



Serenity
spa

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Introduction and Philosophy

Serene relaxation for the body and mind and soul takes place in our four over-water treatment suites and Yoga pavilion, which offers inspiring views of the ocean and sky.

Our holistic treatment menu incorporates the healing powers of plants combined with entrancing healing traditions using local herbs. The emphasis is placed on therapeutic and natural spa therapies using products by Elemis, Ila, TheraNaka and Coola.

A person with dark hair is lying on their back on a white surface, possibly a massage table. Their back is exposed, and four smooth, pink, oval-shaped stones are placed along the spine. The person's head is turned to the right, and their arms are resting at their sides. The background is a soft, out-of-focus light blue and white.

Serenity Spa Ceremonies

*Experience the secret of
relaxation for mind, body and soul*

Couples Connect

Reconnection, Love, Happiness

Designed for couples to experience. Together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional and spiritual level. Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils-rose, orange blossom and jasmine. Chakra healing and the pouring of warm oil over the third eye encourages beautiful union of body, mind and soul.

- 30 min Himalayan salt body scrub,
- 30 min Kundalini back massage
- 30 min Ananda facial
- 30 min Warm oil pouring over the third eye chakra into the hair

by Ila 120 min | \$675++ per couple

Romantic Couples Spa Retreat

Romantic, Love, Deep Relaxation

For a romance-loving couple to explore the far depth of utter relaxation together by immersing in this ceremony designed to ease away all tensions, leaving both relaxed, refreshed and rejuvenated.

- 30 min Tropical coconut salt scrub
- 30 min Steam and bath with fruit and bubbles
- 60 min Elemis deep tissue massage
- 30 min Elemis booster facial

by Elemis 150 min | \$725++ per couple

Masculine Recharge

Energy recovery, Nutrient Dense, Grounding

This strengthening therapy uses adaptogenic ingredients in a targeted scrub and abdomen wrap to keep adrenal function at optimum levels and protect us from daily stress and chronic fatigue. Naturopathic-warmed adrenal packs direct the healing benefits of vetivert, pine, cedarwood, ashwagandha and pfaffia where they are needed. Deep rest then follows, courtesy of a balancing Ku Nye massage.

- 30 min Adreno balance body scrub
- Rain shower
- 30 min Application of adrenal herbal pack
- 60 min Ku Nye massage & warm herbal poultices.

by Ila 120 min | \$345++

Feminine Spirit

Joyful, Energising, Rebalancing

This heavenly experience uses flowing lymphatic massage, marmatherapy, and kidney packs to awaken the feminine spirit and rejuvenate the kidneys and reproductive energies. Herbs are renowned for supporting women's emotional wellbeing combine with a body renewal, soothing massage, kidney packs and uplifting oils of rose damascene and sandalwood to nurture the feminine spirit and life-giving energy.

- 30 min Awakening experience body scrub
- Rain shower
- 30 min Application of kidney herbal pack
- 60 min Ila advanced lymphatic full-body massage, sacral chakra balancing, and warm herbal poultices

by Ila 120 min | \$345++

Submerge Your Senses

Tension Release, Rejuvenating

Perfect for an “in-between activity escape” where you can ease into a muscle-releasing bath by Elemis while rehydrating with fresh fruit juice and some locally roasted coconut slices. A full-body dry brushing experience increases lymphatic circulation and prepares the skin for a full-body intuitive massage by your therapist.

- 30 min Musclease bath with refreshing fruit juice and roasted coconut slices
- 30 min Gentle full body brushing
- 90 min Relaxing full body intuitive massage

by Elemis 150 min | \$345++

Clarifying Body & Senses

Cleansing & Detoxifying

Ayurvedic-inspired ceremonies were created for the individual who feels somewhat rundown and is in need of a treatment designed to re-energise and uplift by ridding the body of excessive toxin buildup. Started with a synchronised abhyanga massage, followed by Shirodhara pouring steady amounts of warm herbal oil on the third eye on the forehead for an exceptional journey towards enlightenment.

- 60 min Abhyanga massage
- 30 min Shirodhara
- 30 min Detoxifying steam bath and shower
- Refreshment with a detox drink

120 Min | \$425++

Serenity Under the Stars

Tension Release, Rejuvenating

Experience a serene treatment under thousands of stars and the calming sound of the sea to relax your mind and body. The treatment will begin with relaxing the full body massage combination of east and western techniques to increase blood circulation and ease muscle tension, followed by face lifting massage and a collagen face mask excellent to boost collagen production in your skin, improve elasticity and leave your skin instantly nourished and radianced.

- 60 min Intuitive massage
- 15 min Lifting face massage
- 15 min Collagen face mask

Only Available at 20:30 if weather permit

90 min | \$495++





Massages

*Experience the secret of
relaxation for mind, body & soul*

Milaidhoo Signature Massage

Deep Relaxation, Positive Mood Enhancer

This relaxation ritual starts with a skillful combination of breathing techniques that will awaken your senses. Choices of aromatic shea butter placed on your body uplift the mood while aiding circulation and relaxation from the soothing warmth as the butter melts under your therapist's hands. Be elevated to a state of wellbeing through the gentle heat of Milaidhoo's beach sand compress, which calms the nervous system and restores the body's natural healing processes.

by TheraNaka 60 min | \$190 ++ / 90 min | \$240 ++

Warm Stone Massage

Deep Fatigue, Recovery, Deep Relaxation

Generously heated warm stones, bathed in Frangipani monoi body oil is worked deep into the belly of the muscles, releasing accumulated tension. The result is sparking vitality with the added bonus of intense hydrated skin.

by Elemis 60 min | \$190++ / 90 min | \$240++

Kundalini Back Massage

Soothing, Grounding, Realignment

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient Marma therapy and warm herbal poultices are massaged into the back of the body, while Sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance.

by Ila 60 min | \$195++

Classic Balinese Massage

Calming, Rejuvenating

A full-body, deep-tissue, holistic massage treatment. Balinese massage uses a combination of gentle stretching, acupressure and aromatherapy to bring senses of wellbeing, calm and deep relaxation.

60 min | \$185 ++ / 90 min | \$235++

Deep Therapeutic Massage

Muscular Fatigue, Joint Pain, Computer Shoulders

A firm, effective full-body massage with Shiatsu stretches along with rhythmic, hypnotic pressure points that work together to release deeply held patterns of tension and pacify your mind. The whole experience has been lovingly designed to be both remedial and relaxing, ideal for anyone needing a strong release of physical tension from the body.

by Ila 60 min | \$190 ++ / 90 min | \$240 ++

Tibetan Ku Nye Massage

Rejuvenating, Therapeutic medicine

This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils works together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes to the crown of the head.

by Ila 60 min | \$190 ++ / 90 min | \$240 ++

Classic Thai Massage

Tension Release, Flexibility, Energising

An ancient healing system combining technique of acupressure, the Ayurvedic principal and assisted yoga postures, this oil-free massage is guaranteed to energise and increase range of motion and revive. Pyjamas will be given to you at the spa, or you may choose to wear loose-fitting yoga clothing.

60 min | \$185 ++ / 90 min | \$235 ++

African Wood Massage

Rejuvenating, Nourishing

Mimicking the rhythmical pattern of an African dance, this signature massage blends light stretching technique and wooden implement to relax and restore your weary body. Being drizzled with warm olive oil and Shea butter balm will nourish and heal dry skin whilst experiencing ultimate relaxation and rejuvenation.

by TheraNaka 60 min | \$185 ++ / 90 min | \$235 ++

Detox Massage

Detoxifying, Fluid Retention

This treatment is designed to eliminate toxins from the body and aids in reducing fluid retention. Begin with gentle dry body brushing to boost lymphatic circulation followed by the fusion massage technique to stimulates the self-cleansing system of your body.

60 min | \$190++ / 90 min |240++

Abhyanga Massage

Tension Release, Flexibility, Energising

A synchronised four-handed massage performed by two therapists using the long stroke technique with warm medicated herbal ayurvedic oil acts as a powerful recharger for the body, followed by a detoxifying steam room experience.

75 min | \$265++

Peaceful Pregnancy

Calming, Nourishing

Mother to be is restored to optimum wellness with this intuitive and relaxing massage, which gently hydrates and nourishes expanding skin. Only nurturing aromatics imparted, along with wisdom, empathy and respect. Not suitable for the first trimester pregnancy.

by Elemis 60 min |\$185++ / 90 min |\$235++

Shirodhara

Restorative, calming, jet lag

Ancient Ayurvedic treatment of steadily pouring warm medicated oil on the forehead focusing on the third eye to improve blood circulation of the central nervous system. This restorative treatment is designed to lower stress level, improve focus and be wonderful to reset the daily routine after a long flight.

45 min | \$155++

Vigour Back Massage

Stiff Muscle, Computer Shoulder

A warm aroma blend infused with circulatory-boosting essential oils is coupled with deep tissue massage, relieving deep-seated back and shoulder tension all the way to the core of the muscle. A refreshing gel is applied, leaving you refreshed and invigorating.

by TheraNaka 30 min | \$125++ / 45 min \$155++

Oriental Foot Massage

Fluid Retention and Deep Relaxation

Using a combination of pressure points and deep thumb stroke to balance the energy flow throughout the entire body. Instant refreshing gel to apply to reduce tension and fluid retention, leaves your feet light, and refresh.

60 min | \$175 ++

Nourishing Hair Treatment

Rehydrating, Nourishing, Repairing

Excellent treatment that is designed for nourishing and repairing dry and damaged hair after continued exposure to saltwater. The keratin-rich, nourishing milk is applied to the scalp and hair with massage movements, followed by a hair cocoon to increase the absorption of the product, which helps to rehydrate and improve hair elasticity and leave your hair soft and smooth.

By Elemis 45 min | 125 ++



Facial

Give your skin a little love

ILA Glowing Radiance

Soothing, Hydrating, Skin luminosity

This divine therapy begins with an aloe vera and pomegranate cleanse, and a gentle blackcurrant and honey exfoliation on the face, followed by powerful Damascena rose otto and sandalwood oils to stimulate energy to skin cells. Specialised massage techniques restore natural luminance, while a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

60 min | \$175++

ILA Gold Cellular Age Restore

Advanced Anti Ageing, Hydrating, Repairing

Three types of naturally occurring gold and the rarest of Frankincense from the Gardens of Ethiopia are delivered into the skin using cleansing and healing massage techniques. Ila's unique BosTriWell® and hyaluronic extract, combined with sonic wave therapy, instantly increase collagen levels and reduce cell inflammation. The skin is reprogrammed and rejuvenated.

90 min | \$245++

ELEMIS Pro-Collagen Age Defy

Anti Ageing, Hydrating, Rejuvenating

Diminish 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.


75 min | \$195++

ELEMIS Skin Energiser for Men

Deep Cleansing, Anti Ageing, Hydrating

The hard-working facial is for ageing. Dehydrated skin and tired eyes. It maximises cell regeneration as well as steam and extraction decongest. Multi-dynamical facial massage sequences boost circulation, while scalp and foot massage deeply relax.

75 min | \$195++

A woman with dark hair tied in a bun with a white flower is lying on her back on a massage table. A therapist's hands are applying a thick, pinkish-red cream to her back. The woman has a serene expression. In the foreground, a wooden tray holds three small white bowls containing different types of massage products: a yellowish cream, the pinkish-red cream, and a white cream with black specks. A white flower is placed on the tray next to the bowls. The background is a light-colored wooden floor.

Body Indulgence

Elemis Cellulite Reduction Treatment

Cellulite, Firming, Detoxifying

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

- Gentle full-body brushing
- Detoxifying Stream Room Experience
- Cellulite-targeted massage
- Anti-Cellulite Serum and Mask Application
- Indian Head and Shoulder Massage
- Cellulite Treatment Serum Application

By Elemis 75 min | \$235++

Nectar Body Wrap

Nourishing, Rehydrating, invigorating

This nutrient-rich detox wrap provides super skin health and powerful detoxification with deeply nourishing green tea balm. It helps to stimulate the elimination process and restore soulful equilibrium, leaving you feeling completely reinvigorating.

- Detoxifying Full Body Scrub
- Detoxifying Steam Room Experience
- Detox Oil Application Wrap
- Relaxing and Toning Facial Massage
- Indian Head and Shoulder Massage

By Elemis 75 min | \$235++

Pearl & Jasmine Scrub With Amethyst Wrap

Dazzling, Reconnection, Restoring Nervous Systems

Amazing pearl and jasmine Himalayan salt Crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength. The ensuing Amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.

- 1la core full body renewal
- Gel wrap application
- Cranial hold or facial massage
- Shower and full body oil/cream application.

By 1la 90 min | \$245++

Bio Rhythms

Jet Lag, combats exhaustion

Powerful treatment aims to restore the body's natural biorhythms and support a detox or cleanse. An ionising energy scrub and mud wrap to charge and renew the body's bio-magnetic field; a head and face marma massage relaxes; a Kundalini back massage balances tension and relieves negativity. Together, they aid in the removal of waste and toxins, energise the skin, and restore the nervous system.

- 1la full-body renewal
- Face marma massage
- Mud wrap application and shower
- Kundalini back treatment

By 1la 90 min | \$245++

Coola Aloe After Sun Wrap

Soothing, calming, repairing

Save the skin you're in with this ultra-moisturising and deep-soothing full-body treatment that uses organic agave, bestowing natural moisture-binding mechanisms to protect and repair sun-damaged skin. It is a superior hydrating treatment and promotes collagen synthesis while offering UV protection

- Cooling shower
- Cooling and healing mask
- Cooling and soothing face treatment
- Relaxation Indian head massage

60 min | \$185++

Available on request:

Jetlag, combats exhaustion

- Customised full-body scrub

45 min | \$155++

- Customised full body wrap

45 min | \$155++

A close-up photograph of a person's bare back and shoulder. A hand is holding a small, ornate brass singing bowl with Tibetan script on its side, resting it on the person's upper back. Another hand is visible above, holding a mallet with a red handle, poised to strike the bowl. The background is a soft, out-of-focus white.

Chakra Balancing by Ila

MULADHARA

Muladhara, the root chakra, is located at the base of the spine. It anchors the spirit to the material world and the body to the earth. Muladhara is the root of our survival. It governs base instincts, mental stability and sensuality. It gives us the focus we need to succeed and the centering necessary to nurture ourselves and others. Balancing Muladhara calms the body and mind, creating a profound inner peace that helps us reach our full potential. Combining a foot wash, frankincense smoke, Tibetan singing bowls and a slow, deep massage with grounding vetiver, ginger, patchouli and jatamansi oils, this treatment induces a deep sense of stillness that will leave you feeling ready to take on the world.

120 Min | \$355++

SWADISTHANA

Swadhisthana, the sacral chakra, is located in the lower abdomen. It governs fertility, virility, self-worth, and creativity. It is also associated with emotional balance, desire and pleasure. This chakra helps us to let go and find a healthy balance in life. When it is functioning well, Swadhisthana brings enhanced emotional gratification, higher self-esteem, and free-flowing creative energy. Ideal for couples to experience together, this nurturing treatment combines a deep lymphatic scrub, Vichy shower, flowing massage and chakra warming with the nourishing oils of jasmine, patchouli, rose and sandalwood. Happiness is renewed, and the desire for life and love is reinvigorated.

120 Min | \$355++

MANIPURA

Manipura, the navel chakra, is located in the solar plexus. It is the centre of health and vitality, and governs the capacity to grow and develop. Connected to inner strength, sense of purpose, and self confidence. Manipura means beautiful, shining jewel in Sanskrit. When it is open and balanced, we shine from within. This elevating treatment floods the body with vital energy and inner warmth. An energising and detoxifying foot and body scrub, bio-energy mud wrap, and massage with vital energy oil restore inner radiance and positive feelings, renew strength and health, and leave the skin brilliantly lustrous.

120 Min | \$355++

ANAHATA

Anahata, the heart chakra, is located in the chest. It is the centre of unconditional love and governs compassion, forgiveness, generosity and well-being. Balancing this chakra is important for the circulatory system, heart and thymus. It also helps fend off disease and nurtures spiritual love and devotion. Healing the heart chakra can help free us from our limits and fears. This tender combination of foot wash, scrub, massage and heart work uses rose oil and warmed rose quartz to gently reconnect the body and mind to inner peace and stillness. Equilibrium is restored, leaving you feeling at one with yourself and those around you.

120 min | \$355++

VISHUDDHA

Vishuddha, the throat chakra, is located in the centre of the throat. It governs our communication and self-expression and is linked to creativity and honesty. It also encourages strong leadership. A strong throat chakra embodies the spirit of truth and intuition; when it is weak or low in energy, our thoughts become unstable, and our sleep patterns are disturbed. This treatment uses yoga, which uses healing sounds, smudge sticks and a highly specialised marma facial massage to balance Vishuddha. It enables us to acknowledge and express the truth in and around us, reconnects the mind to a positive flow, and encourages deep and restful sleep.

120 min | \$355++

AJNA

Ajna, the third-eye chakra, is located in the centre of the forehead. Responsible for physical sight and spiritual insight, it also deals with perception and intuition, imagination, concentration and peace of mind. Ajna is linked to the pituitary gland; when balanced, it has a harmonising effect on our emotional behaviour. The best way to unblock and balance Ajna is through meditation. This treatment uses yoga, breathing techniques, essential oils of sandalwood and jasmine, specialised marma and light-technique massage to balance the higher and lower selves. The mind feels light, clear and knowing, and a sense of peace and harmony pervades the whole body.

120 min | \$355++



SAHASRARA

Sahasrara, the crown chakra, is located at the top of the head. Symbolised by a lotus with 1,000 petals, it is the chakra of pure consciousness. Sahasrara represents liberation and inner wisdom, as the point of entry for celestial energy - is our connection to the cosmic universe. This enlightening and unifying treatment rejuvenates the nervous system through a sequence of foot, back, head, and toe massages that channel energy from the heart of the earth to the higher self. With seabuckthorn to regenerate life force and orange blossom and jasmine to attract cosmic light, this gentle yet powerful treatment leads to a state of consciousness. understanding.

120 min | \$355++



Nails & Beauty

TheraNaka Manicure

Indulge in an African-inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African-Earth fusion hand massage, including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated hands.

60 min | \$110++

Flawless Hand Retreat

Release tension from the hands and restore a noticeably younger, smoother appearance with this sublime combination of scrub, rose balm, marma massage and hydrating rose quartz gel mask.

By Ila 30 min | \$95++

TheraNaka Pedicure

Pamper tired feet and legs during a soothing spa pedicure, which includes exfoliation of rough skin, a customised nourishing African shea butter massage, and nail and cuticle attention. Choose a dazzling nail colour for your gorgeous new feet.

60 min | \$125++

Flawless Feet Retreat

A relaxing and energising treat for flawless feet, comprising an energizer and detoxifying scrub to smooth, a massage and foot mask to stimulate, and a vital energy cream to soften. Perfect for jetlag.

By Ila 30 min | \$95++

Available on request

Callous Softening Treatment for New Feet	45 min / \$75 ++
Express Manicure or Pedicure	30 min / \$ 60++ / 65++
Re-polish for hands and feet	30 min \$ 30++
Shellac Gel Polish Removal	30 min \$65++
Shellac Gel Nail Polish	30 min \$65++
Waxing	*starting from \$30++
Threading	*starting from \$30 ++
Lash and eyebrow tinting	*starting from 30++

A woman with dark hair tied back, adorned with a large red hibiscus flower, is relaxing in a white hot tub. She is leaning her head on her hand, looking out towards a bright, sunlit outdoor area. The background is softly blurred, showing a wooden deck and some greenery.

Add Ons

Add further bliss to your existing Spa journey with one or more of these wonderful touches

Brighter Eye Treatment	15min \$70++
Collagen Face Mask	15min \$70++
Toning facial massage	15min \$45++
Targeted Cellulite Massage	15min \$55 ++
Booster Facial	30 min \$85++
Nourishing hair treatment	30 min \$85++
Indian Head and Shoulder Massage	30 min \$85++
Shirodhara	30 min \$105++
Ila Vitality Wrap [Abdomen and Lower Back]	30 min \$85++
Ila Hormone Wrap [Abdomen and Lower Back]	30 min \$85++
Full-body wrap	30 min 105 ++
Full-body scrub	30 min 85++



Spa Etiquette

Opening Hours

Serenity Spa is open from 09.00 to 20.00.

Cancellation of a Reservation

A booking cancellation fee of 100% will be charged for all services cancelled or rescheduled within 4 hours or less of the appointment time.

When to Arrive

We invite you to arrive 15 minutes before your appointment in order to relax with a welcome drink and complete your consultation.

What To Wear

Serenity Spa offers changing facilities where bathrobes and disposables are provided.

Late Arrival

While we will do everything to accommodate late arrivals, a booking may not be honoured if it will affect subsequent guests. In the event you arrive late, your treatment might be cut short or cancelled without a refund.

Facial Treatment

We recommend guests receiving facials remove their contact lenses and bring personal cases for storage. To all gentlemen who receive facials, we recommend shaving in the morning prior to facial treatment.

In-Villa Massage

Selected spa treatments are available in the comfort of your villa for an additional fee.

Etiquette

Our spa is a place of peace and tranquility. To respect this place Serenity Spa is a mobile phone and smoking free area.

Spa Reservation

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available. To make a reservation or for further information, please inquire with your Island Host or dial 460 for Serenity Spa.

Health Concerns

Guests with certain health concerns are invited to see us for a consultation before making an appointment and we'll be able to give you the best advice about possible treatments. In some cases, we would require a note from your doctor stating that it is safe to perform the requested treatments.

Loss or Damage

It is recommended to leave valuable items in your safety box at your villa. Any loss or damage of valuables is under the guest's own responsibility.

Pregnancy

Our first priority is your safety. For this reason, some of our treatments aren't suitable for pregnant women in their first trimester. Our spa team is available to advise on suitable treatments for you.

Payment

All treatments will be charged to your villa to be settled at check-out.

Pricing

All pricing is quoted and charged in US\$. Pricing is subject to a 10% service charge and 17% GST.



Serenity[®] spa

SMALL
LUXURY
HOTELS
OF THE WORLD