

Thai massage traces its origins from North India over the last 7,500 years. This 60 minute massage includes various body manipulations and stretching. It is a perfect massage to energize your tired body. You will experience a transformation during this massage which is enjoyed wearing a traditional pyjama.

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### **SPORTS MASSAGE**

(50 MINUTES)

US\$ 92.00

For the desiring individual who likes the focus on those tight and sore muscles. This is a deep and penetrating massage performed with a selection of aromatic creams to choose from. We believe if you maintain an active lifestyle this is the massage for you.

### **DETOX BODY MASSAGE**

(60 MINUTES)

US\$ 97.00

The natural oil contents of neem, tulsi and aloe vera make this not only a very pleasant experience, but also a reviving tonic for your skin. We have combined ancient herbal knowledge with modern day spa techniques to create a wonderful and efficient combination of neem, tulsi and aloe vera.

Neem relieves dry skin, soothes itching, redness and skin irritation; it also combats bacterial infections, such as acne. Extracts of Tulsi, the holy plant also known as Basil, is anti-fungal and anti-bacterial – and a great mosquito repellent. It is effective in removing excessive oil from the skin. Aloe Vera is claimed to be useful in the treatment of wound and burn healing, also improves healing of minor skin infections and is also thought to be beneficial for sufferers of diabetes.

### **SERENA DHARA**

(60 MINUTES)

US\$ 133.00

Every repeated treatment US\$ 92.00

A pleasant interpretation of a very popular and effective Ayurveda treatment, Serena Dhara starts with a synchronized body massage and then, a fine stream of warm oil is directed on the 'third eye' area of the forehead while hands and feet are gently massaged. This has a reflex balancing effect on the deepest recesses of the brain and induces a blissful serenity and expanded consciousness. It coordinates and calms the mind, body and spirit. If you desire a state of tranquillity then you have found the treatment.

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## **BODY WORKS**

### **UDVARTHINA HERBAL BODY SCRUB**

(40 MINUTES)

US\$ 62.00

For a longer lasting suntan, shed those dead layers of skin with a thorough body exfoliation using an age-old Ayurvedic formula renowned for its strong herbal antioxidants. This treatment cleanses and invigorates the body and leaves your skin feeling smooth, soft and saturated with antioxidants.

Includes a relaxing scalp massage.

### **SERENA MUD RUB**

(40 MINUTES)

US\$ 62.00

Apart from the childish joy of playing with mud during the monsoon, mud and clay with high mineral contents have been used for skin improvement and detoxification therapy for ages. It not only purifies the skin, but adds essential minerals and improves healing. The application is also deeply relaxing and improves blood circulation and is known to relieve rheumatic pains.

### **RICH COFFEE ORANGE SCRUB**

(40 MINUTES)

US\$ 62.00

Ah, the aroma of roasted coffee beans and the fragrance of fresh oranges along with cinnamon powder and yoghurt scrubbed for deep skin cleansing and a great “pick-me-up” experience leaving a wonderful fragrance. The

South Indian coffee beans used for this scrub are pure Arabica, specially roasted and ground for Serena Spa with no Robusta or chicory added. Your senses will be enhanced!

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### **AFTER-SUN CUCUMBER WRAP**

(40 MINUTES)

US\$ 62.00

This treatment has been specifically designed to relieve pain and damage caused by over-exposure to the sun. A cooling puree of cucumber, blended with soothing eucalyptus oil is applied to the entire body, concentrating on the affected areas. A cool shower is followed by a light application of aloe vera lotion to re-hydrate.

### **RE-HYDRATING COCONUT DELIGHT**

(40 MINUTES)

US\$ 62.00

Ideal for dry skin and hair, this delightful top-to-toe treatment uses the moisturizing properties of young coconut pulp to re-hydrate dry skin and hair resulting from exposure to long flights, sun and salt water. With slices of young coconut applied to the eyes, and a pureed consistency to the face, the body and hair are wrapped with a blend of mature coconut and water. Your skin will feel soft and re-hydrated.

### **HONEY – SESAME BODY GLOW**

(40 MINUTES)

US\$ 62.00

The principle ingredients of this invigorating body treatment enjoy an age-old reputation as skin healers, softeners and moisturizers. Used in conjunction with each other, the ground sesame seed exfoliates; the sesame oil softens while the honey promotes new cell growth. Includes a relaxing scalp massage.

### **SALT AND SPICE BODY GLOW**

(40 MINUTES)

US\$ 62.00

A full-body exfoliating using Sea Salt, Cloves and Aromatherapy Essential Oil blends. Its light buffing grains remove dead skin cells and impurities from the surface. The spices re-mineralise, hydrate, increase circulation and improve skin texture and the oils aids as a moisturizer, leaving the skin soft and smooth. You are left with your purest essence, a clean and revitalized body!

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### **YOGHURT TURMERIC SKIN SMOOTHER**

(40 MINUTES)

US\$ 62.00

A treat for all your tactile senses. An exfoliating scrub of rice powder, yoghurt, turmeric, sandalwood, aromatherapy oil mixed together and applied to the whole body. Slow long strokes used to apply the mixture sloughs off dead skin and smoothes the skin. This specialized treatment is used to reach a state of cleanliness and purity through the use of various herbs and oils and is completed with a warm shower.

### **PAPAYA BODY POLISH**

(40 MINUTES)

US\$ 62.00

If you love papaya then you will cherish this wrap with papaya pulp containing enzymes known as Papain, which softens and revitalizes your skin to a silky smooth. The fresh fruit pulp is gently massaged into your skin, then wrapped and left for a while to be absorbed. This sweet smelling body wrap will moisturize and soften your skin to a high level of freshness.

### **BRIDAL BODY POLISH**

(40 MINUTES)

US\$ 62.00

Although its original purpose is to enhance the appearance of a bride, this body polish is for anyone who desires of a youthful appearance and dreams of maintaining their youth through natural methods. Popular in the coastal regions of India where coconut is abundant, the bride is blessed with pure coconut milk before the wedding night to create a smooth and luminous skin. A small amount of Turmeric is added to exfoliate and soften the skin and is completed with as shower.

### **DESHI BODY POLISH**

(40 MINUTES)

US\$ 62.00

Traditional Indian knowledge has proved beyond doubt that turmeric acts as a natural and purifying cleanser, while chickpea / rice flour mixed with milk smoothens the skin and nourishes the entire body. This is your formula to healthy glowing skin.

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### **SLENDERIZING SPIRULINA WRAP**

(60 MINUTES)

US\$ 123.00

Spirulina, rich in protein, vitamins, minerals and enzymes is harvested from pure salt lakes in Southern California. This treatment helps to nourish, stimulate and revitalize the face and body while water retention is eliminated. The body is dry brushed then the Spirulina masque is applied and the body is wrapped for 20 minutes to soak up essential elements from the Spirulina. While the masque is processing you will enjoy a relaxing scalp massage. An application of a Thermal Mineral Kur after-bath crème and lavender based aroma oil is massaged into the body. A re-mineralising face crème finishes this wonderfully purifying and moisturizing treatment.

## **FACIALS**

### **PAMPERING FACIAL FOR WOMEN**

(60 MINUTES)

US\$ 92.00

This facial concentrates on giving you a fresh and healthy complexion. Cleansing, gentle exfoliation, toning and moisturising is accompanied by a rejuvenating massage to the face, neck and shoulders. Includes a moisturizing hand massage.

### **SKIN FITNESS FACIAL FOR MEN**

(60 MINUTES)

US\$ 92.00

Created to eliminate impurities and improve the general appearance of the skin, this treatment includes thorough cleansing, exfoliating, moisturising and hydrating while special massage techniques relax. Includes a moisturizing hand massage.

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### **HONEY – CUCUMBER FACIAL**

(60 MINUTES)

US\$ 77.00

Used in conjunction with each other, these natural healing ingredients reduce the discomforts of skin irritations and stem infection while prompting new cell growth. Designed for sensitive skin this gentle facial is accompanied by a hand and arm massage.

## **BEAUTY TREATMENTS**

### **EYEBROW THREADING**

(20 MINUTES)

US\$ 17.00

Trim your eyebrows, and facial hair with a special threading technique from India. It will leave your face feeling silky smooth.

### **MAHENDI DECORATION (SMALL)**

(20 MINUTES)

US\$ 17.00

Decorate yourself with Indian skin painting done with traditional dyes or black dye. Mahendi decorations will wash off after 5 days.

### **Spa Manicure & Spa Pedicure**

#### **SPA MANICURE**

(45MINUTS)

US\$ 51.00

A combination of hand spa and manicure includes nail cuticle care exfoliation, massage and colour

#### **SPA PEDICURE**

(60 MINUTES)

US\$ 62.00

A soothing nourishing treatment for dry, tired feet which includes nail and cuticle care, exfoliation, massage and colour.

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## **WAXING TREATMENT**

Waxing - Full Leg  
(45 MINUTES)  
US\$ 41.00

Waxing - Half Leg  
(20 MINUTES)  
US\$ 21.00

Waxing - Upper Lips  
(10 MINUTES)  
US\$ 10.00

Waxing - Full Arm  
(35 MINUTES)  
US\$ 36.00

Waxing – Under Arms  
(15 MINUTES)  
US\$ 21.00

Waxing - Bikini Line  
(20 MINUTES)  
US\$ 26.00

Waxing - Back  
(35 MINUTES)  
US\$ 36.00

Waxing - Full Body  
(90 MINUTES)  
US\$ 128.00

Waxing - Brazilian  
(50 MINUTES)  
US\$ 92.00

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# PACKAGES

**DIVER'S RECOVERY**  
(1 HOUR 45 MINUTES)  
US\$ 159.00

Re-hydrating Coconut Delight  
Scuba Soother Massage  
Iced Apple Tea / Tropical Fruit

**SUN LOVERS - 3 DAY PACKAGE**  
(2 HOURS)  
US\$ 128.00

Day 1 Herbal Body Scrub  
Day 2 After – Sun Cucumber Wrap  
Day 3 Re-hydrating Coconut Delight  
Kurumba (young coconut) Juice / Tropical Fruit

**HONEYMOON SPECIAL**  
(2 HOURS 10 MINUTES)  
US\$ 231.00

Foot bath Ritual Greeting  
Adam and Eve Serenity  
Honey Sesame Body Glow  
Fruit Platter  
Spa gift

**TRAVEL REVIVER**  
(2 HOURS)  
US\$ 128.00

Foot Bath Blitz  
Anti – Stress Head, Neck and Shoulder Massage  
His or Her's Facial  
Lemon and Lime Tea / Tropical Fruit

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**ISLAND INDULGENCE**

(2 HOURS 30 MINUTS)

US\$ 174.00

Honey – Sesame Body Glow  
Serenity Full Body Massage  
Honey - Cucumber Facial  
Kurumba (young coconut) Juice / Tropical Fruit

**AYURVEDA HEALING**

(3 HOURS 10 MINUTES)

US\$ 215.00

Padabhyanga Foot and Leg Massage  
Marma Body, Mind and Spirit Balance  
Honey - Cucumber Facial  
Herbal Tea / Tropical Fruit

**SERENA DHARA 3 DAY PACKAGE**

(3 HOURS 10 MINUTES)

US\$ 297.00

3 Serena Dhara treatments  
Herbal Tea / Tropical Fruit  
Spa gift

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