

## MASSAGE THERAPY

LA SERENA SIGNATURE - 90 mins \$194

RELAXATION - 60 mins \$135 / 90 mins \$189

AROMATHERAPY - 60 mins \$146 / 90 mins \$198

DEEP TISSUE - 60 mins \$146 / 90 mins \$198

SPORTS - 60 mins \$156 / 90 mins \$209

THAI - 60 mins \$146 / 90 mins \$198

MOTHER TO BE MASSAGE - 60 mins \$146

WARM BAMBOO - 60 mins \$156 / 90 mins \$209

AROMA STONE THERAPY - 90 mins \$209

REFLEXOLOGY - 60 mins \$146

REIKI - 60 mins \$136

COUPLES MASSAGE - 60 mins \$125 / 90 mins \$178 (per person)

## FACIALS

LA SERENA SIGNATURE - 90 mins \$194

*Indulgent aromatherapy back massage and skin specific facial.*

SKIN SPECIFIC - 60 mins \$135

*The perfect skin maintenance facial.*

MICRODERMABRASION - 30 mins \$84

*Deep exfoliation for a renewed complexion.*

MICRODERMABRASION AND FACIAL - 75 mins \$178

*Renew and replenish for stunning skin.*

SUPERFOOD PRO-RADIANCE - 75 mins \$168

*A nutritional boost super rich in superfoods and essential minerals.*

## AYURVEDIC TREATMENTS

*Alchemy of East and West, based in Ayurveda, a 5,000-year-old Indian tradition. Shankara treatments embody love, beauty, wisdom and light. Therapeutic herbs and oils along with traditional techniques bring balance to the body, mind and spirit.*

ABHYANGA - 60 mins \$146 / 90 mins \$198

*An abhyanga massage will balance your body, mind and spirit, while working on subtle energy layers and allowing for profound relaxation, along with restoration and rejuvenation.*

SHIRODHARA - 60 mins \$146 / 90 mins \$198

*This encompassing treatment, which includes a foot massage, balancing bowl and hydrating hand massage, is deeply calming to the entire nervous system while melting tensions around the head and neck, and calming the mind to expand awareness.*

FIVE STAR - 60 mins \$146

*Like the five points of a star, the feet, hands and head are centers of intense energy that, when stimulated, allow for deep relaxation. This session begins with focus on the hands followed by an Ayurvedic foot bowl treatment and head massage/hair treatment designed to exfoliate, moisturize and release tension with aromatherapeutic oil.*

HARMONIZING - 90 mins \$198

*A rejuvenating full body treatment that starts with a foot bath ritual followed by Swedish massage to help bring balance to the whole system while supporting hormonal balance. Focus then moves to the head and feet in order to allow for the release of tension and to achieve deeper balance and well-being.*

AYURVEDIC FACIAL - 90 mins \$198

*This customized facial with marma facial massage, Ayurvedic foot bowl treatment and Ayurvedic scalp massage will bring balance and nourishment to the skin, a state of total relaxation, and harmony to the dosha by using pure, natural, concentrated plant extracts, sea algae and monoatomic elements in a synergetic formulation to dynamically initiate repair and regeneration of the skin.*

FOOT BATH RITUAL - Add to any Ayurvedic Treatment - \$40

## NAIL CARE

CLASSIC MANICURE - 45 mins \$73

*Luxury bliss spa manicure.*

CLASSIC PEDICURE - 60 mins \$94

*Luxury bliss spa pedicure.*

EXPRESS MANICURE - 30 mins \$52

*Nail and hand maintenance bliss manicure.*

EXPRESS PEDICURE - 45 mins \$73

*Nail and feet maintenance bliss pedicure.*

FRENCH UPGRADE - \$5

REPOLISH HANDS - \$20 FEET - \$30

SHELLAC MANICURE - \$67

SHELLAC REMOVAL - \$20

## ENHANCEMENTS

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

FOOT MASSAGE - 15 mins \$31

SCALP INTENSIVE - 15 mins \$31

*Frangipani oil scalp massage.*

MASSAGE - 30 mins \$72

LASH TINTING - 15 mins \$32

BROW TINTING - 15 mins \$21

ALL ABOUT EYES - 30 mins \$41

*Lash & brow tint and brow wax.*

PRO-COLLAGEN AGE DEFY - 75 mins \$168

*Tackle fine lines and wrinkles with the age-defying benefits of marine charged Padina Pavonica and Red Coral.*

DYNAMIC RESURFACING PRECISION PEEL - 60 mins \$156

*A new start for smoother, younger looking skin using layers of enzymes for powerful exfoliation and renewal.*

PRO-DEFINITION LIFT & CONTOUR - 60 mins \$156

*Powered by breakthrough technology this facial helps restore architecture of the face using the potent nutrients in plant actives that support the extra cellular matrix.*

WHITE BRIGHTENING - 60 mins \$156

*Illuminates and brightens for a naturally more even complexion.*

## BODY TREATMENTS

INTENSELY CLEANSING SALT SCRUB - 45 mins \$104

*Choose from Lime & Ginger or Frangipani the fragranced salts will sough away dead skin cells leaving a smooth and responsive canvas ready to absorb deeply nourishing oils.*

BODY NECTAR NOURISHING WRAP - 60 mins \$156

*Choose from Sweet Orchid or Frangipani Aroma's the velvety texture of these Mono Oils offer super hydration quenching a thirsty skin.*

CELLUTOX AROMA SPA OCEAN WRAP - 75 mins \$156

*Cleaning seaweed, detoxify your body.*

MUSCLEASE AROMA SPA OCEAN WRAP - 75 mins \$156

*Muscle soothing seaweed.*

FAKE BAKE TAN - 45 mins \$104

*Smooth and bronze your skin.*

## TIME FOR HIM

HIGH PERFORMANCE SKIN ENERGIZER - 75 mins \$156

*The hard working facial for ageing, dehydrated skin and tired eyes.*

SPORTS MANICURE - 30 mins \$62

*Luxury bliss spa manicure for him.*

SPORTS PEDICURE - 45 mins \$84

*Luxury bliss spa pedicure for him.*

THE GENTLEMAN'S SPA DAY - \$439

## MEDICAL MASSAGE

*A complimentary consultation is required to determine the best course of treatments.*

MEDICAL MASSAGE

30 mins \$69 / 60 mins \$149 / 90 mins \$199

*Primarily treating the chief complaint followed by other areas of stress or tension. 60 and 90 minute sessions can include the full body.*

MEDICAL MASSAGE WITH SHOCK WAVE & LASER THERAPY

15 mins \$100 / 30 mins \$169 / 60 mins \$249 / 90 mins \$299

*Shockwave and Laser are administered in the first 10 mins followed by a medical massage. Typically, Shock Wave and Laser are both used for initial treatment of soft tissue injuries, chronic pain conditions and joint problems.*

MEDICAL MASSAGE WITH LASER THERAPY

15 mins \$50 / 30 mins \$119 / 60 mins \$199 / 90 mins \$249

*Laser is administered in the first 10 mins followed by a medical massage. Typically, Laser is the follow up service for soft tissue injuries, chronic pain conditions and joint problems.*

## WAXING

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

BASIC BIKINI WAX \$40

*A "brief" bikini wax that only removes what is necessary outside the panty line.*

THE BETWEENY WAX \$55

*Taking it in close for those who dare to bare more. Ideal if you wear thongs or high cut bikinis.*

BRAZILIAN WAX \$75

*Bare all with this clean sweep. All off.*

HALF ARM WAX \$35

FULL ARM WAX \$45

HALF BACK WAX \$35

FULL BACK WAX \$70

BROW WAX \$25

CHEST WAX \$60

LIP WAX \$15

CHIN WAX \$15

LOWER LEG WAX \$40

UPPER LEG WAX \$55

FULL LEG WAX \$75

UNDERARM WAX \$25



## LA SERENA SPA

*Inner Harmony. Outer Vibrancy. Complete Serenity.*



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### LA SERENA SPA RESORT PASS

Exclusively available to guests of La Serena Spa, enjoy The Reefs for the day with access to the pool, hot tub and beach for just \$50. Available with a minimum spend of \$135.

### SPA-RTY

Celebrate any occasion with a La Serena 'Spa-rt'y' an exclusive private event for you and your guests to enjoy the spa all to yourselves with the option of various food and beverage packages

### INDULGENCES

#### RELAX AND REVIVE - \$299

90 minute Aromatherapy Massage, Spa Lunch and an Intensely Cleansing Salt Scrub

#### PERFECTLY AT EASE - \$389

60 minute Warm Bamboo Massage, Exotic Moisture Dew Facial, Spa Lunch and a Classic Pedicure

#### LA SERENA SIGNATURE SPA DAY - \$479

La Serena Signature Massage, Exotic Moisture Dew Facial, Spa Lunch, Classic Manicure and a Classic Pedicure

#### TIME FOR TWO - \$329 (per person)

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

Intensely Cleansing Salt Scrub, 60 minute Relaxation Massage, Spa Lunch and a Classic Pedicure

