

SPA & WELLNESS



Serenity  
SPA



relax.  
refresh.  
renew.



## OUR SPA PHILOSOPHY

At Serenity Spa we have adopted a holistic approach to wellness, with the well-being of the individual in mind. Attentive service and professional staff ensure our clients' exercise, nutrition, relaxation and self-awareness goals are accomplished.

The team at Serenity Spa is dedicated to service excellence and strives continuously to exceed guest expectations. With our clients in mind, we have created an all-encompassing spa care experience that relaxes, refreshes and renews in a serene, comfortable and welcoming environment!



## CRANE SIGNATURES

### **Traveller's Paradise**

**1 hr 15 mins • \$150**

This full body massage is the answer for a tired body and tense muscles after a long journey. This signature massage combines long connective strokes and gentle stretching, creating a powerful sense of well being. This treatment concludes with a head and scalp massage with a warm towel compress on the face and feet to bring you to a place of absolute serenity.

### **Caribbean Four Hand Massage**

**50 mins • \$175**

This unique massage offers two therapists working in perfect synchrony and profound harmony to remove tension from your body, rebalance your mind and restore your energy levels.

### **Crane Glow**

**105 mins • \$220**

This treatment is good for the soul. It begins with a fusion of sea salt and oil exfoliation, to polish the body to perfection, followed by a full body aromatic massage. On complete relaxation, we continue with a skin brightening facial to give your face a beautiful glow... a true Crane experience.

### **Couples Journey**

**3 hrs • \$545**

*Surprise a loved one with a gift of romance*

Step into an enchanting retreat created for the two of you. Your journey will include a 60 minute Rose Petal Couples' Massage orchestrated side by side as well as an essential duo facial. Your lunch will be served in the suite where you can enjoy some quiet time and unwind. Your escape ends with Warm Stone Manicures and Pedicures in your suite for each of you.

**Dial Ext. 6521 to book an appointment.**

Prices are quoted in US Dollars (USD) includes VAT and subject to 10% service charge.

Please take note of our cancellation policy.

## MASSAGES

### Express Massage

30 mins · \$65

These short treatments are an excellent introduction to massage techniques and are perfect for enhancing circulation and relieving tension by targeting specific areas.

- Back, Neck & Shoulder Massage
- Legs & Feet Massage

### ELEMIS Peaceful Pregnancy Massage

75 mins · \$140

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

### ELEMIS Deeper Than Deep Hot Stone Massage

60 mins · \$145

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparking vitality with the added bonus of intensely hydrated skin.



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### **Calypso Cool**

**50 mins · \$110 | 1 hr 20 mins · \$170**

Feel your body sigh with relief as this dynamic Swedish massage aims to dissolve tension and rebalance your entire body. Medium pressure is used with invigorating and relaxing techniques to help improve both blood and lymph circulation, while eliminating toxins and helping the body regain its natural equilibrium.

### **ELEMIS Peaceful Pregnancy Face and Body Experience**

**1 hr 35 mins · \$205**

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

### **ELEMIS Freestyle Deep Tissue Massage**

**1 hr 30 mins · \$210**

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

### **Complete Harmony**

**1 hr 10 mins · \$275**

Escape with each other on this romantic journey. Your harmony session starts with a side by side warm candle massage inclusive of a facial cleanse and concludes with a herbal warm towel compress on the feet.

*We top off your experience by serving delicious chocolate dipped strawberries.*

## **ADD-ON**

### **Hot Stones**

**\$25**

This is an excellent add-on to any chosen massage. Your body is gently massaged with heated basalt stones which removes any soreness in the muscles and facial area. The less aggressive deep tissue techniques used in this massage feel fantastic and work quickly to relieve tension.

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## FACIALS

### **ELEMIS Sensitive Skin Soother**

**60 mins • \$130**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

### **ELEMIS Superfood Pro-Radiance**

**60 mins • \$130**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

### **ELEMIS Anti-Blemish Mattify and Calm**

**60 mins • \$140**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

### **ELEMIS Pro-Collagen Age Defy**

**60 mins • \$155**

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

### **ELEMIS High Performance Skin Energizer for Men**

**60 mins • \$115**

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

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## BODY TREATMENTS

### **ELEMIS Body Nectar Nourishing Wrap**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

*Choose your body nectar based on your desired result:*

**Frangipani** 60 mins · \$110

**Sweet Orchid** 60 mins · \$130

### **ELEMIS Targeted Toning Tightener**

1 hr 30 mins · \$195

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and back of arms. Clinically proven to reduce the appearance of cellulite after just one treatment.

*Alternatively, choose a localised treatment:*

**Abdomen** 30 mins · \$50

**Arms** 30 mins · \$65

**Hips and Thighs** 30 mins · \$95

### **Back to Serenity**

50 mins · \$100

This back facial targets a variety of skin care needs including back acne, clogged pores and dehydrated skin. It incorporates deep cleansing, extractions, a purifying mask along with a relaxing massage of the back, neck, shoulders, legs and feet.

### **ELEMIS Intensely Cleansing Salt Scrub**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

*Choose your body scrub based on your desired result:*

**Frangipani** 30 mins · \$90

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## HANDS & FEET THERAPY

### **Express Aroma Manicure**

Enjoy a warm hand soak, nail trim and file, followed by a polish application.

**25 mins · \$35**

### **Crane Breeze Manicure**

Indulge your hands with this tropical Refreshers Manicure. Your hands are exfoliated, nails and cuticles are trimmed, followed by a soothing massage.

**45 mins · \$45**

### **Warm Stone Manicure**

Your skin and nails are pampered in a luxurious milk bath with warm stones. Your hands are treated to a gentle almond sugar scrub; nails are groomed to perfection. A hydrating mask is applied followed by a soothing massage with warm stones to conclude your experience.

**55 mins · \$65**



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### **Express Bliss**

**35 mins · \$45**

This essential pedicure is perfect for feet in need of quick revival. Your feet are soaked in a mint and lemon bath, followed by minimal cuticle clean up, nail and feet grooming.

*Polish application is optional.*

### **Exotic Sea Spa Pedicure**

**55 mins · \$65**

Relax and pamper your soles with this marine inspired pedicure. Enjoy a deep sea soak with a warm exfoliation and enriched mask, followed by an intense moisture replenishing massage.

### **Serenity Pampering Pedicure**

**75 mins · \$80**

A Spa pedicure at its best. In addition to all the grooming basics of our regular pedicures, this immensely moisturising and relaxing treatment comes with a conditioning mask and concludes with a hot stone massage of the calves and soles of the feet.

*A sensory journey of a scalp massage and warm towel compress on feet is included.*

## **ADD-ON HANDS & FEET SERVICES**

### **Paraffin Wax**

**10-15 mins · \$20**

### **French Polish**

**20 mins · \$15**

### **Essie Gel Polish Application**

**15-20 mins · \$40**

### **Polish Change**

**15-20 mins · \$25**

### **Pedi - Medix**

**20 mins · \$25**

Hard and dry skin on the soles of your feet is removed using our Pedi drill.

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## WAXING SERVICES

### BIKINI

<b>Bikini Wax</b>	Basic hair removal of the bikini area	<b>20 mins · \$30</b>
<b>Extended Bikini</b>	Shaped hair removal from the bikini area	<b>35 mins · \$40</b>

### LEGS

<b>Half Leg</b>	Smooth upper or lower leg hair removal	<b>30 mins · \$40</b>
<b>Full Leg</b>	Smooth leg waxing from top to bottom	<b>50 mins · \$55</b>

### ARMS

<b>Forearm</b>	Removes hair from lower arms and wrists	<b>20 mins · \$25</b>
<b>Underarm</b>	Removes unwanted hair from your underarms	<b>20 mins · \$25</b>
<b>Full Arm</b>	Removes unwanted hair from your arms	<b>40 mins · \$35</b>

### FACE

<b>Eyebrows   Lips Wax   Chin Wax</b>		<b>10-15 mins · \$15</b>
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### TINTING SERVICES

<b>Eyebrow Tint</b>	Darkening of the brow hair	<b>\$25</b>
<b>Eyelash Tint</b>	Darkening of the lash hair	<b>\$35</b>

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## OTHER SERVICES

### CHILDREN'S SERVICES

Hair Braiding

per braid · \$2

Polish Me Up Manicure

15 mins · \$15

Splash Dazzle Pedicure

20-25 mins · \$25

Pretty Face Mini Facial

20 mins · \$35

### IN-ROOM HAIR SERVICES

· Wash and Blow

\$80

· Trim Only

\$45

· Style Only

\$55

· Gents Hair Trim

\$35

· Shave only

\$25

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## WELLNESS SERVICES

The Fitness Centre is located in The Village and provides guests with state-of-the-art facilities and equipment such as treadmills, cyclone steppers, free weights, lockers, showers and towel service.

### Yoga

Enjoy tranquility and find inner peace with yoga sessions in The Town Hall or cliffside. If interested, please contact the Spa at Ext. 6521.

**60 mins** *(2-4 persons)*

**\$25 per person**

**60 mins** *(5 or more persons)*

**\$20 per person**

**Private Session**

**\$45 per hour**

### Zumba

**60 mins · \$20**

Dance to the rhythms of the world and keep in shape with the energetic moves. Guaranteed to help you burn calories, working out has never been so much fun! If interested, please contact the Spa at Ext. 6521. Please note a minimum of 8 persons is required per class.

### Personal Training

**60 mins · \$60**

Want to make the most of your workout? Let us book a one hour private session for you with a professional trainer.

### Tennis

**60 mins with a Tennis Pro · \$80**

Two floodlit tennis courts are located on the Eastern end of the property. These courts are equipped with a gazebo offering water for refreshment. Rackets and balls are available for loan.

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## SPA ETIQUETTE

### Opening Hours

Monday - Thursday

Friday - Saturday

Sundays

9:00 am - 5:30 pm

9:30 am - 6:00 pm

9:00 am - 4:00 pm

### Appointments

Please contact the Spa at Ext. 6521 to make an appointment.

### Booking Advice

Please notify your therapist of any medical conditions, skin allergies or experience of adverse reactions to products. Please also advise of any recent medical procedures or pregnancy, prior to scheduling your appointment.

### Age Restrictions

Children under 13 years old must be accompanied by an adult when taking services.

### Cancellation Policy

We exercise a 4 hour cancellation policy with a 50% treatment cost being applied. All spa guests are required to provide credit card details when booking treatments. No-shows will incur a penalty of 100% of the treatment costs.

### Arrival

We respectfully ask that you arrive 15 minutes prior to your appointment time to fully relax. Completion of our consultation form is required to ensure our therapists can perform treatments best suited to your needs. We offer our guests a reliable treatment schedule. Consequently late arrivals will not receive an extension of their treatment time; however the full treatment price will apply.

### **Apparel**

Robes and slippers are provided within the Spa. We also provide disposable underwear (male and female) to be worn during our Body Beauty Treatments. Alternatively you may choose to wear your own underwear or swimwear. Our spa therapists are professionally trained in draping techniques to ensure your privacy and comfort.

### **Valuables**

We recommend that valuables be left within the safety of your room. We cannot be held responsible for any lost items.

### **The Spa Environment**

We promote relaxation and tranquility from the moment of arrival until you leave. To ensure all spa guests benefit from our serene environment we respectfully request that mobile phones and other electronic devices are placed on silent. Your kind co-operation in this matter is greatly appreciated.

### **Gift Certificates**

Personalised Gift Certificates are available for purchase for all spa treatments. Certificates are valid for 6 months, are non-transferable and can be redeemed in services only.

### **Gratuity**

Please note that all prices are quoted in US Dollars (USD) and inclusive of VAT. A 10% service charge which is shared amongst all support staff will be added to your treatment cost. You may add an additional gratuity for your therapist if you wish, but it is not expected.





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