



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 indoor swimming pool, as long as they are with an adult. The use of a swimming cap is mandatory while using the swimming 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.

02.

SIGNATURE TREATMENTS

Serenity Journey

110min | 240€

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

CBD Journey

110min | 250€

The ritual begins with a moment of inner balance, enhanced by our CBD Drops. Immerse yourself in a deeply calming experience with a revitalizing massage, infused with the soothing properties of CBD to rebalance your energy and quiet the mind. Continue your journey with a unique CBD facial, combining powerful anti-aging and anti-inflammatory benefits with expert therapeutic techniques for visibly refreshed, radiant skin.

03. AYURVEDA TREATMENTS

Rooted in India's 5.000-year-old Ayurvedic tradition, our treatments aim to balance the three doshas – Vata, Pitta, and Kapha – the energies that govern your physical, emotional, and mental state. Formed by the five natural elements, each dosha reflects a unique mind-body type. Vata (air & ether) governs movement and benefits from warmth and relaxation; Pitta (fire & water) controls metabolism and is soothed by cooling, calming therapies; Kapha (earth & water) provides stability and needs stimulation and lightness. Our tailored rituals blend traditional Ayurvedic techniques with natural Portuguese elements, herbal oils, aromatherapy, and soothing music. Each treatment is a sensory journey, designed to restore harmony, vitality, and inner peace.

Ayurvedic Massage

50min | 155€ - 80min | 195€

A unique Ayurvedic massage, carefully tailored to your dosha, with locally infused oils. The experience is enhanced with aromatic tea and an exclusive music selection, designed to restore harmony and revitalize your vitality.

03. AYURVEDA TREATMENTS

★ Floral Symphony Therapy

80min | 210€

An immersive journey that combines the therapeutic effects of Ayurvedic massage, personalized oils, relaxing aromatherapy, and music specially chosen for your dosha. The program begins with a purifying foot ritual, followed by an Ayurvedic massage tailored to your needs. Herbal oils and locally sourced aromas are used to balance both body and mind. The experience culminates in a moment of relaxation as you savor a tea specially prepared for your dosha.

04. 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 | 135€ - 80min | 170€

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'.

05. COUPLES

★ **Senses of Cascais for Two**

80min | 290€

Using ingredients that characterize the mountains and the Portuguese Atlantic coast, this signature couple's treatment is a true journey for two, through the best that Cascais has to offer. 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.

Couples Experience

50min | 195€

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

05. COUPLES

Thalgo Iles Pacifique Ritual For Two

80min | 240€

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

Dreamtime Journey

80min | 245€

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

CBD Journey for Two

110min | 390€

A calming journey for couples, the ritual begins with a moment of balance, enhanced by our CBD Drops. Next, a revitalizing CBD massage that rebalances energy and soothes the mind, followed by a unique CBD facial with anti-aging and anti-inflammatory benefits for radiant skin.

06. FACIAL TREATMENTS

THALGO
LA BEAUTE MARINE

Essential Facial

25min | 70€

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

Deep Cleansing Facial

80min | 140€

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

Hydrating Facial

50min | 95€

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

Purifying Facial

50min | 95€

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

06. FACIAL TREATMENTS

Hyalu-Procollagene Facial

80min | 165€

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 | 50€

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 | 40€

06. FACIAL TREATMENTS



Express Facial

25min | 70€

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.

Detox Facial

50min | 95€

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.

06. FACIAL TREATMENTS

★ **Age Defense Facial**

50min | 125€

The Anti-Aging 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.

07. BODY TREATMENTS

CHARME D'ORIENT BODY TREATMENTS

Pink Crystals & Argan Shell Scrub

20min | 65€

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

The Secrets of Argan

80min | 150€

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

★ **Hammam Ritual**

50min | 150€

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.

07. BODY TREATMENTS

THALGO BODY TREATMENTS

Marine Scrub

20min | 65€

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

Iles Pacifique Scrub

20min | 65€

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

★ **Iles Pacifique Ritual**

80min | 150€

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

07. BODY TREATMENTS

THALGO BODY WRAPS

Marine Detox Body Wrap

50min | 120€

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

★ **Sculpt & Firm Body Wrap**

50min | 120€

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

08. MASSAGES

Indian Head Massage

25min | 55€ - 50min | 85€

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

Back Massage

25min | 55€ - 50min | 85€

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

Leg Massage

25min | 55€ - 50min | 85€

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

Reflexology

25min | 55€ - 50min | 85€

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

Relax Massage

50min | 95€ - 80min | 130€

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

08. MASSAGES

Aromatic Candle Massage

50min | 95€ - 80min | 130€

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

Detox Massage

50min | 95€ - 80min | 130€

Full body light pressure massage using marine products to help release toxins.

Mother-to-be Massage (after 12 weeks)

50min | 95€ - 80min | 130€

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

4 Hands Balinese Massage

50min | 200€

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

Lymphatic Drainage Massage

25min | 85€ - 50min | 105€

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

08. MASSAGES

Slim Massage

50min | 105€ - 80min | 140€

Massage with dynamic movements and specific techniques to help reduce cellulite.

Deep Tissue Massage

50min | 105€ - 80min | 140€

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

Sports Massage

50min | 105€ - 80min | 140€

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

Holistic Massage

50min | 100€ - 80min | 140€

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

08. MASSAGES

Hot Stones Massage

50min | 100€ - 80min | 140€

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

Thai Massage

50min | 130€ - 80min | 170€

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

Shiatsu

50min | 130€ - 80min | 170€

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

OTHER SERVICES

Room Service Fee | 50€

Couples Rooms for Two Services

Available Upon Request

9. 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€

10. CHILDREN

(UP TO 12 YEARS OLD)

Children Facial

25min | 65€

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

★ Children Massage

25min | 45€ - 50min | 85€

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

11. TEEN

(13 TO 16 YEARS OLD)

★ **Teen Purifying Facial With Extraction**

65min | 140€

A gentle yet effective facial designed for teenage skin. It deeply cleanses and purifies, helping minimize the appearance of pores, and leaving the skin feeling smooth, fresh, and balanced.

Teen Localized Massage

25min | 50€

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

Teen Relax Massage

50min | 90€

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

12. PACKAGES

Exclusive by Serenity

80min | 135€

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

Pure Relaxation by Serenity

100min | 165€

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

Detox by Serenity

120min | 190€

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.

12. PACKAGES

For Her

80min | 150€

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

For Him

80min | 130€

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

ADDITIONAL INFO

The inclusions in these packages are non-transferable.

These packages are not eligible for other discounts or further benefits.

13. BODY HAIR REMOVAL

Eyebrow - 30€

Upper Lip - 30€

Chin - 30€

Under Arm - 35€

Half Arm - 40€

Full Arm - 50€

Bikini Line - 50€

Brazilian - 70€

Half Leg - 60€

Full Leg - 70€

Chest - 60€

Back - 60€

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 | 75€

15. BRANDS

THALGO
LA BEAUTE MARINE

THALGO offers natural algae products with rare qualities.

The active ingredients of algae are in a free state and the fine quality of the powder enhances skin penetration during a hot bath or one application.



CHARME
D · O R I E N T
P A R I S

CHARME D'ORIENT is a pioneer and a reference in the oriental cosmetics and beauty rituals, with the mission to share its vision of the oriental cosmetic Made in France, based on authenticity and efficiency

15. BRANDS



GENTLEMEN'S TONICS' products are used in treatments and sold in over 60 countries and in some of the world's most luxurious and sophisticated environments. Using only the best plant-derived ingredients and entirely natural, the result is multi award winning products.

ilā

ILA created luxury organic skincare, spa products and treatments. Using the finest natural plant and mineral ingredients, wild-harvested in remote, untainted regions by artisan producers who value traditional, sustainable practices.

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.

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.

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.

On the day of your treatment, you'll have complimentary use of our Thermal Area facilities for 2 hours.

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

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

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

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.



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