



Welcome to Serenity Spa

Serenity Spa welcomes you to experience an exclusive range of spa products and services designed to balance mind, body and spirit.

Emerge renewed and restored, rejuvenated and relaxed.

Amy

Tel: 01704 834003

www.serenityspaformby.co.uk

Opening Times:

Monday.....9.00am - 5.00pm

Tuesday.....9.00am - 5.00pm

Wednesday.....9.00am - 6.00pm

Thursday.....9.00am - 7.00pm

Friday.....9.00am - 7.00pm

Saturday.....9.00am - 4.00pm

Sunday.....Closed

Opening hours are subject to change.

Payments accepted by cash and most major credit or debit cards.



Serenity Spa's New Services

Permanent Make Up

Permanent Makeup can enhance your brows, eyes and lips and the results last, meaning you save time on your daily beauty routine!

You can look your best, morning, noon and night. It's the most positive, life-changing beauty treatment you can experience.

- Look and feel great without spending hours in front of the mirror.
- Subtle to defined, understated to glamorous - there are lots of treatment options.
- Results can last years (although you will need to keep your colours topped-up).

**For a two hour session including full consultation:
Brows from £280.00 • Eyeliner from £250.00 • Lips from £300.00**

Permanent Make Up Top Up

£40.00

Top-up may or may not be necessary. Must be taken 4-6 weeks after first appointment.
Recommended colour boost every 12-18 months.

SVS Lashes

SVS (Speed, Volume, Style) is our band new, revolutionary lash extension treatment.

This unique technique has been developed to ensure the health of your natural lashes are at the forefront, meaning your own lashes are protected while we create a custom lash look tailored just for you. A variety of styles are available with SVS, ranging from a natural looking volume to a fuller, more glamorous look - all in a much faster time than you will have ever experienced.

FULL SET OF SVS LASHES	1 hr 15 mins	£70.00
SVS LASHES 3-4 WEEK INFILLS	60 mins	£35.00

NOUVEAU[®]
CONTOUR
PERMANENT COSMETICS

SVS[®]
SPEED / VOLUME / STYLE

Brow and Lash Treatments



Totally tailored to you...

Your HD Brows Stylist will begin with an in-depth consultation to discuss size, shape and the look you want before beginning work on your bespoke brows. Custom-blended colour is applied and whether we darken, lighten or simply tone the natural colour of your brow hair, we'll ensure your new brows complement your look, and your style. From there, we use our exclusive brow mapping formula to design your unique shape before using a combination of HD hair removal techniques to create it. If there isn't enough hair to create your perfect arch immediately, we'll put you on a regrowth programme and work with you every step of the way to achieve the perfect brow for you. Visit www.beautyinhighdefinition.com

HD BROWS	45 mins	£30.00
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Brow and Lash Treatments

Nouveau Lashes Extend: professionally applied lash extensions giving you the look of fuller, thicker lashes with added volume. Our lash extensions have been developed to the highest standards, combining softness with strength and durability. They are beautifully curled and tapered to imitate natural lashes leaving you with a flawless look. Our technicians use a specially developed, latex free lash adhesive to give you the best result and most comfortable treatment experience.

NOUVEAU LASHES FULL SET (GLAMOROUS)	2 hours	£80.00
NOUVEAU LASHES FULL SET (NATURAL)	1 hr 30 mins	£70.00
NOUVEAU LASHES 1 WEEK INFILL	30 mins	£25.00
NOUVEAU LASHES 2 WEEK INFILL	60 mins	£35.00

The Ultimate Effect Lashes!

Choose from a variety of looks that last from a day to two weeks.

STRIP LASHES Applied in as little as five minutes. Strip lashes are for one day only and can be easily removed at home.	15 mins	£12.00
LASH FILLERS/CLUSTERS Eyelash fillers, or clusters, can last for up to a week if you follow the recommended aftercare routine.	15 mins	£22.00
EXPRESS LASHES <i>Ideal for special occasions</i> Twenty Minute Lash Extensions - applied one by one to your natural eyelashes, our high quality extensions are tapered to imitate your own lashes for a flawless look.	30 mins	£35.00
LET'S GO EXPRESS COUTURE LASHES As Express Lashes but with <i>more</i> lashes added to accentuate the natural beauty of your eyes.	45 mins	£45.00

Want the big lash look? Now you can have it...

LVL LASH PERMING	60 mins	£52.50
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ALL OUR LASHES INCLUDE A SOAK OFF

ESPA

Natural Beauty
Inner Calm

ESPA Facials

Our results-driven facials are world-renowned to defy the effects of life lived on your skin. Reduce lines and wrinkles visibly, rejuvenate your joi de vivre, and let your age remain a beautifully well-kept secret.

Delivering what your skin really needs. All of our tailored facials include:

- An in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye.
- A detailed consultation.
- Cleansing, exfoliation.
- A treatment specific massage, mask and intensive serum chosen to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

INTENSIVE AND AGE DEFYING FACIALS

LIFT & FIRM FACIAL An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration.	1hr 15 mins	£60.00
LIFESTAGE FACIAL A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck and jaw line.	60 mins	£55.00
AGE DEFYER FACIAL A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jaw line to help combat the signs of ageing.	60 mins	£55.00

ESPA Facials

EXPRESS TREATMENTS

PERSONALISED EXPRESS FACIAL Your therapist will select the most suitable facial for your skin. Expert ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.	30 mins	£35.00
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SKIN SOLUTIONS FACIALS

PERSONALISED FACIAL Reveal exceptional results whatever your skincare concern with this entirely bespoke expert facial from ESPA.	60 mins	£50.00
SKIN RADIANCE FACIAL Revitalising and brightening, giving tired skin a naturally radiant appearance.	60 mins	£50.00
THE REHYDRATOR FACIAL Intensive and regenerating, leaving dehydrated skin supple and nourished.	60 mins	£50.00
THE PURIFYING FACIAL Ideal for oily, congested and problematic skin, or for those suffering with a hormonal imbalance.	60 mins	£50.00
DE-SENSITISER FACIAL A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.	60 mins	£50.00
OPTIMAL SKIN PROFACIAL Reveal naturally beautiful and visibly healthy skin with this targeted facial.	60 mins	£50.00

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ESPA Body Treatments

BODY TREATMENTS

BACK, FACE & SCALP TREATMENT

Renowned as our 'Hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas - the back, face and scalp - making it the ideal treatment for anyone.

1 hr 30 mins £70.00
with hot stones:
£75.00

BODY WRAPS

Includes Skin Brush, Body Exfoliation, Detox Algae or Nourishing Marine Mud Wrap, Scalp Massage.

DETOX

Specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation. A complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin.

60 mins £50.00

NOURISH

A perfect treatment to replenish and soothe dry skin and restore equilibrium. A warmed blend of essential oils and a deeply nourishing body cream are applied and the body cocooned in an ESPA wrap to leave the skin soft, smooth and moisturised.

60 mins £50.00

ESPA Maternity

PRE & POST NATAL TREATMENT

Includes: Back exfoliation (if required), personalised body massage, scalp massage. Nourish skin and calm the mind with this regenerating and smoothing treatment. Focused entirely on your personal needs, a gentle yet effective exfoliation to the back area is followed by a comforting body massage using a pure, unscented blend of deeply nurturing oils to safely target areas prone to stress and tension during or after pregnancy and alleviate muscular aches and pains. Finishing with a soothing and conditioning scalp massage, this blissful treatment will leave you feeling relaxed and restored. A course of 6 is recommended following the first trimester of pregnancy (12 weeks). Course of 6 includes: 5 x 60 min and 1 x 90 min treatments.

30 mins £35.00
60 mins £55.00
1 hr 30 mins £75.00
Course of 6 £330.00

ESPA Body Treatments

MASSAGE

INNER CALM MASSAGE

Find your inner calm with this deeply relaxing and soothing treatment for mind and body, using a specially selected blend of oils, tailored to you. With neck and eye pillows to encourage warmth and relaxation, indulge in this soothing holistic treatment, combining personalised aromatherapy massage and warm Rose Quartz Crystals through the scalp.

60 mins £60.00

AROMATHERAPY MASSAGE

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. *Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.*

60 mins £50.00
with hot stones:
£55.00

MUSCLE REVIVER

A condensed massage for those who suffer with tension related headaches and neck strain. *Includes: Back massage – facial massage – scalp massage.*

45 mins £40.00
with hot stones:
£45.00

SALT & OIL SCRUB

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt and Oil Scrub.

30 mins £30.00

BACK NECK & SHOULDER MASSAGE

This massage is tailored to address any area of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

30 mins £30.00
with hot stones:
£35.00

ESPA

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Inner Calm



Crystal Clear Microdermabrasion

Share the celebrities' favourite skin care secret...

Ever wondered how those famous faces stay looking so young? Crystal Clear Microdermabrasion literally takes years off you by gently exfoliating the outer layers of skin. Crystal Clear Microdermabrasion treats a vast array of skin concerns, on both the face and body, using a safe and controlled method of skin resurfacing. The treatment provides immediate visible results for ageing skin, lines & wrinkles, open pores, blackheads, pigmentation, blemish scars, acne scars, stretch marks and much, much more.

FACE

MICRODERMABRASION FACIAL	45 mins	£50.00
MICRODERMABRASION DELUXE FACIAL	1 hr 15 mins	£65.00

BODY

CRYSTAL CLEAR BACK SHINE	30 mins	£35.00
CRYSTAL CLEAR CORRECTION TREATMENT	30 mins	£35.00

Crystal Clear COMCIT

Beautiful, rejuvenated skin with COMCIT, offering revolutionary new skin rejuvenation technology to treat:

- *Aging lax skin*
- *Acne prone skin*
- *Pigmentation marks*
- *Lines and wrinkles*
- *Stretch marks*
- *Body treatments*
- *Sun damaged skin*
- *Acne scarring*
- *Décolletage*

COMCIT is: Cryo Oxygen Microchannelling Collagen Induction Therapy. It offers simultaneous delivery of Cryo Oxygen whilst our unique Microchannelling Roller creates thousands of microscopic channels in the dermal epidermal junction. This is the most effective skin rejuvenation system yet as we are effectively getting down to the layers where skin health begins.

COMCIT WITH MICRODERMABRASION	1 hr 15 mins	£100.00
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Hand and Foot Treatments

Shellac by CND

Shellac UV3 Techology - The Power Polish... on like polish, wears like gel, off in minutes.

SHELLAC FOR FEET	45 mins	£26.00
Includes file, cuticle work and colour application.		
SOAK OFF AND RE-APPLY	60 mins	£30.00
Includes soak off, file, cuticle work and colour application.		
SHELLAC FOR HANDS	45 mins	£26.00
Includes file, cuticle work and colour application.		
SOAK OFF AND RE-APPLY	60 mins	£30.00
Includes soak off, file, cuticle work and colour application.		
SHELLAC SOAK OFF	15 mins	£12.00

Secrets Gel

NSI Secrets removable gel system is a very flexible nail product that allows you to build on the natural nail. It comes with all the same qualities as traditional gel nails and the benefit of not needing to be filed, and can be soaked off with acetone (not suitable for everyone). Helps Shellac to last longer.

APPLY NO COLOUR	45 mins	£26.00
APPLY WITH SHELLAC	60 mins	£34.00
SOAK OFF	15 mins	£12.00
SOAK OFF AND RE-APPLY, NO COLOUR	60 mins	£30.00
SOAK OFF AND RE-APPLY WITH SHELLAC	1 hr 15 mins	£38.00





Hand and Foot Treatments

Marine Spa Pedicure

Excite, energise, refresh... an inspired system born of the sea. Marine botanicals and sea salt energise, quartz crystals and menthol cool. Bathe, Scrub, Cool, Hydrate.

CREATIVE TREATMENT PEDICURE Re-shape, thorough cuticle work and removal of hard skin, exfoliation, mask, heated boots, foot and leg massage, colour of your choice.	1 hr 15 mins	£36.00
CREATIVE MAINTENANCE PEDICURE Re-shape, cuticle tidy, removal of hard skin, exfoliation, foot and leg massage, colour of your choice.	60 mins	£28.00
Add Shellac.	15 mins	£12.00

French Polish an additional £1.50 to the above treatments. Nail Art Available.

Vynylux by CND

BREAKTHROUGH NAIL POLISH SYSTEM WITHOUT A BASE COAT!

VINYLUX Weekly Polish and Weekly Top Coat is a system uniquely designed to work together. Exposure to natural light secures the ProLight technology, creating an enduring, long-lasting polish. While ordinary polishes become brittle and deteriorate over time, VINYLUX dries naturally to a flawless finish and strengthens its resistance to chips over time.

FILE AND POLISH HANDS OR FEET	30 mins	£12.00
FILE AND FRENCH POLISH HANDS OR FEET	15 mins	£14.00

Hand and Foot Treatments

NAILTIQUES TREATMENT MANICURE Re-shape, thorough cuticle work and removal, exfoliation, mask, heated mittens, hand and arm massage, formula, colour of your choice.	60 mins	£34.00
NAILTIQUES MAINTENANCE MANICURE Re-shape, cuticle tidy, hand and arm cream application and mini massage, formula, colour of your choice.	45 mins	£26.00

Tanning

This specially formulated UV free treatment features a tan using a spray application in only 15 minutes. Perfect for a busy schedule or a lunch hour treat.

PRO BOOTH. Choose from our wardrobe of choice for perfect streak-free and natural looking tan to suite every skin tone:

- Classic - tinted for the ultimate streak-free, natural looking tan. Lasts up to 5 days.
- Dark - tailors to your individual skin tone for the deepest, darkest bronze. Lasts up to 7 days.
- Express - wash and wear in just 1 hour for a sun kissed glow or leave on for longer for a darker finish to suit your skin tone. Lasts 5-7 days.
- Oil - Luxe Oil Bronzing Mist is ideal for those looking for the ultimate natural golden glow, with a healthy looking shimmer that lasts for days.

ST. TROPEZ SPRAY TAN (exfoliation needed prior to the treatment)	15 mins	£22.00
UPPER BODY TO WAIST	15 mins	£15.00
LOWER BODY, WAIST TO FEET	15 mins	£12.00



ST. TROPEZ



Waxing

Lycon wax is the market leader in hair removal and is used around the world by many top spas and salons, frequented by international models and celebrities.

Removes stubborn hairs, virtually pain free, suitable for sensitive skin, finer hair re-growth and free from ingrown hairs.

HOT WAX

HOLLYWOOD	30 mins	£32.00
BRAZILIAN	30 mins	£30.00
G-STRING BIKINI	30 mins	£22.00
BIKINI	15 mins	£16.00
UNDERARM	15 mins	£15.00
EYEBROW	15 mins	£12.00
LIP	15 mins	£10.00
CHIN	15 mins	£10.00
FULL FACE	15 mins	£20.00
CHEEKS	15 mins	£10.00
NOSE	15 mins	£8.00

STRIP WAX

BIKINI	15 mins	£12.00
UNDERARM	15 mins	£10.00
EYEBROW	15 mins	£8.50
LIP	15 mins	£6.50
CHIN	15 mins	£6.50
HALF LEG	15 mins	£18.00
FULL LEG	30 mins	£24.00
HALF ARM	15 mins	£14.00
FULL ARM	30 mins	£18.00

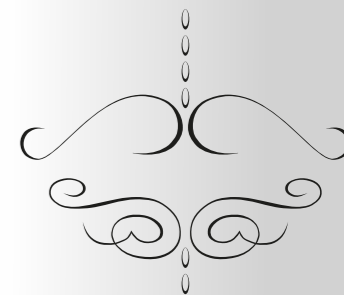
As featured in:

BAZAAR ELLE GLAMOUR VOGUE ES Magazine

Threading

EYEBROWS	15 mins	£10.00
LIP	15 mins	£10.00

CHIN	15 mins	£10.00
FACE	15 mins	£16.00



Tinting

EYELASH TINT	15 mins	£12.00
EYEBROW TINT	15 mins	£8.00

Tinting test needed 24 hours prior to the treatment.

Packages

HOLIDAY PACKAGE £108.00

Package Includes:
Maintenance Pedicure
Maintenance Manicure
Half Leg Wax
Bikini Wax
Underarm Wax
Eyelash Tint
Eyebrow Wax

SERENITY PACKAGE £98.00

Package Includes:
60 Min Facial
Maintenance Pedicure
Maintenance Manicure

**We can tailor packages,
please ask for details.**

ESPA



ST. TROPEZ

Courses

PRE & POST NATAL TREATMENT

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. A course of 6 is recommended following the first trimester of pregnancy (12 weeks).

Course of 6 includes: 5 x 60 min and 1 x 90 min treatments.

Course of 6 **£330.00**

COMCIT WITH MICRODERMABRASION

For this treatment, pay with a payment plan or pay as treatments are booked.

Payment Plan (course of 6):

First visit - £170.00 Third visit - £170.00 Fifth visit - £85.00

Treatments have to be taken two weeks apart and booked in advance; otherwise we cannot offer the course. Or pay up front and get a FREE Beauty Flash microdermabrasion with the sixth visit.

Course of 6 **£425.00**

MICRODERMABRASION

A course of 5 x 45 minute facials.

Course of 5 **£200.00**

LYCON HOLLYWOODS

Course of 3 x Hollywoods.

£89.00

LYCON BRAZILLIANS

Course of 3 x Brazillians.

£78.00

ST. TROPEZ TRIO

Course of 3 x 15 minute St. Tropez Spray Tans.

£50.00

ESPA for Men

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed to ensure you experience the best physical and therapeutic benefits depending on your needs.

MENS SHOULDER, NECK AND FACE MASSAGE

This perfect combination of purifying steam, hot towel compresses and a relaxing shoulder, neck, face and scalp massage provides and indulgent tailored solution to your skin's needs.

60 mins **£50.00**

BACK, FACE & SCALP TREATMENT

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas - the back, face and scalp, making it the ideal treatment for anyone. *Includes: Back exfoliation, back massage, facial and scalp massage.*

1 hr 30 mins **£70.00**

with hot stones:

£75.00

INNER CALM MASSAGE

Find your inner calm with this deeply relaxing and soothing treatment for mind and body, using a specially selected blend of oils, tailored to you. With neck and eye pillows to encourage warmth and relaxation, indulge in this soothing holistic treatment, combining personalised aromatherapy massage and warm Rose Quartz Crystals through the scalp.

60 mins **£60.00**

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60 mins **£50.00**

with hot stones:

£55.00

MUSCLE REVIVER

A condensed massage for those who suffer with tension related headaches and neck strain. *Includes: Back massage – facial massage – scalp massage.*

45 mins **£40.00**

with hot stones:

£45.00

BACK NECK & SHOULDER MASSAGE

This massage is tailored to address any area of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

30 mins **£30.00**

with hot stones:

£35.00

MALE WAXING: BACK

30 mins **£22.00**

MALE WAXING: CHEST

30 mins **£22.00**

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Inner Calm



Serenity Spa Gift Vouchers are available...

please ask a member of staff for more information.



Information

Scheduling an appointment

To schedule an appointment, please contact our reception **01704 834003** and we will be able to guide you to the right choice. To ensure your preferred time and service is available please book in advance.

Children's Policy

We are delighted to offer treatments to children, however they must be accompanied by an adult.

In order to enjoy the peaceful, relaxing atmosphere here at Serenity Spa, we would appreciate it, that if it is necessary to bring along your children, that they sit like angels so that clients can enjoy their treatments. Noise to be kept to a minimum please.

Cancellations

If you are unable to make an appointment it would be much appreciated if you could let us know 24 hours prior to the treatment. There is an answer phone message available out of salon hours. Failure to do so will result in a 50% charge of the bill.

Salon Etiquette

Our salon is one of relaxation and tranquillity. Please respect all guests' right to privacy and serenity. In light of this, the salon is a mobile phone, camera and smoke free zone.

Health Conditions

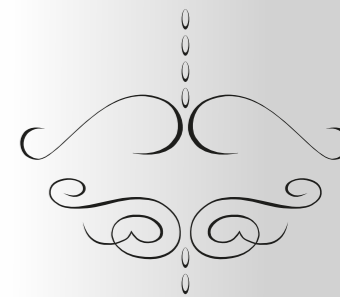
Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your booking.

Gift Vouchers

Available to purchase at reception, over the phone or on our website www.serenityspaformby.co.uk. They are available for any amount and can only be redeemed on our range of treatments and not products and are valid for 6 months.

Homecare

To continue your salon experience at home, most products used in our treatments are available to purchase at reception.





BEAUTY | PERMANENT MAKE-UP



ESPA



Shellac™



NOUVEAU®
CONTOUR
PERMANENT COSMETICS



ST. TROPEZ



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