



TREATMENT GUIDE

Located in:

Clements Hall Leisure centre

Tel 01702 203331



@SerenityHockley



Serenity

Online Booking: www.serenitybeautyhockley.co.uk



Serenity delivers high quality beauty and spa treatments in a clean, friendly and relaxing environment. Our treatments are designed to promote well being and to enhance your natural beauty.

Our salon owner Emma has over 20 years' experience within the beauty industry and the expertise of our team are here to help you with skincare, homecare and overall lifestyle advice to ensure you have a memorable experience.

We pride ourselves in making a difference to our customers with a range of results driven treatments.

Whether you are treating teens or children, your partner or want to spoil your friends, we can offer treatments to tailor your needs.

Serenity Spa owner Emma is joined by our carefully selected team of professional therapists. Each therapist is fully trained to offer our customers a whole array of beauty and holistic treatments. We strive to keep current in this ever changing industry and feedback from our customers is very important to us.

If you want to relax, feel revitalised and beautified all within a professional salon, then you needn't look any further than Serenity Spa.

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Opening Hours

Monday	10.00 am - 5.00 pm
Tuesday	9.00 am - 5.00 pm
Wednesday	9.00 am - 9.00 pm
Thursday	9.00 am - 9.00 pm
Friday	9.00 am - 5.00 pm
Saturday	9.00 am - 5.00 pm
Sunday	Closed

Opening times may be subject to change



SPECIALISED FACE THERAPY

Dermalogica Pro Skin 30 **30 min** **£35**

Our high impact treatment to target a specific concern. Want to look brighter, have a targeted exfoliation, skin in need of hydration or focus on masques and Serums. Using high quality ingredients such as retinol and hyaluronic acid. Your skin will feel amazing in just half an hour.

Dermalogica Pro Skin 60 **60 min** **£55**

The ultimate experience, customised with advanced products, techniques and technology in a sensorial environment. In the hands of one of our skin therapist who will personalise the treatment, calm your mind and soothe your body. Professional double cleansing, exfoliating, skin analysis, aromatherapy massage, treatment serum and masques.

Diamond Peel Dermabrasion **25 min** **£32**

A unique dermabrasion technique which removes the dead skin cells using tiny diamonds. Smoothing away fine lines, refines pore size and minimize skin imperfections.

Diamond Peel Facial **55 min** **£52**

Incorporating dermabrasion to remove dead skin cells, extractions (if required), a relaxing face and shoulder massage and a rejuvenating mask revealing radiant youthful skin. To complete the treatment experience you can choose from a choice of either a scalp, hand or foot massage.

Dermasonic Anti - Ageing Treatment **25min** **£39**

A Revolutionary anti-ageing, skin-repairing treatment combining four scientifically-proven treatments galvanic, ultrasound stimulation, light therapy, and vibrating massage. Together these rejuvenate skin by smoothing out facial wrinkles, tightening facial muscles, deep cleansing, reducing redness, healing acne and stimulating new skin cells.

Anti - Bacterial Treatment **25min** **£39**

Dermineck Anti - Ageing Treatment **15min** **£18**

This Treatment incorporates ground breaking technology, combining high speed massage, light therapy and heating/cooling system. The Treatment works through a smart vibration technology to help target areas of loose skin, eliminating fine lines, achieving firmer and smoother skin around the neck.

Courses

Course of 6 Pro Skin 30	£175
Course of 6 Thalgo Mceutic Acid Peel	£330
Course of 6 Diamond Peel Dermabrasion	£150
Course of 12 Dermasonic Treatments	£420
Course of 12 Dermineck Treatments	£180



THALGO FACIALS & ANTI AGEING

Thalgo Illuminating Radiance Facial 30 min £35

Improves radiance and increases the skin's moisture in just 30 minutes! This facial is perfect to correct dull and tired skin for an instant effect with Thalgo's Ultra Radiance Mask and Absolute Radiance Concentrate.

Rebalancing Anti Acne Facial 55 min £50

Experience true marine beauty, with this signature algae facial perfect for congested and combination skin. Using a mask of pure natural seaweed to re-mineralise and revitalise the skin leaving your complexion soft, radiant and beautiful. Good to help eczema and psoriasis conditions.

Heart of the Oceans 55 min £50

This marine-inspired facial concentrates the vital force and benefits of the ocean to help restore perfect skin quality, delivering intense and lasting hydration. This personalised treatment can be tailored with the following skin ranges – Cold Cream Marine, Purete Marine and Source Marine.

Thalgo Mceutic Acid Peel 55 min £66

An initial consultation determines the grade of professional peel and products to be used. This cosmeceutical treatment with patented Neo Skin and Marine Mesolift treats all types of skin irregularities such as pigmentation, fine lines and wrinkles, acne scarring and blemishes.

Thalgo Brightening Lumiere Marine Treatment 60min £65

A high performance rejuvenating and ant-pigmentation facial. Using progressive triple exfoliation and Brown algae to correct uneven skin tone and dark spots for a brighter clearer complexion.

Course of 3 £180

Collagen Radiance Facial 55 min £52

To fight against the first signs of ageing, this unique professional treatment drenches the skin in Native Marine Collagen. Wrinkles and fine lines are reduced and the skin is intensely moisturised and ultra smooth with a radiant complexion.

Hyaluronic Facial 55 min £57

An anti-wrinkle solution using a high penetration of hyaluronic acid, this treatment fills and corrects deep wrinkles. Thanks to its exclusive massage and double professional mask after the first treatment, the skin looks younger and smoother.

Silicium Super lift Facial 70 min £67

Dare to defy and take action on visible wrinkles and loss of firmness. Using the most effective marine anti-ageing ingredients and specialised massage to smooth, plump, lift and fill. A super lifting mask is applied to lift and contour the face and neck.



VISIBLE RESULTS
WITHOUT SURGERY



CACI ULTRA NON SURGICAL FACE LIFT

CACI Ultimate Treatment

£75

Using all the combined technology from our Caci Ultra machine, with diamond peel dermabrasion and our red or blue light therapy to give the ultimate skin results.

CACI Ultra

£65

The treatment combines facial muscle toning from the non surgical face lift system and incorporates the quad probe applicators to give instant lifting and firming. Plus skin regenerating technology, using ultrasonic peeling and a unique wrinkle comb applicator to effectively plump out and soften deep lines and wrinkles.

CACI Non Surgical Face Lift

£52

Incorporating the quad probe applicators this treatment tightens and tones the face and neck muscles while smoothing the appearance of fine lines and wrinkles.

CACI Eye Revive

£30

CACI Eye Revive helps with tired, puffy eyes, combats dark circles, reduces fine lines and lifts hooded eyes. The treatment uses eye serums with micro current to gently tighten and tone sagging muscles. The deeply nourishing Hydro Eye Mask is then applied to reduce puffiness and nourish the skin.

Neck and Jowl Lift

£30

Targets loose muscles around your neck and jaw line, using quad probe applicators to lift, firm and redefine your facial contours by releasing tiny electrical signals to target sagging jowls. For best results we recommend a course of 10.

CACI Hydratone Treatment

£17

This intensive hydration and firming treatment uses micro current rollers and a mask infused with collagen, hyaluronic acid and Vitamin C and E for that perfect skin pick me up.

Acne/Scar Tissue Treatment

£30

Using skin regeneration technology to promote tissue healing, tackle breakouts and calm redness.

Courses

Course of 10 CACI Ultimate

£675

Course of 10 CACI Ultra

£585

Course of 10 Non Surgical Face Lift

£470

Course of 10 CACI Hydratone

£135

Course of 10 CACI Eye Revive

£270

Course of 10 Neck and Jowl Lift

£270

Course of 10 Acne/Scar Tissue

£270



SPA BODY EXPERIENCES & MASSAGE THERAPY

Spa Exotic Scrub Treatment 35 min £35

An exfoliation ritual to invigorate and revitalise the body. Start with a facial cleanse and exfoliate, following with a marine salt scrub of the body, finally completing your treatment with a rich, intense body cream.

Polynesia Spa Massage 55 min £52

Experience Serenity's exotic sensorial spa massage, inspired by far away destinations and invoking deep relaxation. Whatever your needs, allow our specialists to provide a tailored massage designed with you in mind. The aromatic and powerful Thalgo oils incorporated with a rhythmic massage and warm sand pouches loosen the muscles and nourish skin.

Add Exotic Island Body Scrub £75

Himalayan Hot Salt Rock Massage 55 min £50

Using warm salt stones with its many benefits and deep tissue massage techniques to ease stress, muscular tension and remove pollutants. Bringing the mind and body into balance and leaving the skin super hydrated from the mineral rich product. You can take away your own salt rocks for use in the bath at home.

Himalayan Salt Rock Back Massage 25 min £31

Pink Himalayan warm salt stones are used on the back with a combination of deep tissue techniques to relieve tension. You will also receive the salt rocks to use at home.

Thalgo Cocooning Wrap and Massage 55 min £52

The ultimate body experience combining a massage and nourishment treatment. Perfect to restore comfort to dry skin with our deeply hydrating body wrap. Then drift away with a scalp massage to promote relaxation and a massage of the entire body to ease tension and soothe the skin.

Hot Stone Therapy

This treatment uses hot stones to bring balance and promotes healing for emotional, physical and mental stress.

Back, Neck and Shoulders 25 min £31

Full Body 55 min £50

Hopi Ear Candling 25 min £29

Hopi candling involves a hollow candle being inserted inside the ear canal. This helps with a variety of conditions including tinnitus, sinusitis, hay fever, excessive ear wax, general hearing loss, colds and headaches.



MASSAGE THERAPY

Back, Neck and Shoulder massage **25 min** **£29**

Adapted to your required pressure, this massage concentrates on relieving stress and tension in the back, neck and shoulders. Helps to soothe tight sore muscles and relieve the build up of tension nodules.

Signature Back, Scalp and Face massage **40 min** **£35**

Restore calm and feel the stress melt away with this massage. Get a taste of the spa experience with this simple but effective treatment that relieves tension and clears the mind.

Full Body Massage **55 min** **£48**

Adapted to your concerns, whether you need relaxation, reduce muscle tension or relief from chronic pain. Our massage will help promote a sense of wellbeing.

Full Body, Face and Scalp Massage **70 min** **£57**

Indulge with this luxurious massage experience. Help you unwind, soothes your mind and body with our deep massage techniques to release tension from the scalp down to your feet.

Indian Head Massage **25 min** **£29**

Using pressure point and drainage massage techniques to alleviate head, neck and shoulder tension.

Revitalising Foot and Leg Massage **25min** **£29**

A massage to relieve tension and reduces stress on both muscles and joints. Our massage also helps relax the muscles and restore blood flow to bring relief to your tired feet and legs.

Sports & Deep Tissue Massage

Not just for injuries! This is a deeper massage which focuses on breaking down muscle tension, improving flexibility and speeding up recovery.

Initial Treatment and Consultation **40min** **£40**

Treatment and Consultation **55min** **£50**

Maintenance Treatment **30min** **£31**



BODY SHAPING & PREGNANCY

Thalgo Detox Mud Wrap **55 min** **£52**

The original marine algae wrap, harnessing all the incredible benefits of seaweed. The body is exfoliated before Thalgo's patented seaweed body wrap is applied, infusing minerals, vitamins and micro-nutrients to the body. The treatment increases metabolism, relieves aches and pains and can improve certain dry skin conditions.

CACI Buttock and Thigh Lift **25 min** **£30**

The CACI Electro Cellulite Massage is good for treating areas of stubborn cellulite and giving you an instant lifting and contouring on the buttocks, as well as toning the thighs.

Shrinking Violet **70 min** **£55**

Scientifically proven fat reduction full body wrap

Shrinking Violet is a way to lose unwanted fat and then keep on losing. It's a painless and effortless process which can successfully remove fat in problem areas. It works by helping to break down fat cells, which are then easily excreted by the body. The amount of fat you lose and where from is all down to your build, body type and body behaviour.

Shrinking Violet Wrap with 30min Skin Treatment **£75**

Add a luxury treatment to your wrap at a reduced price.

Choose from: Thalgo Illuminating Facial, Diamond Peel Dermabrasion, Dermalogica Pro skin 30 or a Face and Scalp Massage.

Shrinking Violet Wrap with Eye Treatment **£70**

Add an Eye treatment to your wrap at a reduced price.

Choose from: Eyebrow Shape/ Eyebrow Tint or Lash and Brow Tint.

Pregnancy Massage **60 min** **£52**

A gently nurturing, specially formulated massage for mothers-to-be that deeply relaxes the mind and body.

Thalgo Pregnancy Pamper Treatment **55 min** **£52**

Treat yourself to this relaxing face and body ritual especially designed for mums to be. The skin is smoothed with a full body exfoliation, followed by Thalgo's celebrity favourite stretch mark cream to help skin tolerate extensive stretching. While this is left to work you will be treated to a hydrating facial and a relaxing lower leg and foot massage.

Courses

Course of 10 CACI Buttock/Thigh Lift **£270**

Course of 3 Shrinking Violet Wraps **£150**

Course of 6 Shrinking Violet Wraps **£300**



HAND & FOOT THERAPY

Pristine Manicure **£21**

Using Jessica or OPI polish this maintenance treatment smartens up the hands. Nails are shaped, nourishing cuticle cream applied, the cuticles are tidied and the perfect polish is applied.

Skin Smoothing Manicure **£32**

This treatment includes soaking of the nails, nourishing creams applied and cuticles are pushed back with our nail care machine. Shaping of the nails, a relaxing hand massage and the nails are painted using Jessica or OPI polish to complete this must have treatment.

Perfect Nails Manicure **£39**

Hands in need of some attention... this luxurious treatment includes soaking of the nails, application of nourishing oil and cream and cuticles are pushed back with our nail care machine. Shaping of the nails, a relaxing hand and arm massage, heated mittens are applied to help absorb the products and nails are painted using Jessica or OPI polish.

Buff Pedicure **£21**

Using Jessica or OPI polish this maintenance treatment smartens up the feet. Nails are shaped, nourishing cuticle cream applied, the cuticles are tidied and the perfect polish is applied.

Skin Smoothing Pedicure **£32**

This Pedicure includes soaking of the feet, foot scrub and hard skin removal, cuticles are pushed back with our nail care machine, shaping of the nails, a relaxing foot massage and nails are painted using Jessica or OPI polish to complete this must have treatment.

Perfect Nails Pedicure **£39**

Feet in need of some attention... this luxurious treatment includes foot soak, scrub and hard skin removal, cuticles are pushed back with our nail care machine, shaping of the nails, a relaxing foot and leg massage, a deep conditioning mask or heated booties and nails are painted using Jessica or OPI polish to complete this must have treatment.

Add fizz with your Perfect Nails Pedicure for Two **£86**

Bring a friend along for some fabulous nails and both enjoy a luxurious pedicure and a glass of Prosecco.

Callus Peel treatment **£21**

Designed to remove the hard skin and caluses on the feet. Whilst this is working we tidy the nails revealing smoother and conditioned skin.

Add File & Polish **£32**

Gel Nails for Hands or Feet **£28**

Gel removal **£14**

Gel Nails plus removal **£41**

Add Fizz to any Nail treatment **£5**

Add Hyaluronic Eye treatment **£10**



HAIR REMOVAL & EYE THERAPY

Ceteum roller wax uses smoothing and healing ingredients to effectively remove unwanted hair in a quick and hygienic treatment.

½ Leg Wax	£18
½ Upper Leg Wax	£22
½ Leg and Bikini	£29
½ Leg and Underarm	£27
½ Leg and Brazilian	£42
½ Leg and Hollywood	£45
¾ Leg Wax	£21
Full Leg Wax	£29
Full Leg Wax and Bikini	£40
Full Leg Wax and Underarm	£39
Full Leg Wax and Brazilian	£52
Full Leg Wax and Hollywood	£56

Outback Organics wax has a blend of green tea, citrus, herbs, and woods that removes the toughest of hair cleanly and effectively.

Bikini Line Wax	£13
High Bikini Line Wax	£19
Brazilian Wax	£28
Hollywood Wax	£31
Underarm Wax	£12
Eyebrow Shape	£11
Full Arm Wax	£21
Forearm Wax	£16
Lip and Chin	£15

HDBrows	£30
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7 steps to achieve the perfect celebrity brow shape. Incorporating tinting, waxing, threading and tweezing to achieve the perfect shape. Patch test is required for every treatment.

HDBrows and Eyelash tint	£43
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Tinting tests are required 24hrs before your first visit and yearly.

Eyelash Tint	£16
Eyebrow Tint	£11
Lash and Brow Tint	£25

LVL Lashes	£45
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LVL Lash Lift is the revolutionary lash phenomenon that reveals your natural lashes in all their glory. Make the most of what nature gave you, with the length, volume and lift effect. A Patch test is required 24 hrs before initial treatment and please remove all eye makeup.

Hyaluronic Add on Eye Treatment	£10
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This treatment can be added onto any facial, manicure or pedicure to give an instant plumping, revitalising and smoothing effect of the eye area. The perfect skin pick me up.



MENS TREATMENTS

Back, Neck and Shoulder Massage	25 min	£29
Full Body Massage	55 min	£48
Himalayan Hot Salt Rock Massage	55 min	£50
Himalayan Salt Rock Back Massage	25 min	£31

Back or Chest Wax	30 min	£21
Back and Chest Wax	45 min	£40
Eyebrow Shape	15 min	£11

Thalgo Illuminating Radiance Facial	25min	£35
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Improves radiance and increases the skin's moisture in just 25 minutes! This facial is perfect to correct dull and tired skin for an instant effect with Thalgo's Ultra Radiance Mask and Absolute Radiance Concentrate.

Dermalogica Pro Skin 30	30 min	£35
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Our high impact treatment to target a specific concern. Want to look brighter, have a targeted exfoliation, skin in need of hydration or focus on masques and Serums. Using high quality ingredients such as retinol and hyaluronic acid. Your skin will feel amazing in just half an hour.

Dermalogica Pro Skin 60	60 min	£55
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The ultimate experience, customised with advanced products, techniques and technology in a sensorial environment. In the hands of one of our skin therapist who will personalise the treatment, calm your mind and soothe your body. Professional double cleansing, exfoliating, skin analysis, aromatherapy massage, treatment serum and masques.

ThalgoMen Ocean Facial	55 Min	£50
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This High Tech Facial For stressed Male skin combines energising marine active ingredients with relaxing massage movements to diffuse them directly to the heart of the skin. Relaxed and recharged, your skin regains all its energy and balance and signs of tiredness erased.

Men's Hand and Nail Treatment	30 min	£27
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This treatment conditions the cuticles, and shapes the nails to leave perfect well groomed hands.

Men's Foot Care Treatment	30 min	£27
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This luxurious treatment includes removal of dry skin, cuticle area is tidied, then hydrating creams and oils are applied and massaged in to relieve aches and pains. Leaving your feet feeling nourished and revitalised.

Revitaliser Ritual	120 min	£95
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Designed to energise and relieve stress. Get prepped and primed with our Men's Foot and hand care treatment, a back massage and Thalgo's illuminating radiance facial.



TERMS AND CONDITIONS

Arrival Time

In order to have the best experience, we invite clients to arrive 10 minutes early for bookings to ensure plenty of time to check in, use the bathroom, fill out necessary forms and choose a nail colour. As a courtesy to clients a prompt appointment schedule is adhered to, therefore late appointments may not be honoured. Treatments begun late may need to be shortened in consideration of the next client.

Cancellation Policy

We have a strict 24 hour cancellation policy in order to accommodate the high demand of appointments. This policy applies across the board whether booked in person, on the phone, via email or online through our website or app. We are happy to cancel or reschedule appointments, providing we have at least 24 hours notice. Within 24 hours will result in the loss of the appointment and 50% cancellation fee or loss of a bundle item. No refunds will be given to cancelled or rescheduled bookings. Clients arriving more than ten minutes late will risk losing their appointment and being charged in full. Please note in the event of a late arrival, we may not be able to carry out the complete treatment, you will however be charged for the full value of the treatment that was made at time of booking.

Nail/Gel Aftercare Service

In the event you chip your nails within four days after lacquering (five days for gel polish), please report this with a photo to enquiries@serenitybeautyhockley.co.uk and we will offer you a free touch-up on the effected nails within seven days. Outside this period there will be a fee.

Patch Tests/Consultation Forms

Tinting services require a patch test 24 hours prior to your first treatment and yearly this is for your safety. Providing no adverse reactions take place, we will be happy to treat you safely. Please let us know if you have overly sensitive skin or any specific allergies that may affect treatments or products. We can then arrange a patch test to make sure you are being treated safely. You will be asked to fill out a medical questionnaire before your treatment. This is for use by your therapist to ensure your treatment is 100% safe. We cannot be held responsible if you do not disclose any medications or condition that may affect your treatment. Please inform your therapist or technician of any changes in your health on subsequent visits. If you are unsure of being able to have a treatment, please inform us 24 hours prior.



TERMS AND CONDITIONS

Gift Vouchers

If paying with a voucher you must give details at time of booking. Gift vouchers are to be presented at reception upon arrival. Failure to attend an appointment will result in full or partial payment for your visit to be deducted from your voucher. We will however honour the remaining balance for future use. Gift vouchers are valid for a period of 12 months, unless an offer which has a 1 month expiry. Gift vouchers may not be exchanged for cash or other vouchers. Change cannot be given, but the balance will remain on the voucher until the expiry.

Lost Property

We ask clients to look after their property while at Serenity as we are unable to take responsibility of items left unattended.

Privacy

Rest assured that your privacy is important to us, and we are committed to maintaining the privacy of any personal information we collect from you. We do not share any of your personal information with any third party organisations and we abide by the principles of GDPR.

Promotions

Various promotional offers are run throughout the year, date and time restrictions may apply. Offers may not be used in conjunction with each other. Serenity reserves the right to cancel any promotions running at any given time.

The Right to Refuse Treatments

Please note we reserve the right to refuse treatments; if you have an illness that may affect others such as sickness/bacterial or viral condition and disrespect towards Serenity staff will not be tolerated. Serenity reserves the right to amend Terms and Conditions as and when it is considered necessary to do so. Reasonable notice will be given for this.

serenity

THE SPA

Clements Hall Leisure centre,
Clements Hall Way,
Hawkwell,
Essex.
SS5 4LN

Tel 01702 203331

Online Booking: www.serenitybeautyhockley.co.uk
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