



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 OASIS

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

Herbal Sauna
Himalayan Salt Sauna
Steam Room
Kneipp Pool
Hydrotherapy Pool
Outdoor Jacuzzi
Indoor and Outdoor Relaxation Areas
Ice Fountain
Experience Showers

The minimum age requirement for access to the Thermal Oasis is 16 years old.

02.

SIGNATURE TREATMENTS

★ Senses of the Algarve

80min | 180€

Relying on the most traditional ingredients of the Algarve, the signature treatment from Serenity - The Art of Well Being, at Pine Cliffs Resort, is a true journey through the best that the Algarvian region has to offer. The treatment starts with a scrub of Fleur-de-Sel from Ria Formosa and sand from Falésia beach. Prepared carefully by the Serenity team, these ingredients contribute to the purification of your skin, letting the pores breathe and preparing the skin for the next step: the carob wrap. This is one of the most famous products of the Algarve, recognized for its health-giving properties. Naturally rich in selenium, carob also contributes to a balanced thyroid, and its gallic acid and tannins, very well-known for its antioxidant and antibacterial features, are especially important in the treatment of oily and damaged skin. To finish, you will be able to enjoy a full body hydration with essential orange-oil from the Algarve which will enhance the carob advantages. The antioxidant properties of the orange are a great contribution for the prevention of premature aging, fighting the free radicals. After the treatment, enjoy peaceful moments in our relaxation room, with a lemon-grass tea, a product of the region as well, to improve your tranquillity sensation.

02.

SIGNATURE TREATMENTS

Serenity Journey

110min | 195€

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.

Ocean View Massage

50min | 165€ - 80min | 195€

Full body relaxing massage performed in the outdoor gardens.

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 | 135€ - 80min | 160€

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 | 180€

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

Ila Couples Experience + Aurum Suite

110min + 60min | 495€

For couples to experience together, a ritual to reconnect on a physical, emotional and spiritual level.

★ **Serenity Journey + Aurum Suite**

110min + 60min | 485€

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

Thalgo Iles Pacifique Ritual + Aurum Suite

80min + 60min | 395€

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 + Aurum Suite

80min + 60min | 415€

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.

05. AURUM SUITE

Aurum Suite

60min | 150€ - 180min | 350€

A luxurious and private suite for those who seek to indulge in the very best at Pine Cliffs Resort. The Aurum Suite is designed to spoil and indulge guests with its own private steam room, sauna, jacuzzi, experience shower, double treatment room and lounge area. The Aurum Suite is perfect for those that wish to celebrate a special day, spoil a loved one or simply have the ultimate Serenity - The Art of Well Being experience. To complete the experience, a complimentary bottle of champagne is included.

06. FACIAL TREATMENTS

SENSAI

Sensai Purifying Facial

50min | 130€

Cleaning and purifying treatment, reduces pores and improves skin texture.

Sensai Lift & Firm Facial

50min | 155€

Lifting and firming treatment that improves density and elasticity of the muscles, stimulates the production of collagen, defines facial contours, improves hydration and reduces wrinkles.

★ **Sensai Ultimate Facial & Luxury Eye Treatment**

80min | 250€

Highly regenerative treatment, protects and repairs genetic damage of all skin cells.

OTHER SERVICES

Extraction

50€

Luxury Eye Treatment

50€

06. FACIAL TREATMENTS



Ila Express Bliss Face Therapy

25min | 75€

A perfect quick-fix for dehydrated and tired skin, to recover a blissful and glowing face.

★ Ila Crystal Healing Face Therapy

50min | 130€

This treatment harnesses the healing vibrations of crystals to release tension and revitalise the skin.

★ CBD Gold Age Restore Facial

80min | 180€

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'.

OTHER SERVICES

Extraction

50€

Luxury Eye Treatment

50€

07. BODY TREATMENTS

SERENITY BODY WRAPS

Senses of the Algarve Wrap

50min | 125€

Carob wrap, one of the most famous products from the Algarve.

CHARME D'ORIENT SCRUBS

Pink Crystals & Argan Shell

20min | 65€

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 | 170€

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.

07. BODY TREATMENTS

CHARME D'ORIENT BODY RITUALS

★ Hammam Ritual

50min | 170€

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.

Turkish Bath Ceremony

50min | 170€

The Ceremony begins with steam and a scrub with Black Soap and a Kassa glove, followed by a massage in a cloud of foam, leaving your skin smooth and nourished.

07. BODY TREATMENTS

THALGO SCRUBS

Thalgo Marine Scrub

20min | 65€

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

Thalgo 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.

07. BODY TREATMENTS

THALGO BODY TREATMENTS

Marine Detox Body Wrap

50min | 125€

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

★ **Sudatonic Sculpting & Slimming Body Wrap**

80min | 170€

Innovative slimming method of sweating through heat, with significant volume reduction.

Sudatonic Sculpting & Slimming Body Wrap

Pack of 6 sessions | 900€

07. BODY TREATMENTS

THALGO BODY RITUALS

Thalgo Iles Pacifique Ritual

80min | 180€

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 | 190€

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. BODY TREATMENTS

SERENITY BATHS

★ **Serenity Bath**
20min | 65€

A serene soak with a soothing bath oil to calm the senses.

Thalgo Marine Detox Bath
20min | 65€

A relaxing algae bath to help reduce excessive body fat and cellulite. A perfect detoxifying journey to restore vitality.

08. MASSAGES

Relax Massage

50min | 120€ - 80min | 150€

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

Detox Massage

50min | 125€ - 80min | 160€

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

Slim Massage

50min | 130€ - 80min | 160€

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

Deep Tissue Massage

50min | 130€ - 80min | 160€

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

Sports Massage

50min | 130€ - 80min | 160€

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

08. MASSAGES

Holistic Massage

50min | 135€ - 80min | 165€

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

Senses of the Algarve Massage

50min | 140€ - 80min | 170€

Full body massage with medium pressure and with orange blossom oil.

Abhyanga Massage

50min | 135€ - 80min | 165€

Full body detox and de-stress massage performed with herbal oils.

Hot Stones Massage

50min | 135€ - 80min | 165€

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

Lymphatic Drainage Massage

50min | 125€ - 80min | 160€

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

08. MASSAGES

Thai Massage

50min | 145€ - 80min | 170€

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

Shiatsu

50min | 145€ - 80min | 170€

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 | 250€ - 80min | 380€

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

Mother-to-be Massage (after 12 weeks)

50min | 135€ - 80min | 160€

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

Indian Head Massage

25min | 75€ - 40min | 115€

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

08. MASSAGES

Back Massage

25min | 75€ - 40min | 115€

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

Leg Massage

25min | 75€ - 40min | 115€

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

Reflexology

25min | 75€ - 40min | 115€

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

OTHER SERVICES

Room Service Fee - 50€

09. SPECIALIZED SERVICES

Physiotherapy Session

25min | 85€ - 50min | 150€ - 80min | 180€

Physical therapy is provided in circumstances where movement and function are threatened by aging, injury, pain, disease, disorders, conditions or environmental factors and with the understanding that functional movement is central to what it means to be healthy.

Nutrition Consultations

Initial consultation | 75€ - Follow-up consultation | 50€

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.

Watsu

25min | 60€ - 50min | 80€

Watsu is a deeply relaxing form of bodywork, where gentle movements are combined with massages, stretches, and pressures on acupressure points grounded in Zen-Shiatsu, while floating accompanied by the therapist in a pool. Physical benefits include relaxation, stretching, improved mobility, as well as a reduction in levels of stress and anxiety.

10. MALE GROOMING

GENTLEMEN'S TONIC FACIALS

GT Booster Facial

25min | 75€

Quick and efficient, the Booster 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 | 125€

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 Anti-aging Facial & Luxury Eye Treatment**

50min | 150€

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.

OTHER SERVICES

Extraction

50€

Luxury Eye Treatment

50€

10. MALE GROOMING

GENTLEMEN'S TONIC BODY RITUALS

GT Back Treatment & Booster Facial

50min | 115€

A selected blend of Gentlemen's Tonics' products are used for this Back Massage and Booster Facial, which will help remove congestion and nourish the skin whilst improving overall blood circulation.

★ **Serenity Immunity & Detox Package**

110min | 195€

Strengthen the Immune system and detox the skin with this combination of treatments from Serenity and Gentlemen's Tonic. The Detox Facial is combined with the Serenity Immunity Boost massage to help rejuvenate mind and body and experience a renewed energy!

OTHER SERVICES

Gentlemen's Manicure

35€

Gentlemen's Pedicure

55€

11. JUNIOR (UP TO 14 YEARS OLD)

Junior Facial

25min | 65€

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

★ **Junior Massage**

25min | 65€ - 40min | 95€

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

Princess Nails

20€

Nail colour for children.

12. PACKAGES

Time For Me

110min | 220€

This is the Serenity retreat - so you can get out of the rut and relax, have time for yourself. This package includes breakfast, a body scrub, a full body massage, a facial and lunch.

Detox

110min | 195€

Purify your body and boost your energy with this revitalizing Serenity package, which includes a body scrub, a body wrap and detox massage.

Holistic

110min | 180€

This holistic treatment begins with a body massage, followed by a relaxing head massage, using a blend of holistic essential oils.

13. OPI HANDS & FEET

OPI Manicure

65€

OPI Pedicure

75€

OPI Gel Color Manicure

75€

OPI Gel Color Pedicure

85€

Gel Color Removal

30€

Classic Nail Colour

30€

French Nail Colour

35€

14. BODY HAIR REMOVAL

Eyebrow - 50€

Upper Lip - 30€

Chin - 40€

Under Arm - 40€

Half Arm - 40€

Full Arm - 55€

Bikini Line - 65€

Brazilian - 75€

Half Leg - 60€

Full Leg - 75€

Chest - 75€

Back - 75€

OTHER SERVICES

Make-up
110€

Eyebrow Tinting
30€

Eyelash Tinting
30€

Spray Tan
Upon Request

15.

HAIRDRESSER & BARBER

STYLING

Blow Dry

Short - 40€ | Medium - 45€ | Long - 50€

Setting (Rollers)

Short - 40€ | Medium - 45€ | Long - 50€

Hair Cut

Short - 50€ | Medium - 55€ | Long - 60€

Girl's Cut (2 to 12 years old)

35€

Hairstyle

85€

Supplement for Extra Long Hair (XL)

30€

TECHNICAL

Colour

Short - 55€ | Medium - 60€ | Long - 70€

Colour Retouch

Short - 45€ | Medium - 50€ | Long - 55€

Colour Bath

Short - 25€ | Medium - 30€ | Long - 35€

Highlights

Short - 90€ | Medium - 110€ | Long - 150€

Lowlights

Short - 90€ | Medium - 110€ | Long - 150€

15.

HAIRDRESSER & BARBER

KÉRASTASE RITUALS

Revitalizing

Short - 30€ | Medium - 40€ | Long - 50€

Nutritive Revival

Short - 30€ | Medium - 40€ | Long - 50€

Sensitive Scalp

Short - 30€ | Medium - 40€ | Long - 50€

Anti Hair Loss

Short - 30€ | Medium - 40€ | Long - 50€

Anti-oiliness

Short - 30€ | Medium - 40€ | Long - 50€

BARBER

Haircut & Traditional Wet Shave - 95€

Haircut & Finish - 60€

Clipper Cut - 40€

Razor Head Shave - 55€

Traditional Wet Shave - 50€

Beard Trim - 30€

Boy's Cut (2 to 12 years old) - 30€

16. BRANDS

SENSAI

ilā

THALGO
LA BEAUTE MARINE



CHARME
D · O R I E N T
P A R I S

GENTLEMEN'S TONIC

MAYFAIR

The Organic[®]
Pharmacy

O · P · I

LOS ANGELES

KÉRASTASE
PARIS

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.

Guest 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.

Prices in Euros (€).
VAT included at the legal rate.
Prices subject to change without previous notice.

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



Serenity - The Art of Well Being

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