

SERENITY TREATMENT MENU

Body Treatments (50 minutes)

Dreamy Pregnancy Massage

This heavenly treatment incorporates the Fall Into Dreams Mother & Baby Massage Oil with a full body massage designed to soothe, calm and relieve the strains of pregnancy. For mums-to-be who are experiencing disturbed sleep, aches, pains and puffiness, this dreamy massage will give you a moment to rest and restore.

Tailored for you Massage

Allow our therapists to take care of you and your needs with your own personalised massage. Included will be a choice of areas which will enable our therapists to focus on your key tension points. Whether it's neck ache or sore feet, our therapists will listen to your needs and tailor make your ideal treatment.

The Well-being Massage

A massage that soothes away stress concentrating on the backs of your legs, back, neck and shoulders (also contains a face massage).

Skin Nourishing Milk Ritual

This skin cocooning milk protein is rich in vitamins and natural plant collagen which is perfect for dry, dehydrated and delicate skins. Combined with a tension melting scalp and foot massage this will leave both skin and mind in perfect harmony.

Facial Treatments (50 minutes)

Soothe and Glow

A combination of express facial with a back, neck and shoulder massage which cleanses, tones and rehydrates the skin and eases tension, relieves stress and promotes complete relaxation.

Signature Rejuvenation Facial

This customised facial is suitable for all skin types and is designed to leave your skin, glowing radiant and truly treated. Our therapists will use a combination of treatment masks and specially selected skincare tailored to your skin's needs. The facial also includes massage therapy to the face, scalp and hands.

Choose one of the above treatments from either the body treatments or facial treatments