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Serenity Beauty at
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Holistic Massages & Facials | Pregnancy Massage Specialist | Bespoke Brows | Gua Sha Facials | CACI Facials | Mani & Pedi

Serenity Swedish Massage

Back & Neck 30mins £30 | **Back, Neck, Shoulders & Scalp** 45mins £40 | **Full Body** 1hour £50

Deluxe Back 1hour £52

A full back massage to deeply treat the areas of concern, focusing on the shoulders, neck, back and hamstrings.

Serenity Ritual Massage 1hour30mins £75

An indulgent massage which will leave you feeling rejuvenated from head to toe. Starting with a foot ritual to ground and balance, moving onto a slow and deeply relaxing full body massage with the '**Serenity Bliss Facial Massage**' & scalp and hand massage included. Perfect for when you need some essential relaxation.

Short consultation included to address your well-being needs.

Indian Head Massage 45mins £45

A holistic massage treating the upper body, focusing on areas of tension such as scalp and forehead with relaxing moves to ease tight areas. Ideal for clients who suffer from computer fatigue, headaches, migraines or sinus discomfort.

Peaceful Pregnancy Massage 1hr30mins £75

Lovingly designed, this bespoke pregnancy massage has been created to provide a gentle, relaxing treatment that can be enjoyed safely throughout the second and third trimester of pregnancy. With a complete understanding of the female body during this precious time, gentle massage techniques leave mum-to-be feeling blissfully relaxed with toned skin and a feeling of wellbeing for you and your baby. With over 10 years' experience of pregnancy massage and techniques and having a sister who is a midwife, Suzy has expertly created the ultimate prenatal experience using only pregnancy-safe infused oils and creams.

Massaged over areas of tension, the treatment will ease aching muscles, improve the circulation, relieve tiredness and fatigue, improve mood and enhance a comfortable, restorative night's sleep.

Truly relax after your treatment with a refreshing raspberry leaf fruit tea to finish.

The 'WFH' 1hour15mins £67

The ultimate 21st century treatment for post pandemic workers, focusing on those areas which are in need of special attention due to computer fatigue and poor posture from working from home.

Starting with a relaxing shoulder and neck massage to help tackle 'tech neck' and then moving onto a cooling and refreshing eye massage to help ease that digital eye strain. While the eye area relaxes under a lavender eye pillow, the lower arms and wrists are treated to gentle stretches to help reduce wrist strain from keyboard and mouse work.

The legs and back are then deeply massaged to help realign hip and leg discomfort. Leaving you feeling resorted and relaxed. This uniquely created treatment accommodates work life changes in a mindful way.

Japanese Cosmo Face Lift Facial 1hour15mins £60

A natural, holistic facial treatment created by facial reflexologist Lone Sorensen. Deep sculpting massage working over acupressure points and reflex zones helps to lift and tone the facial contours and balance the energy of the body.

Rhythmic uplifting massage moves help reduce fine lines and wrinkles while sending you off into a relaxing state of mind.

Also helps to ease headaches, migraines, jaw clenching and sinus discomfort.

Benefits last approx. three weeks, so perfect for that pre-party glow as well as monthly self care.

Perfect for those who want a natural approach to ageing well

Restorative Ritual 1hour30mins £75

A complete back and face treatment to leave you feeling buffed, smoothed, and relaxed. This treatment is the perfect 2 in1 ritual. Starting with a gentle back exfoliation - skin is polished, with body brushing and hot mitts to revitalise. Massages then eases the tension on those concern areas. The 'Serenity Facial' completes this blissful treatment. Ideal for sufferers of back acne, tension and those needing a back area detox. Perfect pre/post-holiday ritual to prepare the skin on the face & back.

Serenity Beauty is proud to offer '*booster*' **CACI Non-surgical facelift facials**, also in collaboration with "Nurtured Beauty" (our salon host) to accommodate all our clients skin needs. Focusing on the key areas of skin ageing, this proven medically backed micro current treatment will lift and firm skin.

CACI Ultimate Lift 1 hour £58

To focus on lifting and toning the muscles of the whole face, from jawline and jowls to eyebrows.

Serenity Facial 1hour15mins £60

This bespoke facial uses the finest vegan ingredients from 'Tropic Skincare' and 'Ermana' ranges.

Starting with a full skin analysis to address you and your skin's needs.

Double cleanse | Exfoliation | '**Serenity Bliss Facial Massage**' | Soothing mask application | Shoulder, Neck & Scalp Massage
Finishing touches | Expert recommendations & aftercare

'**Serenity Bliss Facial Massage**' - A soothing but uplifting and firming massage incorporating specialist techniques and pressure points, to leave the skin naturally glowing – suitable for all ages and skin types.

Gua Sha Glow Facial 1hour15mins £65

Pronounced "gwa shah"

The art of Gua Sha has been practiced for thousands of years as a healing technique to improve skin complexion and tone. It is an incredibly relaxing treatment that is performed using light strokes, acupressure and frictions on the surface of the skin in the direction of the lymph nodes. Rose quartz gua sha's and jade rollers are cooled to leave skin glowing, detoxified and smoothed.



-15mins FREE skin consultation also available upon request –

Waxing

A cream wax, removed with paper strips.

Recommended maintenance every 4-6 weeks, with a minimum of 2-3 weeks hair growth.

Lip or Chin £6 | Lip & Chin £10 | Under Arm £12 | Bikini Line £12 or Extended Bikini £15
½ Arm £14 | Full Arm £18 | ½ Leg £18 | ½ Leg & Bikini £25 | Full Leg £25
Full Leg, Bikini & Underarm £42 **Men's Waxing** - Chest £18 | Back £22 | Back & Chest £35 | Eyebrow tidy £10

Eyes

A patch test for tinting is required at least 24 hours prior to treatment.

Lash tint recommended every 4-6 weeks. Brow tint and shape recommended every 2-4 weeks.

Eye Lash Tint £16 | Eye Brow Tint £10 | Eye Brow Shape £11 | Eye Brow Shape & Tint £18

Eye Lash, Brow Tint & Shape £32

Bespoke Brow Treatment 30mins £20 **introductory price**

This bespoke brow treatment is essential for clients who are unhappy with the shape and style of their brows and are in need of some TLC. Firstly the brows are tinted to create definition and shape, then measured using mastered techniques to ensure balance and symmetry.

Waxing, plucking and threading then ensure a neat and tidy appearance. Finishing touches of brow gel to keep hairs in place and a treatment plan and aftercare will ensure brows are looking their best!

Manicure & Pedicure Treatments 1hour £40

Includes nail shaping, buffing & cuticle work | Filing of dry skin | Exfoliation & Soak | Relaxing Massage
Application of nail polish*

Please remember to bring your flip flops to avoid smudging!

*Serenity Beauty does not provide nail polish colours – please remember to bring desired colour with you to your appointment.