



SERENITY SPA

A LITTLE PIECE OF HEAVEN ON EARTH



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 |  @serenityspaformby | www.serenityspaformby.co.uk

Totally tailored to you...



HD Brows is a bespoke eyebrow treatment that is totally tailored to you – not a brow stencil in sight. It's so much more than a standard eyebrow tint and wax; our expertly trained stylists combine our unique design formula with custom-blended colour, hair removal and make up application for brows that suit you. Our stylists work with you to create your perfect look, whether your wish to tame bushy brows or regrow over plucked eyebrows.

HD BROWS

HD BROWS 45 Minutes, **£41.00**

BLEACHING 15 Minutes, **£6.50**

HD BROWS SCULPT 60 Minutes, **£52.00**


HD BROWS
HIGH DEFINITION BEAUTY



NOUVEAU[®]
L A S H E S



Nouveau Lashes LVL

Exclusive to Nouveau Lashes, our LVL lash lift is the revolutionary lash treatment that creates masses of length, volume and lift with your own natural lashes. No mascara. No extensions. No maintenance. It's a great alternative to lash extensions and the perfect way to enhance what you already have, whether your lashes are long, short, thick or stubborn. This treatment will create the look of longer, fuller lashes that make your eyes appear more open and youthful as well as saving time in your morning routine. So, if you're looking for a long-lasting, low maintenance, natural looking eyelash enhancement then Nouveau Lashes LVL lash lift is for you.

LVL LASH PERMING 60 Minutes, £55.00

LPG Endermologie

Body Contouring | Slimming | Anti Cellulite | Skin Firming | Anti-Aging | Health & Wellness

LPG® Endermologie offers a 100% natural alternative: stimulating dormant cellular activity within our skin to fight all unaesthetic manifestations (wrinkles, sagging skin, localised resistant fat, cellulite appearance, and more).

We offer bespoke courses with big savings. Consultations are free of charge.



Face	10 mins	£20.00	Body	10 mins	£20.00
	15 mins	£30.00		15 mins	£30.00
	20 mins	£40.00		20 mins	£40.00
	30 mins	£60.00		30 mins	£60.00
	40 mins	£80.00		40 mins	£80.00
The Glow	15 mins	£30.00	Relaxation	30 mins	£60.00
Fluid Mobilisation	20 mins	£40.00	Young Mum	30 mins	£60.00
Décolleté	25 mins	£50.00	Fluid Mobilisation	40 mins	£80.00
Age Defying Skin Toning	30 mins	£60.00	Anti-Cellulite	40 mins	£80.00
Age Defying Resculpting	30 mins	£60.00	Vitality - Stress - Sleep	40 mins	£80.00
Age Defying Replumping	35 mins	£70.00	Endermapuncture	50 mins	£100.00
Perfect Eyes & Lips	40 mins	£80.00			
Hydration Booster	50 mins	£100.00			
Skin Awakening	50 mins	£100.00			
Deep Cleansing	75 mins	£150.00			
Cellular Stimulation	85 mins	£170.00			



LPG Endermologie Courses

LPG FACE OR BODY 10 Minutes (*Buy 10, Get 2 Treatments Free*), **£200.00**

LPG FACE OR BODY 15 Minutes (*Buy 10, Get 2 Treatments Free*), **£300.00**

LPG FACE OR BODY 20 Minutes (*Buy 10, Get 2 Treatments Free*), **£400.00**

LPG FACE OR BODY 30 Minutes (*Buy 10, Get 2 Treatments Free*), **£600.00**

LPG FACE OR BODY 40 Minutes (*Buy 10, Get 2 Treatments Free*), **£800.00**

ESPA Facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focussed facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

ESPA EXPRESS FACIAL 30 Minutes, £50.00

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Includes: Skin analysis with Skin Vision™ lamp – double cleanse – exfoliation – personalised mask – scalp massage.

ESPA INNER BEAUTY FACIAL 60 Minutes, £71.50

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam (if required) – facial massage – personalised mask – scalp massage.

ESPA

Natural Beauty
Inner Calm



ESPA

Natural Beauty
Inner Calm

ESPA Facials

ESPA ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL 60 Minutes, **£71.50**

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Includes: Skin analysis with Skin Vision™ lamp – cleanse & exfoliation (including Foreo) steam–Gua Sha facial massage – double mask – hand & arm Gua Sha massage.

ESPA INTENSE REGENERATING FACIAL 60 Minutes, **£78.50**

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam (if required) – age-defying facial massage – mask – scalp massage.

ESPA INSTANT RADIANCE FACIAL 90 Minutes, **£86.00**

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse (including deep brush cleanse) – exfoliation – steam (if required) – Tri-Active™ Regenerating Resurface & Brighten Mask – age-defying Rose Quartz crystal massage – professional Lifting & Smoothing Mask – scalp massage.

ESPA Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.

ESPA SALT & OIL SCRUB 30 Minutes, £43.00

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Skin brush - salt and oil full body exfoliation.

ESPA BODY WRAP 60 Minutes, £71.50

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush - body exfoliation - algae or mud wrap - scalp massage.

ESPA BACK, FACE & SCALP TREATMENT 90 Minutes, £99.50 with hot stones, £107.00

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best - restored, de-stressed and beautifully radiant.

Includes: Back exfoliation - back massage with or without hot stones - Inner Beauty Facial - scalp massage.

ESPA

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Inner Calm



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Inner Calm

ESPA Maternity

ESPA PRE-NATAL RELAX & RESTORE 60 Minutes, £78.50

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: Back exfoliation (if required) – focussed body massage – scalp massage.

ESPA Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity.

ESPA SWEDISH MASSAGE 60 Minutes, £71.50

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes: Full body Swedish massage – scalp massage.

ESPA MINDFUL MASSAGE 90 Minutes, £80.50

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes: Breathwork and visualisation – massage to metamorphic zones of the feet – full body massage – scalp massage with warm rose quartz crystals.

ESPA INNER CALM MASSAGE 90 Minutes, **£98.50**

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored. *Includes: Breathwork – full body aromatherapy massage – scalp massage with rose quartz crystals.*

BACK NECK & SHOULDER MASSAGE 30 Minutes, **£43.00** with hot stones, **£50.00**

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind. *Includes: Massage to the back, neck and shoulders.*

MUSCLE REVIVER MASSAGE 45 Minutes, **£56.50** with hot stones, **£64.00**

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored. *Includes: Back massage – facial massage – scalp massage.*

ESPA for Men

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

ESPA DEEP CLEANSING FACIAL 60 Minutes, **£71.50**

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored. *Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam (if required) – facial massage – personalised mask – scalp massage.*

ESPA

Natural Beauty
Inner Calm



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ESPA for Men

ESPA SWEDISH MASSAGE 60 Minutes, **£71.50**

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe. *Includes: Full body Swedish massage – scalp massage.*

INNER CALM MASSAGE 90 Minutes, **£98.50**

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored. *Includes: Breathwork – full body aromatherapy massage – scalp massage with Rose Quartz Crystals.*

BACK, NECK & SHOULDER MASSAGE 30 Minutes, **£43.50** with hot stones, **£50.00**

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind. *Includes: Massage to the back, neck and shoulders.*

ESPA MUSCLE REVIVER 45 Minutes, **£57.00** with hot stones, **£64.00**

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored. *Includes: Back massage – facial massage – scalp massage.*

MALE WAXING, BACK 30 Minutes, **£31.50**

MALE WAXING, CHEST 30 Minutes, **£31.50**

Crystal Clear Facials

CRYSTAL CLEAR MICRODERMABRASION FACIAL 45 Minutes, **£66.00**

This is a deep and controlled exfoliation method. We work across the skin, using natural mineral stones to remove the dead skin cells and smooth the skin. We are working within the epidermal layer. This allows better product absorption and stimulates the cell turnover. The blue light is combined to kill bacteria, while the red light stimulates collagen production. This treatment is good for all skin types. Leaving the skin visibly bright and clear after the first treatment.

*We recommend a course of 6 treatments to be carried out weekly. **Course of 6, £330.00***

CRYSTAL CLEAR RESURFACE, PEEL & HEAL 75 Minutes, **£96.00**

This treatment is perfect for skin suffering from hyperpigmentation, sun damage, acne, scarring, dull tiered skin, resulting in a more even skin tone that lasts. This will resurface the outer layers and work on the inner layers, giving you instantly smoother skin. Works to improve cell production to give longer lasting results.

*We recommend a course of 6 to be carried out weekly. **Course of 6, £480.00***

CRYSTAL CLEAR FROZEN STORM FACIAL 90 Minutes, **£126.00**

The most effective and advanced skin rejuvenation treatment yet, tackling lines, wrinkles, and pigmentation. Enjoy a full cleanse followed by microdermabrasion to resurface and smooth the skin. Followed with micro-channelling and topical dissolvable oxygen to stimulate the skins natural heal repair response. This is the most advanced method of replacing lost moisture in the skin. Fabulous for dull, dehydrated, ageing, pigmented, scarred skin. We adapt the chosen infusion and mask depending on your concerns. We will tailor make the treatment at all points to give you the best results possible.

*We recommend a course of 6 treatments to be carried out every 2 weeks. **Course of 6, £630.00***





Crystal Clear Facials

CRYSTAL CLEAR SKINSTORM FACIAL 120 Minutes, £156.00

This treatment super-cleanses, resurfaces, hydrates, and stimulates collagen production, boosting skin cells and leaving skin feeling plump and glowing. We can target all concerns from, dull dehydrated skin, acne scarring, ageing, lax skin, pigmentation and much more. Overall stimulates and regenerates cells to give immediate optimum results and long-term results. We treat the skin of now and the skin of the future.

*We recommend a course of 6 treatments to be carried out every 2 weeks. **Course of 6, £780.00***

Hand & Foot Treatments

Shellac™

The original gel polish system created by CND, the nail industry's most innovative and trusted brand. This professional gel polish combines the best qualities of traditional nail polish with the long-lasting effects of gel nails. The process involves application of polish to the natural nail, with each layer being cured under a UV or LED lamp. The curing process hardens the polish and makes it more durable, providing a longer-lasting and chip-resistant finish.

SHELLAC™ FOR FEET 45 Minutes, **£39.50**

Includes file, cuticle work and colour application.

SOAK OFF AND RE-APPLY 60 Minutes, **£44.00**

Includes soak off, file, cuticle work and colour application.

SHELLAC™ FOR HANDS 45 Minutes, **£39.50**

Includes file, cuticle work and colour application.

SOAK OFF AND RE-APPLY 60 Minutes, **£44.00**

Includes soak off, file, cuticle work and colour application.

SHELLAC™ SOAK OFF 15 Minutes, **£18.00**

Shellac™





Hand & Foot Treatments

The Gel Bottle™ BIAB™

Builder in a Bottle™, BIAB™ are a range of soak off builder gels used to enhance the natural nails ability to grow, or increase strength in clients with particularly brittle nails. They come in a range of super popular nude colours which can be used alone or underneath any of our super-pigmented TGB colours.

BIAB™ NATURAL OVERLAY, £40.00

BIAB™ NATURAL INFILL, £40.00

BIAB™ WITH GEL POLISH, £47.50

BIAB™ WITH GEL POLISH INFILL, £47.50

BIAB™ SOAK OFF, RE-APPLY NATURAL £51.00

BIAB™ SOAK OFF, RE-APPLY GEL £59.50

BIAB™ SOAK OFF, £25.50

Hand & Foot Treatments

Mii Pedicure

Transform dry feet with Mii's nourishing treatments. Formulated with a signature blend of highly active ingredients, restorative oils and multi-vitamins to reveal the softer, smoother, brighter side of your skin.

MII TREATMENT PEDICURE 75 Minutes, **£53.00**

Re-shape, thorough cuticle work and removal of hard skin, exfoliation, mask, heated boots, foot and leg massage, colour of your choice.

MII MAINTENANCE PEDICURE 60 Minutes, **£42.00**

Re-shape, cuticle tidy, removal of hard skin, exfoliation, foot and leg massage, colour of your choice.

ADD SHELLAC, £15.00

Mii Manicure

Transform dry hands with Mii's nourishing treatments. Formulated with a signature blend of highly active ingredients, restorative oils and multi-vitamins to reveal the softer, smoother, brighter side of your skin.

FILE AND POLISH HANDS OR FEET 30 Minutes, **£20.00**

TREATMENT MANICURE 60 Minutes, **£50.00**

Re-shape, thorough cuticle work and removal, exfoliation, mask, heated mittens, hand and arm massage, formula, colour of your choice.

MAINTENANCE MANICURE 45 Minutes, **£39.50**

Re-shape, cuticle tidy, hand and arm cream application and mini massage, formula, colour of your choice.

The Mii logo is a stylized, handwritten-style wordmark in a dark brown color, positioned in the top right corner of the page.

Tanning, Waxing & Tinting

St. Tropez Spray Tan

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 suit every skin tone.

ST. TROPEZ SPRAY TAN 15 Minutes, £32.50

Exfoliation needed prior to the treatment

ST. TROPEZ TRIO, £90.00

Course of 3 x 15 Minute St. Tropez Spray Tans

Lycon Wax

Lycon Wax is the market leader in hot wax 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.

HOLLYWOOD 30 Minutes, £45.50

BRAZILIAN 30 Minutes, £43.00

G-STRING BIKINI 20 Minutes, £31.50

BIKINI 15 Minutes, £23.00

UNDERARM 15 Minutes, £22.00

EYEBROW 15 Minutes, £16.50

LIP 15 Minutes, £14.50

CHIN 15 Minutes, £14.50

CHEEKS 15 Minutes, £14.50

NOSE 15 Minutes, £11.50

Strip Wax

HALF LEG 15 Minutes, **£26.00**

FULL LEG 30 Minutes, **£34.50**

HALF ARM 15 Minutes, **£21.00**

FULL ARM 30 Minutes, **£26.00**

Threading

EYEBROWS 15 Minutes, **£14.50**

LIP 15 Minutes, **£14.50**

CHIN 15 Minutes, **£14.50**

FACE 15 Minutes, **£21.00**

Tinting

EYELASH TINT 15 Minutes, **£16.50**

EYEBROW TINT 15 Minutes, **£11.50**

Tinting test needed 24 hours prior to the treatment

ST.TROPEZ
Lycon
precision waxing™



Opening Times:

Monday, Tuesday: 9am - 5pm | Wednesday: 9am - 7pm | Thursday: 9am - 6pm | Friday: 9am - 5pm
Saturday: 9am - 4pm | Sunday: Closed

Opening hours are subject to change.

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