

BODY WELLBEING

- LA SERENA SIGNATURE - 90 mins \$225
- PERFECTLY AT EASE - 60 mins \$145 / 90 mins \$205
- AROMATHERAPY MASSAGE - 60 mins \$160 / 90 mins \$215
- DEEP TISSUE MASSAGE - STRESS AWAY - 60 mins \$170 / 90 mins \$220
- THERAPUTIC SPORTS MASSAGE - 60 mins \$170 / 90 mins \$220
- AROMA STONE MASSAGE - 90 mins \$215
- WARM BAMBOO MASSAGE - 60 mins \$170 / 90 mins \$225
- LA SERENA SIGNATURE MASSAGE - 90 mins \$225
- MOTHER TO BE MASSAGE - 60 mins \$160
- REIKI - 60 mins \$150
- REFLEXOLOGY - \$160

BODY TREATMENTS

- BODY NECTAR NOURISHING WRAP - FRANGIPANI - 60 mins \$168
- INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER - 60 mins \$145
- INTENSELY CLEANSING SALT SCRUB - FRANGIPANI - 60 mins \$145
- THOUSAND FLOWER DETOX WRAP - \$190
- THE ULTIMATE OCEAN WRAP - CELLUTOX/ MUSCLEASE - \$205

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 \$182 / 90 mins \$220**  
An abyhanga 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 \$190 / 90 mins \$220**  
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 \$182 / 90 mins \$220**  
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 - 60 mins \$170**  
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 \$190**  
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

- LA SERENA SIGNATURE MANICURE - 60 mins \$90
- LA SERENA SIGNATURE PEDICURE - 60 mins \$102
- REEFS MANICURE - 45 mins \$65
- REEFS PEDICURE - 45 mins \$75
- SHELLAC MANICURE - 60 mins \$95

ENHANCEMENTS

- (to be accompanied with a 60 mins service)
- Select any of the following in addition to any La Serena Spa services:
- FOOT MASSAGE - 15 mins \$30
- SCALP INTENSIVE - 15 mins \$25
- Frangipani oil scalp massage.
- MASSAGE - 30 mins \$72
- LASH TINTING - 15 mins \$33
- MICRODERMABRASION - 30 mins \$90
- Deep exfoliation for a renewed complexion.



FACIALS

- LA SERENA SIGNATURE - 90 mins \$194  
Indulgent aromatherapy back massage and skin specific facial.
- PRO-GLOW 60 mins \$170  
For healthy gorgeous glow.
- PRO-GLOW SMOOTH - 75 mins \$195  
The Ultimate workout for your skin.
- PRO-GLOW BRILLIANCE - 75 mins \$190  
Your recipe for radiance.
- PRO-GLOW RESURFACE - 75 mins \$190  
The Ultimate workout for your skin.
- MICRODERMABRASION AND FACIAL - 75 mins \$178  
Renew and replenish for stunning skin



TIME FOR HIM

- HIGH PERFORMANCE SKIN ENERGIZER - 75 mins \$180  
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.

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.

BRAZILIAN WAX	\$95
Bare all with this clean sweep. All off.	
BETWEENY WAX	\$75
Taking it in close for those who dare to bare more. Ideal if wear thongs or high cut bikinis.	
BASIC BIKINI WAX	\$55
A 'brief' bikini wax that only removes what is necessary outside the panty line.	
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

For your convenience a 17% gratuity will be added to your bill





LA SERENA SPA

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## LA SERENA SPA RESORT PASS

Spa Resort passes are Exclusively available to those guests who indulge in a spa treatment at La Serena Spa (excluding salon services) for only \$50.00 per person. This gives you access to our beautiful resort beach, pool, & hot tub for the day at The Reefs Resort.

*This can be reserved/purchase when making your spa reservations.*

## 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

