relax.
refresh.
renew.
OUR SPA PHILOSOPHY

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

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

**Traveller’s Paradise** 1 hr 15 mins · $135
This full body massage is the answer for a tired body and tense muscles after a long journey. This signature massage combines long connective strokes and gentle stretching, creating a powerful sense of well being. This treatment concludes with a head and scalp massage with a warm towel compress on the face and feet to bring you to a place of absolute serenity.

**Caribbean Four Hand Massage** 50 mins · $160
This unique massage offers two therapists working in perfect synchrony and profound harmony to remove tension from your body, rebalance your mind and restore your energy levels.

**Crane Glow** 105 mins · $200
This treatment is good for the soul. It begins with a fusion of sea salt and oil exfoliation, to polish the body to perfection, followed by a full body aromatic massage. On complete relaxation, we continue with a skin brightening facial to give your face a beautiful glow... a true Crane experience.

**Couples Journey** 3 hrs · $520
*Surprise a loved one with a gift of romance*
Step into an enchanting retreat created for the two of you. Your journey will include a 60 minute Rose Petal Couples’ Massage orchestrated side by side as well as an essential duo facial. Your lunch will be served in the suite where you can enjoy some quiet time and unwind. Your escape ends with Warm Stone Manicures and Pedicures in your suite for each of you.

Prices are quoted in US Dollars (USD) includes VAT and subject to 10% service charge. Please take note of our cancellation policy.
Express Massage
30 mins · $60
These short treatments are an excellent introduction to massage techniques and are perfect for enhancing circulation and relieving tension by targeting specific areas.
- Back, Neck & Shoulder Massage
- Legs & Feet Massage

Pre-Natal Massage
60 mins · $125
Take a moment to pamper you and your baby with this nourishing massage, as we relieve your aches and pains during this special time. Your discomfort is minimised and restful sleeping patterns are achieved.
Recommended after your first trimester

Melt Away
60 mins · $130
Enjoy some time out relaxing with heat and a firm touch, to restore balance to the mind, body and soul. This hot stone treatment is a combination of both Swedish and deep tissue massage techniques. The muscles and nerves are relaxed and all knots are worked out completely, leaving you to emerge rejuvenated and revitalised.

Serenity Escape
1 hr 10 mins · $135
Enjoy the dual benefits of this relaxing, gentle body massage using warm lava shells. The shells have a narrow edge for targeted deep work and a smooth rounded surface for even pressure and comfort. They are gently warmed through natural mineral energy and provide a long lasting deep heat that relaxes muscles and rejuvenates the mind.

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Calypso Cool

50 mins · $100  l  1 hr 20 mins · $155

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

Caribbean Rhythm

50 mins · $120  l  1 hr 20 mins · $160

A deep powerful massage designed for those who prefer strong massages to reach tension retaining areas of the muscle. This massage targets the deeper layers of muscle and connective tissue and improves flexibility in the muscles.

Golfers Edge

50 mins · $130  l  1 hr 20 mins · $170

This specialized treatment uses movement assessments of your swing to help in the immediate relief of tired and sore muscles. Thai, Swedish and deep tissue techniques are used to stretch, release and strengthen your body to increase the length and precision of your game. Your treatment may include ice and moist heat on problem areas, with the use of aromatherapy blends.

Complete Harmony

1 hr 10 mins · $250

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

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

**ADD-ON**

Hot Stones

$25

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

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FACIALS by RVB Skin Lab

All Facials begin with the Serenity Relaxing Ritual, concluding with a warm towel steam compress on the feet.

**Bio Essential**
50 mins · $105
Escape and enjoy with this customised organic ritual using the finest natural ingredients. This treatment involves a light cleansing exfoliation, nourishing mask, calming facial massage and a specialty foot treatment.

**Bio Calm**
50 mins · $115
Discover an oasis of calm for sensitive, reactive skin types. It’s an instant recovery facial designed to desensitize, soothe and calm irritated skin. It is complemented with an enriched repairing mask, perfect for hypersensitivity.

**Bio Hydra**
60 mins · $115
Restore your luminous glow with our most indulgent facial, specifically designed for dehydrated skin. This luxurious treatment will instantly hydrate and replenish the skin. Treatment involves a light cleansing exfoliation, nourishing mask, calming facial massage and specialty serums.

**Bio Purity - For pure, rebalanced skin**
60 mins · $125
Reduce imperfections with this deep detoxifying facial, in which a gentle micro-exfoliant and pre-extraction mask is used to refine and close the pores, revealing a refreshed complexion. This facial also addresses irritation and is recommended for oily or combination skin.

**Bio Age**
1 hr 15 mins · $140
Rediscover healthy and vibrant skin with this enriching treatment. This anti-aging treatment instantly firms, rejuvenates and plumps up the skin while helping to reduce dark circles. Specialised massage techniques are combined with powerful formulations and an active mask to help smooth, sculpt and restore skin radiance.

**ADD-ON**

**Revitalising Eye Treatment**
25 mins · $30
Firm, tone and revitalise your tired eyes with our unique blend of vitamins and firming botanicals.

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BODY BEAUTY by RVB

Back to Serenity
50 mins · $90
This back facial targets a variety of skin care needs including back acne, clogged pores and dehydrated skin. It incorporates deep cleansing, extractions and a purifying mask, along with a relaxing massage of the back, neck, shoulders, legs and feet.

Skin Renewal
60 mins · $110
Firm up and fight the appearance of stretch marks with this nourishing treatment designed to restore elasticity. Includes a dry brush exfoliation followed by a moisture-rich wrap and a full body relaxation massage.

Body Bliss
1 hr 15 mins · $140
This exotic body ritual will renew and replenish your skin, taking you to a place of complete harmony. Enjoy a healing body exfoliation followed by a unique cocooning experience of warm green clay extracts. Your total body experience finishes with a rich application of ultra active massage cream.

Body Scrubs
These uplifting body treatments bestow a healing and purifying effect, utilising active salt blends which naturally encourage detoxification and cell renewal.

Choose your body scrub based on your desired result:

Energising
30 mins · $75

Relaxing
45 mins · $80

Detoxifying
40 mins · $95

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HANDS & FEET THERAPY

Express Aroma Manicure  25 mins · $30
Enjoy a warm hand soak, nail trim and file, followed by a polish application.

Crane Breeze Manicure  45 mins · $40
Indulge your hands with this tropical Refreshers Manicure. Your hands are exfoliated, nails and cuticles are trimmed, followed by a soothing massage.

Warm Stone Manicure  55 mins · $55
Your skin and nails are pampered in a luxurious milk bath with warm stones. Your hands are treated to a gentle almond sugar scrub; nails are groomed to perfection. A hydrating mask is applied followed by a soothing massage with warm stones to conclude your experience.

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Express Bliss 35 mins · $40
This essential pedicure is perfect for feet in need of quick revival. Your feet are soaked in a mint and lemon bath, followed by minimal cuticle clean up, nail and feet grooming.
Polish application is optional.

Exotic Sea Spa Pedicure 55 mins · $55
Relax and pamper your soles with this marine inspired pedicure. Enjoy a deep sea soak with a warm exfoliation and enriched mask, followed by an intense moisture replenishing massage.

Serenity Pampering Pedicure 75 mins · $70
A Spa pedicure at its best. In addition to all the grooming basics of our regular pedicures, this immensely moisturising and relaxing treatment comes with a conditioning mask and concludes with a hot stone massage of the calves and soles of the feet.
A sensory journey of a scalp massage and warm towel compress on feet is included.

ADD-ON HANDS & FEET SERVICES

Paraffin Wax 10-15 mins · $15
French Polish 20 mins · $15
Essie Gel Polish Application 15-20 mins · $20
Polish Change 15-20 mins · $15
Pedi - Medix 20 mins · $20

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

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WAXING SERVICES

BIKINI

Bikini Wax  Basic hair removal of the bikini area  20 mins · $30
Extended Bikini  Shaped hair removal from the bikini area  35 mins · $40

LEGS

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

ARMS

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

FACE

Eyebrows | Lips Wax | Chin Wax  10-15 mins · $15

TINTING SERVICES

Eyebrow Tint  Darkening of the brow hair  $15
Eyelash Tint  Darkening of the lash hair  $25

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OTHER SERVICES

CHILDREN’S SERVICES

Hair Braiding
Polish Me Up Manicure
Splash Dazzle Pedicure
Pretty Face Mini Facial

per braid · $2
15 mins · $15
20-25 mins · $25
20 mins · $35

IN-ROOM HAIR SERVICES

• Wash and Blow
• Trim Only
• Style Only
• Gents Hair Trim
• Shave only

$70
$40
$50
$30
$15

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Please take note of our cancellation policy.
WELLNESS SERVICES

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

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

- **60 mins (2-4 persons)** $25 per person
- **60 mins (5 or more persons)** $20 per person
- **Private Session** $45 per hour

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

- **60 mins** $20

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

- **60 mins** $50

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

- **60 mins with a Tennis Pro** $80

Prices are quoted in US Dollars (USD) includes VAT and subject to 10% service charge. Please take note of our cancellation policy.
SPA ETIQUETTE

Opening Hours
Monday - Thursday 9:00 am - 5:30 pm
Friday - Saturday 9:30 am - 6:00 pm
Sundays 9:00 am - 4:00 pm

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

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

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

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

Arrival
We respectfully ask that you arrive 15 minutes prior to your appointment time to fully relax. Completion of our consultation form is required to ensure our therapists can perform treatments best suited to your needs. We offer our guests a reliable treatment schedule. Consequently late arrivals will not receive an extension of their treatment time; however the full treatment price will apply.
Apparel
Robes and slippers are provided within the Spa. We also provide disposable underwear (male and female) to be worn during our Body Beauty Treatments. Alternatively you may choose to wear your own underwear or swimwear. Our spa therapists are professionally trained in draping techniques to ensure your privacy and comfort.

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

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

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

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