



# Serenity

The Art of Well Being

## SPA MENU

Serenity - The Art of Well Being provides the perfect environment and personalized experiences to relax, heal and revitalize. The Serenity menu has been created for those seeking effective holistic and modern therapies that result in an improved and healthy quality of life. Our carefully selected skin care brands provide those who seek us with the widest choice of treatments and home care options, for looking and feeling your best.

## ★ STAR TREATMENTS

The treatments marked by a star are the most popular and favored by our clients.

# 01.

## THERMAL AREA

Serenity - The Art of Well Being invites you to join this journey of tranquility and to find the time to relax in our Thermal Area. Simply close your eyes and enjoy our facilities that include:

Sauna

Steam Room

Hydrotherapy Pool

Relaxation Area

The minimum age requirement for access to the Thermal Area is 16 years old, except between 10am and 1pm. Between these hours, children under 16 years old are allowed to use the hydrotherapy pool, as long as they are with an adult. The use of a swimming cap is mandatory while using the hydrotherapy pool.

# 02.

## SIGNATURE TREATMENTS

### ★ Senses of Cascais

80min | 180€

Using ingredients that characterize the mountains and the Portuguese Atlantic coast, the treatment begins with a body scrub with fleur-de-sel and sand from Guincho Beach, opening the pores and purifying the skin. This is followed by a wrap with red wine and white clay. These antioxidants help fight free radicals and aging, while restoring collagen and elastic fibers. The treatment is finished with a back and head massage, leaving a profound sensation of relaxation, and a well-cared, healthy and rejuvenated skin. After the treatment, the time spent in our relaxation area further enhances the sense of tranquility, accompanied by a glass of Colares wine, which completes the experience.

### Serenity Journey

110min | 180€

A deeply relaxing and nourishing massage, followed by a soothing facial treatment to promote inner balance.

### Serenity Immunity Boost

80min | 160€

A full body massage with energizing and detoxifying blended oils designed to help boost our immune system.

# 03. CBD

## What is CBD and how does it work?

CBD is a non-psychoactive compound found in the cannabis plant. CBD interacts with the endocannabinoid system in our body which helps to keep our bodies in balance. CBD appears to be able to influence the immune system, helping to alleviate pain, reduce insomnia, anxiety, nausea and inflammation.

## What is the difference between CBD and cannabis?

CBD doesn't have the psychoactive properties of THC (Tetrahydrocannabinol) found in marijuana/cannabis. To make a product legally compliant it must contain less than 0.2% THC. The CBD in the products we sell is standardized to contain less than 0.2% THC, this is a level below the amount considered to result in any psychoactive effect.

### ★ **CBD Body Calm Massage**

50min | 110€

A vital body massage that reconnects a positive flow of energy, restores balance and leaves your mind, body and spirit calm and soothed. It activates the Solar Plexus and restores a natural vibrant energy.

### **CBD Gold Age Restore Facial**

80min | 135€

A unique facial that combines the anti-inflammatory and anti-aging effects of CBD with the effective techniques of 'Nerve Point Therapy' and 'Polarity Balancing'.

# 04. COUPLES

## **Couples Experience**

50min | 175€

Designed for couples to experience together, this ritual helps calm the nervous system and promotes connection on a physical, emotional and spiritual level.

## **Thalgo Iles Pacifique Ritual**

80min | 205€

A journey over the waters of the Pacific for two. Three sensory stopovers on Polynesian islands, from which the body returns replenished and relaxed.

# 04. COUPLES

## **Thalgo Mer des Indes Ritual**

80min | 225€

This immersive ritual, with marmatherapy movements and ayurvedic essential oils, takes the couple on a sensory journey through the sacred land of India and of the ayurvedic tradition, releasing points of tension and harmonizing body and mind.

## **★ Dreamtime Journey**

80min | 215€

A dream experience for two with essential oils, a relaxing massage, and a gentle and soothing facial.

# 05. FACIAL TREATMENTS

**THALGO**  
LA BEAUTE MARINE

## **Essential Facial**

25min | 50€

Quick and perfect solution for tired and dehydrated skin, ideal for restoring glow and radiance.

## **Deep Cleansing Facial**

80min | 120€

Deep cleanse to revitalize the skin, open the pores, relieve congestion and contribute to a fresh and balanced skin.

## **Hydrating Facial**

50min | 85€

A treatment specially developed to restore the skin's natural luminosity and hydration.

## **Purifying Facial**

50min | 85€

Cleansing and purifying treatment that reduces the pores and improves skin texture.



# 05. FACIAL TREATMENTS

## Hyallu-Procollagene Facial

80min | 150€

Lifting and firming treatment to improve muscle density and elasticity and stimulate collagen production for a hydrated and silky skin.

## ★ Exception Facial & Luxury Eye Treatment

80min | 199€

Highly regenerative treatment that repairs and protects the skin against all signs of aging.

## Expert Eye Contour Treatment

25min | 40€

Anti-dark circles, anti-puffiness, anti-wrinkle and lifting effect, the draining massage is made with the revolutionary Eye Expert.

### OTHER SERVICES

Extraction  
50€

Regenerating & Firming Eye Treatment  
25€

# 06. BODY TREATMENTS

## CHARME D'ORIENT SCRUBS

### **Pink Crystals & Argan Shell**

20min | 55€

Body scrub with remineralizing pink clay, sugar crystals and argan shell particles to eliminate the dead cells and impurities.

## CHARME D'ORIENT BODY TREATMENTS

### ★ **The Secrets of Argan**

80min | 150€

A getaway into the heart of Morocco, combining a mineral clay scrub, a body wrap with Ghassoul and a massage with argan butter that will leave the skin soft and remineralized.

## CHARME D'ORIENT BODY RITUALS

### ★ **Hammam Ritual**

50min | 110€

The Ritual begins with steam and a scrub with Black Soap and a Kassa glove, followed by a wrap with a purifying Ghassoul mask, leaving your skin breathtakingly soft and silky.

# 06. BODY TREATMENTS

## THALGO SCRUBS

### **Thalgo Marine Scrub**

20min | 55€

With its creamy and soothing texture due to Chondrus Crispus red algae, this scrub delicately exfoliates the skin.

### **Thalgo Iles Pacifique Scrub**

20min | 55€

Ultra-sensory, this scrub combines white sand of Bora-Bora, sea salt, coconut shells and vegetable oils to exfoliate and gently nourish the skin.

## THALGO BODY WRAPS

### ★ **Thalgo Marine Detox Body Wrap**

50min | 98€

The algae will help to reshape and firm the silhouette. A real marine sensation with a massage to re-energise and nourish the body.

# 06. BODY TREATMENTS

## **Thalgo Sculpt & Firm Body Wrap**

50min | 98€

A firming and slimming body wrap to break down cellulite and eliminate water retention.

## **THALGO RITUALS**

### ★ **Thalgo Iles Pacifique Ritual**

80min | 120€

A journey over the waters of the Pacific. Three sensory stopovers on Polynesian islands, from which the body returns replenished and relaxed.

### **Thalgo Mer des Indes Ritual**

80min | 130€

This immersive ritual, with marmatherapy movements and ayurvedic essential oils, takes you on a sensory journey through the sacred land of India and of the ayurvedic tradition, releasing points of tension and harmonizing body and mind.

# 07. MASSAGES

## **Relax Massage**

50min | 85€ - 80min | 110€

Full body massage with light pressure to improve blood circulation and muscle relaxation.

## **Aromatic Candle Massage**

50min | 85€ - 80min | 110€

Full body massage with aromatic candles that turn into massage oil.

## **Detox Massage**

50min | 85€ - 80min | 110€

Full body relaxing massage using marine products to help release toxins.

## **Slim Massage**

50min | 85€ - 80min | 110€

Full body massage with dynamic movements and specific techniques to help reduce cellulite.

## **Deep Tissue Massage**

50min | 95€ - 80min | 120€

Full body massage applying pressure to specific points with vigorous movements that relieve muscle pain and accumulated tensions.

# 07. MASSAGES

## **Sports Massage**

50min | 90€ - 80min | 120€

Full body massage with strong pressure and stretching to relieve muscles, tendons and ligaments.

## **Ayurveda Massage**

50min | 110€ - 80min | 150€

Full body Indian massage with specific essential oils to eliminate toxins and rebalance energy levels.

## **Hot Stones Massage**

50min | 90€ - 80min | 120€

Full body massage with vulcanic hot stones used to relieve pain and muscle tension.

## **Lymphatic Drainage Massage**

25min | 75€ - 50min | 95€

Localized massage, applying gentle pressure along the lymphatic system to help eliminate toxins and drain excess fluids.

## **Thai Massage**

50min | 110€ - 80min | 150€

Full body massage with stretching movements and acupressure techniques. Done with clothes and without any oil.

# 07. MASSAGES

## **Shiatsu**

50min | 110€ - 80min | 150€

Full body Japanese massage with pressure points along the meridians to rebalance the energy. Done with clothes and without any oil.

## **4 Hands Balinese Massage**

50min | 180€

Full body balinese massage featuring two therapists giving a smooth and balanced treatment to relieve stress.

## **Mother-to-be Massage (after 12 weeks)**

50min | 85€ - 80min | 110€

A nourishing treatment, this is a full body relaxing massage, done in an adapted position for comfort.

## **Indian Head Massage**

25min | 45€ - 50min | 75€

Massage with scalp and neck focused movements. This Indian technique helps to stimulate circulation and reduce stress.

# 07. MASSAGES

## **Back Massage**

25min | 45€ - 50min | 75€

Localized massage that relieves muscle tension in the back, shoulders and neck.

## **Leg Massage**

25min | 45€ - 50min | 75€

Local massage on the legs contributing to the immediate relief of leg fatigue, fighting fluid retention and stimulating blood circulation.

## **Reflexology**

25min | 70€ - 50min | 95€

Feet massage with rhythmic pressure on reflex points. It stimulates blood circulation and recovers energy from the affected organs.

**OTHER SERVICES**

**Room Service Fee - 30€**



# 08.

## SPECIALIZED SERVICES

### NUTRITION CONSULTATIONS

Nutrition makes it possible to prevent or help to treat the state of illness and it is fundamental to achieving complete physical, mental and social well-being. At Serenity, all meal plans are personalized because each person has different needs with unique genetic expression, food reactions and biological rhythms.

#### **Initial consultation**

75€

#### **Follow-up consultation**

50€

# 09. JUNIOR (UP TO 14 YEARS OLD)

## **Junior Facial**

25min | 45€

This facial treatment introduces junior spa goers to the benefits of relaxation and a skin care regime.

## **Acne Solution Facial**

50min | 85€

Facial treatment to help combat acneic skin.

## ★ **Junior Relaxing Massage**

25min | 45€ - 50min | 75€

Relaxing body massage with natural oils for relaxation and an exceptional spa experience.

## **Princess Nails**

20€

Nail colour for children.

# 10. MALE GROOMING

## GENTLEMEN'S TONIC FACIALS

### **GT Express Facial**

25min | 50€

Quick and efficient, the Express Facial allows the skin to be expertly cleansed, toned, and soothed using a combination of products. This facial has been conceived as an introduction to those who never had one before or for those who just want a quick but effective treatment.

### **GT Detox Facial**

50min | 85€

A deep cleansing facial that helps to resurface the skin by unblocking pores and relieving congestion while instantly improving the skin tone. All the products used help detoxify and replenish the skin.

### **★ GT Age Defense Facial**

50min | 125€

The Age Defense Facial stimulates cell metabolism to lift, tighten and firm the skin. This facial will help to promote a more youthful complexion leaving the skin looking significantly refreshed, brighter and lifted. It helps promote collagen production, cell renewal, and increased hydration, softening the appearance of fine lines and wrinkles.

## OTHER SERVICES

Gentlemen's Manicure - 35€

Gentlemen's Pedicure - 55€

# 11. PACKAGES

## **Exclusive by Serenity\***

80min | 125€

Body scrub, followed by a clay body wrap and a deep body massage.

## **Pure Relaxation by Serenity\***

100min | 139€

Holistic aromatherapy body treatment with hot stones, followed by a firming facial treatment as well as a luxury eye treatment.

\*Not combinable with other promotions or discounts in force

# 11. PACKAGES

## **Detox by Serenity\***

120min | 159€

Body scrub, followed by a detox body wrap, a head massage, a body massage and a luxury facial that will purify and balance your skin.

## **For Her\***

80min | 110€

Body scrub with salts and oils, followed by a holistic massage and a luxury face treatment.

## **For Him\***

80min | 105€

Invigorating massage and a face treatment specifically designed for male skin.

\*Not combinable with other promotions or discounts in force

# 12. OPI HANDS & FEET

**OPI Manicure**

40€

**OPI Pedicure**

60€

**OPI Gel Color Manicure**

65€

**OPI Gel Color Pedicure**

75€

**Gel Color Removal**

20€

**Classic Nail Colour**

20€

# 13. BODY HAIR REMOVAL

**Eyebrow - 15€**

**Upper Lip - 15€**

**Chin - 15€**

**Under Arm - 20€**

**Half Arm - 20€**

**Full Arm - 30€**

**Bikini Line - 30€**

**Brazilian - 40€**

**Half Leg - 40€**

**Full Leg - 60€**

**Chest - 40€**

**Back - 40€**

# 14. FITNESS & YOGA

## **PT Session**

60min | 70€

## **Group Classes**

30min | 12€ (per person) - 60min | 15€ (per person)

## **Yoga Group Classes**

60min | 20€ (per person)

## **Yoga**

60min | 70€



# 15. BRANDS

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THALGO  
LA BEAUTE MARINE



CHARME  
D · O R I E N T  
P A R I S

GENTLEMEN'S TONIC

MAYFAIR

O · P · I

LOS ANGELES

# SPA ETIQUETTE

Reservations must be made directly with Serenity by telephone or e-mail. Please reserve your treatment as early as possible to ensure availability, particularly when booking multiple treatments and packages.

Guests who are not staying at the hotel are required to pay 100% of the value of the treatments at the time of booking in order to guarantee the appointments.

Should you require any service change or cancellation, please notify our team with a minimum of 6 hours' in advance. In case of non attendance or cancellation in advance less than 6 hours, we reserve the right to charge the full treatment value.

We recommend that you arrive at least 30 minutes before your treatment begins. This allows you to fill-in our health form, relax and enjoy the facilities.

Late arrivals cannot receive an extension of treatment time due to other appointments and specific scheduling.

Late arrivals will be charged 100% of the value of the treatments booked.

Serenity cannot be held responsible for lost or stolen items. Please avoid bringing valuables with you.

The use of swimming suit is mandatory while using the facilities.

The use of a swimming cap is mandatory while using the hydrotherapy pool.

The minimum age requirement for access to the Thermal Area is 16 years old, except between 10am and 1pm. Between these hours, children under 16 years old are allowed to use the hydrotherapy pool, as long as they are with an adult.

Discover our treatments  
and our wellbeing programs that will  
revitalize mind, body, and soul.



## Serenity - The Art of Well Being

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