

Serenity Sips Wellness Café

Sip. Reset. Recharge.

Café. Wellness. Community. All in one place.

At Serenity Sips, we bring together a welcoming café, non-invasive wellness experiences, curated retail, and community under one roof. Family-owned and veteran-owned.



01



Handcrafted Drinks & Café

Coffee, matcha, teas, and specialty drinks crafted with thoughtfully selected ingredients, plus clean eats from our kitchen.

02



Wellness Experiences

HOCATT, Flowpresso, VIBE, Red Light, and NanoVi. Start with The Serenity Reset for \$199, or choose a 6-week program starting at \$399.

03



Serenity Strength

Personal training, small group training, and classes capped at 10 people. Smaller by design. Personal by nature.

04



Reiki & Sound Therapy

Reiki sessions and sound baths with Master Reiki practitioner Landy Olivera. Sound baths are \$35.

05



Space Rentals

Five flexible spaces for meetings, workshops, and private events, from a private conference room starting at \$30/hour to a full café bayout.

06



Catering & Mobile Coffee Cart

Catering starts at \$10.50 per person, built around our in-house favorites. Mobile coffee cart packages start at \$650.

07



Curated Retail

Skin care, herbal products, gifts, and wellness essentials selected with intention.

08



Gather With Us

Workshops, community events, and a welcoming space to relax, work, or meet a friend.

Come for one thing. Stay for everything else.

VISIT US

Hours: Tuesday to Saturday, 8am to 4pm.
Closed Sunday and Monday.
Private event rentals available.

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serenity-sips.com | Instagram @serenitysips_tx



Wellness at Serenity Sips

Sip. Reset. Recharge.

The Serenity Reset | \$199

Our starter package. Two signature wellness experiences, HOCATT and Flowpresso, plus a handcrafted drink and a nourishing café item.



6-Week Wellness Programs

Six weeks. One focus. Real results. Every program starts with a wellness consultation and a personalized therapy schedule built around your goal, followed by six weeks of guided support.

Neuro Reset | \$399 | 6 Weeks

For brain health, mental clarity, and nervous system resilience.

Includes: Wellness consultation, unlimited NeuroRegen VIBE Bed with Red Light Therapy sessions, unlimited NanoVi sessions.

Optional: Add Flowpresso or HOCATT for \$99 each.

Stress Reset | \$499 | 6 Weeks

For nervous system regulation, balance, and recovery from chronic stress.

Includes: Wellness consultation, 3 Flowpresso sessions, unlimited 30 minute VIBE Bed + Red Light Therapy sessions, unlimited NanoVi sessions.

Optional: Add HOCATT for \$99.

Detox Reset | \$699 | 6 Weeks

For circulation, lymphatic support, and deep physical recovery. Our most comprehensive program.

Includes: Wellness consultation, 3 HOCATT sessions, 3 Flowpresso sessions, unlimited 30 minute VIBE Bed + Red Light Therapy sessions, unlimited NanoVi sessions.

Every program includes exclusive program pricing on additional wellness services.

Your Wellness. Your Way.

Want something different? We can custom build a package around your goals. Drop-in sessions are also available.

Our Technology

HOCATT, Flowpresso, VIBE, Red Light, and NanoVi.



Not sure where to start? Take our Wellness Tech Quiz or enroll at serenity-sips.com/wellness-program. Questions: info@serenity-sips.com

Serenity Strength

Smaller by design. Personal by nature. Intentional at its core.

Meet Your Trainer

Gelena is a certified personal trainer and trained Serenity wellness technician, with additional certifications in barre, yoga, cycle, JumpSport, strength, and myofascial release.

Ways to Train

Private and Small Group Training:

\$125 per session

Train one-on-one, or bring up to 2 guests.

Solo: \$125

With 1 guest: \$62.50 each

With 2 guests: about \$41.67 each



Group Classes: Capped at 12 people

First Class: \$15

Single Class: \$35

5-Pack: \$162.50 (\$32.50 per class)

10-Pack: \$300 (\$30 per class)



Scan to book

Part of the Serenity Family

Serenity Strength joins our café, wellness services, and Mind-Body offerings under one roof.

Book online at serenity-sips.com/strength
or email strength@serenity-sips.com

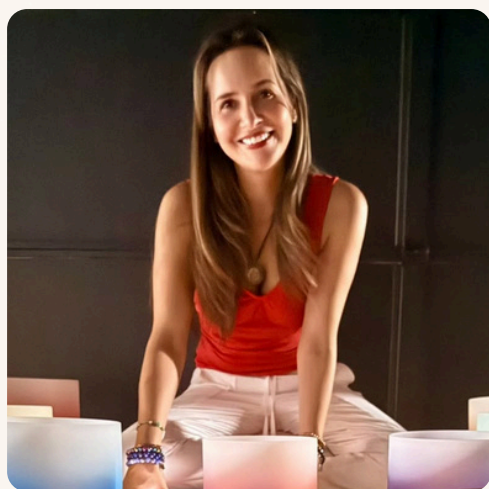
Reiki & Sound Therapy

*Grounding, restorative sessions built to help
you settle into your body and your day.*

Meet Landy



Landy is a Master Reiki practitioner, a practitioner of vibrational and sound therapies, and a trained Serenity wellness technician. Her work is about one simple thing: helping you settle into your body and your day with a genuinely relaxing, grounding experience.



Reiki Session: 60 Minutes

A full hour of gentle, hands-on energy work to help release tension, calm the nervous system, and restore balance. Contact us for pricing.

Sound Baths: Offered Monthly



The Full Sound Bath: \$35

A full hour group sound bath on Saturday mornings, guiding you through the complete experience from start to finish. Includes your choice of a wellness latte or refresher after your session.



The Lunchtime Reset: \$35

A 40 minute group sound bath on a weekday, built for your lunch break. Includes a small snack box and a Lifted Lemonade.

To book Reiki, email info@serenity-sips.com



See upcoming dates and reserve at [serenity-sips.com/reiki & sound](https://serenity-sips.com/reiki&sound)

