

Serenity

The beauty clinic for men and women

TREATMENT GUIDE

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CANCELLATION POLICY

In order to provide a professional service and to avoid disruption at our clinic from no-shows, short notice cancellations and to ensure availability for all our clients, including you. We operate a strict 48 hour notice cancellation policy.

Please kindly provide 48-hour notice if you need to Cancel, Reschedule or Move your appointment to another day to avoid being charged as follows:

- Less than 48 hours to 24 hours notice before booked appointment/s, 50% of the total treatment cost will be charged
- 24 hours or less prior to your appointment charged at 100%
- No shows, forgotten and missed appointments will be charged at 100%
- For booked treatment/s made 48 hours or less before the appointment time, fall into the 48-hour cancellation zone, they cannot be cancelled or postponed without the cancellation fee charged which is set out above.
- Where clients Cancel, Miss, Rescheduled or are late for appointments more than 3 times, deposits or full payment will be requested upon booking.

REFUND POLICY / PRODUCTS

At Serenity the Beauty Clinic all our products are sold brand new and for personal use only. We cannot give refunds on any products sold, due to personal hygiene, health and safety reasons.

If there is a fault with the product, we can send the product back to the manufacturer for review.





At Serenity we deliver an honest, relaxing, professional quality service. We share a passion for things that are beautiful yet real.

We are passionate about people and believe in everyone to uphold all clients requirements and needs.

We strive to deliver a relaxing and professional service to each and every customer and to exceed expectations.

Serenity the beauty clinic was established 1999 in Birmingham City Centre; our clinic offers the best quality in beauty treatments and care.

TREATMENTS

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HAIR REMOVAL

Waxing is the preferred method of superficial hair removal for both women and men. By removing hair from the root, from beneath the skin's surface, waxing allows the skin to be hair-free and smooth for weeks at a time.

Strip Wax

Wax is applied using a spatula/rollers, hairs are removed using a paper strip. Strip waxing should not be undertaken on sensitive area's (Bikini, Underarms and face).

Hot Wax

Is the industry standard for the more sensitive areas such as the Face, Brows and Bikini. Also, this wax treatment is preferred by men for Chest, Back and Arm waxing.

The Hot wax resin used has a much lower melting point than traditional wax, which reduces the risk of burning and is hailed as virtually pain free.

This hair removal method brings revolutionary innovations to depilation. The waxing application lifts the hair, more effectively removing all unwanted hair. It is also the only hair removal resin reinforced by Nylon Fibres.

Threading

The most dramatic change you can make to your facial appearance, without having cosmetic surgery is having your eyebrows properly shaped, and walk out of the salon a different person!

The Indian practice of threading is an alternative to plucking or waxing, but it's a technique that requires a degree of dexterity as cotton threads are twisted together, trapping hairs, which are then whisked out.

Note: Thread is not held in the trained therapist's mouth when your treatment is undertaken.

We do not allow this technique to be used due to the thread becoming contaminated with saliva and possible mouth/human infections the therapist may have, putting the client at risk.



ELECTROLYSIS

“Complete and permanent hair removal”

Electrolysis is the only BMA approved method of permanent hair removal. Unwanted excess hair can be frustrating or downright impairing. Electrolysis aims at removing these unwanted hairs to enable you further freedom and confidence in your body.

Electrolysis- is the only form of hair removal that permanently removes unwanted hair from the root.

The procedure is simple, a thin needle is gently slid into the hair follicle and a tiny electrical current is passed into the hair follicle via the needle. This causes localised damage to the root which leaves permanent destruction of that hair follicle.

Using the latest machine from STEREX , using the blend method which combines Galvanic and Thermolysis which is a most effective method of permanent hair removal.

30 min Consultation £30

Treatment

5 min	£20
10 min	£25
15 min	£30
20 min	£35
25 min	£40
30 min	£45
45 min	£55
60 min	£65

Treatments with Gold Needle +10%

WAXING FOR WOMEN

		Hot Wax
Bikini Line		£25
Hollywood (Strip)		£34
Brazilian (All off)		£39
Buttock		£33
(legs strip wax – Bikini hot wax)		
Full Leg & Bikini Line		£46
Full Leg & Hollywood		£57
Full Leg & Brazilian		£63
	Wax	Hot Wax
Quarter Leg	£10	£14
Half Leg	£17	£27
Full Leg	£27.95	£45
Toes & Feet	£10	
Quarter Arm	£10	£17
Half Arm	£15	£23
Full Arm	£19	£31
Under Arm	£17	
Fingers and hands	£10	£14
Chest	£14	£23.90
Chest & Stomach	£21.95	£35
Stomach	£15	£25.50
Stomach Line	£4.50	£7.65
Back and Shoulders	£27.45	£47
Back	£23	£35
Lower Back	£12	£18
Back of Neck	£7	£16
FULL Body Wax...	£145	
(Bikini & underarm undertaken using hot wax)		

Why To Wax With Us

- ✓ Clean, fresh, sanitised work areas and environment
- ✓ Fully trained, licensed & certified wax specialists
- ✓ Hot wax only used for bikini, face and underarm areas

WAXING FOR MEN

	Wax	Hot Wax
Half Leg	£23	£35
Full Leg	£35	£57
Buttock		£40
Toes & Feet	£10	£14
Fingers and hands	£10	£14
Half Arm	£19	£27
Full Arm	£26	£35
Shoulders	£10	£14
Under Arm	£17	
Chest & Stomach	£37	£63
Chest	£27	£43
Stomach	£18	£31
Stomach Line	£9	£13
Navel	£5	
Back of Neck	£10	£16
Half Back	£15	£20
Full Back	£30	£45
Back and Shoulders	£35	£47
Full upper body (Neck, Chest, Stomach, back, shoulders underarms, hands)	£99	£153
Full Body Wax (Groin area not included)	£163	£243

- ✓ Only the highest quality wax used
- ✓ Assured of no double dipping of spatulas
- ✓ Disposable gloves always used



THREADING, TINTING AND LASH



Here's the opportunity to give your brows the definition and precision you always wanted and darker lashes with more volume without the daily need for make-up. Try the semi-permanent brow & eyelash tint and feel a million dollars!

	Threading	Hot Wax
Eyebrow shape	£9.50	£13
Middle Brow	£4	£7
Upper Lip	£5	£9.50
Lower Lip	£5	£7.50
Chin	£5	£9.50
Front of neck	£9	£16
Sides of Face	£8.50	£17
Forehead	£5	£9
Ears		£5
Nasal		£5
Full Face	£27	£41
Full Face + Brows	£35	£49

48hr Patch test is required for all Tint and Perming treatments.

Brow Tint	£11
Brow shape (thread) & Tint	£17
Eyelash Tint	£17
Brow shape, Brow & Lash Tint	£30

Eyelash Lift

Regardless of how short or long your eyelashes are, if they don't naturally sweep upwards then they're highly likely to look shorter than they really are. Perming straight eyelashes to encourage a gentle curl will give them instant length and create the illusion of bigger, brighter eyes.

Anyone with a particularly busy schedule will appreciate the low maintenance nature of the eyelash perm.

This semi-permanent treatment eliminates the need for eyelash curlers for up to six to eight weeks, making the eyelash perm the perfect pre-holiday treat and a popular option for big events like parties, weddings, proms and photo-shoots. **£45**

GEL NAILS

ORLY
GELFX
GEL NAIL COLOR

At Serenity we have over 100 individual gel colours for you to choose from ensuring that, there is something unique for you, for any occasion.

Gel Hands (Approx 35 mins)	£32
Gel Feet (Approx 30 mins)	£32
Removal of Gels (Approx 30 mins)	£15
Add French (Hands or Feet)	£10

From start to finish, ORLY GELFX is no ordinary gel system.

This revolutionary formula nourishes nails with healthy ingredients for durability, chip-free nails that last 2 weeks superior strength, shine and easy removal

The 3-in-1 Cleanser, Primer and Basecoat are all infused with vitamins A and E help to promote healthy nails, while pro-vitamin B5 protects the structure of the natural nail to build strength from step one, cures in half the time of a traditional gel manicure/pedicure, thanks to LED light technology

Each GelfX manicure/pedicure is completed with ORLY's vitamin infused Cuticle Oil, made with orange blossom and wild cherry ex-tracts to condition and moisturise problem cuticles.

MANICURES



ORLY's extensive range of nail treatments and products offers effective solutions for every nail care need. From repairing damaged nails and caring for cuticles to providing oils and quick-dry treatments, you'll find targeted options that prep, strengthen, protect, add shine, and reduce drying time.

Orly ensures their polishes, Breathable (certified Halal), and GELFX range are free from animal-derived ingredients and harmful chemicals. They never test on animals, so you can confidently choose from a wide range of colours for your manicure or pedicure at Serenity.

Mini Manicure and polish

Includes Cuticle work, cutting, filing and shaping of the nails completed with a polish of your choice. **(Approx 20 min) £25**

Spa Manicure

A prescriptive nail and skin treatment for both men and women. This treatment encourages healthy nail growth using Orly protein conditioners, oils, and moisturizing hand cream.

The treatment includes filing and shaping of the nail plate, gentle tidying and cutting back of the cuticle area, soaking off, a relaxing massage, and the application of a protein formula to the nails or a polish of your choice. **(Approx 45 min) £40**

Luxury Spa Manicure

Consists of the Orly manicure and includes Exfoliation, hand mask to moisturize the skin, heated mitts completed with hand and half arm massage. **(Approx 1 hour 20 min) £65**

Manicure add on services

French Finish	£10
Gels polish	£15
Gel polish with French finish	£20

Paraffin Wax

For hands or Feet that need extra care, great for nourishing cracked/dry skin, aids heat to joints. **(Approx 20 mins) £35**

PEDICURES



Orly Spa pedicures indulge the skin with the invigorating aroma of Italian Mandarin to refresh tired feet. Enriched with antioxidants and minerals to help renew and soften the feet, this treatment conditions, soothes and hydrates the skin for a silky soft finish.

Mini Pedicure and polish

Includes Cuticle work, cutting, filing and shaping of the nails completed with a polish of your choice.

(Approx 20 min) £30

Orly Spa Pedicure

A softening foot treatment to allow the removal of dead skin cells, Using hydrating conditioners to soften and hydrate even the driest of skin.

Filing and shaping of the toenails, removal of all dried cuticles, removal of hard skin, 10 minute foot soak with a massage to allow moisture to be absorbed, allowing the skin to feel soft and supple. Completed with a protein polish or colour polish of your choice.

(Approx 1 hour) £45

Luxury Orly Spa Pedicure

Consists of the Orly pedicure with the addition of Exfoliation, heated foot mitts, foot & half leg massage to the knee. Completed with a polish of your choice.

(Approx 1 hour 30 mins) £70

Pedicure add on services

French Finish	£10
Gels polish	£15
Gel polish with French finish	£20

To all clients: Please bring flip-flops or open-toe shoes to allow polish to dry effectively and avoid smudging of polish.



MENS MANICURES AND PEDICURES

Mini Manicure and polish

Includes Cuticle work, cutting, filing and shaping of the nail completed with protein formula.

(Approx 20 min) £25

Spa Manicure

A prescriptive nail and skin treatment for both men and women. This treatment encourages healthy nail growth using Orly protein conditioners, oils, and moisturizing hand cream.

The treatment includes filing and shaping of the nail plate, gentle tidying and cutting back of the cuticle area, soaking off, a relaxing massage, and the application of a protein formula to the nails.

(Approx 45 min) £40

Luxury Spa Manicure

Consists of the Orly manicure, and includes Exfoliation, hand mask to moisturize the skin, heated mitts completed with hand and half arm massage.

(Approx 1 hour 20 min) £65

Mini Pedicure and polish

Includes Cuticle work, cutting, filing and shaping of the nails completed with a protein formula choice.

(Approx 20 min) £30

Orly Spa Pedicure

A softening foot treatment to allow the removal of dead skin cells, Using hydrating conditioners to soften and hydrate even the driest of skin.

Filing and shaping of the toenails, removal of all dried cuticles, removal of hard skin, 10 minute foot soak with a massage to allow moisture to be absorbed, allowing the skin to feel soft and supple. Completed with a protein formula.

(Approx 1 hour) £45

Luxury Orly Spa Pedicure

Consists of the Orly pedicure with the addition of Exfoliation, heated foot mitts, foot & half leg massage to the knee. Completed with a polish of your choice.

(Approx 1 hour 30 mins) £70

Paraffin Wax

The wax helps to moisturise cracked/dry skin and softening the skin while providing a therapeutic and healing effect for sore and aching joints. Increased tolerance to pain and muscle relaxation can also make it particularly beneficial for those suffering from arthritis and rheumatic pain.

Hands or Feet (Approx 20 mins) £35



SILHOUETTE DIAMOND DERMABRASION

Our microdermabrasion treatment uses diamond tipped wands to remove dead skin cells and restore skin vibrancy, texture and tone without discomfort or down time. Because diamond microdermabrasion system does not use abrasive crystal particles it is more comfortable.

Diamond Dermabrasion provides a non-surgical skin refinish procedure, by using sterile diamond heads to abrade or diminish the top skin layer, then vacuuming out the particles along with any impurities and dead skin back up.

This procedure removes skin debris, imperfections, blemishes, wrinkles and unwanted pigmentation on the skin.

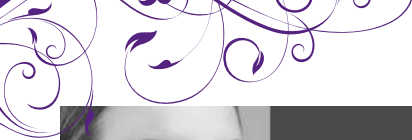
Moderate usage of Diamond Dermabrasion, accompanied with skin products that penetrate through top skin layer that reach the dermis level, helps to replenish natural nutrients, restore cell activity, and promote skin health.

The results after Diamond Dermabrasion treatment is usually a healthy, glowing and beautiful skin. Diamond Dermabrasion is generally indicated for:

- Rejuvenation of sun damaged skin – face, neck, shoulders, back, arms and legs
- Reduction of age spots
- Minimization of blotchy skin colour
- Reduction of acne and superficial scars from past injury
- Extraction of blackheads and whiteheads
- Reduction of oily skin Improvement of overall skin health

The vacuum function is used to clean the impurities in the pores through suctioning tubes. It can also increase blood circulation of the skin. It helps improve the skin elasticity and delay the signs of ageing and can decrease discolouration from acne and scars.

Face & Neck	£55
Back	£70
Chest	£65



discover the
**BENCHMARK OF
 BEAUTIFUL SKIN**
 with *Environ Professional treatments*



Environ TCA PEEL® Treatments 60min

Environ TCA Cool Peel® is a non-invasive skin treatment that uses lower concentrations of lactic acid or TCA. It provides superficial exfoliation, effectively reducing fine lines, improving sun-damaged skin, and addressing concerns such as rosacea, acne, and scarring. Unlike aggressive acid peels, this technology aims for a gentler but effective approach with less redness and downtime.

YOUTH RENEW TCA Peel

This treatment assists with reducing the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed, smoother, brighter, and leaving you with a more youthful looking complexion.

BLEMISH CONTROL TCA Cool Peel

A powerful TCA Cool Peel therapy assists with the management of blemish prone and distressed skin, by purifying, cleansing and assisting to unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

ROSACEA TCA Cool Peel

The hero treatment for Rosacea skin. The Rosacea TCA is anti-inflammatory, and will help to reduce redness and inflammation. Extra gentle and safe TCA Cool Peel designed specifically for sensitive skin to reduce redness, inflammation and calm the skin.

Approx 60 min treatment	£120
Course of 3:	£330
Course of 6:	£645

ESSENTIAL Treatments 60 or 90min

Environ's pioneering Dual Electro-Sonic Technology sets the benchmark for Professional Skincare Treatments. Low frequency Sonophoresis together with pulsed Iontophoresis in combination with Environ's Professional Skincare formulations, helps deliver more of what skin needs, where it needs it most - making a real lasting difference, for life.

YOUTH RESET

Help soften the appearance of fine lines, sun-damage & sagging skin with this peptide and vitamin-packed treatment for a more youthful appearance.



MOISTURE BOOST

Help reduce the appearance of fine lines caused by dehydration and promote a more moisturised glow with this intensive treatment featuring hyaluronic acid as the key ingredient.

COMFORT CALM

Help smooth and comfort sensitive and irritated skin with this treatment which combines powerful ingredients to leave the skin feeling restored with a healthy-looking radiance.

RADIANCE REVEAL

Help target the signs of sun-damage and pigmentation with this treatment which boosts the skin with the correct combination of ingredients for a even-toned, radiant-looking appearance.

	60min	90min
Single facial	£65	£85
Course of 3	£180	£235
Course of 6	£350	£495

FOCUS-ON Treatments – 30min

Specially developed to target specific areas using Environ's revolutionary Dual Electro-Sonic DF Technology, ensuring that your primary skincare concerns are directly addressed. Perfect for when time is limited.

FROWN

The iconic peptide blend in this treatment assists to reduce the appearance of expression and frown lines on the forehead as well as eyes, leaving skin looking more smooth and relaxed.

EYE

Combining powerful peptide complexes with hyaluronic acid, this intense treatment promotes a refreshed, hydrated and youthful looking eye area.

TEXTURE

An intensive combination of the three Environ Technologies; Dual Electro-Sonic, Cool Peel and Micro-Needling which assists to improve the appearance of mild scarring, revealing smoother, evenly-textured skin.

EVEN TONE

The powerful combination of vitamin A, C and AHA's assists to improve the appearance of pigmentation irregularities for a more even-toned and brighter-looking skin.

BODY PROFILE

This powerful body treatment targets the appearance of dimpled, lax and uneven skin texture in specific areas (including the jaw line). The effective combination of active ingredients promotes a visibly smoother, firmer and contoured appearance.

Approx 30 min treatment	£45
Course of 3:	£125
Course of 6:	£243



Omnilux™ was developed after twelve years of extensive medical research. It is a non-invasive treatment that delivers a totally natural method of light-only skin rejuvenation using a combination of pure, visible red and infra red light based on narrowband Light Emitting Diodes (LEDs) which uses the body's own natural processes to help counteract the effect of ageing. Unlike some anti-ageing treatments that work as a result of the body's response to damage.

This Treatment is Ideal for:

- Acne
- Skin rejuvenation
- Pre and post laser surgery
- Post cosmetic surgery
- Non-melanoma skin cancers
- Photo-damage
- Fine lines/wrinkles
- Wound Healing
- Vitiligo

Additional Benefits:

- Stimulates own cellular mechanism by photomodulation
- Non-invasive non-ablative safe therapy
- No damage to sub-dermal tissue
- Relaxing, calming experience
- Compatible with existing skin rejuvenation techniques

It can be used in combination facials, diamond-dermabrasion, skin peels, laser and intense pulsed light (IPL) therapy and with injections such as Botox and dermal fillers, helping to maintain the effect of the treatment. It can also be combined with topical skincare products such as anti oxidant and advanced AHA preparations.

Light Therapy (Red)	Approx 35 mins £55
Light Therapy (Blue)	Approx 35 mins £55
Light Therapy (Yellow)	Approx 35 mins £55
Course of 9 Treatments (over 3 to 4 weeks)	£445
Course of 18 Treatments (over 6 to 8 weeks)	£790





Have you ever wondered how your skin compares to others of your own age or how you might look in a few years' time? Do you have questions about your skin concerns? Acne? Scars? blackheads? Millia? Issues with dark circles, puffiness under your eyes? ...sun damage?

We are pleased to offer our clients the opportunity to have their skin analysed with **one of the most technologically advanced systems available at Serenity, since 2009** focusing on individual needs.

This equipment is so advanced that plastic surgeons and dermatologists use it worldwide to accurately show your areas of sun damage, severity of acne, hyper-pigmentation, capillary damage, wrinkles and blocked pores.

Through the **eight individual skin analyses**, Visia improves understanding, participation and satisfaction with the recommended skin care treatments from sun damage reversal and protection through to a range of anti-ageing treatment programmes.

RBX Technology sets a new standard for medical image processing, enabling precision treatment planning and dynamic patient consultations for Laser therapies, Chemical peels; Photo rejuvenation; Facials; Cosmeceutical treatments; Diamond dermabrasion and Acne treatments. Exposure to the True-UV light reveals the extent of sun damage and the efficacy of sun damage reversal and prevention.

We will identify treatment goals and offer solutions to overcome complexion concerns and help give you a younger looking skin. We will recommend the appropriate salon treatments and home care products for your skin condition to help you improve areas of concern, dietary and lifestyle advice which are aimed at giving the individual clearer, more radiant, even toned, smoother and less wrinkled skin.

Consultation Approx 1 hour £45



GUINOT
INSTITUT • PARIS



The Guinot Hydradermie 1000

Visibly revitalises the skin's appearance with unique, highly concentrated serums of hyaluronic acid and vitamins, delivered via a thermal applicator for deep infusion. The patented Dynamic Ionization technology stimulates cellular energy, while high performance serum gels target specific skin concerns.

MOISTURISING

Hydrates and plumps the skin's appearance, while a nourishing serum gel soothes and repairs the skin. Fine lines are softened, and hydration is restored.

(Approx 50 mins)

PURIFYING

Restores water within the skin, while a purifying serum balances oil production, and purifies the skin, revealing a clear, refined complexion.

(Approx 50 mins)

JEUNESSE

Delivers visible rejuvenation through a unique, highly concentrated serum enriched with hyaluronic acid and vitamins, while a comprehensive anti ageing gel works to address all signs of ageing, leaving the skin revitalised, plump, and radiant.

(Approx 50 mins)

LIFT

This advanced treatment, combines the beneficial properties of hyaluronic acid optimised by heat to aid the penetration and diffusion of the active ingredients, it reactivates your facial muscles using muscle stimulation lifting and toning your facial features for visibly firmer, lifted skin.

(Approx 50 mins)

LIFT Express

For those in a hurry and need quick results This advanced treatment, combines the beneficial properties of hyaluronic acid optimised by heat to aid the penetration and diffusion of the active ingredients, it reactivates your facial muscles using muscle stimulation lifting and toning your facial features for visibly firmer, lifted skin.

(Approx 30 mins)



EXTRACTIONS

For your chosen Guinot facial a macrobiotic lotion is used to soften the skin and remove blackheads to aid clearer results.

(Approx 15 mins)

EYE LIFT

Unique treatment reduces signs of ageing and fatigue in the eye contour area. The combination of exclusive eye massage techniques and muscle stimulation using micro currents works to visibly lift, tone, aid drainage and boost microcirculation. An intensive eye mask infused with active ingredients leave the eyes looking more radiant and youthful.

(Approx 40 mins)

HYDRACLEAN

The perfect introduction to regular skincare. This express 30-minute-deep-cleanse treatment uses a unique combination of a hands-on massage and the Thermoclean patented heated device to rid the skin of its impurities, whilst warming and relaxing the skin. With different prescriptive versions and a personalised massage skin instantly appears brighter and clearer, with a radiant complexion.

(Approx 30 mins)

EQUILIBRE PURETÉ THE PURIFYING TREATMENT

An exclusive treatment that reduces excess sebum and rebalances the skin. The heated enzymatic double action exfoliator eliminates dead skin cells and refines and clears pores. Followed by a regulating purity mask with Kaolin and Green Clay to purify the skin deep down. The treatment finishes with a corrective serum and moisturiser to target your concern, leaving skin feeling fresh and shine free.

(Approx 40 mins)

AGE SUMMUM

The ultimate manual treatment that erases signs of ageing from the face, neck, décolleté and hands. Age Summum is enriched with highly concentrated Vitamin C, Hyaluronic Acid and Rambutan to firm facial tissue and combat skin slackening. Following exfoliation to stimulate cell renewal, our unique Age Summum Serum activates the skin's immune system to help fight against the skin ageing process, thanks to the Immune Complex. Active ingredients penetrate deep into the skin using the exclusive Age Summum anti-ageing facial massage and to complete, two unique masks are used to treat the face, neck, décolleté and hands. Fine lines and wrinkles are smoothed and a youthful radiance is restored.

(Approx 50 mins)

LIFT SUMMUM

A manual firming treatment that immediately reduces signs of fatigue and ageing, focusing on the face, neck and décolleté. The unique stimulating massage visibly lifts and firms while the active ingredients Collagen XVIII helps improve elasticity. The Anti-Wrinkle Eraser diminishes the appearance of wrinkles, whilst the unique specific face and décolleté masks restore a youthful appearance.

(Approx 50 mins)

HYDRA SUMMUM

The Hydrating facial that is highly concentrated in Hyaluronic acid to help hydrate and fill lines and wrinkles. A two-part massage, the first part helps to decongest skin tissue while the second part has energetic movements to restore density and radiance to the skin. Concluding with a fresh gel texture mask to soothe and saturate the skin with moisture due to two key active ingredients Hydralogic complex and hyaluronic acid. The skin looks plumped smooth and intensively moisturised.

(Approx 45 mins)

SERENITY HYDRA SUMMUM FACIAL

A treatment that intensely hydrates and plumps the skin. Designed using Touch Therapy Techniques to put the “mind and body” into a meditative state. Ideal for those who are experiencing prolonged stress or clients living with or beyond cancer. In collaboration with Made for Life, endorsed by SATCC.

(Approx 1 hour)

DÉTOXYGÈNE

Effectively removes pollution particles and daily toxins from the skin. Perfect for those exposed to atmospheric pollution, work in a confined environment, or have a stressful and fast paced lifestyle. Featuring three simple stages: a renewing exfoliator, detoxifying mask and reoxygenating massage. Key powerful ingredients include Papaya Extract, Green Clay and Purisoft, derived from Moringa Seed Extract.

(Approx 50 mins)

GUINTO FACIAL PRICES

		Course of 3	Course of 6
Hydradermie 1000			
Moisturising	£85	£230	£434
Purifying	£85	£230	£434
Jeunesse	£89	£240	£454
Lift	£89	£240	£454
Lift Express	£65	£175	£351
Eye Lift	£65	£176	£332
Hydraclean	£39	£105	£199
Equilibre Purete	£56	£151	£286
Détoxygène	£60	£162	£306
Age Summum	£75	£203	£383
Lift Summum	£75	£203	£383
Hydra Summum	£75	£203	£383
Serenity Hydra Summum	£85	£230	£434
Extractions	£9.50	£18.50	£48.50

techni[®]SPA

Using the revolutionary professional technispa[®] method, women can slim quickly, effectively and sustainably, in their areas of concern. This treatment uses three technologies for visible and measurable results after just a few sessions:

1. A dual slimming effect from the mechanical massager
2. The penetration of slimming agents that act between treatments
3. Stimulation that makes the muscles work to eliminate and burn fat double slimming & firming treatment

THE CONTOURING EFFECT TREATMENT

achieve a slender silhouette and firm, toned body contours with this innovative slimming treatment. Designed to tackle cellulite, this treatment uses a mechanical massager, penetrating the slimming agents and stimulating the body's muscles to eliminate and burn fat. The skin appears smoother and cellulite is reduced.

SOOTHING LEG TREATMENT THE LIGHT LEGS TREATMENT

for legs that feel heavy and appear swollen, the technology of the technispa[®] device will allow rapid relief and soothe any discomfort. This treatment uses a mechanical massager to penetrate active ingredients into the skin whilst stimulating the muscles leaving the legs feeling lighter and re-energised with a slimmer appearance.

techniSPA [®] Anti-cellulite slimming	£80
techniSPA [®] Firming	£80

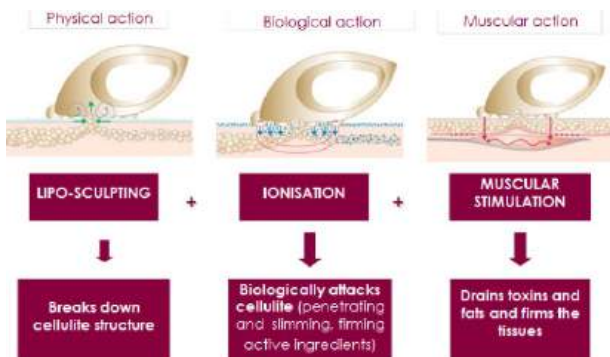
Anti-cellulite or Firming Treatment

Course of 3: £220 | Course of 6: £430 | Course of 12: £845

Target firming	£49
Target Slimming	£49
Ultimate Soothing Legs	£49

Target Firming, Sliming or Soothing Treatment

Course of 6: £284 | Course of 12: £517



MASSAGE TREATMENTS



BACK MASSAGE

A relaxing massage easing muscle tension from the neck, shoulders & back.

(Approx 30 mins) £45

LUXURY BACK MASSAGE

An uplifting back massage, with the use of aromatherapy oils and Infrared lamp. This treatment will help to relive muscular tension built up from lactic acid and help to soothe skin area.

(Approx 45 mins) £55

FULL BODY MASSAGE

A relaxing deep tissue Swedish massage, that helps increase blood and lymphatic flow relieves muscle tension.

(Approx 1 hour) £65

GUINOT MIRIFIC FULL BODY MASSAGE

This enveloping massage treatment melts away muscular and nervous tension, using 4 precious Oils (Passion flower, evening primrose, Camellia and Argan) nourishing the skin and ensuring complete relaxation.

(Approx 1 hour) £80

INDIAN HEAD MASSAGE

This form of massage applied to the head, neck, shoulders and upper arms has been performed in Indian culture for hundreds of years. It is a deep and powerful treatment and can result in euphoric, uplifting yet relaxed feeling.

(Approx 40 mins) £45



HOLISTIC TREATMENTS

HOPI EAR CANDLING

Ear candles have traditionally been used by the shaman healers. Their historic roots are to be found in Asia and can be tracked back to the Indians of north and South America. The special knowledge of ear candles was brought to contemporary Europe from Indians of North America. Ancient wall paintings show the importance of ear candles in rituals, initiation and healing ceremonies. It is widely thought that the candles were also used as a spiritual cleansing treatment before entering a trance state or meditation.

(Approx 45 mins) £40

REFLEXOLOGY

An ancient art, reflexology is based on unblocking the energy lines of the body- the Chinese meridians-through working on corresponding reflex points in the feet. Pressure is applied to key points on the feet to correspond with problems in parts of the body. It's a simple non evasive treatment that helps the body maintain its balance ensuring all the systems work together in harmony to maintain good health and wellbeing.

(Approx 45 mins) £48

AROMATHERAPY

Aromatherapy is the use of essential oils to promote health of body and serenity of the mind. Drops of essential oils are blended with carrier oils and applied by the therapist in smooth gentle strokes at pressure points. The essential oils are blended specifically for each individual, taking into account their current mental and physical state. The overall effect is one of de-stressing and boosting your natural ability to heal body, mind and soul.

(Approx 1 hour 15 mins) £69





Serenity

The beauty clinic for men and women

Opening Times

Monday	10.00am	-	5.00pm
Tuesday	10.00am	-	5.00pm
Wednesday	10.00am	-	7.00pm
Thursday	10.00am	-	7.00pm
Friday	10.00am	-	6.00pm
Saturday	10.00am	-	3.30pm
Sunday	closed		



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