

Serenity Spa

TREATMENT MENU



GERMAINE DE **CAPUCCINI**

FACIAL THERAPIES

Hydracure Intense Hydration - £60

Deeply hydrating facial for dehydrated skin

Treatment Time - 60 minutes

After just 1 treatment, 100% of clients have more hydrated skin*. This is achieved through our unique "Hydractive" blend of ingredients including Hyaluronic acid and natural spring water from the Izumo Yumura thermal spring in Japan. Your skin is provided with the natural healing ability to retain moisture.

**Self-assessment test on 101 individuals after 1 treatment*

Serenity Classic - £55

Treatment Time - 60 minutes

Our skilled team of therapists will provide you with the most prescriptive treatment, designed specifically for your skin's needs. Regardless of your skin type, age, or concerns, this facial combines luxury with visual results.

Rose Serenity - £60

Treatment Time - 60 minutes

The Rose Serenity therapy uses the essence of flowers and plants in a concentrated formula with a highly active anti-stress action. With petals of the Gallic Rose and extracts of Arctic Rose, Black Rose, White Rose, and the Nepalese Rose, your skin is soothed, hydrated, and nourished.

Introduction to Germaine - £30

Treatment Time - 30 minutes

An introductory facial designed to refresh your skin with prescriptive products.

Excel Therapy - £65

Oxygenating Anti-Pollution Facial for suffocated skin

Treatment Time - 60 minutes

Two revolutionary masks work to repair and defend the skin against pollution damage and external stress. Our oxygenating bubble mask releases pure oxygen into the deep dermal layers of the skin. A second mask uses our dual matrix technology to activate the skin's immune system increasing its defence capability. This therapy also includes a highly relaxing, lymphatic facial massage to de-stress and detoxify the skin.

Skinbase Microdermabrasion Facial

30 minutes standard facial - **£42**

60 minutes facial with soothing mask - **£50**

Microdermabrasion is a system of intense exfoliation and resurfacing using ultra fine crystals that rejuvenate the skin. The crystals work as a gentle abrasive on the skin to remove dead skin cells layer by layer. The irregular shape of the crystals helps to work on hard to reach areas without any damage to the skin.

ANTI-AGEING

Timexpert Rides Collagen Boost - £80

Advanced facial to reduce expression lines & wrinkles

Treatment Time - 75 minutes

Our exclusive Micro-Dermoxine Complex and Pro-Collagestine Fill Technology combine to neutralise and inhibit microtensions whilst increasing natural collagen and elastin production. 98% of our clients declared their wrinkles were reduced.* Course of 5 treatments recommended. Includes Glycocure Exfoliation.

**Self-assessment test on 41 individuals after 4 treatments*

SynergyAge Clinical Peel - £52

An intensive peel to deeply renew & smooth the skin

Treatment Time - 45 minutes

A deeply renewing and anti-oxidising facial peel suitable for even the most sensitive of skin. Our AOX system stimulates the synthesis of collagen and elastin, reduces pigmentation and dull tone. 100% of clients show visibly renewed skin which is smoother, more luminous and firmer.*

**Self-assessment test on 112 individuals after 4 treatments*

Timexpert C+ Anti-Glycation - £63

Illuminating facial to combat the first sign of ageing

Treatment Time - 60 minutes

An advanced anti-glycation facial utilising the benefits of Ume extract to fight against the damage to elastin and collagen fibres caused by sugar and UV radiation. Additional Vitamin C derivative provides a powerful antioxidant, protector and firmer, offering the skin a fresh, healthy glow. In just one session 97% of clients declare their skin is smoother, more radiant and healthy*.

**Self-assessment test on 123 individuals after 1 treatment*

Glycocure - £17

Treatment Time - 15 minutes

This can not be booked as a stand alone treatment

Exfoliation peel to renew the skin at the deepest level.

An advanced exfoliation peel to eliminate dead skin cells, detoxify the dermis and reduce congestion. Formulated with Alpha Hydroxy Acids (AHAs), wrinkles and pigmentation are reduced and the skin is left more balanced and hydrated, enhancing the effects of subsequent treatments. Can be added to any facial treatment - excluding Clinical Peel.

Timepexert SRNS Global Anti-Age ON - £60

*Anti-ageing face & eye treatment
based on epigenetics*

Treatment Time - 60 minutes

Every day, thousands of our cells are damaged by lifestyle and environment aggressions. Over time, the gene structure within these cells becomes unable to repair itself and stops producing essential proteins that naturally slow down the ageing process. Global Anti-age ON reactivates these dormant genes and boosts cellular regeneration using "Epigenol" and "Zinc-Glycine Complex". A powerful all- round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration. 99% of clients have firmer, more supple and nourished skin after a single session*.

**Self-assessment test on 173 individuals after 1 treatment*

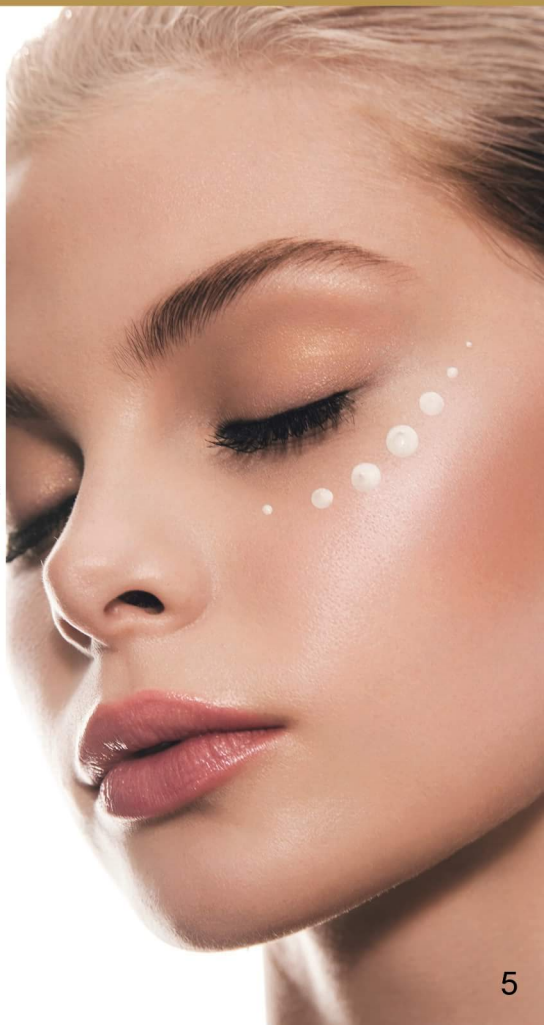
Timepexert Rides Collagen Boost Eyes -

£35 (can be added into any facial for just £10)

Express eye treatment to reduce puffiness, lines and wrinkles, includes cleanse & facial massage.

Treatment Time - 40 minutes

Utilising our exclusive Micro-Dermoxine Complex and Azarole Buds, results are seen immediately after this 30 minute flash treatment. Lines and wrinkles are filled in and puffiness is reduced, rejuvenating the eye contour.



BODY THERAPIES

Sperience Elements Massage - £58

A Feng Shui inspired full body massage

Treatment Time - 60 minutes

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body.

Target Express Body Wrap by Universal Contur Wrap

Firm, Tighten & Tone - £50

Treatment Time - 45 minutes

Our express body wraps are designed to target specific areas of the body. Inspired by the success of our world famous Classic Body Wrap and using our unique Classic Clay Solution, these treatments help to tone, tighten, slim and firm your chosen area. As these treatments are partial we don't offer our inch loss guarantee however inch loss is likely.

Lipo Attack - £45

A half body exfoliation & massage to reduce cellulite & increases firmness

Treatment Time - 40 minutes

This treatment commences with an exfoliation to eliminate dead skin cells; followed by the application of Germaine de Capuccini LipoAttack ampoules enriched with Lotus extract to improve the strength of fibrous tissue for firmer skin. A concluding drainage and remodelling massage assists in the reduction of cellulite and restoration of skin firmness.

Phytocare Baobab Ritual - £60

An energising full body massage & exfoliation

Treatment Time - 60 minutes

Using ethically sourced Baobab seed oil, this African-inspired full body massage promises an invigorating, stress-reducing experience. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity, making it the ideal pregnancy body treatment.

Blissful Surrender - £80

Treatment Time - 90 minutes

Your experience commences with a massage to the back, neck and shoulders using a customised blend of aromatherapy oils to match the needs of the body and mind. Continue to relax as warm towels are applied from head to toe, rejuvenating the body. Following this a spa facial is provided, addressing specific needs of your skin. Includes a deeply relaxing facial and scalp massage.

Foot Relief - £30

Treatment Time - 30 minutes

Warm towels infused with aromatic oils are applied before a deeply relaxing massage, then an application of the 'dreamy legs' product leaves your feet and legs feeling cool, refreshed, and incredibly light.

BODY MASSAGE

Sperience Silk Wrap - £55

A luxurious, smoothing full body exfoliation & wrap

Treatment Time - 60 minutes

This therapy commences with a spice infused exfoliation to eliminate dead skin cells. The skin is then enveloped with a velvety smooth silk extract. Like a second skin, this exquisite mask deeply hydrates the skin and provides it with a satin appearance and a silky touch.

Massage Treatments

Swedish Massage

30 minutes - £28 60 minutes - £50

Body Hot Stone Massage

30 minutes - £30 60 minutes - £55

Reflexology

30 minutes - £28 60 minutes - £50

Hydrotherm

30 minutes - £32 60 minutes - £55

Lava Shells

30 minutes - £32 60 minutes - £55

Mediterranean Candle Massage

A warming full body massage

Treatment Time - 30 minutes - **£30**

60 minutes - **£50** 90 minutes - **£65**

Choose one of our Mediterranean inspired massage candles: Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

Silk & Saffron - £55

Treatment Time - 60 minutes

An exotic massage originating from Turkey, featuring the most luxurious oriental spice - saffron. This massage commences with our therapist using a large silk foulard to gently stretch the body to release tension, followed by a lavish therapy before continuing with a relaxing massage.

FACE & BODY

Timexpert C+ Face & Body Envelopment - £85

Enriched with Vitamin C & Ume extract

Treatment Time - 90 minutes

An energising face and body treatment which begins with an enzyme exfoliation enriched with Vitamin C, lemon and papaya extract. A collagen boosting vitamin enriched body wrap is then applied whilst you are treated with an advanced anti-glycation facial. Utilising the benefits of Ume extract this facial fights against the damaged elastin and collagen fibres caused by sugar. Additional Vitamin C offers a powerful antioxidant, protector and firmer, offering the skin a fresh, healthy glow.

Crystal Harmony - £60

An exfoliating full body massage with precious stones

Treatment Time - 60 minutes

An exquisite massage medium containing extracts of Diamonds, Rhodocroscopic and Malachite is combined with a gentle exfoliation powder producing a luxurious mousse that renews the skin and energises the body. A collection of semi precious minerals, whose chromatic tone corresponds with 7 chakra points on the body are used for a highly relaxing holistic massage.



Tanning Treatments

Using White to Brown professional tanning products. When having a spray tan it is advisable to exfoliate the skin a few days prior to your appointment. It is also recommended to wear loose, dark clothing.

Full Body Spray Tan	£25
Full Body Spray Tan including exfoliation	£35

Waxing & Eye Treatments

Full Leg	£28
Half Leg	£20
Underarm	£10
Bikini	£14
Extended Bikini	£17
Brazilian	£26
Eyebrows	£10
Lip	£6
Back	£19
Forearm	£14
Eyelash Tint	£14
Eyebrow Tint	£8
Lash & Brow Tint	£21
Eyebrow Tint & Wax	£15
Lip & Brow Wax	£15

Manicure and Pedicure Treatments

Using Jessica Natural Nail Care System and biosculpture nail products we offer manicures, pedicures and hand and foot treatments to help make you look and feel great

Deluxe Hand Treatment	£40
Manicure	£26
Gel, File & Polish (fingers or toes)	£33
File and Polish (fingers or toes)	£13
Luxury Pedicure	£42
Zenspa Pedicure	£34
Express Pedicure	£25
Biosculpture Overlay	£40
Silk Repair (Per Nail)	£2
Gel Pedicure	£44
Gel Manicure	£40
Gel Removal with File & Nail Strengthener	£10

Please note if gel has not been applied at the spa an extra £5 will be added



Serenity Spa

March through December

Monday - Friday / 10am to 6pm

January and February

Tuesday - Friday / 10am to 6pm

Saturday / 10am to 5pm

All Year Round