



serenity spa

Serenity Spa at Inspirations
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TRANQUILITY | RELAXATION | BEAUTY



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RELAXATION
BEAUTY

serenity

At Serenity we aim to provide you with the best salon experience imaginable. Established in 2005 we are situated at Inspirations Health & Fitness, Lower Broadway, Didcot, with plenty of accessible parking. Faye Collett is our Head Therapist. Qualified in July 2004 from Oxford International College of Beauty OICB/CIDESCO/ITEC/CIBTAC

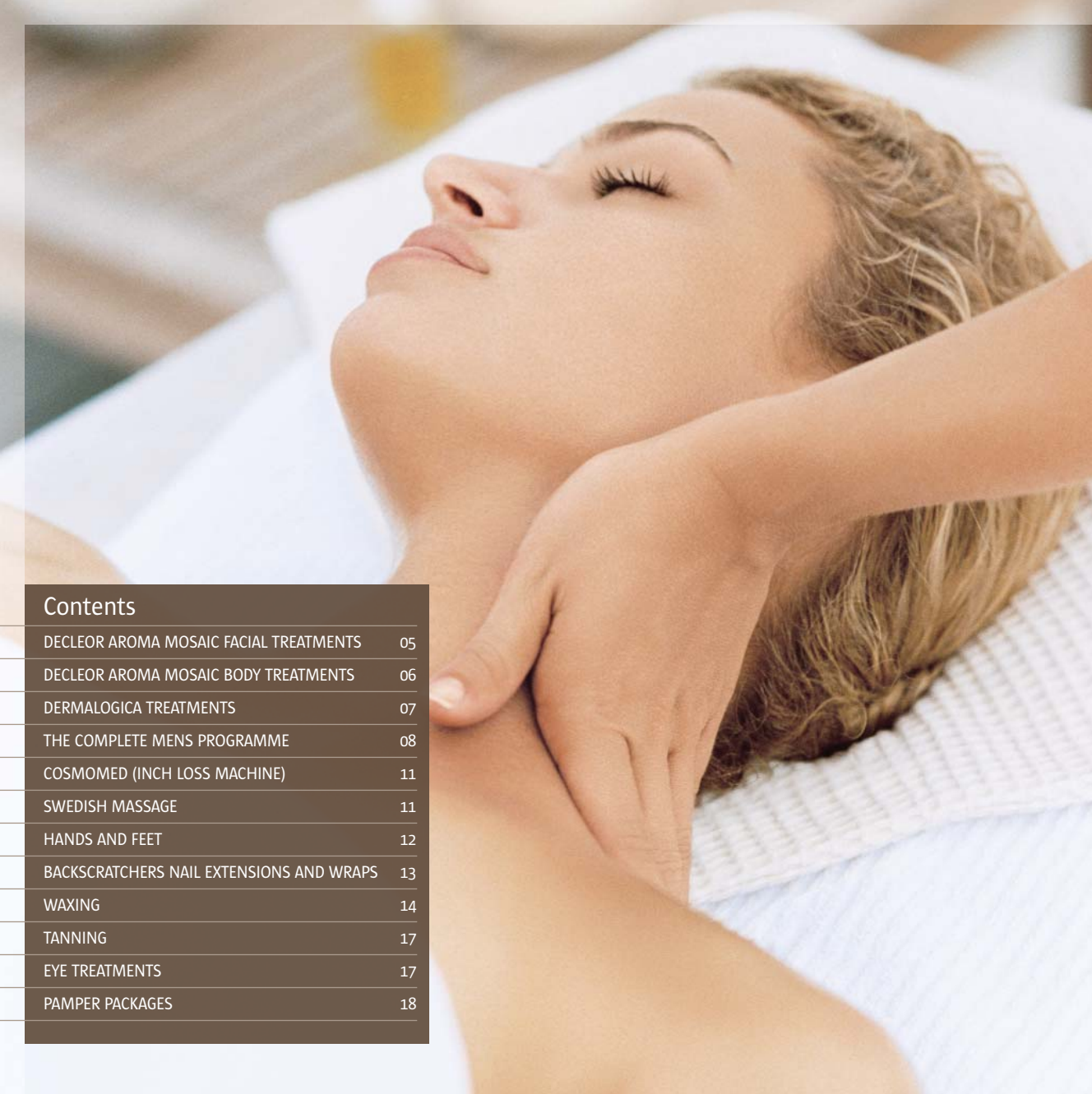
A true oasis of calm on the Broadway. Our aim is to offer our clients all the therapies offered at country spas in a more accessible location. An urban spa for urban living, with the calming influence of Asia. This is complemented by the prescriptive properties of the Decléor range of skin and body care products.

We only use and retail the finest brands known to our industry such as Decléor and Dermalogica. Our therapists are fully trained in the services they perform, consultations for beauty treatments are conducted in private and remain confidential.

Supplementing this is a full waxing service, foot and hand care. Also introducing Cosmomed a revolutionary instant inch loss therapy.

We invite you to step inside and start your journey of self-discovery in our retreat of pure pampering and gentle awakening.





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Decleor Aroma Mosaic Facial Treatments

All Decleor facials are tailored to suit your specific skin type using 100% pure essential oils with natural plant extracts. Your FULLY QUALIFIED therapist will assess your skin to choose between Aroma Purify – oily & combination skin, Aroma Nourish – dry skin, Aroma Soothe – sensitive skin, Aroma Lift – mature skin, Aroma Radiance – dull skin and Aroma Essential – normal skin. All facials begin with a welcoming back massage, simply choose from the list below.

AROMASSAGE – 1hr **£44.00**

The Relaxing Aromatic Facial

From your hairline to your neckline, your Therapists fingers soothe and relax, filling you with a new breath of life. Invigorated and “restored” from deep within your being, you can say goodbye to fatigue, stress and tension.

AROMAPLASTIE – 1hr 15mins **£47.00**

The Classic Aromatic Facial

The unique warm Wheatgerm and Linseed mask stimulates and enhances the action of the products applied during the treatment, while moisturising and decongesting the entire complexion. Rediscover a radiant you. Your major needs are met to perfection and your skin feels soft, smooth and velvety.

AROMA EXPERT – 1hr 15mins **£50.00**

The Specific Aromatic Facial

These treatments provide an expert response to the needs of every skin type. Every Aroma Expert treatment offers a concentrate of highly targeted active ingredients with powerful properties. You’ll notice the difference after the very first treatment, and with regular use the results are stunning.

ALPHA+ AROMATIC FACIAL – 45mins **£39.50**

A surface Micro Exfoliation agent to leave the skin looking radiant and soft, erasing fine lines and wrinkles.

VITAL EYES – 30mins **£44.00**

A relaxing unwinding treatment for the most sensitive part of the face. A unique intensive anti ageing eye treatment that instantly melts away tension, reduces puffiness and dark shadows as well as diminishing all traces of fatigue. When combining this treatment with any Facial you will receive a 25% discount on the vital eyes. Course of 6 - 1 a week for 6 weeks is recommended.



Decleor Aroma Mosaic Body Treatments

All massage and body treatments are tailored to your specific needs.

All envelopments begin with a relaxing back massage

AROMASSAGE – 1hr or 1hr 30mins **£45.00/£57.50**

Longing for a moment of pure relaxation?

Decleor devotes its own special art of massage to your body. Tensions are soothed away, toxins eliminated, and your body is filled with new energy. All your stress is released. You feel invigorated and “restored” from deep within.

AROMA ENVELOPMENT – 1hr 15mins **£49.50**

RELAX /FLOW /DETOX /TONIC – A true cocoon of effectiveness

At the heart of these treatments is a rich, creamy mask with plant extracts, chosen according to your needs and applied all over your body. Before and after the mask, your body is treated to a relaxing, draining or stimulating massage techniques, depending on your needs.

LOCALISED AROMA TREATMENT – 30mins - 1hr

Looking for a treatment with high-precision action?

These targeted treatments provide an expert response to every need: relaxation, slimming action, firming care or a perfect antidote for tired aching legs.

Tranquility Scalp Massage – 30mins **£33.00**

Perfect Legs – 45mins **£37.00**

Perfect Contour – 45mins **£40.00**

Purifying Back Treatment – 45mins **£40.00**

Perfect Bust – 45mins **£37.00**

SUNRISE – 1hr 30mins **£55.00**

Face & Body skin preparing treatment – WITH OR WITHOUT APPLICATION OF SELF TAN

Pure and natural aromatherapy balms are massaged into your face and body to ease tension, relax and soothe as well as boost the cells natural defence system and to stimulate melanin production in readiness for exposure to the sun.

SUNSET – 1hr 30mins **£55.00**

Face & Body repairing after sun treatment created to replenish and soothe sun exposed skin from top to toe, this unique treatment will prolong your tan, prevent peeling and saturate your skin with a much needed moisture boost. Your skin is repaired, refreshed and strengthened as well as soothed all over.

SUMPTUOUS MOTHER TO BE TREATMENTS – 1hr 15mins **£55.00**

Decleor Paris, the founders in treatments for mothers to be, offer a carefully tailored program of safe, effective and wonderfully relaxing treatments.

The treatment includes back, neck, legs and tummy massage, application of cooling, firming mask on your tummy and a mini facial. Your therapist will adapt the treatment to suit your stage of pregnancy.

Dermalogica Treatments

Target your most pressing skin concerns and improve the health of your skin with a professional face treatment. Through your Face MappingSM zone-by-zone skin analysis, we'll create a treatment that's customized to meet the needs of your skin, and using Dermalogica professional products, we'll deliver healthier skin with a fresh appearance.

THE DERMALOGICA FACE TREATMENT – 1hr 15mins **£39.50**

This treatment is truly revolutionary because it's customised at every step by the skin therapist. Includes professional double cleansing, exfoliation, extractions, masque, hydration and solar defence. Additional products and therapies may be added to target the individual needs of your skin.

POWER REGENERATION TREATMENT – 1hr 15mins **£39.50**

Combined vitamin and hydroxy acid exfoliation, energizing massage techniques that release tension in the facial muscles and a specialized masque make this the ultimate in skin therapy for prematurely-aging, dry or devitalized skin. Your skin will be noticeably firmer, smoother and revived.

MEDICATED CLEARING TREATMENT – 1hr 15mins **£39.50**

Breakouts have finally met their match. Our medicated clearing treatment will focus on purifying your skin with deep cleansing.

ENVIRONMENTAL CONTROL TREATMENT – 1hr 15mins **£39.50**

If your skin is looking red, inflamed or felling itchy, then this treatment is for you. Our super soothing cleansing will remove impurities from your skin, followed by a calming oatmeal mask that will instantly calm redness and reduce inflammation.

SKIN BRIGHTENING TREATMENT – 1hr 15mins **£39.50**

Help stop your uneven pigmentation at it's source. This treatment, when combined with proper home car, actually regulates pigment production on a cellular level, helping to balance the complexion.

Stand alone treatments or to add on to any of the above

REVITALIZING EYE RESCUE – 20mins **£27.50**

Firm, tone and revitalise your tired eyes with our unique blend of vitamin therapies and firming botanicals. Our gentle exfoliation will remove dulling debris, while a super soothing mask will help reduce irritation.

RELAXING SCALP TREATMENT – 30mins **£29.50**

This aromatherapy treatment focuses not only on bringing a heightened state of relaxation to your entire body; it also helps provide vital minerals and nutrients to the hair and scalp for improved health.

PURIFYING BACK TREATMENT – 30mins **£29.50**

A super smoothing back treatment designed to rid your muscles of stress and your skin of impurities. A deep cleansing scrub is followed by an aromatherapy massage designed for your back most tense areas.

The Complete Mens Programme

The program for men that replenishes the skin, help restore its suppleness, and brings well-being and relaxation, while also acting deep down. They sweep away signs of fatigue and dull complexions. Whilst revitalising exhausted skins and leaving it clean, healthy and matt.

Although the following treatments are the most popular for our male clients, please feel free to choose from among the full treatment menu.

EXPRESS ENERGY TREATMENT – 30mins **£40.00**

An express treatment for men on the go, for a unique moment of discovery.

DETOXIFY REFRESH ENERGISE

INTENSIVE ENERGISING TREATMENT – 1hr 15mins **£49.50**

A deeply relaxing face treatment with enhanced balancing and hydrating powers.

REGENERATING EXFOLIATING TREATMENT – 45mins **£40.00**

A full body exfoliation followed by a back massage.

INTENSIVE ENERGISING BODY TREATMENT – 1hr 15mins **£50.00**

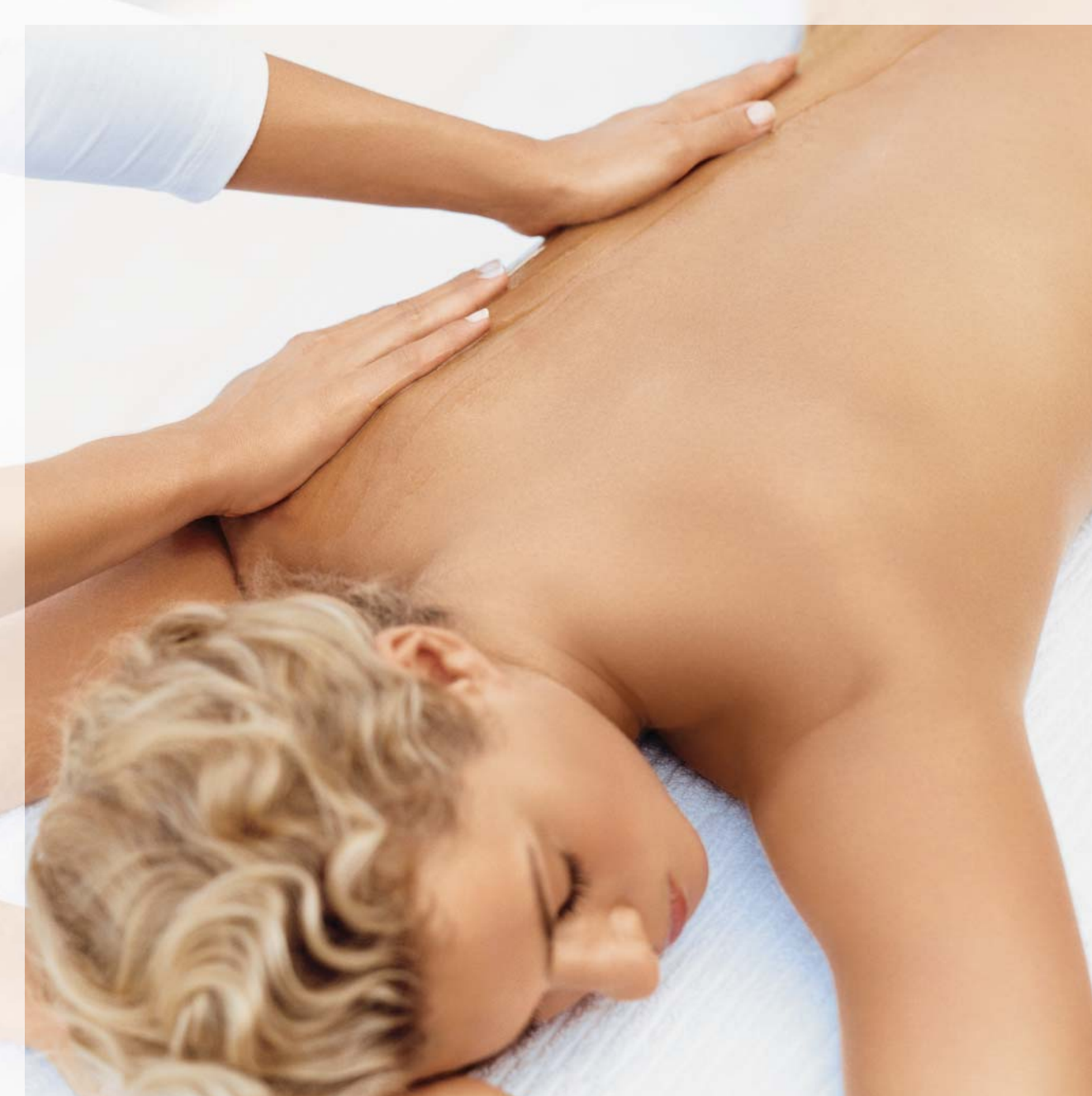
A revitalising treatment for a pure sensation of energy and deep relaxation.

EXFOLIATE DE-STRESS ENERGISE

DERMLOGICA MENS SKIN TREATMENT – 1hr 15mins **£47.00**

While skin is the same, men's skin does have different needs and concerns. Target them with this treatment that focuses on deep cleansing, smoothing exfoliation, extractions and critical hydration for healthier skin and a fresh appearance.





Cosmomed – A Revolutionary Inch loss Treatment

Due to the build up of muscles and the reduction of fatty tissue, COSMOMED is a professional device in slimming treatment. Problem areas like stomach, bottom and thighs can be treated specifically and effectively.

Adipose tissue is eliminated and the skin tissue is tightened, overall resulting in an inch loss. We recommend a free trial with this treatment which will enable us to demonstrate the inch loss that you can achieve after just one session.

COURSE OF 10	£199.00
Discounted rates for weekdays 10 - 5pm.	£149.00
1 SESSION	£20.00
The above can only be taken singly after an initial course has been completed.	

Swedish Massage

The classic relaxing massage therapy uses a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles.

SWEDISH BODY MASSAGE – 1hr	£35.00
Complete massage from shoulders down to the tips of your toes.	
SWEDISH BACK MASSAGE – 30mins	£20.00
A massage to soothe for one of the most tense areas.	
HEAD, FACE AND NECK MASSAGE – 30mins	£20.00
A calming massage to release tension in the face, scalp and around the shoulders.	

Hands and Feet

LUXURY MANICURE – 1hr Includes nail re-shaping, cuticle conditioning and tidying. Then hand exfoliation which is followed by a relaxing hand and arm massage, finishing with a polish of your choice.	£22.00
LUXURY PEDICURE – 1hr Treat a commonly neglected part of the body. The feet are soaked and exfoliated, hard skin gently removed, nail and cuticle care, and foot and leg massage, finishing with a polish of your choice.	£25.00
PARAFFIN WAX HAND TREATMENT – 1hr 15mins <i>A must have treatment if you suffer with dry hands.</i> Nail re-shaping, cuticle conditioning and tidying. Hand exfoliation and massage, finishing off with warm paraffin wax application to intensely nourish the skin.	£24.50
PARAFFIN WAX FOOT TREATMENT – 1hr 15mins <i>Extremely nourishing for people who suffer with dry/cracked heels.</i> The feet are soaked and exfoliated, hard skin gently removed, nail and cuticle care, and foot and leg massage, finishing off with warm paraffin wax application.	£28.50
DERMALOGICA MULTIVITAMIN HAND AND FOOT TREATMENT – 45mins/30mins This treatment gives your hands and feet the latest in Retinol based vitamin repair, plus the deep moisturising benefits of a soothing paraffin wax bath, Instant hydration and repair for dry, chapped or prematurely ageing hands and feet. Add onto a Dermalogica Face Treatment or have it on it's own as a luxury treatment.	£24/£18
DERMALOGICA REVITALISING FOOT TREATMENT – 20mins This treatment radically smoothes and softens the feet by providing not just one but two types of exfoliation. Add onto a Dermalogica Face Treatment or have it on it's own as a luxury treatment.	£15.00
FILE AND POLISH For hands or feet.	£12.00

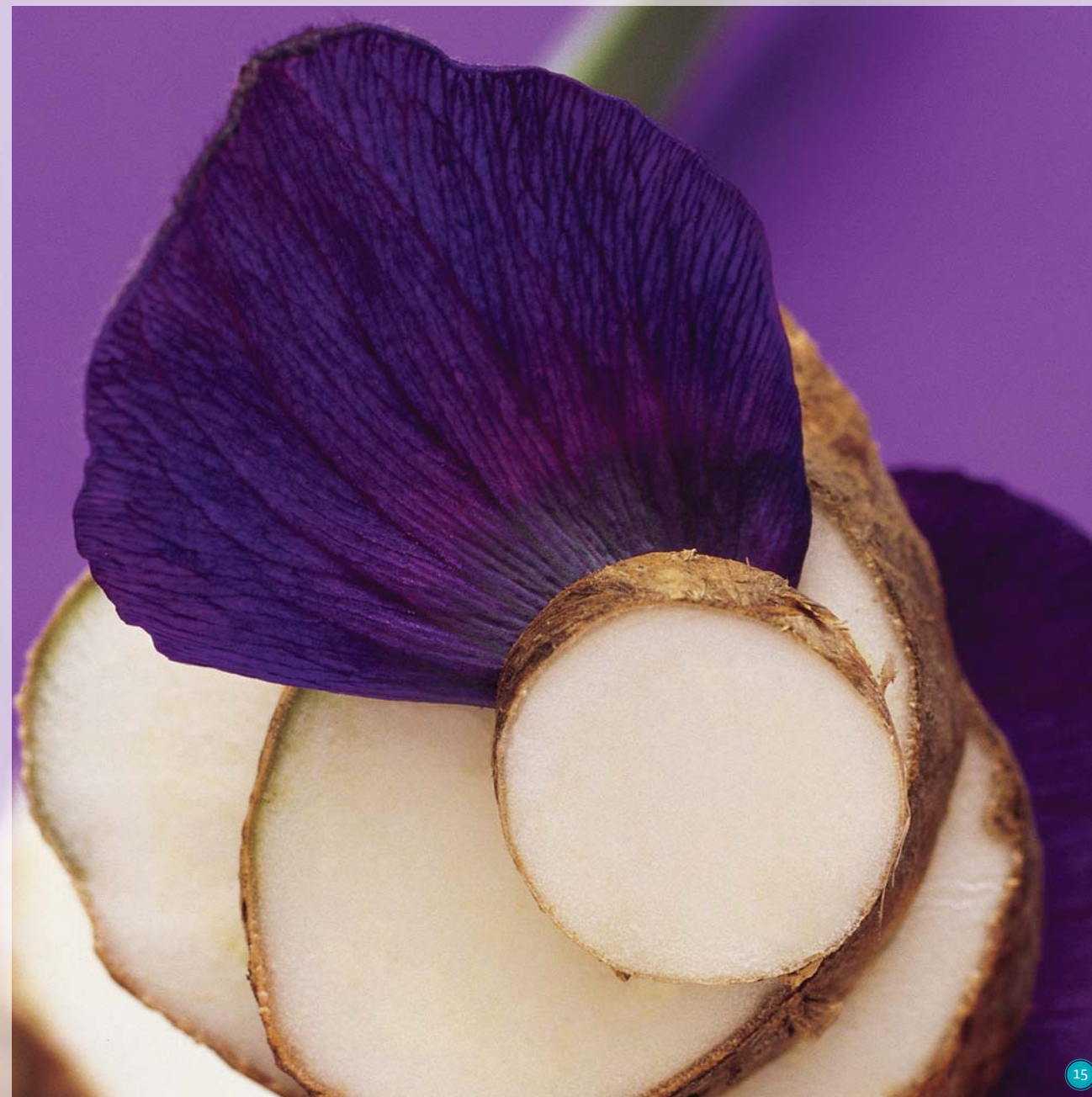
Backscratchers Nail Extensions and Wraps

Using Supernail trained staff your nails can be extended, wrapped or repaired so you can have beautiful, natural nails with or without polish. Supernail systems are specifically designed to protect the natural nail and encourage it to grow strong and healthy.

FULL SET OF BLENDED FIBREGLASS OR ACRYLIC EXTENSIONS – 2hrs A very natural looking set of nail extensions.	£45.00 £4.50 PER NAIL
FULL SET OF WHITE TIPPED ACRYLIC EXTENSIONS – 1hr 30mins The classic look of French Manicured nail extensions.	£40.00 £4.00 PER NAIL
FULL SET OF FIBREGLASS / SILK / ACRYLIC WRAPS – 1hr 30mins A coating of any of the above over your natural nail for strength and support.	£31.50 £3.15 PER NAIL
To maintain your new nails	
AFTER 2 WEEKS FOR RE-GLAZING	
Fibreglass System – 1hr 30mins	£22.00
Acrylic System – 1hr 30mins	£20.00
AFTER 4 WEEKS FOR RE-GLASSING/POWDERING	
Fibreglass System – 1hr 45mins	£25.00
Acrylic System – 1hr 30mins	£22.00

Waxing

FULL LEG AND BIKINI – 50mins	£28.00
FULL LEG – 45mins	£24.00
THREE-QUARTER LEG – 40mins	£19.00
HALF LEG – 30mins	£15.00
EYEBROWS – 15mins	£8.00
UNDERARM – 15mins	£9.00
FULL ARM – 30mins	£15.00
UPPER LIP – 10mins	£6.00
CHIN – 10mins	£6.00
EYEBROWS AND UPPER LIP – 20mins	£11.00
CHEST – 30mins	£15.00
BACK – 30mins	£19.00
BIKINI LINE – 15mins	£8.00
EXTENDED BIKINI LINE – 20mins	£12.00
CALIFORNIAN – 30mins A very high bikini wax leaving a small line of hair centrally in a vertical line.	£20.00
BRAZILIAN – 40mins Complete removal of hair apart from leaving a small strip at the front.	£25.00
HOLLYWOOD – 45mins The total removal of hair.	£30.00
INGROWN HAIR TREATMENT – 15mins A great treatment to help avoid unsightly blemishes on the bikini area. An exfoliant is used on the area to help encourage hairs to grow out, and a Kaolin based mask is applied for a strong drawing effect. To be carried out 2 weeks after any bikini waxing.	£10.00





Tanning

To prepare for your Naturesun Spray Tan do all exfoliation, shaving, waxing and moisturising the night before your appointment, but NOT on the day.

Bring with you loose dark clothing. If you wear contact lenses please remove before your spray tan and all tinting should be done at least 12 hours after your appointment.

Your tan should be left on for at least 12 hours, however to achieve maximum results we recommend you leave on overnight.

SUNRISE – 1hr 30mins	£55.00
<i>With or Without the Application of Self Tan</i>	
Face & Body skin preparing treatment – WITH OR WITHOUT APPLICATION OF SELF TAN.	
Pure and natural aromatherapy balms are massaged into your face and body to ease tension, relax and soothe as well as boost the cells natural defence system and to stimulate melanin production in readiness for exposure to the sun.	
DECLÉOR TOP TO TOE BRONZING – 1hr	£40.00
Includes full exfoliation, moisturisation and full body application of tan.	
NATURASUN SPRAY TAN – 15mins	£19.50
A 15 minute spray tan that is manually applied by one of our trained therapists.	
Choose from 5 different shades for that perfect natural looking tan.	
HELIONOVA SUN BED	£1 per min £50 for 60mins

Eye Treatments

All eye treatments will require a patch test 24/48 hours before your appointment.

EYELASH TINT – 25mins	£10.00
EYEBROW TINT – 15mins	£6.00





Pamper Packages

BODY REFINING	£335.00
<i>6 Perfect Contour, 6 Cosmomed Sessions, 6 Personal Training Sessions 2 a week, over a 3 week period.</i>	
SERENITY RITUAL – Signature Serenity Spa Package – 5hrs 15mins	£155.00
<i>Aromassage Body, Aromaplasty, Aroma Envelopment, Manicure and Pedicure</i>	
ENCHANTED JOURNEY – 4hrs 30mins	£135.00
<i>Manicure, Pedicure, Sunrise Treatment, Half Leg Wax, Bikini Line, Eyebrow Shape and Eyelash Tint This needs to be booked over a 2 day period.</i>	
PERFECT BRIDE – 3hrs 30mins	£105.00
<i>Eyelash Tint, Eyebrow Shape, Half Leg Wax, Bikini Line, Manicure, File and Polish Toes and Aromaplasty Make up can be arranged at an additional cost. Add spray tan for £15 or decleor self tan for £30.00, these will need to be booked the following day and at least one day before your wedding.</i>	
SERENITY GENTLEMAN – 3hrs	£105.00
<i>For the perfect gentleman... Full Body Swedish Massage, Aromassage Facial, Paraffin Wax Foot Treatment</i>	
ESSENTIAL – 2hrs 30mins	£78.00
<i>Aroma Envelopment, Aroma Expert Facial</i>	
STAR – 1hr 15mins	£37.50
<i>Naturasun Spray Tan, File and Polish Toes and Hands, Eyebrow Shape and Eyelash Tint</i>	
RADIANCE – 1hr	£35.00
<i>File and Polish Hands and Feet, Eyelash Tint and Half Leg Wax.</i>	



REFRESHMENTS WILL BE INCLUDED WITH PACKAGES OVER 4 HOURS.
APPOINTMENTS MUST BE CANCELLED AT LEAST 24 HOURS PRIOR TO THE TREATMENT OR
A CANCELLATION CHARGE OF 50% WILL BE APPLIED.
HEALTH CLUB MEMBERS RECEIVE A 15% DISCOUNT ON EVERY TREATMENT.
WITH ANY FACIAL OR BODY TREATMENTS GUESTS ARE WELCOME TO USE THE JACUZZI
STEAM AND SAUNA PRIOR TO APPOINTMENTS.
FOR FACE, BODY TREATMENTS AND COSMOMED PLEASE ARRIVE 10 MINUTES PRIOR TO
APPOINTMENT TO COMPLETE A CLIENT CONSULTATION CARD AND TO RELAX.
A 50% DEPOSIT ON NAIL EXTENSIONS AND PAMPER PACKAGES IS NEEDED WITH BOOKING.
CHECK WEBSITE FOR CURRENT OFFERS.