



***Serenity Spa***  
530 Chestnut Street  
Manchester, NH 03101  
(603) 669-5593  
[www.nhdayspa.com](http://www.nhdayspa.com)

*Place Your Mind, Body and Spirit in Complete Harmony*

*Open By Appointment Only*  
**Monday – Friday 9AM – 8PM**  
**Saturday 10AM – 5PM**  
Closed Sunday

## **Directions**

### **Directions from the South:**

Take Exit 6 off I293N (Amoskeag bridge exit) keep to the right. After the 1st traffic light get into the left lane. At the 2nd traffic light drive straight over Elm Street. Take your first right onto Chestnut Street (It's a one way street). 530 Chestnut Street will be on your right hand side. (if you Past Bridge St, you went too far)

### **Directions from the North:**

Take Exit 6 off I293S (Amoskeag Bridge Exit) keep to the right and you merge on to the loop. Get into the right lane to take a right onto Amoskeag Bridge. After the 1<sup>st</sup> light drive straight over Elm Street. Take your first right onto Chestnut Street (It's a one way street). 530 Chestnut Street will be on your right hand side. (if you Past Bridge St, you went too far)

## *Day Spa Packages*

### ***Children's Package - \$75.00***

My 1st Facial, my 1st Manicure, my 1st Pedicure

### ***Paraffin Paradise - \$100.00***

Paraffin Facial, Paraffin Hand and Arm Treatment, Paraffin Foot Treatment

### ***Teen Package - \$90.00***

Teen Facial, Makeup Lesson, Eye brow Shaping

### ***Mini Sampler - \$65.00***

Mini Facial, Mini Massage & Paraffin Wax Treatment

### ***Peaceful moments - \$85.00***

One Hour Massage, Invigorating Body Scrub & Scalp Massage

### ***Quiet Time - \$125.00***

One Hour Massage, European Facial & Paraffin Wax Treatment

### ***Especially for Men - \$115.00***

Men's Facial, Scalp Massage & One Hour Massage. Approximately 2 1/2 Hours

### ***Fit for a King - \$140.00***

Sea Salt Body Treatment with 1 Hour Massage, Men's Facial

### ***Business Trip - \$120.00***

One Hour Massage, Businessman's Manicure, Businessman's Pedicure

### ***Under Construction - \$150.00***

1 1/2 Hour Massage & the Workman's Hand and Foot Treatments

### ***Gentlemen Retreat - \$215.00***

One Hour Massage, Gentleman's Facial, Body Wrap & Salt Scrub

### ***Stress Reliever - \$140.00***

Hydrating Body Polish, Express Facial, Foot Treatment, Head, Neck and Scalp Massage

### ***Serenity Escape - \$145.00***

Aromatic Foot Soak, Seaweed Body Wrap, Aromatherapy Facial, Scalp Massage.

### ***Tranquil Moments - \$165.00***

1 Hour Massage, Custom Facial, with Paraffin Hand Treatment and Pedicure

### ***Head-To-Toe Deluxe - \$220.00***

Custom Facial, 1 hour Massage, Pedicure, Manicure, Salt Glow, Eyezone Rejuvenation

***Couples Lounge - \$240.00***

One Hour Champagne, or Chocolate Couples Massage, (In The Same Room) then Separate to a different Oasis. For Her, a 1 Hour Custom Facial and for Him, a 1 Hour Mens Facial.

***Couples massage - \$120.00***

Two 1 hour massages performed in the same room side by side.

***Mini Couples massage - \$70.00***

Two 1/2 hour massages performed in the same room side by side.

## ***Chocolate Indulgence***

*Choose any of these Delicious Flavors:*

*Chocolate Cake    Raspberry    Cherry    Mint*

***Chocolate Fantasy - \$130.00***

For Him and Her, Two - One Hour Chocolate Massages

***Chocolate Kiss... - \$80.00***

For Him and Her, Two - Half Hour Chocolate Massages

***Chocolate Escape - \$130.00***

Chocolate Half Hour Massage, Chocolate Foot Treatment, Chocolate Salt Glow

***Hot Chocolate Melt-Away - \$130.00***

Chocolate Fondue Body Wrap, Chocolate Salt Glow, Scalp Massage

***Chocolate Delight - \$110.00***

Chocolate Half Hour Massage, Chocolate Salt Glow, Express Facial

***Chocolate Treat - \$110.00***

Chocolate 1 Hour Massage, Hot Chocolate Scalp Treatment

***Chocolate Manicure - \$25.00***

The antioxidant rich oils of the Cocoa Bean are extracted and added to Jojoba oil, for an extremely hydrating, aromatic Experience. Cocoa Hand Soak, Chocolate Hand Exfoliation, Chocolate Mint Hand and Arm Massage, Nail shape, Cuticle clean up, buff and Polish

***Chocolate Pedicure - \$45.00***

The antioxidant rich oils of the Cocoa Bean are extracted and added to Jojoba oil, for an extremely hydrating, aromatic Experience. Foot Soak with Nourishing Chocolate essential oils. and Effervescent Fizz Tablet, Chocolate and Sea Salt Exfoliation, Chocolate and Mint Butter Blend Foot & Leg Massage, Toe nail shaping and clipping, Cuticle clean up, Buff and Polish

***Chocolate Salt Glow - \$45.00***

This invigorating exfoliation treatment helps remove dead skin cells. Glacier sea salts combined with the antioxidant rich oils of the Cocoa Bean are applied in circular motions and then removed by a shower. This treatment leaves your skin glowing and silky smooth.

***Hot Chocolate Scalp Treatment - \$45.00***

**Add Scalp Treatment to any Service \$30.00**

Treatment begins with a relaxing neck and scalp massage. We then drip our special blend of antioxidant rich oils of the Cocoa Bean in Jojoba oil to the scalp, to nourish, stimulate, hydrate and encourage hair growth. A heated healing cap is applied to help the oils penetrate deeper.

## *Spa Parties*

### *Event Specific Spa Parties:*

*Let Serenity Spa ease your mind and body with a customized event specific spa party. We pride ourselves in offering superior customer service and comfort. Our Entire Team look forward to hosting your unique and memorable event.*

<b>Birthday</b>	<b>Sweet 16</b>
<b>Baby Shower</b>	<b>Girls Night Out</b>
<b>Teen</b>	<b>Surprise</b>
<b>Anniversary</b>	<b>Engagement</b>
<b>Couples</b>	<b>Holiday</b>
<b>Bat Mitzvahs</b>	<b>Pre-Prom</b>
<b>Corporate Team Building</b>	<b>Corporate Rewards</b>

Spas have become the hottest spot for gathering with friends and family. Whether you are planning a full day of pampering or just a few hours, we'll make certain your spa party is truly unforgettable.

Let our spa coordinator take care of planning your next get together, corporate outing, business meeting, birthday party, or social gathering. Reward yourself, your staff, friends and family with a spa party.

Our day spa services are a wonderful way to reconnect with yourself and others. You can create your own individual packages for each person in your party. For large groups the Spa is shut down for **YOUR** private party.

For Groups of 4 or more refreshments are served, veggies, cheese & crackers, and whats a party without sweets. breakfast, brunch, lunch or dinner may be arranged per your request and ordered in advance. (fee required)

If you choose to bring in refreshments we provide stemware, plates, utensils, and napkins. For your convenience a small kitchen area to store horsd'oeuvres or desserts is available.

## ***Makeup & Bridal Services***

*We can travel to your preparation destination the day of your wedding for a flat rate travel fee \$25.00.*

*Travel time more then 30 minutes*

*(please call for a quote)*

***Makeup Application - \$25.00***

***Makeup Instruction with Personal Chart - \$40.00***

***Bridal Makeup starting at - \$75.00***

*Includes 2 appointments: Consultation, application prior to wedding and application on your special day.*

***Bridal Attendants (per person) - \$25.00***

***Eyelash Tabbing - \$35.00***

*Faux Lashes are seen blinking out of the beauty pages and flirting on the runways. Today, lashes are making an appearance in the real world. For a wedding, a night on the town or an especially significant event, a set of faux lashes are quick, safe, dramatic and affordable*

The Procedure takes about 20 to 30 minutes to apply and will last all night long. there are many lengths to choose from in black and brown. Lash Tabs are different from Lash Extensions and Strip Lashes. Lash Tabs are small clusters of three to four lashes that are applied on top of your natural lashes, adding Fullness and Length for a bold dramatic look you'll Love.

## *Bridal Parties*

### **Bridal Spa Party Bachelorette Party Bridal Shower**

Spas have become the hottest spot for gathering with friends and family. Whether you are planning a full day of pampering or just a few hours, we'll make certain your spa party is truly unforgettable.

Get together for a day of fun, preparation and pre-Wedding relaxation. Serenity Spa can accommodate up to 10 people for the services of your choice. Let our spa coordinator take care of planning your next Bridal Shower or Bachelorette Party. Every detail will be prepared in advance.

Our day spa services are a wonderful way to reconnect with yourself and others. You can create your own individual packages for each person in your party. For large groups the Spa is shut down for ***YOUR*** private party.

For Groups of 4 or more refreshments are served, veggies, cheese & crackers, and what's a party without sweets. breakfast, brunch, lunch or dinner may be arranged per your request and ordered in advance. (fee required) If you choose to bring in refreshments we provide stemware, plates, utensils, and napkins. We also provide a small kitchen area to store hors d'oeuvres or desserts.

## *Bridal Packages*

### ***Premiere Bridal Package - \$320.00***

1 Hour Massage, Hydrating SeaWeed Body Wrap and Salt Glow, Milk & Honey Manicure and Pedicure, Bridal Makeup (2 Appointments) and Eyelash Tinting

### ***Bride To Be - \$205.00***

1 Hour Massage, Milk & Honey Manicure and Pedicure and Bridal Makeup (2 Appointments)

### ***Maid Of Honor - \$145.00***

1 Hour Massage, Manicure, Pedicure, Makeup Application (1 Appointment, Day of Wedding)

### ***Bridesmaid Special - \$70.00***

1/2 Hour Massage, French Manicure, Brow Wax

### ***Flower Girl - 75.00***

My First Manicure, Petite Pedicure, Mini Facial

## *Massage Therapy*

*Massage is one of the best ways to relieve stress and tension, help alleviate sore and stiff muscles, increase circulation and bring total relaxation to the body. Our Licensed Massage Therapists have the knowledge and experience to create the massage to fit all of your needs.*

### ***Head, Neck and Scalp Massage - \$15.00***

This relaxing 15 minute massage will help eliminate stress and tension headaches.

### ***Stress Relief Massage - \$20.00***

Release stress and tense muscles with our 20 minute, fully clothed chair massage. You will feel both relaxed and invigorated after your treatment.

### ***1/2 Hour Massage - \$35.00***

Focus this massage on your back, neck and shoulders and allow the tension to leave your body.

### ***1 Hour Massage - \$60.00***

We can use soothing techniques to relax and rejuvenate or deep muscle manipulation to relieve sore and stiff muscles. Massage performed on entire body or specific areas of concern.

### ***1 1/2 Hour Massage - \$85.00***

Additional time spent on troubled areas.

### ***Pregnancy Massage - \$65.00***

Alleviate the discomforts of the physical challenges your body is experiencing. The use of a special body cushion aids in your comfort while being massaged.

## *Specialty Massage*

### ***Aromatherapy Massage - \$70.00***

Blended essential oils are incorporated within the massage to help relax, de-stress and detoxify the mind and body.

### ***Hot Stone Therapy \$100.00***

Hot stones within this 90 minute massage brings balance to your emotional, physical and spiritual being. This treatment is a great stress reliever.

### ***Raindrop Therapy - \$90.00***

9 therapeutic oils are dropped in a raindrop fashion on the spine then lightly massaged in. The oils used are antiviral and antibacterial which kill viruses and bacteria along the spine. Help bring your body into structural and energetic balance.

### ***Chocolate 1 Hour Massage - \$65.00***

### ***Chocolate 1/2 Hour Massage - \$40.00***

The antioxidant rich oils of the Cocoa Bean are extracted and added to the Jojoba oil, for an extremely hydrating, aromatic Massage Experience.

Choose from any of these delicious flavors: Chocolate Cake, Raspberry, Cherry and Mint.

### ***Champagne 1 Hour Massage - \$65.00***

### ***Champagne 1/2 Hour Massage - \$40.00***

Champagne seed oil and vitamin E are added to the Jojoba oil. This cold pressed and highly antioxidant oil is rich with moisturizers and skin softeners for a luxurious Massage Experience.

## *Body Treatments*

### ***Hydrating Body Polish - \$50.00***

This gentle exfoliation treatment helps remove dead skin cells. The body polish is applied in circular motions and then removed by a shower. A hydrating body lotion is massaged into the skin to help nourish and hydrate.

### ***Moore Mud Wrap - \$75.00***

Over 1,000 plant extracts and trace elements are found in this natural mud which is applied and wrapped in warmth. Draws out impurities, stimulates blood circulation and leaves your skin feeling energized. Enjoy a relaxing scalp massage as you are warmly wrapped.

### ***Moore Mud Wrap & Salt Glow - \$100.00***

This Mud Wrap Includes\* A Sea Salt Glow to better prepare the body for absorption.

### ***Balancing Back Treatment - \$60.00***

This treatment includes a deep pore cleansing, exfoliation, steam, extraction if necessary, a stress reducing massage to the head, neck, shoulders and back, and a masque designed for your specific skin type.

### ***Sea Salt Body Treatment - \$85.00***

Let your body relax with a massage, then feel invigorated as we exfoliate your skin with glacier sea salts combined with essential oils to remove the dead skin cells. This treatment leaves your skin glowing and silky smooth.

### ***Seaweed Body Wrap - \$75.00***

Balance the body with a seaweed body masque to help detoxify, re-mineralize and stimulate circulation. Begin the treatment with dry body brushing to remove dead skin cells. Warm seaweed is applied to the entire body, as you are gently wrapped in a Mylar blanket to promote the absorption of the plants nutrients. Enjoy a relaxing scalp massage as you are warmly wrapped.

### ***Seaweed Body Wrap & Salt Glow - \$100.00***

This Seaweed Wrap Includes\* A Sea Salt Glow to better prepare the body for absorption.

### ***Hungarian Moor Mud Wrap - \$75.00***

More than 1,000 plant extracts and trace elements are found in this natural mud used to draw out impurities and stimulate circulation.

### ***Hungarian Moor Mud Wrap & Salt Glow - \$100.00***

This Mud Wrap Includes\* A Sea Salt Glow to better prepare the body for absorption.

***Sedona & French Red Clay Wrap - \$80.00***

A highly effective antioxidant and anti-aging formulation. This blend purges toxins, leaving the skin soft and re-mineralized with a noticeable glow. Vitamin E, Grapeseed, Irish Moss, and Sage essential oils are infused into Sedona Clay and French Red Clays, which are rich in Magnesium, Vitamins A, B, B12, E, Iron, and Amino Acids.

***Sedona & French Clay Wrap & Salt Glow \$105.00***

This Clay Wrap Includes\* A Sea Salt Glow to better prepare the body for absorption.

***Acti-Sea Body Mud Wrap - \$80.00***

Firm, Stimulate, Smooth and Replenish. Acti-Sea Body Mud provides an ocean full of active seaweed's. A specialized blend of Marine extracts of Spirulina, Sea Fennell, Jojoba, Avocado, Green Sea Clay, and Coconut offer a wave of minerals, amino acids and trace elements to re-hydrate and repair dull skin.

***Acti-Sea Body Mud Wrap & Salt Glow - \$105.00***

This Mud Wrap Includes\* A Sea Salt Glow to better prepare the body for absorption.

***Chocolate Fondue Body Wrap - \$80.00***

More than 1,000 plant extracts and trace elements are found in this natural mud used to draw out impurities and stimulate circulation. The antioxidant rich oils of the Cocoa Bean are extracted and added to the Hungarian Moor Mud, for an extremely hydrating, aromatic Massage Experience. *\*\*Choose from Chocolate Cake, Raspberry, Cherry and Mint.*

***Chocolate Fondue BodyWrap & Salt Glow \$105.00***

This Mud Wrap Includes\* A Sea Salt Glow to better prepare the body for absorption.

***Black Baltic Mud Wrap - \$80.00***

Cleanse, detoxify, balance and moisturize. Rich in natural minerals and organic plants. This smooth creamy mud assists in absorbing impurities, removing toxins and elevating moisture.

***Black Baltic Mud Wrap & Salt Glow - \$105.00***

This Mud Wrap Includes\* A Sea Salt Glow to better prepare the body for absorption.

***Wine Wrap - \$80.00***

The Wine Wrap is a tantalizing body Treatment using the powerful antioxidant and exfoliating properties of the Grape. This Wine Wrap is the perfect treatment for sun damaged, dry and aging skin. Removes dead skin cells and deeply hydrates.

***Wine Wrap & Salt Glow - \$105.00***

This Wine Wrap Includes\* A Sea Salt Glow to better prepare the body for absorption.

***Sunless Body Treatment - \$60.00***

Treatment begins with exfoliating the body to remove dead skin cells. A self-tanning lotion is then applied evenly to your body and within hours your skin will have a natural glowing tan.

***Sunless body Treatment & Salt Glow \$85.00***

This Sunless Body Treatment Includes\* A Sea Salt Glow to better prepare the body for absorption and to prolong the Self - Tanner.

***Salt Glow - \$40.00***

This invigorating exfoliation treatment helps remove dead skin cells. Glacier sea salts combined with essential oils are applied in circular motions and then removed by a shower. This treatment leaves your skin glowing and silky smooth.

***Chocolate Salt Glow - \$45.00***

This invigorating exfoliation treatment helps remove dead skin cells. Glacier sea salts combined with the antioxidant rich oils of the Cocoa Bean are applied in circular motions and then removed by a shower. This treatment leaves your skin glowing and silky smooth.

*\*\*Choose from Chocolate Cake, Raspberry, Cherry and Mint.*

***Champagne Salt Glow - \$45.00***

This invigorating exfoliation treatment helps remove dead skin cells. Glacier sea salts combined with Champagne seed oil and vitamin E are applied in circular motions and then removed by a shower. This treatment leaves your skin glowing and silky smooth.

***Hot Oil Scalp Treatment - \$45.00***

*Add Scalp Treatment to any Service \$30.00*

Treatment begins with a relaxing neck and scalp massage. We then drip our special blend of hot aromatic oils to the scalp to nourish, stimulate, and encourage hair growth. A heated healing cap is applied to help the oils penetrate deeper.

***Hot Chocolate Scalp Treatment - \$45.00***

*Add Scalp Treatment to any Service \$30.00*

Treatment begins with a relaxing neck and scalp massage. We then drip our special blend of antioxidant rich oils of the Cocoa Bean in Jojoba oil to the scalp, to nourish, stimulate, hydrate and encourage hair growth. A heated healing cap is applied to help the oils penetrate deeper. *\*\*Choose from Chocolate Cake, Raspberry, Cherry and Mint.*

***Paraffin Wax Treatments***

*A warm hydrating wax used to help soothe aches and pains and moisturize the skin.*

**Hands - \$10.00**

**Feet - \$10.00**

**Back - \$15.00**

## *Gentlemen Services*

### *Massage Therapy*

#### *Head, Neck and Scalp Massage - \$15.00*

This relaxing 15 minute massage will help eliminate stress and tension headaches.

#### *Stress Relief Massage - \$20.00*

Release stress and tense muscles with our 20 minute, fully clothed chair massage. You will feel both relaxed and invigorated after your treatment.

#### *1/2 Hour Massage - \$35.00*

Focus this massage on your back, neck and shoulders and allow the tension to leave your body.

#### *1 Hour Massage - \$60.00*

We can use soothing techniques to relax and rejuvenate or deep muscle manipulation to relieve sore and stiff muscles. Massage performed on entire body or specific areas of concern.

#### *1 Hour Sports Massage - \$60.00*

This Massage incorporates deep muscle manipulation and Assisted Stretching to relieve sore and stiff muscles. Massage performed on entire body or specific areas of concern.

#### *1 1/2 Hour Massage - \$85.00*

Additional time spent on troubled areas.

#### *Hot Stone Therapy \$100.00*

Hot stones within this 90 minute massage brings a deep release to tired and sore muscles. This treatment is a great stress reliever.

## *Gentlemen Maintenance*

#### *Mustache Tinting - \$12.00*

#### *Beard Tinting - \$20.00*

#### *Eyebrow Tinting - \$15.00*

Semi-permanent coloring safe for the face is designed for darkening your natural hair or replacing Gray hair. Lasts 3-4 weeks.

***Ear Cleaning - \$40.00***

This is a simple, natural ear-cleaning technique using a hollow cone. Smoke travels into the ear from the cone in a spiral motion and comes back up the cone bringing wax and debris. This is a warm and relaxing experience that can help many problems such as allergies, earaches and wax buildups. Approximately 1 hour.

***Energy Healing 1/2 hour \$30.00 1 hour \$50.00***

A safe, gentle, noninvasive form of hands-on healing that increases energy, reduces pain, produces deep relaxation and a general feeling of well-being. Reiki is a powerful, life-changing experience for growth along your spiritual path.

## ***Gentlemen Skin Care***

***Express Facial - \$35.00***

This 1/2 hour facial is perfect for the Men who have little time and the skin is in need of some attention. Treatment includes cleansing, exfoliation, mini massage, masque followed by a toner and moisturizer.

***Teen Facial - \$45.00***

This is a perfect facial for Young Men that want their skin to be smooth, clean and balanced. Begins with a skin analysis, deep pore cleansing with exfoliation, steam, gentle extraction of impurities, massage, customized masque followed by a toner and moisturizer.

***Gentlemen Facial - \$55.00***

This deep pore cleansing treatment is designed to balance masculine skin. Exfoliation of dry skin, steam, extraction, massage on the face, neck and shoulders and a finishing masque are used to achieve the best results.

***Gentlemen Deep Cleansing Facial - \$75.00***

A deep pore cleansing treatment with the use of enzymes to help remove dead skin cells. It pre-softens clogged pores to free excessive oils and helps normalize skin conditions. Recommended for combination, oily and blemished skin types. Includes a hand and arm massage.

***Glycolic Treatment - \$35.00******Series of Six - \$190.00***

A professional strength of alpha hydroxy acid is used for deep exfoliation. Designed to improve skin texture from sun damage and hyper pigmentation. Reduces the appearance of fine lines and wrinkles, clarifies problem prone skin.

***Enzyme Treatment - \$20.00***

*If added to any Facial - \$15.00*

This treatment is designed to reduce cellular build-up resulting in brighter, smoother, refreshed skin.

***High Frequency Treatment - \$10.00***

A treatment that stimulates circulation and neutralizes bacteria.

***Tired Eye Treatment - \$25.00***

*if added to any facial - \$15.00*

This soothing treatment refreshes tired eyes, help's reduce puffiness and dark circles. A massage with acupressure points is performed, followed by a specialty masque designed for the eye area.

## ***Gentlemen Body Treatments***

***Balancing Back Treatment - \$60.00***

This treatment includes a deep pore cleansing, exfoliation, steam, extraction if necessary, a stress reducing massage to the head, neck, shoulders and back, and a masque designed for your specific skin type.

***Sea Salt Body Treatment - \$85.00***

Let your body relax with a massage, then feel invigorated as we exfoliate your skin with glacier sea salts combined with essential oils to remove the dead skin cells. This treatment leaves your skin extremely smooth.

***Salt Glow - \$40.00***

This invigorating exfoliation treatment helps remove dead skin cells. Glacier sea salts combined with essential oils are applied in circular motions and then removed by a shower. This treatment leaves your skin extremely smooth.

***Men's Stimulating Scalp Treatment - \$45.00***

*Add Scalp Treatment to any Service - \$30.00*

Treatment begins with a relaxing neck and scalp massage. We then drip our special blend of hot aromatic oils to the scalp to nourish, stimulate, and encourage hair growth. A heated healing cap is applied to help the oils penetrate deeper.

***Hydrating Body Wrap - \$75.00***

Balance the body with a seaweed body masque to help Hydrate, re-mineralize and stimulate circulation. Begin the treatment with dry body brushing to remove dead skin cells. Warm seaweed is applied to the entire body, as you are gently wrapped in a Mylar blanket to promote the absorption of the plants nutrients. Enjoy a relaxing scalp massage as you are warmly wrapped.

***Hydrating Body Wrap & Salt Scrub - \$100.00***

This Seaweed Wrap Includes\* A Sea Salt Scrub to better prepare the body for absorption.

***Detox Mud Wrap - \$75.00***

Over 1,000 plant extracts and trace elements are found in this natural mud which is applied and wrapped in warmth. Draws out impurities, stimulates blood circulation and leaves your skin feeling energized. Enjoy a relaxing scalp massage as you are warmly wrapped.

***Detox Mud Wrap & Salt Scrub - \$100.00***

This Mud Wrap Includes\* A Sea Salt Scrub to better prepare the body for absorption.

## ***Men's Hand & Foot Treatments***

***Workmen Hand & Arm Treatment - \$25.00***

Begins with a Deep Tissue hand & arm massage followed by an application of an Intense Moisturizing Mask. Beneficial for arthritic conditions, carpal tunnel syndrome, rough cuticles, and chapped hands.

***Workmen Foot Treatment - \$40.00***

First, start with a warm foot soak. Your feet will be exfoliated with a cooling Marine peppermint scrub and a callus removing brush. Next, a relaxing leg and foot massage. A special masque is applied and the feet are covered with heated booties for better absorption.

***Businessmen Manicure - \$20.00***

Hand Soak, Hand Massage, Nail shape, Cuticle clean up & buff. (Polish By Request)

***Businessmen Ultimate Manicure - \$30.00***

Citrus Hand Soak, Hand Exfoliation, Hydrating Mask with Heated Mitts, Hand and Arm Massage, Nail shape, Cuticle clean up with revitalizing oil treatment & buff. (Polish By Request)

***Businessmen Pedicure - \$40.00***

Foot Soak & Exfoliation, Foot Massage, Toe nail shaping and clipping, Cuticle clean up & Buff (Polish By Request)

***Businessmen Ultimate Pedicure - \$50.00***

Foot Soak with Hydrating Moisture Leaves and Effervescent Fizz Tablet, Milk and Honey Exfoliation, Deep Hydration Mask with Heated Booties Foot & Leg Massage, Toe nail shaping and clipping, Cuticle clean up & Buff. (Polish By Request)

***Reflexology 1/2 hour - \$35.00***

This ancient oriental method of pressure point massage is used on the hands and feet. Helps to alleviate stress and promote total body wellness.

***\*NEW\* IONIC FOOT Treatment - \$35.00***

Help Rid Your Body of Unwanted Toxins! A Full Body Purge of all Vital Organs. Watch as the Ions pull Toxins from your body right in front of your eyes. Balance Blood PH Levels, Boost Your Immune System, Increase Blood Circulation, Reduce Water Retention, Improve Skin Appearance & Many Other Benefits!

***IONIC FOOT Treatment - Series of 6 - \$180.00***

One treatment works great, but if your looking for a serious full body purge, it is recommended to have the Ionic Foot Treatment performed in a series of 6 treatments once a week or every other week for 6 weeks.

## ***Men's Hair Removal***

### ***100% Organic Hair Removal System***

*What is Antimicrobial / Antibacterial Nufree™?*

*Nufree™ is a natural, soy based botanical formula. It contains no wax, no sugar and no honey. Nufree™ is NOT A WAX and resists sticking to the skin. Nufree™ is completely BOTANICAL and safe for the entire body. Nufree™ is antimicrobial and Antibacterial so its safe, clean & germ free. Nufree™ doesn't dry and can be erased any time! Nufree™ is clinically tested and uses no animal products.*

**Brow Shaping-\$12.00**

**Brow Clean Up - \$10.00**

**Under Arm - \$15.00**

**Back of Arm - \$15.00**

**Lower Arm - \$20.00**

**Complete Arm - \$30.00**

**Back - \$40.00**

**Back & Neck - \$45.00**

**Back, Neck & Back of Upper Arm - \$50.00**

**Back, Neck & Complete Upper Arm - \$55.00**

**Stomach - \$8.00 & up**

**Upper Leg - \$30.00**

**Lower Leg - \$40.00**

**Complete Leg - \$60.00**

## *The Mens Room*

### ***Especially for Men - \$115.00***

One Hour Massage, Gentlemen Facial, Scalp Massage

### ***Fit for a King - \$140.00***

One Hour Massage, Body Scrub, Gentlemen Facial

### ***Business Trip - \$120.00***

One Hour Massage, Businessmen Manicure, Businessmen Pedicure

### ***Under Construction - \$150.00***

1 1/2 Hour Massage & the Workmen Hand and Foot Treatments

### ***Gentlemen Retreat - \$215.00***

One Hour Massage, Gentlemen Facial, Body Wrap & Salt Scrub

## *Couples Corner*

### ***Couples Lounge - \$240.00***

One Hour Champagne, or Chocolate Couples Massage, (In The Same Room) then Separate to a different Oasis. For Her, a 1 Hour Custom Facial and for Him, a 1 Hour Gentlemen Facial.

### ***Couples massage - \$120.00***

Two 1 hour massages performed in the same room side by side.

### ***Mini Couples massage - \$70.00***

Two 1/2 hour massages performed in the same room side by side.

# Facials

*The skin is the largest organ of your body, therefore should be cared for in a very special way. Our Licensed Estheticians have the knowledge and experience to create the treatment to fit your individual needs. The skin care product environmentally oriented and never animal tested. Only natural scents are used.*

## **Express Facial - \$35.00**

This 1/2 hour facial is perfect for the person who has little time and the skin is in need of some attention. Treatment includes cleansing, exfoliation, mini massage, masque followed by a toner and moisturizer.

## **Teen Facial - \$45.00**

This is a perfect facial for teen's that want their skin to be smooth, clean and balanced. Begins with a skin analysis, deep pore cleansing with exfoliation, steam, gentle extraction of impurities, massage, customized masque followed by a toner and moisturizer.

## **Custom Facial - \$60.00**

Begins with a skin analysis, deep pore cleansing, steam, extraction if necessary, gentle massage, customized masque followed by a refreshing toner and moisturizer.

## **Clinical Facial - \$75.00**

A deep pore cleansing treatment with the use of enzymes to help remove dead skin cells. It pre-softens clogged pores to free excessive oils and helps normalize skin conditions. Recommended for combination, oily and blemished skin types. Includes a hand and arm massage.

## **Gentlemen Facial - \$55.00**

This deep pore cleansing treatment is designed to balance masculine skin. Exfoliation of dry skin, steam, extraction, massage on the face, neck and shoulders and a finishing masque are used to achieve the best results.

## **Aromatherapy Facial - \$65.00**

This facial is designed to encourage your skin to look and feel it's best. After skin analysis, we select products that best suit your skin type. This treatment includes a deep cleansing, steam, gentle extraction if desired, massage, customized masque followed by a refreshing toner and moisturizer. Includes a hand and arm massage.

## **Rejuvenating Facial - \$60.00**

An intensive treatment to rejuvenate and refine the complexion. Specialty ampule (designed for your skin type), is applied to help problem, mature, sun damaged and dehydrate skin. After the treatment, the skin is soft, smooth and supple.

***Re-Texturizing Facial - \$65.00***

A deep pore cleansing treatment with the use of natural papaya extracts which remove dead tissues on the skin. It pre-softens clogged pores to free excessive oils and helps to normalize skin conditions. Recommended for combination, oily and blemished skin types.

***4-Layer Facial - \$75.00***

Nourishing and hydrating, this anti-aging treatment restores and promotes your skin's tone with a balance of minerals, vitamins and seaweed extracts. Immediate results for all skin types.

***Paraffin Facial - \$70.00***

A deep conditioning treatment that will nourish and help to restore the skin's natural moisture balance. This treatment includes cleansing, steam, relaxing massage, masque with warm paraffin applied over it which enables the products to penetrate deeply into the skin followed by a balancing toner and moisturizer. A wonderful treatment for aging, dry and dehydrated skin. Leaves skin feeling silky, smooth and supple. Includes a hand and arm massage.

***Glycolic Treatment \$35.00***  
***Series of Six \$190.00***

A professional strength of alpha hydroxy acid is used for deep exfoliation. Designed to improve skin texture from sun damage and hyper pigmentation. Reduces the appearance of fine lines and wrinkles, clarifies problem prone skin.

***Enzyme Treatment - \$20.00***  
***If added to any Facial - \$15.00***

This treatment is designed to reduce cellular build-up resulting in brighter, smoother, refreshed skin.

***High Frequency Treatment - \$10.00***

A treatment that stimulates circulation and neutralizes bacteria.

***Eye Zone Rejuvenation - \$25.00***  
***if added to any facial - \$15.00***

This soothing treatment refreshes tired eyes, help's reduce puffiness and dark circles. A massage with acupressure points is performed followed by a specialty masque designed for the eye area.

## *Specialty Treatments*

### ***Glycolic Treatment \$35.00***

***Series of Six \$190.00***

A professional strength of alpha hydroxy acid is used for deep exfoliation. Designed to improve skin texture from sun damage and hyper pigmentation. Reduces the appearance of fine lines and wrinkles, clarifies problem prone skin.

### ***Enzyme Treatment - \$20.00***

***If added to any Facial - \$15.00***

This treatment is designed to reduce cellular build-up resulting in brighter, smoother, refreshed skin.

### ***High Frequency Treatment - \$10.00***

A treatment that stimulates circulation and neutralizes bacteria.

### ***Balancing Back Treatment - \$60.00***

This treatment includes a deep pore cleansing, exfoliation, steam, extraction if necessary, a stress reducing massage to the head, neck, shoulders and back, and a masque designed for your specific skin type.

### ***Hot Oil Scalp Treatment - \$45.00***

***Add Scalp Treatment to any Service \$30.00***

Treatment begins with a relaxing neck and scalp massage. We then drip our special blend of hot aromatic oils to the scalp to nourish, stimulate, and encourage hair growth. A heated healing cap is applied to help the oils penetrate deeper.

### ***Hot Chocolate Scalp Treatment - \$45.00***

***Add Scalp Treatment to any Service \$30.00***

Treatment begins with a relaxing neck and scalp massage. We then drip our special blend of antioxidant rich oils of the Cocoa Bean in Jojoba oil to the scalp, to nourish, stimulate, hydrate and encourage hair growth. A heated healing cap is applied to help the oils penetrate deeper. *Choose from: Chocolate Cake, Raspberry, Cherry and Mint.*

### ***\*NEW\* IONIC FOOT Treatment - \$35.00***

Help Rid Your Body of Unwanted Toxins! A Full Body Purge of all Vital Organs. Watch as the Ions pull Toxins from your body right in front of your eyes. Balance Blood PH Levels, Boost Your Immune System, Increase Blood Circulation, Reduce Water Retention, Improve Skin Appearance & Many Other Benefits!

### ***IONIC FOOT Treatment - Series of 6 - \$180.00***

One treatment works great, but if your looking for a serious full body purge, it is recommended to have the Ionic Foot Treatment performed in a series of 6 treatments once a week or every other week for 6 weeks.

## *Beauty Treatments*

### ***Eye Zone Rejuvenation - \$25.00***

*if added to any facial - \$15.00*

This soothing treatment refreshes tired eyes, help's reduce puffiness and dark circles. A massage with acupressure points id performed followed by a specialty masque designed for the eye area region.

### ***Eyelash Tinting - \$25.00 / Eyebrow - \$15.00***

Semi-permanent coloring safe for the eyes is designed for darkening your natural lashes and brows. Lasts 3-4 weeks.

### ***Eyelash Tabbing - \$35.00***

*Faux Lashes are seen blinking out of the beauty pages and flirting on the runways. Today, lashes are making an appearance in the real world. For a wedding, a night on the town or an especially significant event, a set of faux lashes are quick, safe, dramatic and affordable.* The Procedure takes about 20 to 30 minutes to apply and will last all night long. there are many lengths to choose from in black and brown. Lash Tabs are different from Lash Extensions and Strip Lashes. Lash Tabs are small clusters of three to four lashes that are applied on top of your natural lashes, adding Fullness and Length for a bold dramatic look you'll Love.

### ***XTENDED BEAUTY® Lash Extensions -***

***\$150.00 - \$200.00 Natural / Dramatic***

### ***XTENDED BEAUTY® Lash Touch-up - \$60.00***

*Lash Extensions make your eyes look and feel Fabulous! Whether your looking for a beautiful natural look or glamorous, dramatic eyes, we can create the perfect lashes for you.*Single Lash Extensions are glued to your own individual upper lashes. This is a painless, gentle, and relaxing procedure. You will be reclining comfortably during the 90 - 120 minutes it takes to apply one full set of lashes (upper only).Lash Extensions are long, lush, and pre-curved, so there's no need for mascara or curling between services. Gentle enough to use on the most sensitive eyes, Lash Extensions last comfortably up to two months with a touch-up in between. Touch-ups are recommended for replacing natural lashes that have fallen out or Extensions that have outgrown the natural lash, and can be done in 30-45 minutes.Lash Extensions add volume, length, and style with long-lasting results.

## *Hand & Foot Treatments*

### ***Soothing Hand & Arm Treatment - \$25.00***

Begins with a relaxing hand & arm massage followed by an application of warm paraffin wax. Beneficial for arthritic conditions, carpal tunnel syndrome, rough cuticles, and chapped hands.

### ***Revitalizing Foot Treatment - \$40.00***

First, start with a warm aromatherapy foot bath and relax with some herbal tea and soothing music. Your feet will be exfoliated and prepared for a relaxing leg and foot massage. A special masque is applied and the feet are covered with heated booties.

### ***Reflexology 1/2 hour - \$35.00***

This ancient oriental method of pressure point massage is used on the hands and feet. Helps to alleviate stress and promote total body wellness.

### ***\*NEW\* IONIC FOOT Treatment - \$35.00***

Help Rid Your Body of Unwanted Toxins! A Full Body Purge of all Vital Organs. Watch as the Ions pull Toxins from your body right in front of your eyes. Balance Blood PH Levels, Boost Your Immune System, Increase Blood Circulation, Reduce Water Retention, Improve Skin Appearance & Many Other Benefits!

### ***IONIC FOOT Treatment - Series of 6 - \$180.00***

One treatment works great, but if you're looking for a serious full body purge, it is recommended to have the Ionic Foot Treatment performed in a series of 6 treatments once a week or every other week for 6 weeks.

## *Nail Care*

### *Hands*

#### ***Kids Manicure - \$17.00***

Hand Soak, Hand Massage, Nail shape, Cuticle clean up, buff and Polish

#### ***Manicure - \$20.00***

Hand Soak, Hand Massage, Nail shape, Cuticle clean up, buff and Polish

#### ***Spa-Manicure - \$25.00***

Citrus Hand Soak, Hand Exfoliation, Hand and Arm Massage, Nail shape, Cuticle clean up, buff and Polish

#### ***Ultimate Manicure - \$30.00***

Citrus Hand Soak, Hand Exfoliation, Paraffin dip or Hydrating Mask with Heated Mitts, Hand and Arm Massage, Nail shape, Cuticle clean up with revitalizing oil treatment, buff and Polish.

#### ***Milk and Honey Manicure - \$25.00***

*Honey extract, a natural humectant, moisturizes and adds vital nutrients, with the natural Lactic Acid (Alpha Hydroxy Acid) in Milk. The combination is silky smoothness.*

Citrus Hand Soak, Hand Exfoliation, Hand and Arm Massage, Nail shape, Cuticle clean up, buff and Polish

#### ***Papaya Radiance Manicure - \$25.00***

*Papaya Revitalizes the skin with "papain," the natural enzyme found in papaya and powerful anti-oxidants from guava nectar. Together, this blend gives radiance while infusing the skin with maximum hydration.*

Citrus Hand Soak, Hand Exfoliation, Hand and Arm Massage, Nail shape, Cuticle clean up, buff and Polish

#### ***Citrus and Sage Manicure - \$25.00***

*Extracts from the fruit of Bergamont and the herb Clary Sage have nourishing and soothing properties. The combination is calm and hydrated.*

Citrus Hand Soak, Hand Exfoliation, Hand and Arm Massage, Nail shape, Cuticle clean up, buff and Polish

***Pomogranite and Fig Manicure - \$25.00***

*Purely pomegranate is nature's most potent anti-oxidant. Neutralizes free radicals and infuses moisture into dry skin. With 24 hour time released emollients. Penetrates skin's dermis for slow hydration throughout the day.*

Citrus Hand Soak, Hand Exfoliation, Hand and Arm Massage, Nail shape, Cuticle clean up, buff and Polish

***Chocolate Manicure - \$25.00***

*The antioxidant rich oils of the Cocoa Bean are extracted and added to Jojoba oil, for an extremely hydrating, aromatic Experience. Chocolate Cake, Raspberry, Cherry and Mint.*

Cocoa Hand Soak, Chocolate Hand Exfoliation, Chocolate Mint Hand and Arm Massage, Nail shape, Cuticle clean up, buff and Polish

***Feet******Pedicure - \$40.00***

Foot Soak & Exfoliation, Foot Massage, Toe nail shaping and clipping, Cuticle clean up, Buff and Polish

***Ultimate Spa-Pedicure - \$50.00***

Foot Soak with Hydrating Moisture Leaves and Effervescent Fizz Tablet, Milk and Honey Exfoliation, Deep Hydration Mask with Heated Booties Foot & Leg Massage, Toe nail shaping and clipping, Cuticle clean up, Buff and Polish.

***Milk and Honey Pedicure - \$45.00***

*Honey extract, a natural humectant, moisturizes and adds vital nutrients, with the natural Lactic Acid (Alpha Hydroxy Acid) in Milk.*

Foot Soak with Hydrating Moisture Leaves and Effervescent Fizz Tablet, Milk and Honey Exfoliation, Milk & Honey Butter Blend Foot & Leg Massage, Toe nail shaping and clipping, Cuticle clean up, Buff and Polish.

***Papaya Radiance Pedicure - \$45.00*** *Papaya Revitalizes the skin with "papain," the natural enzyme found in papaya and powerful anti-oxidants from guava nectar. Together, this blend gives radiance while infusing the skin with maximum hydration.*

Foot Soak with Hydrating Moisture Leaves and Effervescent Fizz Tablet, Papaya and Guava Nectar Exfoliation, Papaya Butter Blend Foot & Leg Massage, Toe nail shaping and clipping, Cuticle clean up, Buff and Polish.

***Citrus and Sage Pedicure - \$45.00***

*Extracts from the fruit of Bergamont and the herb Clary Sage have nourishing and soothing properties. The combination is calm and hydrated.*

Foot Soak with Hydrating Moisture Leaves and Effervescent Fizz Tablet, Tuscan Citrus herb with Bergamont & Clary Sage Exfoliation, Citrus Butter Blend Foot & Leg Massage, Toe nail shaping and clipping, Cuticle clean up, Buff and Polish

***Pomegranate and Fig Pedicure - \$45.00***

*Purely pomegranate is nature's most potent anti-oxidant. Neutralizes free radicals and infuses moisture into dry skin. With 24 hour time released emollients. Penetrates skin's dermis for slow hydration throughout the day.*

Foot Soak with Hydrating Moisture Leaves and Effervescent Fizz Tablet, Pomegranate & Fig Exfoliation, Pomegranate Butter Blend Foot & Leg Massage, Toe nail shaping and clipping, Cuticle clean up, Buff and Polish

***Chocolate Pedicure - \$45.00***

*The antioxidant rich oils of the Cocoa Bean are extracted and added to Jojoba oil, for an extremely hydrating, aromatic Experience. Chocolate Cake, Raspberry, Cherry and Mint.*

Foot Soak with Nourishing Chocolate essential oils. and Effervescent Fizz Tablet, Chocolate and Sea Salt Exfoliation, Chocolate and Mint Butter Blend Foot & Leg Massage, Toe nail shaping and clipping, Cuticle clean up, Buff and Polish

***Buff and Polish - \$10.00***

***Polish Change On Toes - \$10.00***

***Polish Change on Hands - \$5.00***

***Nail Art \$1.00 to \$5.00 per nail***

## *Alternative Treatments*

### ***Ear Coning - \$40.00***

This is a simple, natural ear-cleaning technique using a hollow cone. Smoke travels into the ear from the cone in a spiral motion and comes back up the cone bringing wax and debris. This is a warm and relaxing experience that can help many problems such as allergies, earaches and wax buildups. Approximately 1 hour.

### ***Reiki Healing 1/2 hour \$30.00 1 hour \$50.00***

A safe, gentle, noninvasive form of hands-on healing that increases energy, reduces pain, produces deep relaxation and a general feeling of well-being. Reiki is a powerful, life-changing experience for growth along your spiritual path.

### ***\*NEW\* IONIC FOOT Treatment - \$35.00***

Help Rid Your Body of Unwanted Toxins! A Full Body Purge of all Vital Organs. Watch as the Ions pull Toxins from your body right in front of your eyes. Balance Blood PH Levels, Boost Your Immune System, Increase Blood Circulation, Reduce Water Retention, Improve Skin Appearance & Many Other Benefits!

### ***IONIC FOOT Treatment - Series of 6 - \$180.00***

One treatment works great, but if you're looking for a serious full body purge, it is recommended to have the Ionic Foot Treatment performed in a series of 6 treatments once a week or every other week for 6 weeks.



## *Simply Spiritual*

**Lauren Ellen Rainbow**

**Psychic/Medium, Reiki Master Teacher**

[www.laurensrainbow.com](http://www.laurensrainbow.com)

**(603) 674-6580**

**For Appointments & Questions**

[laurenellen@laurensrainbow.com](mailto:laurenellen@laurensrainbow.com)

### ***Psychic Insights***

***\$50 for 1/2 hour / \$80 for 1 hour***

All Sessions are Taped. Psychic Insight is not only the ability to see the future, but also the ability to see how your different choices can effect the out come of your future. You are in control of your destiny. Lauren can help you see how your choices will manifest and offer ways to help you adjust your choices so you can create the greatest possible out come.

### ***Mediumship***

***\$50 1/2 hour / \$90 for 1 hour***

All Sessions are Taped. Mediumship is the ability to connect with loved ones who have crossed to the other side. With gentleness and ease, Lauren can bring you closer to the ones you love, allowing messages of healing to be shared.

### ***Alternative Healing Sessions***

***\$40 per hour***

For years Lauren has been training in the Alternative Healing Arts, in which she has been able to create an awesome connection with the Divine. Her healing sessions are personally tailored to you! Designed to awaken within you energies to help manifest and empower your life. Working with many healing modalities, Lauren has been trained in Usui, Shamballa and Karuna® Reiki, Integrated Energy Therapy (IET), Magnified Healing, and many other healing energies of the Universes. A healing session will include any or all of these modalities and what ever divine guidance Lauren will receive. Always for your highest good. Lauren can also awaken and activate dormant energies within your system allowing you to be in complete control of your energy flow and direction, thus creating a flow of manifestation filled with grace and ease.

### ***Psychic & Mediumship Parties***

All sessions are done privately and can include a group discount on psychic development and various spiritual topics. Host/hostess FREE with five or more paid participants! Prices vary depending on number of participants

### ***Mediumship Group Parties***

This is an interactive group session in which all participants can connect to loved ones on the other side. Receive loving and healing messages from those who have crossed. Host/hostess FREE with five or more paid participants! \$35 per person Space limited to 11 people.

## ***Alternative Healing Training***

### ***Usui Reiki Training***

All Levels. This is a powerful healing system which has been around for centuries, bringing together healing symbols and beautiful light energy. This class includes comprehensive training, energetic attunements, healing sessions, and certification. Private or group training available.

To book a session, party, class, or Purchase a Gift Certificate for you and your friends please call or email Lauren at **(603)674-6580** or [laurensrainbow@gmail.com](mailto:laurensrainbow@gmail.com) for more information.

## *100% Organic Hair Removal System*

### *What is Antimicrobial / Antibacterial Nufree™?*

*Nufree™ is the gold standard in hair removal and is carried by thousands of professional salons throughout the world. Nufree™ is a natural, soy based botanical formula. It contains no wax, no sugar and no honey. It was developed over 25 years ago to help plastic surgeons remove hair from a patient before surgery. Here are just a few of the reasons why Nufree™ is the most effective hair removal treatment in the world.*

- Nufree™ is NOT A WAX and resists sticking to the skin.
- Nufree™ is completely BOTANICAL and safe for the entire body.
- Nufree™ is antimicrobial and Antibacterial so its safe, clean & germ free.
- Nufree™ doesn't dry and can be erased any time!
- Nufree™ is clinically tested and uses no animal products.

**Brow Shaping-\$12.00**

**Brow Clean Up - \$10.00**

**Lip - \$8.00**

**Chin - \$10.00**

**Face - \$20.00**

**Under Arm - \$15.00**

**Back of Arm - \$15.00**

**Lower Arm - \$20.00**

**Complete Arm - \$30.00**

**Back - \$40.00 & up**

**Back & Neck - \$45.00**

**Back, Neck & Back of Upper Arm - \$50.00**

**Back, Neck & Complete Upper Arm - \$55.00**

**Stomach - \$8.00 & up**

**Bikini - \$25.00 & up**

**Brazilian \$45.00 and up**

**Upper Leg - \$30.00**

**Lower Leg - \$40.00**

**Complete Leg - \$60.00**

**Complete Leg & Bikini - \$70.00**

## *Policies*

*All of Serenity Spas skin care products are Clinical Strength and are environmentally oriented. Never animal tested or with animal by products. Natural scents are used.*

- *All prices subject to change.*
- *There is a \$25.00 fee for returned checks.*
- *Gift certificates are available but are non-refundable. However, you may use the gift certificates towards product or re-gift the certificate to someone you think could use some pampering.*
- *We recommend making reservations for spa packages at least two weeks in advance to secure desired times.*
- *We request a deposit of 50% to secure all Group reservations.*
- *Should cancellation be necessary, please give at least a 24 hour notice in advance. Should a cancellation be necessary on a day spa package, a 48 hour notice is required to avoid a 50% penalty fee.*
- *We regret that we cannot be responsible for loss or damage to personal articles.*
- *We love children, however we are unable to accommodate them during your visit.*
- *This is a non-smoking environment.*
- *Please remember we work as a team to please you. A change can be refreshing, so feel free to try other staff members.*
- *We are always open to suggestions. Please let us know how we can better serve you.*
- *Gratuities not included.*

***IMPORTANT:*** *Please give at least 48 hours notice of cancellation for Day Spa packages and 24 hours for other services to avoid a cancellation fee.*

*Our facility is not handicap accessible, we are located about 5 steps above ground level.*

## *How To Spa*

### Frequently Asked Questions

***Q. Do I need to make an appointment for services?***

**A.** Although we can sometimes accommodate "walk-ins," Serenity is set up for pre-scheduled appointments. This is especially true if you need a specific time or prefer a certain therapist for your services.

***Q. How far in advance do I need to schedule appointments?***

**A.** Though many times we are able to schedule appointments on the same day of your call, we usually suggest scheduling two or three days in advance of your desired date. Keep in mind also that packages and group bookings take longer to coordinate, so you'll probably want to allow a week or two for the best selection of times and services.

***Q. What happens if I am late for my appointment?***

**A.** If you expect to be late for your appointment, please let us know as soon as possible so we can make any adjustments needed to keep you and our staff on schedule. Although we will do whatever we can to accommodate late arriving clients, it will not always be possible for us to give a late client their entire appointment time, especially if the client is more than twenty minutes late. Please note that the client is responsible for payment for the *scheduled* service, not the time that was given. In the case of a package, we will generally decrease the service time of the first scheduled service to keep the other services on time. Again, the client is responsible for payment of the scheduled services.

***Q. Are any discounts available?***

**A.** discounts are available by taking advantage of our monthly specials (posted on our website and at the spa), by purchasing service "Six Packs", "Twelve Packs" or other discounted series, and by receiving our email specials. To register, go to our CONTACT US page and add your name and email address.

***Q. What if my technician or therapist is running late?***

**A.** Unfortunately, sometimes timing issues occur that are beyond our control. When a service starts late due to a technician or staff member issue, we will make every attempt to give the client the full service.

***Q. What is your cancellation policy?***

**A.** If you must cancel or modify your appointment, please give us as much notice as possible. In order to ensure that our service providers are compensated for the time they set aside for clients, we require a credit card or gift card to guarantee all

**Group appointments** and we must receive at least 24 hours cancellation or modification notice or a 50% service fee will be charged.

***Q. Once I see a certain therapist or technician, am I required to see them exclusively?***

**A.** No. While we certainly encourage relationship building between each technician and their regular clients, we encourage our customers to try working with different staff members. Each staff member has their own personality, style and specific areas of expertise, so it is only natural to want to find the person or persons who best suit your specific needs. The bottom line is that we want you to be happy with your services as well as your service provider!

***Q. Do I have to undress completely for spa services?***

**A.** No. However, our staff is trained to provide each client with a high level of comfort and privacy during their visit. Draping with sheets and/or towels are a part of all massage, skin care and spa services, and robes and slippers are provided to clients having more than one massage/spa service. Clients may also feel free to wear undergarments or bathing suits during treatments if desired, keeping in mind that they may get oily or wet during the treatment. Disposable undergarments are available for spa services as well. Whatever the service, clients should feel free to voice their concerns or preferences throughout the treatment.

***Q. Should I tip my therapist or technician?***

**A.** While tipping is not required or expected, it is always appreciated by staff members. If you feel you have received good service, you are welcome to show it by offering a gratuity to any staff members who assisted you.

***Q. How much should I tip?***

**A.** Most clients tip for spa services in the same way that they would in a restaurant...usually at a rate of 10 - 20%. Tip envelopes are available at our front desk for cash tips. Gratuities may also be added to your check or credit card and will be distributed to the appropriate staff members.

***Q. Is childcare available?***

**A.** While we do everything possible to accommodate the needs of our clients, we are not able to offer childcare during spa appointments. If your child must accompany you to your appointment, they must stay with you in the treatment room. For the enjoyment of all spa guests, we also ask that everyone use their "spa voice" at all times in the spa. We do offer a limited menu of services for children such as our Kids' Mini-Facial, Mini-Manicure and Mini-Pedicure, as well as our Teen Facial!

***Q. Do you offer refunds on retail merchandise or gift certificates?***

**A.** It is our policy to exchange any product purchased for a full store credit within a 2 week period of the purchase provided that no more than 10 percent of the product has been used. If it has been longer than 2 weeks since the purchase or more than 10 percent of the product has been used, a partial credit may be given to be decided on a case by case basis. We do not offer refunds on gift certificate purchases, but will gladly transfer the certificate to another individual with the return of the original gift certificate.

## *Instant Gift Certificate*

**The Holidays are Here!**



*Serenity Spa*

**Gift Certificates**

**are available for Purchase Online!**

***Choose:***

**A Dollar Amount**

**Single Service**

**Day Spa Package**

**Holiday Discount Package**

**Create Your Own Package**

***When you are done:***

**Print the Gift Certificate**

**Email the Gift Certificate**

**Have Us Mail it for You.**