

*Serenity Spa*  
MENU



# ABOUT US

## *Serenity* EXPERIENCE

Serenity Spa opened its doors to Nairobi's spa lovers in 2013 with the aim of refreshing, rejuvenating and rebalancing our customers. With a team of highly trained therapists and top-quality products, we strive to grow and maintain our standards as a world-class spa that offers première wellness and holistic services to our clients. We spend a lot of time and effort in garnering new skills and enhancing our existing skills.

## *Serenity* VISION

To be a world class spa and holistic healing centre that provides premier wellness services, experience & education to its clients globally.

## *Serenity* MISSION

To enhance interconnectedness of Body, Mind & Soul by creating a refreshing, rejuvenating and rebalanced atmosphere to all our clients through the use of world class products and provision of top notch services by our highly trained and professional therapists and ensuring high customer service is given to all our clients creating a totally memorable experience.

## The Perfect Lunchtime Break Express Treatments!

**Foot loose:** Kshs 1500 • 20mins

**Head Neck Shoulder:**

Kshs 3500 • 45 mins | Kshs 1800 • 25 mins

**Back Massage:** Kshs 3,500 • 30 mins

**Sole Therapy:** Kshs 2500 • 30 mins

**Enzyme peels:** Kshs 11500 - 15500 • 45-60 mins

JOIN OUR INSTAGRAM & FB PAGES TO KEEP AN  
EYE OUT FOR MORE MIDWEEK SPECIALS!

 @serenityspakenya

 SerenitySpaKenya

## SERENITY GOODIES

*Serenity goodies for everyone!*

Monday till Wednesday

Holistic Massage | 60 mins | **Kshs 4500 instead of Kshs 5000**

Deep Tissue Massage | 90 mins | **Kshs 8000 instead of Kshs 8500**

Deep Tissue Massage | 60 mins | **Kshs 5500 instead of Kshs 6000**

Feel The Heat | 120 mins | **Kshs 10000 instead of Kshs 10500**

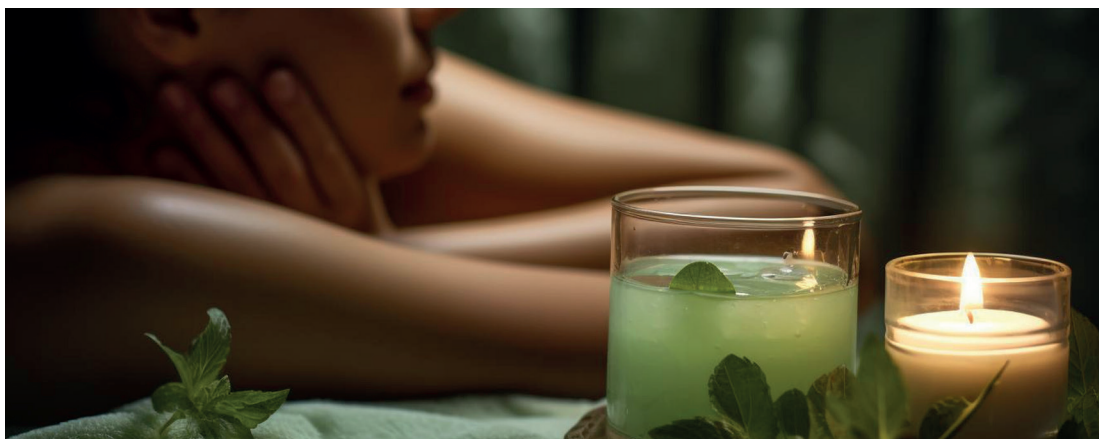
Highlights, Cut, Wash and Blowdry **Kshs 10000**

\* N/A on Public Holidays (that is for all the Goodies)



### **REFRESH, REJUVENATE & REBALANCE**

Step into the world of Serenity and experience a world of refreshing, rejuvenating and rebalancing treatments. We pride ourselves on offering the best wellness and holistic services in Nairobi. Our highly trained and professional staff are devoted to providing a calming and relaxing experience using the most exquisite products.



### **REBOOT, RECONNECT & RE-ENERGISE**

Detox is a wonderful journey of self-discovery! The process of Detox encourages us to cut down on consumption, realign our bodies and minds and refocuses us on what really matters – our health. It is an opportunity to clear a lifetime of toxic build-ups of pesticides, pollutants, pills, medication, stress and foods that our bodies are not able to break down. To get you started on your detox journey, we have put together a couple of detox ideas which will help you feel lighter, happier, more relaxed and energetic. Let us not forget that it also boosts our immune system immensely.



# Benefits of coming to *Serenity Spa*

## REDUCES PAIN & TENSION

Massages are one of the most healing treatments you can find in the spa.

The increased flow of blood throughout the body helps in getting rid of stiffness, aches, muscle tension, and pain.

## HELPS LOWER BLOOD PRESSURE

Having regular massage session will calm the sympathetic nervous system that's responsible for raising blood Pressure

## MEDITATION OR ME TIME

A spa visit provides one of the best ways to enjoy your peace of mind and meditate.

## DETOX

Serenity Spa offers a great variety of slimming & detoxifying treatments. We also have developed a detox program with a German Nutritionist which has been successfully tried and tested. Enjoy our lovely steams & saunas in all our branches to sweat and steam away all the toxins.

## WEIGHT REDUCTION

Serenity Spa offers a variety of slimming and detox packages. A slimming body wrap will come in handy to achieve weight loss. Our coffee scrub is a fabulous cellulite fighter and generally having frequent spa treatments will produce more endorphins.

## REDUCES STRESS

Having a regular visits to the spa will ground you more and make you feel much more relaxed.

## HEALTHY HAIR

Good looking hair and cuts play a big part of our image.

## CONFIDENCE & SELF ESTEEM

People who visit the spa for treatments are generally happy and have a positive outlook in and around life. We are here to help more people feel that vibe.

## RELAX & RECHARGE

Getting a spa treatment is just the best way to simply relax, unwind and recharge.

## HEALTHY SKIN

We offer a great variety of facials for healthy skin.

## Facials

Facials are not just simple skincare procedures. They offer many benefits. They not only hydrate, clean, and rejuvenate your skin but are very relaxing. They are short treatments and just wonder-fully calming. The benefits are endless and we are very pleased that Serenity Spa offers a huge variety of very beneficial facials for every skin and skin type. Our therapists are trained to offer you a variety of facials to achieve the best results. We have a beautiful range of holistic facials which are relaxing, hydrating, soothing and cleansing.

You can also combine those with Microneedling, Nano treatments, High & Radio frequency sessions, Enzyme Peel, Meso therapy & LED therapy. We have launched a new facial called the Aquapeel and Radio Frequency Microneedling. These advanced facials show real results and we we highly recommend them to all our customers who want to look younger, healthier, more radiant and vibrant.

**We are proud that we can offer a wonderful variety & create bespoke facials for all skin types.**

**20 MINS FREE FACIAL CONSULTATION!  
AVAILABLE ON ALL WEEK DAYS.**

# Less stress, more FACIALS

## ESSENTIAL DEEP CLEANSE FACIAL

**Kshs 6500 • 60 mins** | We highly recommend regular deep cleanse facials and therefore we created this perfect facial for you. Each step of this deep cleanse facial helps the skin to rejuvenate and rebalance again. Your trained therapist will cleanse, tone, scrub and steam your face as well as removing impurities like black and white heads. Finally, we will apply a nourishing mask and offer a 10 minute foot massage while the mask is working its magic offering new nutrition back into the cleaned skin.

## DRENCH & HYDRATE – For dry and tired skin

**Kshs 7500 • 70 mins** | Deep hydration is key to keeping your skin looking healthy and radiant. Aloe Vera combined with Kigelia Africana are top ingredients to help moisturise, heal and strengthen the skin. Hyaluronic Acid is another key ingredient helping with anti-ageing and repair. With The hydrating mask the skin is left glowing, balanced and hydrated. If you have dull, sensitive or dry skin, this is perfect for you.

## DETOX & SOOTHE – Deep Cleanse, Dermalux Therapy

**Kshs 9000 • 85 mins** | This is suitable for more oily skin types, using the purest ingredients to deeply penetrate the skin and remove all the toxins. Probiotics, Witch Hazel and Tea tree are powerful ingredients for fighting inflamed skin and are useful in acne treatment. Next the Rosemary and Lemon face scrub gently exfoliates leaving the skin smoother, brighter and firmer. Your soothing facial will end with a Dermalux Light Therapy which helps with the healing process and kills any remaining bacteria.

## OUTER GLOW – Essential Deep Cleanse & Dual Injector Pro+ add on

**Kshs 9500 • 90 mins** | Brilliant for normal to mature skin, this facial both revitalises, hydrates and stimulates new cells and collagen. It is a wonderful combination of doing our Essential Deep Cleanse Facial followed by the Dual Injector Pro+ add on treatment. This wholesome facial deals with purification, cleansing, tightening and lifting the skin. Its extremely relaxing and will definitely give you that glow.

## ADD ONS TO ALL OUR FACIALS:

### Cupping | 10 mins • Kshs 1200 |

Detoxifying, draining of extra fluids and promotes blood flow.

### Dermalux | 30 mins • Kshs 2500 |

LED Therapy, promoting Collagen production/regulation of skin imbalances.

### Dual Injector Injector Face, Neck & Decolletage | 30 mins • Kshs 4000 |

High frequency treatment, stimulation of cell renewal.

### Nano Needling | 30 mins • Kshs 5000 |

Gentle needling for glowing skin.

## TIGHT AND BRIGHT

– Deep Cleanse & Gua sha Face Massage

**Kshs 8000 • 75 mins** | This wonderful facial is designed to give you an instant natural face lift and glow. The procedure starts with a deep cleanse facial which cleans and steams away any impurities. Followed by our Gua Sha Face Massage the quartz stones increase lymphatic drainage and blood flow, as well as releasing facial tension and bringing life back into your skin. Walk out of the treatment room looking bright and fresh. Fine Lines will improve when you have this treatment done as often as possible. No needles, no pain. Simply relaxing.

## GUA SHA FACE MASSAGE – Add on to any facials

**Kshs 2500 • 20 mins** |

**Promotes lymphatic drainage:** Goodbye puffiness. "Practicing Gua Sha stimulates the lymphatic system to eliminate water retention by releasing fluid and toxins through the lymph system leaving skin contoured and glowing.

**Increases circulation:** Simply put, more circulation = more blood flow = more radiant skin.

**Relieves tension:** The facial tool gently massages the often overlooked muscles in the jaw, cheeks, and forehead, and can also be used elsewhere on the body.

**Anti-aging:** Regular Gua Sha practice stimulates collagen production, and may diminish the appearance of fine lines over time. (Some devotees even swear it's better than Botox!)

## RESTORE FACIAL – Deep Cleanse, Cupping

**Kshs 8500 • 70 mins** | Go on, treat yourself. With some of the best anti-ageing ingredients involved, this facial combines the power of Hyaluronic acid, Rose Water, Bakuchiol and Diamond Extract to stimulate and renew skin cells, restore skin elasticity and help slow down collagen depletion. This luxurious facial is for everyone who likes to treat their face to something more than just a deep cleanse facial and therefore we have also included 10 mins cupping into this wonderful facial to stimulate more blood flow and eliminate toxins. We recommend you add the Dual Injector treatment once in a while to really give your skin a proper boost (see write up) and of course always add a Dermalux session which increases collagen production. Dual Injector and Dermalux costs are not included in this facial but if you wish to do so for both it comes to: Kshs 4000 and we will add 45 mins to the session.

## COLLAGEN & ELASTIN BOOSTER

– Gentle Enzyme Peel, Carboxy Mask & Dermalux Therapy

**Kshs 8000 • 50 mins** | Non-Invasive ( no needles ) Carboxytherapy is a treatment during which a gas, carbon dioxide (CO2), is infused into the skin to encourage an increased flow of oxygen. With increase in oxygen, a completely new micro circulation is created, that leads to unrivalled benefits such as increased lymphoid drainage and circulation, skin regeneration and elastin stimulation. Finish off the treatment with a dermalux session and you will be amazed at your youthful glowy appearance.

**BACK FACIAL | Kshs 5000 • 60 mins**

# ADVANCED FACIALS

Ask for combinations and we provide a "bespoke facial journey"

## MICRONEEDLING

Microneedling or collagen-induction therapy is a nonsurgical treatment that penetrates your skin's surface with fine needles to improve its appearance. This popular procedure can help smooth lines and wrinkles, even skin tone and deals with pigmentation. Additionally, it can minimize the appearance of large pores, firm skin and fade stretch marks and scarring, including acne scars.

**Face, Neck & Decollete:** Kshs 23500 • 120 mins

**Face & Neck :** Kshs 17000 • 90 mins

**Face Only :** Kshs 13500 • 60 mins

## Nano Needling

**Kshs 5000 • 30mins** | This is a "gentler" version of Micro Needling and a great introduction to Micro Needling. Ideal for younger skin. Add on a Nano treatment to any of our facials.

## MICRO CURRENT

– Softens wrinkles & rejuvenates damaged skin

**Kshs 2,500 per 30 minute session – minimum 10 sessions required, 3 times a week** | Micro Current treatments work by passing a very small direct current through muscle tissue, mimicking the body's own bio-electric currents. Sometimes this treatment is referred to as the 'non-surgical facelift'. It is designed to soften wrinkles, reduce puffiness around the eyes and repair skin damaged by sunburn, acne, and scarring.

## FOREVER YOUNG

**Kshs 10500 • 100 mins** | This is a beautiful facial full of anti-ageing benefits. Enjoy our Restore Facial which is ideal for restoring skin elasticity and helps slow down the depletion of collagen. The powers of Hyaluronic acid, Rose Water, Bakuchiol and Sugar Cane are clearly visible. We will then end the facial with a relaxing Micro Current treatment. The Micro Current machine sends direct current through the muscle tissues. The current stimulates further collagen production and helps with the softening of wrinkles and eye puffiness. We promise you will see a difference after this facial. We recommend that you do a few more follow ups and add an Enzyme Peel plus a Micro Needling session. Your therapist will be able to tailor a series of facials to stay Forever Young!

**ENZYME PEEL** – Improves the appearance of the skin!

See [serenityspa.co.ke/enzyme-peel/](http://serenityspa.co.ke/enzyme-peel/)

**Face, Neck & Decollete:** Kshs 15500 • 60 mins

**Face & Neck :** Kshs 13500 • 50 mins

**Face Only :** Kshs 11500 • 45 mins



Micro needling



Enzyme peel

## AQUA PEEL - The Wonderlift

**Kshs 23500 • 70 mins** | The Wonderlift Aqua Peel System helps you achieve a perfect complexion in just three steps. The three steps consist of a peeling, a diamond microdermabrasion treatment and the oxygen treatment. Aqua Peel deeply cleanses the skin and gently exfoliates it. As a first step, an enzymatic peeling is performed to prepare the skin. This is followed by aquabrasion, whereby a water-fruit acid mixture is pressurized to the skin and immediately sucked off again. This achieves a deep cleaning that reliably removes impurities and deposits. Applicable to all skin types, the result is plump, well-supplied and radiant skin. Diamond microdermabrasion is a method of skin refinement. With the help of sterile diamond heads, the top layer of skin is removed, then the particles are sucked off along with impurities and dead skin. This procedure eliminates skin imperfections, wrinkles and unwanted pigmentation of the skin. The microdermabrasion treatment makes the skin receptive to care products. It works through the top layer of the skin to the deeper layers, helping to replenish the skin's nutrients, boost cell activity and promote skin health. The Oxygen treatment always follows a previous microdermabrasion to optimally moisturize the skin after deep cleansing. In this process, oxygen is put under pressure on the skin in combination with an active ingredient preparation - similar to an airbrush. The skin is thus moisturised resulting in a smoother complexion, combined with a pleasant feeling of freshness. we include a 15 minutes dermalux treatment.

## MESO THERAPY - Skin booster and rejuvenation!

**Kshs 23000 • 120 mins** | Mesotherapy is a mildly invasive procedure involving several subcutaneous injections, which are performed simultaneously. The concept is to inject a very small amount of active compounds (hyaluronic acid, vitamins, antioxidants, enzymes, humectants under the skin which help turn back the clock on fine lines and wrinkles, and reduce the appearance of dark circles. Micro injections are administered using Nano Soft, equipped with NCTF135ha, the skin hero. This combination delivers NCTF135ha to the perfect depth with the help of 3 crystal silicone needles, creating a harmonious skin ecosystem. The treatment is tailored to provide a smooth finish, making it an ideal choice for those seeking bright and rejuvenated skin. We recommend an enzyme peel beforehand. Enjoy a 15 mins foot massage after your treatment while the eye mask is working its magic. A 10 minute Dermalux session will calm the skin after your treatment and will give it an extra boost.

## RADIO FREQUENCY MICRONEEDLING

**Kshs 25000 • 60 mins** | The RF Microneedling device combines conventional micro needling with radio frequency creating a painless anti-aging treatment. It tightens the skin and ensures a visibly younger complexion. In micro needling, fine needles pierce the top layer of the skin and stimulate the body to produce new elastin and collagen. In addition, by adding the radio frequency, high-frequency energy is delivered to the dermis. This results in an additional improvement in skin tightening and scar reduction. The wow factor is particularly visible when you do this treatment every two - three weeks and of course we always include the Dermalux Light Therapy to calm the skin after the treatment. A 10 minute Dermalux session will calm the skin after your treatment and will give it an extra boost.

## **PURE SKIN** – Deep Cleanse, Galvanic, High Frequency & Dermalux Therapy

**Kshs 12000 • 105 mins** | Our fantastic Detox and Sooth facial is the first step to pure skin. We end the facial with galvanic and high frequency application to eliminate any inflammation and ensure your skin looks super smooth afterwards. End your facial with a 15 mins blue light Dermalux session. Again, its tried and tested with real results!

## **DERMALUX FACIAL** - Discover your best Skin!

As part of our promise to all our customers, we are always looking for new and better treatments. Therefore we are now introducing Dermalux LED Phototherapy which is a non-invasive treatment that uses clinically proven therapeutic light energy to trigger the skins natural rejuvenation and repair processes without pain and downtime.

From the first treatment, Dermalux instantly boosts complexion to restore vitality and brightness. Dermalux uses unique combinations of Blue, Red and Near Infrared wavelengths to boost collagen production, increase hydration, calm redness and irritation and destroy acne causing bacteria. Dermalux is a relaxing, pain free experience with proven mood enhancing effects. Enjoy some luxury me-time as your skin absorbs the energising light to jump start your skin.

Each treatment lasts up to 30 minutes and we recommend an intensive course of 12 treatments in close succession (ideally every 3 days) for optimum cell activation. After the activation, we suggest you keep up "boost" treatments to keep skin cells activated.

**You can also purchase a series of 12 sessions @ Kshs 3500 • 30 mins & get the 13th session free.**

Additionally, we offer lovely combinations with our already existing facials and you can upgrade your favourite facial with Dermalux for superior and long lasting results. @Kshs 2500 for all facials including advanced facials.

## **DUAL INJECTOR FACIAL**

The Dual Injector Pro+ allows the delivery of substances deep into the skin, which are otherwise not absorbed into the skin as a result of the typology and dimension of their molecules.

Radio Frequency + Electroporation technology makes the skin tissues permeable to macromolecules, in a non-invasive procedure. By utilising the skin's water based channels, the ingredients can penetrate into the skin through controlled RF and magnetic pulses. This effective and safe procedure, allows the combination of Radio Frequency lifting and electroporation technology to deliver the active compounds deeper into the skin, giving instant and visible results. This is achieved through the unique dual technology (RF + Electroporation) which lifts the skin and pushes nutrients deep into the skin without breaking the skin as with traditional injections.

**Face, Neck & Decollete:** Kshs 11800 • 80 mins  
**Face & Neck :** Kshs 9800 • 60 mins

## **ACNE TREATMENT**

– Combination of Galvanic & High frequency  
**Kshs 3500 • 30 mins** | Promotes skin stimulation through low-current high-frequency alternating currents delivered via a glass electrode. These treatments encourage the shedding of old skin and the improvement of facial colour and texture. Give in to this healing and restorative process.

*Our new superior facial!*

## **THE MAGIC WAND**

**Kshs 13000 • 100 mins** | Our deeply nourishing and luxurious Restore Facial has now got an extra hand with our magic wand called The Nano.

You will experience a normal facial with steam and extraction but the only difference is that we will now let the Nano pen work its magic to boost your skin even further. After the pen treatment, you will enjoy a wonderful face mask with a relaxing foot massage. 100 mins later, you will see the glow and the amazing effects of this special treatment.

Nano Needling Skin Refining allows absorption of skincare products to stimulate collagen and elastin production. Skin naturally absorbs the active ingredients many times more effectively through the nano channels, thus refining wrinkles, reducing scarring, improving hyperpigmentation and other skin imperfections and restoring the overall health of the skin. Depending on your skin type and issues we also recommend combos with our enzyme peels.

LET YOUR CONFIDENCE

*Shine*



Dermalux®  
OOOO

# SIGNATURE TREATMENTS

*A wonderful relaxing  
spa journey*

## **KILA KITU** - Deep Tissue Massage, Gua Sha

**Kshs 8000 • 85 mins** | This signature really concentrates on your full body and face. Enjoy a 60 mins deep tissue massage to release tensions and stress. After your full body massage, your well trained therapist will continue massaging your face with rose quartz stones to increase lymphatic flow, reducing puffiness and increasing circulation to boost collagen production. The so called Gua Sha Face Massage is the latest hit all over the world showing some amazing results if you do it once a week consecutively.

## **FULL BODY JUMP START**

- Mint Scrub, Deep Tissue Massage, Face Mask

**Kshs 9500 • 100 mins** | A 20 minute full body Mint To Be Body scrub with the refreshing and stimulating properties of peppermint will awaken your body and mind. Shower off the scrub smelling divine, lie back to enjoy a 60 minutes deep tissue full body massage. Our wonderful restore clay mask will work its magic during the massage. The clay mask is filled with goodness like Rose Water which is an antioxidant and hydrates the skin naturally, Bakuchiol which stimulates cell turnover and Shea butter which is deeply moisturising. After your massage the mask is removed and the treatment ends with a light face massage using the hydrating moisturiser. We promise that this package will jump start your body and mind.

## **HOT THYME** - Thyme Scrub, Hot Stone Massage

**Kshs 10500 • 120 mins** | This fantastic package is made for everyone and anyone. We just love it and so have our clients who have tried and tested it. It begins with a 30 minute Thyme and Bergamot Salt Scrub making you feel very refreshed. Your skin cannot get enough of it and your senses are stimulated by the beautiful smell of Thyme and Bergamot. Switch off completely and enjoy a 90 minute HOT Stone Massage. Hot Stone Massages are not only relaxing and beneficial for releasing tension but are also beneficial for boosting your immune system and promoting a good night's sleep.

## **STRESS BUSTER** - Deep Tissue Massage, Reflexology

**Kshs 10500 • 120 mins** | Take time out of your busy schedule and book yourself in for a 90 mins deep tissue massages followed by a 30 mins Reflexology. You deserve it and be free of tensions and stress.

## **THE COME BACK** - Scrub, Swedish Massage

**Kshs 7000 • 90 mins** | Remove dead skins cells with our latest edition, the beautiful smelling Squeeze the Day Scrub which promotes detoxification while promoting blood circulation. Enjoy a 60 mins relaxing full body massage afterwards. Feel strong & re-energised again. Top up Kshs 1000 for a deep tissue massage.

## **THE SUMMER FEELING**

- Tropical Scrub, Wrap, Face Mask, Swedish Massage

**Kshs 11000 • 130 mins** | When you just can't get enough of that summer feeling... 30 minute Body Scrub with Tropical Salt Scrub. 30 minute Mood Magic Body Wrap. Restore Hydrating Facemask packed with antioxidants. Finish with a 60 minute nourishing & relaxing full body massage to transport you back to those invigorating summer days.

## **REVIVE AND RELAX** - Sauna, Swedish Massage

**Kshs 6500 • 90 mins** | We are delighted to launch this new package! With sauna services available in all our branches, enjoy the endless benefits which include improved collagen production, increased blood flow, greater cell regeneration, reduces inflammations, muscle recovery, tissue regeneration, and so much more. The session will be 20 minutes max. Relax further with a 60-minute holistic massage after the sauna session or choose a deep tissue at an extra cost of Kshs 1000. Depending on your concerns, we can offer a full sport massage at an extra cost of 3000 Kshs (additional time 30 mins). Enjoy herbal teas and some fruit kebabs in our relaxation area or gardens.

## **GET UP AND GLOW** - Pina Colada Scrub, Gold Wrap, Aromatherapy Massage, Restore Facial, Classic Mani-Pedicure

**Kshs 22500 • 5 hours** | This package has all the right ingredients to set your body alight from within. Starting with a 30 minutes The luxurious Pina Colada Body Scrub to sluce all the dullness away, a 30 minute fine, anti-ageing Gold Body Wrap to get rid of the impurities inside, and a delicious 1 hour Art of Aroma massage for ultimate relaxation. Next, the Restore Facial so everyone can see that you have been rejuvenated. Finish your spa day with a Classic Manicure and Pedicure in our well designed nail area. This package accelerates cellular metabolism, re-mineralises the skin, fortifies the immune system, activates circulation and drains clogged lymph systems. This is the one you need to give your body and skin that all-round boost. You will feel uplifted, your body glows all over and it is worth every shilling.

## **FRESH & FEEL GOOD** - Reboot Scrub, Swedish Massage, Essential Deep Cleanse Facial, Classic Mani-Pedicure

**Kshs 17300 • 240 mins** | Enjoy a full body exfoliation with the wonderful Reboot Body scrub to rid yourself of all the dead skin cells and leave you feeling smooth and clean. Follow this with a holistic massage to melt away any tensions. Feeling tranquil and calm, you will then enjoy the Essential Deep Cleanse Facial to replenish your skin and make sure your face matches your body with a beautiful glow. Finish your spa day with a classic manicure and pedicure.

## **REGENERATE & RECUPERATE**

- De-Stress Scrub, Steam Aromatherapy Massage

**Kshs 9000 • 120 mins** | This package takes you to a happy place! We will start with our new Jani full body scrub "De-Stress" to exfoliate your skin and remove all the dead skin. All polished and clean, you will enter the steam room. Just enjoy the quiet time - no phone, no noise - relax and be in the moment while the steam is clearing the pores, clearing your blocked airways and warming up your body to stimulate blood circulation. After the steam, enjoy a 60 mins Aromatherapy massage.



## IMMUNE BOOSTER - Wrap, Steam, Hot Stone Massage

**Kshs 10500 • 100 mins** | The Neroli & Geranium full body wrap will bring back tightness, warmth, and glowing skin to your life. Enjoy a 20 mins steam session with your wrap on and relax further. End this wonderful treatment with a 70 mins full body Hot Stone Massage. You must agree that just looking at this package, it makes you feel all warm and fuzzy.

## CIRCULATION BOOSTER

- Lemongrass, Lavendar Scrub, Hot Stone Massage

**Kshs 9000 • 100 mins** | A 30 mins full body scrub will get the blood flow going. Our beds are nicely heated, the beautiful smelling Lemongrass & Lavender Scrub is applied all over your body to make your skin look and feel or smooth. Have a wonderful hot shower to rinse of all the scrub before enjoying a 70 mins Hot Stone Massage to release more tension and melt away the stress. If you fancy a steam session before the massage, we can book this for you at an additional Kshs 1000 (20 mins).

## LALA SALAMA

- Good sleep matters - Relaxing Bath, Swedish Massage

**Kshs 9000 • 90 mins** | Jani has developed a soak & sleep bath salt which promotes relaxation for body and mind. The Lala Salama Bath Salt is packed with goodness, starting with Magnesium Salt which helps with muscle relaxation and pain relief, Lavendar and Ylang Ylang induce relaxation. It calms the mind and helps to unwind. We would set our jacuzzi with the right water temperature so that you can soak comfortably for 20 minutes. After your bath soak, enjoy a 60 mins relaxing full body massage, your therapist will use the Lala Salama body oil which is again packed with Lavendar, Ylang Ylang, and Vitamin E to nourish your skin. She will use a beautiful smelling and relaxing pillow spray and at the end of the massage we will apply a sleep oil to your temples for you to be ready for your good night sleep. This sleep promoter package is perfect for anyone who needs a proper winddown at the end of stressful and busy day.

**\*Kitisuru Branch** - There is no jacuzzi! Therefore we can only offer the sleep promoting full body massage. The cost would be **Kshs 6000**.

## FEEL THE HEAT - Scrub, Steam, Hot Stone Massage

**Kshs 10500 • 120 mins** | This fantastic package is made for everyone and anyone. Bring the heat on! It begins with a 30-minute Thyme and Bergamot Salt Scrub, making you feel very refreshed. Your skin cannot get enough of it and your senses are stimulated by the beautiful smell of Thyme and Bergamot. Switch off completely and enjoy a 20 mins steam session followed by 70- minute HOT Stone Massage. Hot Stone Massages are not only relaxing and beneficial for releasing tension but are also beneficial for boosting your immune system and promoting a good night's sleep. Your Valentine will be so relaxed and why not relax with your Valentine at the same time.

## LET'S FACE IT

**Why not include a face mask during a massage, a reflexology, even maybe when you get your nails done - don't be shy!**

### HYDRA CLAY MASK

(Rose Water, Diamond Extract, Hyaluronic Acid and Bakuchiol)

**Kshs 1200**

Moisturising, luxurious, nourishing and hydrating. Skin feels silky, fresh and leaves a glow on your face.

### DRY POWDER FACE MASK

(Green Clay, Kaolin, Rose extract)

**Kshs 1000**

Deep cleansing, exfoliating, balancing and nourishing. Skin feels clean, balanced and healthy.

### RESTORE MASK

(Rose Water, Diamond Extract, Hyaluronic Acid & Green Coffee oil)

**Kshs 1300**

Depuffing, deeply hydrating, anti-ageing, reducing redness and calming. Skin feels even, healthy, fresher and younger looking. It is a great overnight mask too.

## MUM TO BE?

### BLISSFUL BUMP MASSAGE

**Kshs 6000 • 60 mins** | You should be relaxing and taking care of yourself, but you are probably still running around as before. Remember that once your baby arrives you won't have as much time to yourself, so let us take the weight off you for an hour of blissful relaxation. Your baby will love it too!

### PERFECT MUMMY

**Kshs 9500 • 180 mins** | Blissful Bump Massage (1 hour) + Classic manicure + Classic pedicure

### GLOW!

**Kshs 12000 • 220 mins** | Gentle moisturising Pinacolada Scrub + Pregnancy Massage + Classic manicure + Classic pedicure



# STEAM THERAPY

## PICK ME UP

**Kshs 11000 • 150 mins** | With adequate steam rooms in all our branches, this is the perfect, relaxing, enjoyable, quick fix detox pick-up-treatment which includes: 20 minute invigorating, stimulating Mint To Be Salt Scrub, 20 minute Mood Magic Wrap, 20 minute steam and a 60 minute holistic massage.

## PURE INDULGENCE

**Kshs 14000 • 150 mins** | Detoxify, steam and purify. In the steam room, traditional Moroccan Black Soap is applied over your body by trained therapists to prepare your skin for a vigorous exfoliating scrub from head to toe, with the skillful use of a traditional Hammam glove (Kessa glove). Feel your stress melt away as your skin is gently sloughed of impurities as you are rinsed from head to toe. The second step in the Hammam ritual, is to apply a body mask which stays on for another 15-20 mins during the steam. This really tops the detoxification of your skin and body. All relaxed, clean and shiny you will enjoy a beautiful 60 minute full body holistic massage.

## HAMMAM & GOMMAGE ONLY

– (no massage included)

**Kshs 9500 • 90 mins** | This includes steam, traditional black soap application and scrub using the Kessa Glove. The body mask is applied after the scrub and you will be enjoying another 15-20 mins in the steam. A wonderful treat to detox your body and mind.

## REPAIR & RESET

**Kshs 10000 • 140 mins** | Do you feel sluggish, fatigued & exhausted? Book yourself in for this amazing detoxifying package. Start your treatment with a 20 minute steam and have 2 cold showers in between the steam sessions to get your circulation going. The benefits of steams are – clearing congestion, improving circulation, lowering blood pressure, opening pores and clearing the skin from pollution, helping rejuvenate the skin as new cells develop, promote relaxation and in general give you a sense of well-being. After your steam, you will enjoy a 60 minute Lymphatic Massage releasing more toxins from your body. Make sure to have lots of water after the massage to flush out any released toxins. Your treatment ends with a face cleanse, tone and your therapist will massage your face with quartz stones (Gua Sha) to release tension in your face, relax your facial expression, stimulate circulation and release the built up toxins. You will leave the treatment feeling 100% more energetic!

# SLIMMING AND TONING BODY TREATMENTS

READY

OR NOT  
*here you glow*

## G5 BODY CONTOURING ANTI CELLULITE TREATMENT

**Kshs 3500 • 30 Mins** | The G5 massager is a massaging piece of equipment with the ability to be used in a variety of applications that works on breaking down fatty deposits, cellulite and dispersing this with excess fluid through the lymphatic areas. This process allows an instant inch loss and a detox effect, as well as improvement in skin elasticity, collagen flow and blood circulation. After a G5 session your skin texture and appearance will be much smoother.

For best results we recommend G5 as a pre-treatment for any of the other body treatments. For best result, 10 sessions are recommended and if you buy 10 in one go, you will get one session for free.

## G5 COMBINED WITH DEEP TISSUE MASSAGE

**Kshs 9000 • 90 Mins**

## TOTAL BODY SLIMMING & DETOX TREATMENT

**Kshs 10000 • 115 mins** | Not suitable for pregnant clients. Rich with amino acids and vitamins, the anti-cellulite Mint To Be Wrap helps improve your skin's hydration levels. It also stimulates your metabolism to fight fatty deposits and cellulite and works as a great slimming and shaping treatment. This wrap is magic! After 20 mins shedding those toxins, enjoy a hot shower and steam session in our steam room. Finally, you'll revel in a 60-minute lymphatic massage to drain the lymphatic system and relax your muscles. You will notice that any water retention has disappeared, and you won't feel bloated. Make sure to drink lots of water for a few days afterwards to flush out more toxins.

## BYE BYE CELLULITE

**Kshs 8000 • 90 mins** | Our new rejuvenating and super stimulating full body treatment. Start off with a full body coffee scrub. Arabica coffee is a great natural exfoliator – to gently buff away dead skin cells and have a healthy looking skin. The caffeine found in Arabica coffee helps to tighten the skin and reduce the appearance of cellulite. It also helps fight signs of premature aging. You should notice a difference straight away. We certainly have, when tried and tested. We will then continue with a deep tissue massage using an anti-cellulite gel to further stimulate the cells and flush away any toxins. This package will leave you feeling all radiant, light and clean. A wonderful package worth every shilling.



BE you  
TIFUL

# MASSAGES

*There's nothing a massage can't fix*

## DEEP TISSUE BAMBOO FUSION

– The ultimate Deep Tissue Massage [it goes deep]

**Kshs 7000 • 75 mins** | A seriously deep (and we mean deep) tissue and stress-relieving treatment. Skillful movements performed with the hands and differently sized wooden sticks help to stretch tight muscles and ease toxic overload.

## ART OF AROMA

**Kshs 5500 • 60 mins** | **Kshs 7500 • 90 mins** | You know how you can heal your body? RELAX! Relaxation is best achieved through breathing properly. By using a range of aromatic plant extracts and essential oils, each with its own properties to calm, energise, cleanse or de-congest, this treatment can release anxiety and stress and induce relaxation.

## TRULY, MADLY, DEEPLY

**Kshs 6000 • 60 mins** | **Kshs 8500 • 90 mins** | **Kshs 10500 • 120 mins** | There are some horrible side effects of using computers all day, chronic neck pain is just one of them! Deep tissue therapy releases chronic muscle tension by focusing on the deepest layers of muscle tissue. The massage movement is slower and the pressure deeper than with a relaxation massage. The result? Reduced toxins, reduced stress, increased circulation and reduced pain. To make it a little more therapeutic, please request for Tiger Balm when you make the booking and the therapist will apply it where required.

## THE SERENITY MESSAGE – Our signature massage

**Kshs 7500 • 90 mins** | A Sacred, Spiritual & Uplifting massage – so unique and special. This massage focuses on your tired and aching muscles and looks to release energy blockages in your chakras to clear your emotional aches as well. Amethyst crystals are placed on your energy centres to release them, while the rest of your body is gently heated using the rose quartz crystals and your muscles are steadily massaged. We promise, you will feel more relaxed, more balanced and just amazing and you will most likely be able to sleep better again.

## LYMPHATIC MASSAGE – Flush out toxins

**Kshs 6500 • 60 mins** | **Kshs 8500 • 90 mins** | Our therapists, who are trained in lymphatic drainage, will massage your body to release built up fluids and wastage. The lymphatic system is part of our vascular system and plays an important role in our immune system. This special massage is perfect if you feel ready for a “clean up” and in need of an immune boost. We recommend having a couple of lymphatic massages to really feel the benefits.

## THE HOLISTIC MESSAGE – Relaxing Full Body Massage

**Kshs 5000 • 60 mins** | **Kshs 7000 • 90 mins** | This massage takes into account not just your physical body, but your emotional and spiritual wellbeing. Allow your body to relax under our touch and let us work our magic.

## SERENITY SPORTS MASSAGE

**Kshs 8500 • 90 mins** | Ideal for the athlete in you... Discuss your achy areas with the therapist and let them alleviate tension caused by all that exercise. Reduce lactic acid build-up, increase your circulation, reduce recovery time in between training, increase your flexibility and prevent injury – so you can train even harder next time! Ideal after marathons.

**Buy 5 get 1 free** offer on this massage (contact us for details).

## HOT! HOT! HOT!

**Kshs 7000 • 70 mins** | **Kshs 8500 • 90 mins** | Smooth basalt stones are bathed in warm water and anointed with fragrant oils then placed on your body's key energy points. After warming your body with some traditional Swedish massage techniques, your massage therapist will use the stones as an extension of their hands to massage your muscles. Try and stay awake!

## BACK MASSAGE

**Kshs 3500 • 30 mins** | **Kshs 5000 • 60 mins** | Bad back = bad life! Come and see us and put the world to rights with a quick 30 minute back massage.

## DE-STRESS / RE-FRESH

**Kshs 4000 • 60 mins** | A little treat sometimes goes a long way. Enjoy a 30 minute head, neck and shoulder massage which we can offer in our relaxation area, our nail area or garden – weather permitting. De-stress and refresh further with a 30 minute reflexology, all wrapped up in a cosy blanket and a hot water bottle. Feel those stress levels sink and leave feeling more energetic.

## HEAD, NECK, SHOULDER

**Kshs 3500 • 45 mins** | **Kshs 1800 • 25 mins** | Pop into Serenity Spa for a quick head, neck and shoulder massage to set you back on track for the rest of your day. It's such a wonderful quick fix for anyone who feels tight around the head, neck and shoulders. A real game changer when you don't carry the whole world on your shoulders any more.

## BACK HOT! HOT! HOT! MESSAGE

**Kshs 5500 • 60 mins** | This is the ultimate back massage which will release tensions even faster and better. Feel back on track with this fabulous quick fix.

## FOOTLOOSE

**Kshs 1500 • 20 mins** | A quick treat to revive tired and aching feet. Using practised massage techniques, our foot massage is guaranteed to relieve overworked feet, so you can walk on clouds again!

## SOLE THERAPY (REFLEXOLOGY)

**Kshs 5000 • 60 mins** | **or the Reflex Express Kshs 2500 • 30 mins** | Socrates once said “When our feet hurt, we hurt all over”. Reflexology is based on the principle that there are reflexes in our feet that correspond to every gland, organ and part of the body. The nerve endings in the feet are stimulated to balance energy, promote healing and increase circulation. Reflexology can release blockages, helping your body to eliminate toxins and waste. Perfect for a quick fix at any time of the day...

# COUPLES WHO *Spa together - Stick together*

Treatment prices are for two people. The packages are highly discounted. All couples packages can be booked at half price for an individual.

## **ZEUS & HERA FOR TWO PAX**

(Available in Gigiri, Karen & Tigoni)

– Jacuzzi, Squeeze the day scrub, Swedish Massage

**Kshs 20000 • 140 mins** | The couple that spa's together, stays together. Scrub off all the stress with one of our lovely smelling Squeeze the Day Scrub cleaning your skin and make it glow. After showering off your scrub enjoy a 30 minute soak session together in our Jacuzzi with a glass of white wine each. Chat, lean back and just start relaxing together. Your treatment ends with a 60 minute relaxing full body massage. What a way to bond and re-connect.

## **EROS – HOT! HOT! HOT! FOR TWO PAX**

– Reboot Scrub, Steam, Hot Stone Massage

**Kshs 24000 • 150 mins** | Start with a full body exfoliation, using our Reboot Scrub and enjoy a 'steamy' session in the steam room. Smooth basalt stones are bathed in warm water and anointed with fragrant oils before we start with the Hot Stone Massage. The stones are placed upon your body's key energy points, and this direct, deeply penetrating heat is used to massage the body, creating complete and total relaxation.

## **MARS & VENUS FOR TWO** – Deep Tissue Massage

**Kshs 11000 • 60 mins** | **Kshs 16000 • 90 mins** | Commanding the goddess of love, treat you and your special someone to a sensual deep tissue massage.

## **EROS FOR TWO**

– Reboot Scrub, Steam, Deep Tissue Massage

**Kshs 19000 • 120 mins** | A package recommended by Cupid himself, to bring back the love in your relationship. Scrub away your issues with a full body exfoliation using our Reboot Body Scrub. Steam way the stress and Enjoy a 60 minute deep tissue massage and spend some time together in our relaxation area or garden afterwards.

## **THE GLOW** – Steam, Deep Tissue Massage

**Kshs 14000 • 90 mins** | **Kshs 19000 • 120 mins** | Get straight into a 30 minutes 'steamy' session in our steam room together then move onto the Deep Tissue Massage to put the magic back in your relationship. This massage takes into account not just your physical body, but also your emotional and spiritual well-being. You will both feel very happy and relaxed afterwards.

## **A MUD AFFAIR**

– Tropical Scrub, Wrap, Steam, Deep Tissue Massage

**Kshs 21000 • 160 mins** | You will get scrubbed with a Tropical Salt Scrub, you will be wrapped with the Mood Magic Body Wrap, you will get messy, you will steam, you will relax and you will have an overall amazing, healing, nourishing, relaxing and special time. We have included a 60 minute Deep Tissue Massage. It's about feeling good together but also looking good together. Enjoy!



# HALF & FULL DAY PACKAGES

## IT'S MINT TO BE

– Body Wrap, Steam, Sauna, Cold Plunge, Massage

**Kshs 14000 PP • 180 mins**

Start with a Mint To Be Body Wrap from Jani, packed with the herby and earthy goodness of Rosemary & Lavender. Calming and yet uplifting, leaving your skin silky smooth. Lie back and enjoy a 20-minute steam to speed up the exfoliating process, and decongest clogged-up pores and airways. Once unwrapped and relaxed, pop back into the sauna for another 30 minutes, dipping in an out of the ice bath to boost your blood circulation and feel toxin-free. The treatment ends with a gorgeously holistic 90-minute full body massage which works on your emotional and spiritual well-being whilst relaxing your whole being. Back to life!

## EXPERIENCE THE MAGIC

– Body Wrap, Sauna, Cold Plunge, Massage

**Kshs 11500 PP • 130 mins**

You'll be enchanted by our Neroli & Rose Geranium Mood Magic scrub. Exfoliate the toxins away the fruity, citrusy way, and be ready to get up and glow. Our next trick is a 30-minute session in the sauna, with circulation-boosting jumps into the ice-bath, to really up your energy. Continue the magic with a 60-minute Holistic Massage, to get those chakras aligned and leave you feeling both relaxed and energised. If you feel extra tense and knotty, please ask your therapist for the Deep Tissue Massage instead, at an additional cost of Kshs 1000. Whatever your mood as you travel through the adventures of life, a touch of magic is mandatory.

## COUPLES TRIPLE

– Steam, Sauna, Cold Plunge and Massage for two

**Kshs 9500 PP • 120 mins**

Triple your couples experience by enjoying a 45-minute steam, sauna and ice bath combo. Steam and dream away the toxins, and boost your circulation and happy hormones with an ice-kick. Complete your couples treatment with a 60-minute Holistic Massage, or Deep Tissue Massage for an additional KShs 1000.

## WHOLE-DAY HOLIDAY

– Body Scrub, Body Wrap, Steam Bath, Sauna, Cold Plunge, Massage, Facial, Mani, Pedi

**Kshs 27500 PP • 400 mins**

The Ultimate Spa Day. This is a day you'll look forward to so eagerly that its positive effects will begin before you even arrive at Serenity. Walk into our premises, knowing that it's yours for a good, long time.

Begin your experience with our new Jani Pina Colada Body Scrub – a 20-minute treatment designed to sluce dullness away, and induce that holiday feeling. Once you're feeling gorgeously exfoliated, a 20-minute anti-ageing and uplifting Sweet Orange and Bergamot Body Wrap will detoxify your skin, assisted by a session in the steam bath.

Now feeling toxin-free, go on to experience the energising effects of our 30-minute hot and cold therapy, to stimulate circulation, and help build your immune system. In this therapy, the sauna is set at maximum heat and the ice bath is ready for you to jump into, when you too reach maximum heat. This is repeated a few times, to really get the blood flowing.

After all of this invigorating rejuvenation, a relaxing 60-minute Art of Aroma massage is just what you need to send you into slumber-land. The next step of your indulgent treat(ment) is our famous anti-ageing facial. Finish your spa day with a Classic Manicure and Pedicure in our beautifully-appointed Nail Spa, with a cup of herbal tea and a refreshing plate of fruit.

This package accelerates your metabolism at a cellular level, re-mineralises the skin, fortifies the immune system, activates circulation and drains clogged lymph systems. This is the one you need to give your body and skin that all-round boost.

## TAKE YOUR PICK

**Kshs 2500 • 20 mins** | A fabulous add on to any treatments especially massages.

### *Pina colada*

escape to an island state of mind.

### *Mint to be*

refreshing & rejuvenating  
- peppermint & chia

### *Dawnthyme*

sensational & uplifting  
- thyme & bergamot

### *Squeeze the day*

fresh & invigorating  
- coffee, sweet orange  
& rose geranium

### *Reboot*

calm & exhilarating  
- lavender & lemongrass

### *Mood Magic*

stress less  
- neroli & rose geranium



SCRUB BAR

# THE GENTLE(MEN)'S TREATMENT

*Take time for himself*

These packages are specifically designed for men, however you are welcome to enjoy any of our treatments.

## WAKE UP AND FEEL ALIVE!

– Mint Scrub, Steam, Deep Tissue Massage

**Kshs 9500 • 120 mins** | With our stimulating and refreshing Mint To Be Salt Scrub Peppermint can do wonders for our bodies. Awaken your body and mind with this stimulating body scrub. This is a perfect product for men, a great pick me up, so refreshing and cleansing. Enjoy a 20 minute in the steam followed by a 60 mins deep tissue massage to ensure your experience is nothing else but total bliss.

## TITAN FACIAL

**Kshs 7000 • 60 mins** | For the real men out there. A deep-cleanse Essential facial designed especially for men. As the Titans were responsible for time, let us turn it back with this facial. Our nourishing face mask will work wonders making your skin smooth, more stubble free and clean.

## THE ALPHA PACKAGE – Deep Tissue Massage, Facial

**Kshs 12500 • 140 mins** | Alpha-Males sign up here. Let go, for once, with this package. Enjoy a 60 minute deep tissue, full body massage and a Titan Facial to ensure you feel and look relaxed. Then go back to being in command.

## ALL ABOUT YOUR FEET

– Foot Scrub, Pedicure, Foot Massage

**Kshs 3500 • 70 mins** | Everyone should have good looking feet! Enjoy a pedicure where your nails are being trimmed, cleaned and your soles are being scrubbed. A pedicure is the first step to a good self-care routine. We have included a relaxing foot and calves' massage to release some tension and make you feel more relaxed.

## BARBER

Men's shave | **Kshs 1200 • 30 mins**

Men's cut | **Kshs 1500 • 30 mins**

Beard dry shave | **Kshs 700 • 30 mins**

## DEEP CLEAN MANICURE – Varnish Free

**Kshs 1600 • 35 mins**

## DEEP CLEAN PEDICURE – Varnish Free

**Kshs 1800 • 45 mins**



# HAIR SALON TREATMENTS

*Happiness is a good hair day*

## COLOURS

– Inclusive of wash and blow!

	SHORT	MEDIUM	LONG
Ombre / Balayage	9,000	11,000	13,000
Tint Roots	7,000	8,000	9,500
Full head colour	8,500	10,000	11,500
Multi colour	10,500	12,500	14,500
Hairline Tint	5,000	6,500	8,000
Men's Tint	5,000	-	-

## HIGHLIGHTS / LOWLIGHTS

– Haircut add on Kshs 2,000

Half Head	8,500	9,500	11,500
Full Head	10,000	12,500	14,500

## CHEMICAL PROCESSES

Keratin Smoothing (blow dry excluded)  
(additional 3500 kshs for extra thick hair)

Perm / Winding	7,000	9,000	11,500
Curly Perm	5,500	7,500	9,500

## RETOUCH

Full head / Fresh / Virgin hair	7,500	8,500	9,500
Retouch	5,500	6,500	7,500
Texturizing	4,500	5,500	6,500

## CONDITIONING TREATMENTS

(Add a conditioning treatment on to any  
colour treatment @Ksh 2,000)

Color, Moisture, Protein	5,500	6,500	7,500
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## HAIR CUTS

– Ladies (inclusive wash and blow)

Lady Cut	3,500	4,500	5,500
Fringe Cut	500	-	-
Lady Cut Only (no blow dry)	2,000	3,000	3,500

## STYLING

Flat Iron	1,000	1,800	2,500
Wash & Blow dry	1,500	2,000	2,500
Wash & Set	1,500	-	2,000

## LOCS

Fresh dreadlocks	10,000	-	12,000
Dreadlocks	4,000	6,000	8,000



# NAIL SPA

## JESSICA CLASSIC NAILS

**MANICURE Kshs 1950 • 50 mins** | For the client 'On-The-Go'. Reshape your nails, clean up your cuticles and soften your hands with a moisture rich massage. Finish with a fresh coat of nail polish.  
**PEDICURE Kshs 2150 • 60 mins** | A classic shape, soak and hydrate. Want to do it the French way? Just add another Kshs 250 to the Classic treatment.

## SERENITY SPA MANICURE

**Kshs 3250 • 70 mins** | Taking care of over-exposed, over-worked and overly dry hands. Our mani-scrub and Mood Magic mask not only smells good but will help to rid you of your tired, dead skin and moisturise your digits back to health. An extra 20 minutes of hand and arm massage is included.

## SERENITY SPA PEDICURE

**Kshs 3750 • 80 mins** | Taking care of tired, dry feet, our pedi-scrub and Mood Magic mask not only smells good but will help to rid you of your tired, dead skin and moisturise your tootsies back to health. An extra 20 minutes of leg massage is included.

## PARAFFIN WAX

**Manicure Kshs 2750 • 60 mins | Pedicure Kshs 2950 • 70 mins** | When you're hands and feet have been severely neglected, this is the way to go. The entire hand/foot is dipped in oily paraffin wax before the nails are polished, in order to seal in softness and moisture. The wax is left on the skin for some time; when it is removed your skin will feel silky soft, refreshed and revitalised.

## CND SHELLAC

On the nail polish menu is Shellac, an 'innovation in chip-free, extended-wear colour', which goes on like polish and wears like gel. Start with Shellac Base Coat which provides the foundation for the Shellac system. Next, choose your Shellac Colour Coat, followed by the Shellac Top Coat which seals the deal with a mirror-like finish. The CND UV Lamp is used to set the layers immediately and create the scratch-resistant, high-shine finish that Shellac is known for. Shellac contains no nasty chemicals and lasts for 14+ days.

PEDICURE	<b>Kshs 3950 • 75 mins</b>
MANICURE	<b>Kshs 3450 • 60 mins</b>
FRENCH PEDICURE	<b>Kshs 4200 • 75 mins</b>
FRENCH MANICURE	<b>Kshs 3700 • 60 mins</b>
SOAK OFFS	<b>Kshs 700</b> (normal polish) <b>Kshs 1200</b> (Acrylic)
RE-VARNISH	<b>Kshs 3100</b>

## ADVANCED NAIL TECHNIQUES

(Inclusive of shellac polish)

Basic Acrylic	<b>Kshs 8000</b>
Acrylic infills	<b>Kshs 7000</b>
Gel Overlays on Natural nails	<b>Kshs 7500</b>
Gel Overlays on Natural Nails infill	<b>Kshs 6500</b>
Gum Gel Nails	<b>Kshs 6500</b>
Gum Gel Infill	<b>Kshs 5000</b>
Ombre Nails Shellac	<b>Kshs 4500</b>
Ombre Nails Stick Ons	<b>Kshs 7500</b>
Ombre Nails Acrylics	<b>Kshs 9500</b>

## NAIL ART Kshs 200 per nail



AN IDEAL GIFT FOR ANY OCCASION, ALL OUR TREATMENTS CAN BE GIFTED. AND WHY NOT COMBINE THEM WITH SOMETHING SPECIAL FROM OUR WIDE SELECTION OF BEAUTY PRODUCTS? AVAILABLE ONLINE



# GROOMING

*Get ready to polish*

## WAXING

### COLD WAX

- Full Leg |
- 3/4 Leg |
- 1/2 Leg |
- Thigh |
- Bikini |
- Brazilian Full |
- Brazilian Excluding G String |
- Mini Brazilian |
- Under Arm |
- Full Arm |
- 1/2 Arm |
- Full Face Wax |
- Lip Wax |
- Chin Wax |
- Eyebrow Wax |
- Back (Male) |
- Back (Female) |
- Chest (M) |
- Stomach |

(Kshs)

### Wax Strips

- Kshs 5000**
- Kshs 4000**
- Kshs 3000**
- Kshs 3200**
- Kshs 3000**
- Kshs 5200**
- Kshs 4700**
- Kshs 3700**
- Kshs 2000**
- Kshs 2700**
- Kshs 2200**
- Kshs 2700**
- Kshs 850**
- Kshs 950**
- Kshs 1200**
- Kshs 5200**
- Kshs 3200**
- Kshs 3700**
- Kshs 2700**

### HOT WAX

- Bikini |
- Brazilian |
- Mini Brazilian |
- Brazilian excluding G String |
- Underarm |
- Full Face Wax |
- Eyebrow |
- Lip Wax |
- Chin Wax |

**\*We highly recommend hot wax for sensitive areas, as it is more gentle.**

### THREADING & TWEEZING

- Threading Eyebrow |
- Eyebrow Shaping With Tweezers |

### EYELASH & BROWS

- Eyelash Tint |
- Eyebrow Tint |
- Eyelash & Brow |
- Flawless Eyelash Extensions "Flutter"  
(Approx 90 Mins) |
- Eyelash Infill (30 Mins) |

(Kshs)

### No Wax Strips

- Kshs 3200**
- Kshs 5700**
- Kshs 4200**
- Kshs 5200**
- Kshs 2200**
- Kshs 3700**
- Kshs 1500**
- Kshs 950**
- Kshs 1050**

**Kshs 400**

**Kshs 400**

**Kshs 1500**

**Kshs 1400**

**Kshs 2700**

**Kshs 6500**

**Kshs 5000**





NATURALLY KENYAN

INTRODUCING THE NEW RANGES OF  
JANI BEAUTY

Skincare

HIGH QUALITY COSMETIC PRODUCTS FOR EVERYONE

ESSENTIAL

NORMAL | DRY SKIN

Designed for Normal to Dry skin, Jani's Essential Skincare Range offers a foam wash, toner, face serum and face cream, your all round daily skincare taken care of. Shea Butter, Aloe Vera and Cucumber Juice are the key ingredients for hydrating your skin together with our very own African product, Kigelia Africana to restore skin firmness and elasticity. Jani's Face Serum includes Hyaluronic Acid for anti aging as well as natural Essential Oils (Rose Hip, Avocado), giving you a full set of face care products for daily use that will moisturise, tone, protect and keep down inflammation.

BALANCE

OILY | COMBINATION SKIN

Similar to our other ranges which are at least 85% natural, our Balance Range is designed for Oily to Combination skin, the range includes ingredients to balance and extract the oil from your skin, leaving it fresh and healthy. Rice Starch helps absorb the oil in the skin, Hyaluronic Acid helps in anti-ageing, Chamomile Water reduces inflammation & Cucumber Juice hydrates the skin. Balance's toner and foam wash both use tea tree oil (we are in Kenya after all) which reduces inflammation, is antimicrobial and reduces inflammation caused by Acne.

RESTORE

NORMAL | MATURE SKIN

Using Rose Water as the aqueous base in all products within the Restore Range, Restore is designed for Normal to Mature skin. Rose water is known to help skin by balancing, reducing inflammation, hydrating and it will leave skin looking smoother and more healthy. The full range includes a foam wash, toner, face serum, eye cream, face cream as well as a hydrating face and a rose clay mask. The combination of the high quality ingredients in these products gives you all round cleansing, anti-inflammatory, balancing and hydrating, leaving your skin looking amazing.

WWW.JANIBEAUTY.CO.KE

# DETOX & WELLNESS

*Nourish to flourish*

## ONCE A WEEK SELF-LOVE

**Kshs 9000 per day** | This package is for everyone who wants to treat their body to love and care on a long-term basis. Collect or we deliver your detox juices and soup for the day and enjoy a 60 minute relaxing Aromatherapy massage in our spa any time on the day that you detox. Relaxation is best achieved through breathing properly and therefore we have also included a 20 minute steam session. By using a range of aromatic plant extracts and essential oils, each with its own properties to calm, energise, cleanse or decongest, this treatment can release anxiety and stress and induce relaxation. Just imagine you do this for the rest of your life... so many benefits!

## THE 3 DAY JUMP START DETOX PROGRAM

**Kshs 15500** | The program entails a different smoothie for each day combined with daily turmeric and ginger shots. The smoothies are extremely filling and full of power nutrients. The detox is designed to reboot your sluggish system back into a "well oiled" super machine giving you back the energy you need to live a happy and contented life. On your last day of the detox book yourself in for a 60 minute lymphatic massage plus a 20 minute steam session to round off your detox in style. Your body and mind are going to feel like new and you might have even lost a kilo or two. And because we feel you deserve more, you will be entitled to a 15% discount on any other massage during your 3 day detox course.

## THE 5 DAY EFFECTIVE DETOX

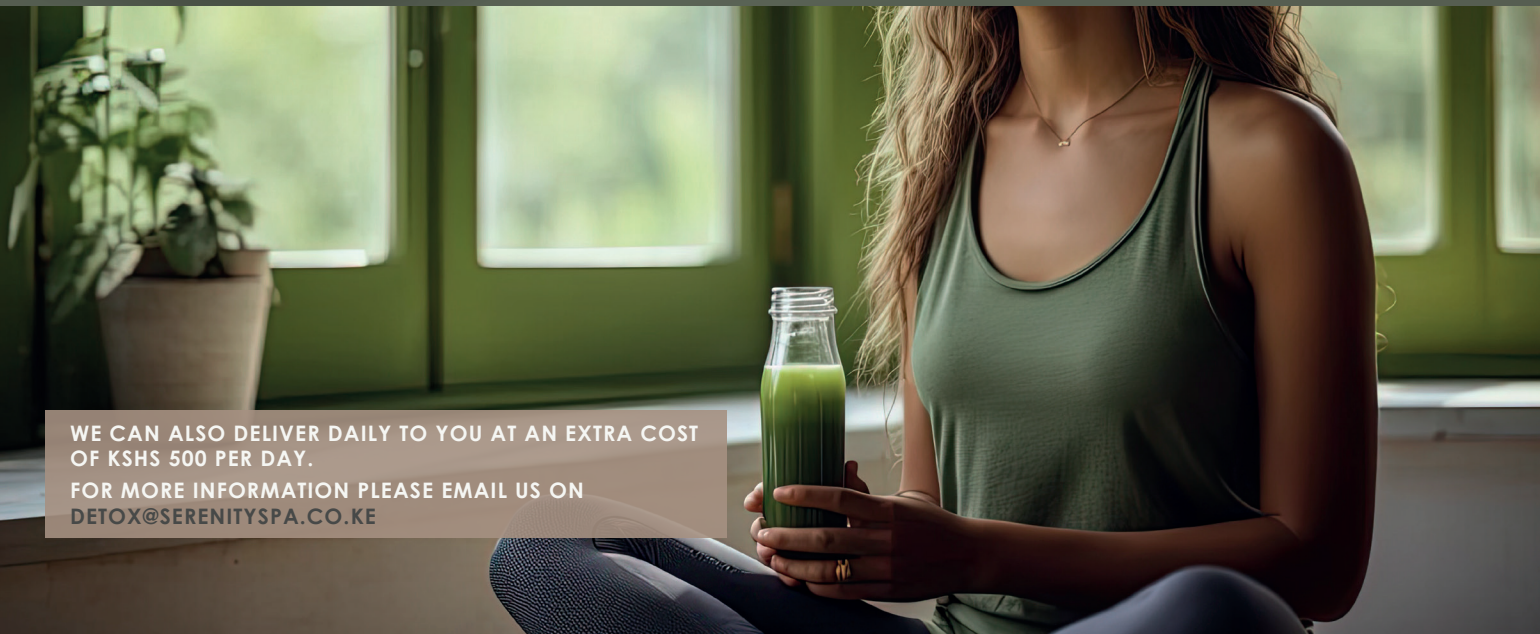
**Kshs 22000** | This is a perfect detox to do from Monday to Friday. Nice and gentle, you can enjoy a different smoothie each day all tailored to eliminate toxins and build a healthy gut, to revive a strong immune system. The meals are wonderfully planned, and you will not feel hungry. Toxins are flushed out and you will feel light and energetic after your 5 days of detoxing. Included in this package are 1 Aromatherapy massage and 2 steam sessions in our spa, to be enjoyed while you are doing the detox. To spoil you further, a 15% discount on any massage also applies if taken during your detox period. Go for walks, read books, meditate and if you can book some yoga sessions even if its online, they will add to your overall reset with our 5 day detox program. Clients have lost 1.5-2kgs with this program and your energy levels are back to normal if not better than even before.

## THE 7 DAY FULL REPAIR DETOX

**Kshs 30000** | Every day you will receive a delicious smoothie to cover your breakfast and lunch plus every day, the smoothies will taste different. Your soup for dinner will be nourishing and to make sure you are extra pleased with your detox, you will have something to chew on every day! You will have daily Turmeric and Ginger shots to boost your immune system even further. We will slowly re-introduce some solid meals on the last few days of your 7 day detox journey. You can find more details on the meals from our website (Serenity Spa Detox Program). In this program we have incorporated 1 Lymphatic massage, 3 steam sessions and an additional 15% discount on any other body treatments enjoyed during your detox week. Go for long evening walks, tune out from social media, read books and just focus on yourself. Yoga, meditation and swimming are just perfect additions to this program. Our clients have lost on average 3 kilos in that one week.

WE CAN ALSO DELIVER DAILY TO YOU AT AN EXTRA COST OF KSHS 500 PER DAY.

FOR MORE INFORMATION PLEASE EMAIL US ON  
DETOX@SERENITYSPA.CO.KE



Do something  
**FOR** you

AVAILABLE

*Serenity Coffee*

DELICIOUS COFFEE, TEAS, SMOOTHIES, FRESH  
JUICES, QUICHES, CAKES, DETOX SMOOTHIES  
AND JUICES



*Cafe Menu*

"Pure peace, quiet and relaxation."

"Utmost serenity indeed..."

"Warm and wonderful service from a stunning and sophisticated spa"

Read our clients' full reviews on [www.tripadvisor.com](http://www.tripadvisor.com)

**SPA HOURS OF OPERATION:**  
MONDAY - SATURDAY (INCL. PUBLIC HOLIDAYS): 9AM-9PM  
SUNDAY: 10AM-8PM

**BOOK GIGIRI:**

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