

Serendipity*

HOLISTIC RESORT & SPA

SPA HOURS:

Open Daily: 9am – 6pm

CALL FOR RESERVATIONS:

Ph. # 876-944-8760 Ext.31

Email: spa@serendipityholisticresort.com

Book with Certainty: Our Spa Therapists are pleased to make treatment recommendations based on your personal needs and interests.

“The mind and the body are like a parallel universe. Anything that happens in the mental universe, must leave tracks in the physical one” -Deepak Chopra

This is also a good time to share any health concerns and conditions such as pregnancy or

recent medical procedures. Please take the time to review the many offerings to assure you book the services most suited to you. Once booked, that special time is reserved for you. Should you need to cancel or reschedule; please do so 24 hours prior to your appointment.

Arrive Early: Get the most out of your spa experience by arriving with plenty of time to enjoy the spa and property facilities. All spa guests are invited to enjoy the river, petting animal zoo, as well as Restaurant & Bar. We recommend arriving at least half an hour before your scheduled service. Late arrivals will limit the time for your treatment. In an effort to not delay the next guest, your treatment will end at its scheduled time.

Personalize Your Experience: Talk to your spa provider about any specific treatment goals, physical sensitivities or medical concerns you may have so we may tailor an effective treatment for you. Your comfort and relaxation is of utmost concern to us; we want to ensure a setting and service which we deliver to you.

Spa Tranquility: Our spa is a place of serenity for you to restore and replenish. For the enjoyment of all spa guests, cell phones and cameras are not permitted anywhere in spa and we kindly ask that all guests keep conversations quiet.

Spa Attire: Slip into one of our luxurious spa robes and comfy spa slippers when you arrive. Undergarments are required for services. Our professionally trained team will ensure that privacy and conservative draping be provided throughout your service. Please ask the Spa Concierge if you have questions about appropriate attire for services.



ESSENTIAL OILS AND THEIR NATURAL BENEFITS

TEA TREE: Distilled from the Australian plant *Melaleuca alterniflora*, tea tree is one of the oils that can be used topically -- good news, because it's great for treating skin problems like fungus and blemishes. You can dab it on acne blemishes with a cotton swab to help clear your skin, or apply it to skin fungal infections like athlete's foot. It's also found in many skin care products.

FRANKINCENSE: Nina Nelson of the blog *Shalom Mama* says that frankincense is a must-have essential oil in her home. She uses it both for relaxation, such as in baths, and to help minor cuts and bug bites heal more quickly. "Frankincense has been used for thousands of years," Scarpelli said. "It can be used for depression, inflammation, immunity, and to increase spiritual awareness."

LAVENDER: "Lavender is one of the most versatile oils," Scarpelli said. "It is more commonly known for its relaxing effects but works on bruises, cuts, and skin irritation too." Dr. Oz says that the scent of lavender can reduce the levels of stress hormones in your blood. That's a good reason to put a few drops in your bath in order to help you relax at night. Scarpelli recommends putting a couple of drops of the oil on your hands, rubbing them together and inhaling, then sprinkle a few more on your pillow before you hop in bed.

EUCALYPTUS: This is a great oil to have on hand if you get frequent colds or suffer from allergies that affect your breathing and make you congested. "Eucalyptus can be used to relieve sore muscles and help clear sinuses," Scarpelli said. "It also has many antibacterial properties and has been known to stimulate the immune system." Use it in a vaporizer to loosen up a congested chest or apply it diluted to the inside of your nose to relieve nasal congestion. But never ingest it or use it on your skin undiluted, as it can be irritating.

COCONUT: Excellent massage oil that acts as an effective moisturizer on all types of skin, including dry skin. Unlike mineral oil, there is no chance of having any adverse side effects on the skin from the application. Therefore, it is a safe solution for preventing dryness and flaking of skin. It also delays the appearance of wrinkles and sagging of skin, which normally accompany aging. Coconut oil is extensively used in the Indian sub-continent for hair care. It is an excellent conditioner and helps the re-growth process of damaged hair. It also provides the essential proteins required for nourishing and healing damaged hair.

PEPPERMINT: "Peppermint purifies and stimulates the mind. It also can increase mental alertness," Scarpelli advised. "Dr. William N. Denver of the University of Cincinnati found that inhaling peppermint oil increased mental accuracy by 28 percent." Peppermint oil is also one of just a handful of oils that can be taken internally, which is fortunate because it's a great recipe to help indigestion — just mix a few drops in water and drink.

LEMON: "Lemon oil can be used not only to detox the body but it can also help with acne," Scarpelli said. If you want a healthy boost in alertness, a bit of lemon oil mixed 50:50 with a carrier is a great way to give your head a lift. Because of its uplifting properties, lemon essential oil is also good for increasing focus and concentration. As a bonus, it can help keep fleas away when used on your pets.

GRAPEFRUIT: Another citrus oil, grapefruit essential oil has properties similar to lemon oil. It's a great choice for people experiencing fatigue and it can help you deal with the effects of jet lag. It's also a natural antiseptic so you can add it to your homemade household cleansers to keep your home safe and clean.

SPA MASSAGES



AROMA SWEDISH MASSAGE

45 mins | 60 mins | 90 minutes

Aromatherapy Swedish Massage: A head-to-toe journey to tranquility tailored to your individual needs. Begin with a relaxing Swedish massage with an aromatherapy essential oil you choose to either calm, revitalize or stimulate your senses. Enjoy your full body massage as your therapist kneads away stress and improves circulation, creating an overall feeling of harmony and balance. This light-to-medium pressure massage is perfect to enhance circulation, melt away stress and revive your senses. A healing therapy for the mind and body.

DEEP RIVER STONE MASSAGES

60 minutes | 90 minutes

Hot Stone Massage: Experience all the tension releasing benefits of hot stones combined with the addition of a satisfying, deep pressure massage. Healing heated basalt stones and cool marble stones are combined to release muscle tension and toxins, nourishing the skin with antioxidant-rich botanical oil blend. Allow the heat and pressure to draw away tension held deep within your muscles, resulting in an unparalleled state of tension-free relaxation.

THERAPEUTIC DEEP TISSUE MASSAGE

60 minutes | 90 minutes

Deep tissue techniques directed toward specific areas of stress and imbalance. Isolated areas of concern are treated with a stimulating and soothing blend of black pepper, ginger and rosemary to warm sore muscles and relieve aches and pains. Longer services are recommended for those looking for deep tissue technique throughout the body.

ENERGY ORIENTAL & SPECIALTY TREATMENT

Serendipity
HOLISTIC RESORT & SPA



EYE CONTOUR MULTI-ACTION TREATMENT

60 minutes

To reduce puffiness, diminish fine lines and dark circles. To hydrate, refresh and induce relaxation. This refreshing & anti-aging eye treatment is perfect for everyone. Unique porcelain spoons are chilled and used to drain and address puffiness and dark circles. A relaxing eye massage with vitamin and hyaluronic enriched eye cream is followed by a cooled tensor gel mask and eye smoothing patch for instant lifting and firming. Your eyes will sparkle with brightness and youth.

HANAKASUMI FOOT TREATMENT

45 minutes

A unique foot massage based on reflexology which revives vital energy. This therapy focuses on pressure points within the reflex zones of your feet to balance the meridians of the body and bring a greater sense of wholeness and body integrity. Wear yoga or exercise attire. Can be coupled with Hanakasumi body treatment.

HANAKASUMI Hanakasumi™ 80 minutes

Experience the ancient art of beauty with this relaxing and enchanting body ritual inspired by Japanese tradition. The journey commences with the application of a warmed exfoliating cream with Cherry Blossom & Rice Powder. A second exfoliating massage softens skin and invigorates the body. A unique foot massage based on reflexology revives vital energy complete with a full body massage of melted aromatic Shea butter bringing blissful relaxation.

SPA PACKAGES

SPA SIESTA

This package provides a luxurious sampling of some spa favorites.

45 Minute Aroma Swedish Massage
30 Minute Serendipity Facial

AMORE - COUPLE INDULGENCE

A Deluxe Romantic Escape for Two
60 minute Aroma Swedish
Massage
60 minute Aromatic Botanical Bath Soak

NATURAL BLEND BODY SCRUB

This Body Scrub is a full-body exfoliation with natural Jamaican Blue Mountain coffee blended with nourishing coconut/olive oil OR Brown Sugar blended with Peppermint to polish away dead skin cells. Finally, creamy shea-butter and aloe-vera drench and rejuvenate the skin, leaving you replenished and delighted from head to toe.

50 minutes

FLOURISH BODY WRAP & POLISH

This crème de la crème body wrap uses (1) Coffee; (2) Coffee & Peppermint (3) Fruit Blast - Mango Banana, Papaya to detoxify, moisturize and revive the body. We begin with a full body brushing before cocooning the body, filled with high levels of anti-oxidant and mineral compounds known to fight cellulite and the signs of aging. While your skin absorbs the rich nutrients, you will be treated to a relaxing scalp massage. For guaranteed suppleness and elasticity in your skin, this indulgent body treatment finishes with a final smoothing application.

80 minutes

AROMA BOTANICAL BATH SOAKS

Relax away your full body soak in beautiful botanical flower petals and aromatherapy essential oil and salts you choose to either calm, revitalize or stimulate your senses.

30 minutes | 60 minutes

OUTDOOR BODY TREATMENTS



VOYAGE OF THE RIVER/BODY SCRUB, WRAP AND POLISH COMBO

90 minutes

A complete top-to-toe restorative journey for the mind and body using nature's most powerful antioxidant from the River. This amazing journey begins with a full-body detoxifying sugar-salt-oil exfoliation to stimulate blood and lymph flow while removing dullness and firming skin tone. Next, you will be immersed in the cool invigorating river water to relax the muscles, ease aches and pains and support skin regeneration. A full-body coconut milk wrap follows, providing extraordinarily high levels of vitamin and mineral compounds known to combat the signs of aging. Relax with a scalp massage and finish the ultimate luxury experience from the river with a nurturing hydration application to replenish the body and nourish the skin.

OUTDOOR CALMING HOT STONE - A SERENDIPITY CREATION

90 minutes

Hot stone massage has always been a guest favorite at Serendipity. This treatment is designed to combine the grounding effects of hot stones with the power of botanicals. Heat from the smooth basalt stones not only comforts and calms the mind, it renders muscles more limber and open to manipulation by the therapist. Your skin more readily accepts the professional-grade, antioxidant packed essential oils used in the massage, and your mind and body emerge in balance.

FACIAL SERVICE - SOTHYS & BIOLINE ITALIAN & SKINCARE PRODUCTS



SERENDIPITY SIGNATURE FACIAL

45 minutes

An exfoliation treatment that includes a thorough cleansing and a custom mask. The final moisturizing & facial massage leaves skin feeling amazingly healthy.

AROMATIC DEEP PORE FACIAL

60 minutes

After a thorough deep-pore cleansing and exfoliation. Your skin is lathered with essential oils containing plant extracts for ultimate hydration. This unique method combines the benefits of the essential aromatic oils, with pressure point massage techniques the treatment is completed with a tailor-made mask for your skin.

ANTI AGING FACIAL

60 minutes

Our therapist gently cleanse, steam and exfoliate your skin and incorporate soothing and uplifting face, neck, and shoulder massages; as you relax under a firming mask. Finally a moisture serum is applied after tone to aid skin repair and maintain moisture levels. Fills and smooth wrinkles, instantly plumps skin. Firms and tones for a more youthful vitality and radiant appearance. Used for all skin types and customized to specific grade of aging.

SERENDIPITY SEASONAL FACIAL

90 minutes

A revitalizing and rejuvenating treatment that will provide you with a daily dose of anti-oxidants for a brighter more youthful complexion! Your skin is thoroughly cleansed, exfoliated and a white clay scrub with a cocktail of minerals is added to purify the skin. This is followed by a relaxing facial massage using a modelling cream which include scents of fruits of the season. The treatment ends with a full face, shoulder and neck massage coupled a fruit extract peel-off mask with an oxy treatment for an amazing healthy glow.

WELLNESS SESSIONS

Our Wellness Pad is quietly nestled in the River with beautiful flowers, birds and soothing waterfalls for viewing and relaxation.
We offer personalized one-on-one Private Sessions.

YOGA AND MEDITATION	\$15.00
YOGA AND DRUMMING	\$40.00



BODY WAXING SERVICES



EYEBROW
HALF LEG
BIKINI
CHIN

FULL LEG
UNDERARM
BRAZILIAN
TOES
UPPER LIP

NAIL CARE- SERVICES

Serenity Aromatherapy Manicures and Pedicures - Indulge Yourself. Your feet/hands will be washed and soaked; old polish removed and the nail and nail bed prepared for the application of OPI polish. Treatment includes relaxing shiatsu massage with aromatherapy on your legs/hands. More than just a pedi / manicure.

SERENITY MANICURE
SERENITY PEDICURE

HAND/FOOT POLISH CHANGE

A quick change for day or night.

All prices quoted in US dollars inclusive of GCT
10% service charge will be added
Services done in cabins will attract a 15% service charge
Prices are subject to change without notification