



LA SERENA SPA

*Inner Harmony. Outer Vibrancy. Complete Serenity.*

# massage therapy

## **La Serena Signature Spa Ritual Massage – 90 minutes \$175**

*Alleviate stress, ease aching muscles, tension and increase circulation with this powerful, customised massage. Elemis warm cocoon mitts and booties to deeply relax you. This is a remarkable experience.*

## **Relaxation – 60 or 90 minutes \$129 or \$179**

*A Swedish style massage using a light to medium pressure. For general well-being and relaxation.*

## **Aromatherapy – 60 or 90 minutes \$139 or \$189**

*A Relaxation massage enhanced with Elemis Aromatherapy Essential Oils customized to your needs.*

## **Deep Tissue – 60 or 90 minutes \$139 or \$189**

*Release tension with firm pressure that will work deep into your muscles to alleviate stress and tension.*

## **Sports – 60 or 90 minutes \$149 or \$199**

*A specific massage used for the treatment of injuries, ailments and rebalancing the body.*

## **Thai – 60 or 90 minutes \$139 or \$189**

*A traditional Thai treatment combining passive stretching and soothing pressure point massage.*

## **Mother to Be Massage – 60 minutes \$139**

*A much needed treat for a mother to be.*

## **Warm Bamboo – 60 or 90 minutes \$149 or \$199**

*Melt away stress and tension with the rhythmical movement of warm bamboo being rolled, glided and massaged over your entire body. From blissful relaxation to therapeutic deep tissue, you decide.*

## **Aroma Stone Therapy – 90 minutes \$199**

*Hotstones the Elemis way. Warm stones combined with Elemis essential oils will be massaged over the entire body. Concentrating on key energy points and combining some traditional massage, melt away stress and tension with pure indulgence and relaxation.*

## **Reflexology – 60 minutes \$139**

*This ancient Chinese therapy is based on the philosophy that the soles of the feet mirror the vital organs. Pressure point massage on specific energy channels release blocked energy that leads to excess fatigue and tension in the body.*

## **Reiki – 60 or 75 minutes \$129 or \$159**

*This simple form of healing touch uses the process of universal life energy that calms the mind, soothes the soul and brings balance and equilibrium to the body.*

## **Couples' Massage – 60 or 90 minutes from \$119 per person**

*Share your massage experience or any of our treatments in our couples' suite. For lovers, friends or a mother and daughter experience.*



# facials

## La Serena Signature Spa Ritual Facial – 90 minutes \$175

Our **Signature** facial begins with a relaxing back of the body massage using **Elemis** essential oils. Your facial treatment will be customised and classic. This exclusive experience includes a skin specific **Elemis** facial.

## Skin Specific Facials – 60 minutes \$129

**Herbal Lavender repair** – to restore the balance of combination oily skin

**Fruit Active Glow** – to recharge dull lifeless complexions

**Exotic Moisture Dew** – to saturate dry skin with moisture

## Oxygen Calming Facial – 75 minutes \$159

Pure soothing heaven for sensitive skin. Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask, impregnated with Absolute Skincalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. This superior face and eye treatment helps to relieve redness, and offers immediate comfort to stressed and irritated skin.

## Purifying Facial – 75 minutes \$159

A purifying treatment designed for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques, combined with a unique Japanese Sulfur Mask infused with Absolute Vitamin-C Booster Serum, calm irritation while rebalancing oil-rich pores, leaving a beautiful matt complexion.

## Microdermabrasion – 30 minutes \$80

A deep exfoliating procedure in which the skin is "sandblasted" with ultra fine crystals by a trained and experienced aesthetician. Microdermabrasion is effective in reducing fine lines, "crow's feet," age spots, and acne scars. It stimulates the production of skin cells and collagen.

## Microdermabrasion and Facial – 75 minutes \$169

Maximize the benefits of your microdermabrasion by combining it with a skin specific facial. Your deeply exfoliated skin will be ready to accept and absorb the active **Elemis** ingredients. For an even more powerful treat for your skin select an 'advanced facial' (add \$29). You'll see your skin in a whole new light.

**Please inquire about a personal treatment plan.**

# advanced anti-aging facials

## Visible Brilliance Facial – 75 minutes \$159

To combat aging, stressed and slackened skin, this anti-aging face and eye treatment instantly firms, rejuvenates and plumps up the skin, while helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment. A specialised Amino Active Mask to help smooth, sculpt and restore skin radiance.

## Pro-Collagen Quartz Lift Facial – 75 minutes \$159

This anti-wrinkle facial is clinically proven to substantially reduce the number of wrinkles and improve skin firmness after just one treatment. This treatment optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

## Tri-Enzyme Resurfacing Facial – 60 minutes \$149

Peel away the years for smoother, more radiant skin. This unique anti-aging facial instantly resurfaces and smoothes the skin targeting blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. The skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.



## body treatments

### **Exotic Lime and Ginger Salt Glow – 45 minutes \$99**

*Invigorated, cleansed and polished to perfection - a body exfoliation ritual to invigorate and revitalise the body. Warm oil is drizzled luxuriously over the body, before the sublime Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.*

### **Exotic Coconut Polish and Milk Ritual Wrap – 60 minutes \$149**

*Pure sensuality to enliven the senses. A warmed skin-nourishing milk bath is poured all over the body and cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.*

### **Exotic Frangipani Body Nourish Cocoon – 60 minutes \$129**

*For immediate softness and suppleness. Aromatic Coconut and Frangipani flowers are soaked together to produce the extract that is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and an all over body glow.*

### **Fake Bake Tan – 45 minutes \$99**

*Bronze your body with Fake Bake! Includes full body exfoliation with the Fake Bake Body Polish, application of lotion and the beautiful tan.*

## detox therapy

### **Body Sculpting Cellulite Therapy – 60 minutes \$149**

*Redefine and smooth your silhouette. Using the body sculpting system, your figure will be redefined. The body sculpting lipo-refining serum and body sculpting firming cream target stubborn cellulite and sagging skin for visible rapid results.*

*A detoxifying Fennel and Birch Peel Off Body Mask is applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention.*

### **Cellutox Aroma Spa Ocean Wrap – 75 minutes \$149**

*A deeply detoxifying blend to decongest and stimulate the system delivered in a comforting foil wrap cocoon with a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.*

### **Muscle Ease Aroma Spa Ocean Wrap – 75 minutes \$149**

*Powerful seaweed wrap for complete muscle relaxation. Drift away while you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warm blend of Elemis Essential Oils, this specialised treatment helps ease aching, tense muscles.*



# La Serena Indulgences

## **Relax and Revive – \$279**

*Aromatherapy Massage (90 minutes)*

*Spa Lunch*

*Lime & Ginger Salt Glow*

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## **Perfectly at Ease – \$359**

*Warm Bamboo Massage (60 minutes)*

*Exotic Moisture Dew Facial*

*Spa Lunch*

*Classic Pedicure*

## **La Serena Signature Spa Day – \$449**

*La Serena Signature Massage*

*Exotic Moisture Dew Facial*

*Spa Lunch*

*Classic Manicure*

*Classic Pedicure*

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## **Time for Two – \$299 (per person)**

***Treatments provided side by side in our couples suite and  
pedicures side by side in our nail room with ocean views***

*Exotic Lime & Ginger Salt Glow*

*Relaxation Massage (60 minutes)*

*Spa Lunch*

*Classic Pedicure*



## for men

### **Skin Intelligence Facial – 75 minutes \$149**

*Anti-aging and super boosting for tired, stressed and dehydrated skin. Helping to calm irritation and minimize the signs of aging, this facial is the ultimate overhaul for male skin. This anti-aging treatment protects against the harsh effects of shaving and environmental damage.*

### **Deep Cleanse Facial – 75 minutes \$149**

*Thorough cleanse and complete skin detoxification. This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, and rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky-clean.*

### **Sports Manicure – 45 minutes \$59**

### **Sports Pedicure – 60 minutes \$79**

*Specifically designed for men, this pedicure focuses on softening and nourishing the skin and nails; includes vigorous scrub, hot paraffin treatment and deep massage.*

### **The Gentleman's Spa Day – \$399**

*Deep Tissue Massage*

*Deep Cleanse Facial*

*Lunch*

*Sports Manicure & Pedicure*

## enhancements

Select any of the following in addition to any La Serena Spa services:

### **Foot Massage – 15 minutes \$29**

*Treat your feet to extra massage and some warm booties.*

### **Scalp Intensive – 15 minutes \$29**

*For lovers of an intense head massage this champissage and chakra balancing treatment uses warm Exotic Frangipani Oil to nourish your hair.*

### **Massage – 30 minutes \$69**

*Enhance your experience with the perfect addition to any facial or body treatment.*

**Lash Tinting \$30**

**Brow Tinting \$20**

**All About Eyes \$39**

*Lash and brow tint with a brow wax.*



## nail care

**Classic Manicure – 45 minutes \$69**

**Classic Pedicure – 60 minutes \$89**

*Classic treatment for the hands and feet - nail maintenance, exfoliation massage, paraffin dip and polish application.*

**Express Manicure – 30 minutes \$49**

**Express Pedicure – 45 minutes \$69**

*Essential treatment for the hands and feet - nail maintenance, exfoliation and polish application.*

**French Upgrade – \$5**

**Repolish Hands – \$19    Feet – \$29**

**Shellac**

*Revolutionary gel polish will be dry instantly and wears for up to 14 days.*

**Shellac addition to any Manicure, Pedicure or Repolish – \$15**

**Shellac removal – \$20**

## waxing

We use the world renowned Bliss Wax and promise the best and as painless as possible experience.

**Basic Bikini Wax \$40**

**The Betweeny Wax \$55**

**Brazilian Wax \$75**

**Half Arm Wax \$35**

**Full Arm Wax \$45**

**Half Back Wax \$35**

**Full Back Wax \$70**

**Brow Wax \$25**

**Chest Wax \$60**

**Lip or Chin Wax \$15**

**Lower Leg Wax \$40**

**Upper Leg Wax \$55**

**Full Leg Wax \$75**





## LA SERENA SPA

*Inner Harmony. Outer Vibrancy. Complete Serenity.*

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