



SERENE LIFE

day spa

Service Menu and Description

Massage

SIGNATURE MASSAGE

45 min \$102 | 60 min \$117 | 75 min \$137 | 90 min \$157 | 105 min \$182 | 120 min \$207

Our Signature massage comes with your choice of pressure and is performed with warm organic aromatherapy oil. Relaxation is elevated with a face and scalp massage. We also incorporate warm towels and an extra-long foot reflexology massage with hydrating buttercream. A choice of electrolyte filled Gatorade or coconut water will complete this experience.

FASSAGE

45 min \$64 | 60 min \$79 | 75 min \$99

We begin with a relaxing scalp massage. You will also receive a face, neck, and shoulder massage. A soothing arm, hand, calf, and foot massage with our hydrating buttercream will complete this treatment. This is perfect for those who have had surgery (breast, bypass, etc.) that prevent you from lying on your stomach.

SWEDISH MASSAGE

45 min \$64 | 60 min \$79 | 75 min \$99 | 90 min \$119

Our Swedish massage combines light and medium pressure to stimulate blood circulation, relieve cramps and muscle spasms, and decrease stress and anxiety. This massage can provide relaxation as well as pain relief, but please be considerate and upgrade to a deep tissue massage if you would like your therapist to provide deep pressure or perform focused work.

PRENATAL MASSAGE

45 min \$84 | 60 min \$99 | 75 min \$119 | 90 min \$139

Carrying a baby can put a lot of pressure on your joints and muscles, which can cause pain and discomfort. Our prenatal massage will not only reduce physical pain, but will reduce stress and anxiety. You have the option of lying face down on our pregnancy cushion or the traditional sideline. We recommend that you check with your doctor before receiving a prenatal massage, however a doctor's note is require during your first trimester or if you are high risk.

DEEP TISSUE MASSAGE

45 min \$84 | 60 min \$99 | 75 min \$119 | 90 min \$139 | 105 min \$164 | 120 min \$189

Our deep tissue massage is similar to our Swedish massage in technique, but firmer pressure is applied to focused area(s) to release chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons, and fascia. The belief that a deep tissue massage is painful is a total misconception! Light stretching is included. If you would like more in depth stretching, please consider our integrated sports massage.

INTEGRATED SPORTS MASSAGE

45 min \$94 | 60 min \$109 | 75 min \$129 | 90 min \$149 | 105 min \$174 | 120 min \$199

Sports Massage focus on areas of the body that are overused and stressed from repetitive and often aggressive movements. Our Sports Massage is integrated with modalities such as deep tissue, myofascial release, trigger point therapy, and stretching. This will help ease pain, loosen tight muscles, and increase range of movement. It will also help prepare you for a sports event and help you recover after.

HAWAIIAN LOMI LOMI MASSAGE

45 min \$94 | 60 min \$109 | 75 min \$129 | 90 min \$149 | 105 min \$174 | 120 min \$199

Lomi Lomi was created by the Polynesian ancestors of Hawaii. Through Lomi Lomi, stress and muscle tension are relieved, and blood and lymph flow are encouraged. Unlike other massages, Lomi Lomi allows most of the body parts to be exposed so that the therapist can massage multiple areas at the same time. We are one of the few spas in Arizona that offers this unique and exotic massage!

CBD MASSAGE

45 min \$114 | 60 min \$129 | 75 min \$149 | 90 min \$169 | 105 min \$194 | 120 min \$219

Our CBD oil uses the power of analgesics, menthol, and camphor to penetrate through pain receptors in the body to disrupt pain signaling. We combine this powerful oil with a therapeutic massage customized to your pressure preference, to provide you with an effective treatment. This is recommended for those who are experiencing severe muscle pain

SCRUBBAGE

Light Scrubage: Swedish Massage + Body Scrub

75 min \$129 | 90 min \$149 | 120 min \$199

Deep Scrubage: Deep Tissue Massage + Body Scrub

75 min \$149 | 90 min \$169 | 120 min \$219

Also includes a face, scalp, and foot massage, a rinse in our rainfall shower, and a moisturizing buttercream application. There are four delicious scents to choose from: juicy apple, mango, green tea, or a surprise scent. Please let us know what scent you would like at time of booking.

Couples

ROMANTIC COUPLES MASSAGE

60 min \$178 | 75 min \$218 | 90 min \$258 | 105 min \$308 | 120 min \$358

Please choose from the massages listed below to receive together in our romantic candlelit couples room! If you are booking online, please include in the notes which massage you each would like.

Priced Per Person

Passage (+\$0)

Swedish (+\$0)

Deep Tissue (+\$20)

Prenatal (+\$20)

Integrated Sports (+\$30)

Signature (+\$38)

CBD (+\$50)

HOT AND STEAMY COUPLES MASSAGE

60 min \$208 | 75 min \$248 | 90 min \$288 | 105 min \$338 | 120 min \$388

Let's get things going with a light-medium pressure massage performed with warm oil. Steam towels will be incorporated throughout the massage to keep things hot and steamy. We end this romantic massage with a relaxing warm organic coconut oil scalp massage that will send both of you to cloud nine! A couple that sweat together stays together! At least that's what we heard..

Upgrade to deep tissue +\$20 per person

CHOCOLATE AND CHAMPAGNE COUPLES MASSAGE

60 min \$208 | 75 min \$248 | 90 min \$288 | 105 min \$338 | 120 min \$388

Enhance the romance with this couples massage! Enjoy some chilled champagne and delicious chocolate truffles before and/or after your massage! Your massage includes light-medium pressure, a chocolate foot scrub, chocolate buttercream foot massage, and will be performed with our heavenly warm chocolate oil, yum!

Upgrade to deep tissue +\$20 per person

Facial

CLASSIC FACIAL

60 min \$94 | 75 min \$114 | 90 min \$134

- **Silicon sonic cleansing** to effectively cleanse your skin
- **Steam** to open your pores for easier extractions and allow your skin to better absorb products
- **Extractions** to rid your skin of pimples and blackheads for a smoother look
- **Fruit based enzyme peel** to exfoliate dead skin cells for a brighter complexion
- **Eye and lip treatment** for brighter eyes and smoother lips
- **Jade roller** to increase circulation and encourage better product penetration for effective results

GENTLE FACIAL

60 min \$84 | 75 min \$104 | 90 min \$124

A facial that is nurturing and relaxing, perfect for sensitive skin, pregnant women, anyone who has an autoimmune condition, or anyone going through cancer treatments. You will get the chance to enjoy a full Serene facial experience with our gentle touch that will not only treat your skin, but will also leave you feeling relaxed, glowing, and beautiful. This facial does not include extractions

GENTLEMAN FACIAL

60 min \$109 | 75 min \$129 | 90 min \$149

This facial is catered specifically to men. Extractions and ultrasonic technology is used to help eliminate concerns that most men experience like large pores, ingrown hairs, oil, and blackheads to name a few. We end this manly facial with an hydrating beard oil. It smells amazing too!

CLEARING FACIAL

60 min \$119 | 75 min \$139 | 90 min \$159

This facial will use a combination of charcoal, benzoyl peroxide, salicylic, and glycolic acid. Meticulous extraction, high frequency, and LED light therapy will be used to treat clogged pores and minimize future breakouts. This facial is recommended for teens and those with mild to moderate acne.

BACK FACIAL

60 min \$94 | 75 min \$114 | 90 min \$134

Majority of us look forward to our monthly facial, but we tend to forget about our backs! We will cleanse, exfoliate, massage, mask, and moisturize your back to ensure a smooth glow! Also, enjoy a relaxing scalp massage while we wait for the detoxifying mud mask to dry. Our 90 minute session includes an additional arm, hand, calves, and foot massage. This treatment is highly recommended for men!

Packages

SERENE SPA DAY

2 hour \$173

60 min Swedish Massage + 60 min Classic Facial

2.5 hour \$213

75 min Swedish Massage + 75 min Classic Facial

3 hour \$253

90 min Swedish Massage + 90 min Classic Facial

+\$20 for Deep Tissue Massage

MOMMY SPA DAY

2 hour \$183

60 min Prenatal Massage + 60 min Gentle Facial

2.5 hour \$223

75 min Prenatal Massage + 75 min Gentle Facial

GENTLEMEN SPA DAY

2 hour \$208

60 min Deep Tissue Massage + 60 min Gentleman Facial

2.5 hour \$248

75 min Deep Tissue Massage + 75 min Gentleman Facial

3 hour \$288

90 min Deep Tissue Massage + 90 min Gentleman Facial

OFF TO LA LA LAND

2.5 hour \$246

60 min Swedish Massage + 15 min Silky Foot Treatment + 60 min Classic Facial + 15 min Nourishing Scalp Treatment

3 hour \$286

75 min Swedish Massage + 15 min Silky Foot Treatment + 75 min Classic Facial + 15 min Nourishing Scalp Treatment

+\$20 for Deep Tissue Massage

Enhancements

MASSAGE ENHANCEMENTS

Buttercream Hand and Foot Massage \$15

Give your hands and feet some extra attention with a yummy buttercream massage! There are four scents to choose from: mango, green tea, juicy apple, or a surprise scent. Please let us know which scent you would like at time of booking.

Warm Organic Coconut Oil Scalp Massage \$15

Warm organic coconut oil will be poured on and massaged into your scalp. Coconut oil nourishes the scalp and adds luster, shine, and softness to the hair.

Sea Salt Hand Scrub \$15

Your hands will be treated to an exfoliating sea salt scrub, warm towel wrap, and hydrating buttercream application

Sea Salt Foot Scrub \$15

Your feet will be treated to an exfoliating sea salt scrub, warm towel wrap, and hydrating buttercream application

Sea Salt Back Scrub \$15

Your back will be treated to an exfoliating sea salt scrub, warm towel wrap, and hydrating buttercream application

CBD Pain Relief Ointment \$15

CBD Clinic pain relief ointment will be massaged into the affected area. The ointment penetrates to the site of more severe muscle and joint pain. The strong pain fighting formulation pierces deep through tissue to deliver relief directly to painful muscles and joints by reducing swelling and inflammation. The cream delivers hours of relief by increasing blood flow and circulation to the affected area. Recommend for those who are experiencing pain in a few specific areas.

Organic Aromatherapy \$18

Organic essential oils that can help with stress, allergies, headaches, lack of energy, and more will be infused into organic coconut oil and used for your massage. Choose from peppermint, eucalyptus, lavender, tea tree, sweet orange, and lemongrass. Take the oil home with you after your massage! Please let us know which scent you would like at time of booking.

Hot Stones \$20

Warm basalt stones will be used throughout your massage to help melt away tension, ease muscle stiffness, and increase circulation. The warmth of the stones feels amazing!

Cupping Therapy \$20

Ancient form of alternative medicine used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite. The suction from the cups will leave round bruise like marks on treated areas that usually last three days to a week.

CBD Massage Oil \$30

CBD Clinic massage oil will be used to massage your entire body. This oil is specially formulated to deliver pain-relieving compounds, menthol and camphor, directly at the source of discomfort. This powerful oil penetrate deeply through the top layers of the skin with cooling and heating action that interrupts pain signals in the brain so you can get the rapid relief you need. Recommended for those who are experience all over muscle and joint pain.

Nourishing Scalp Treatment

15 min \$34 | 30 min \$49

This treatment consists of a deeply relaxing scalp massage with warm organic coconut oil and a hydrating treatment mask. A soothing face massage will be performed while the treatment mask absorb into your hair and scalp. Rinse and shampoo your hair to complete this treatment. Skip the conditioner and let your hair air dry for the best results!

Silky Foot Treatment

15 min \$39 | 30 min \$54

This treatment consists of an exfoliating sea salt foot scrub, a warm moisture mask, and an extra-long relaxing foot massage to ease all your aches and pain. You will also receive a soothing lower leg massage with our hydrating buttercream. There are four scents to choose from: mango, green tea, juicy apple, or a surprise scent. Please let us know which scent you would like at time of booking.

FACIAL ENHANCEMENTS

Warm Organic Coconut Oil Scalp Massage \$15

Warm organic coconut oil will be poured on and massaged into your scalp. Coconut oil nourishes the scalp and adds luster, shine, and softness to the hair.

Buttercream Hand And Foot Massage \$15

Give your hands and feet some extra attention with a yummy buttercream massage! There are four scents to choose from: mango, green tea, juicy apple, or a surprise scent. Please let us know which scent you would like at time of booking.

Sea Salt Hand Scrub \$15

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Sea Salt Foot Scrub \$15

Your feet will be treated to an exfoliating sea salt scrub, warm towel wrap, and hydrating buttercream application

Face Cupping \$15

Suction cups will be used to increase blood circulation, relieve muscle tension, and promote cell repair in the face. Unlike body cupping, face cupping doesn't leave bruise like marks.

High Frequency \$15

Offers a safe and gentle alternative to plastic surgery procedures, laser resurfacing, collagen and Botox injections, and other invasive skin recovery procedures. The application of high frequency current to the skin produce an immediate and temporary lifting effect, at the same time helps treat existing acne and prevents the onset of new acne.

LED Light Therapy \$15

Also known as a noninvasive skin tightening treatment, it's an effective and pain-free approach to reducing the appearance of fine lines and wrinkles, improve uneven skin tone, reduce pores size, brighten the skin and rejuvenate the youthful look of your skin.

Organic Aromatherapy \$18

Organic essential oils that can help with stress, allergies, headaches, lack of energy, and more will be infused into organic coconut oil and used in your facial. Choose from peppermint, eucalyptus, lavender, tea tree, sweet orange, and lemongrass. Take the oil home with you after your facial! Please let us know which scent you would like at time of booking.

Microdermabrasion \$20

Diamond microdermabrasion is one of the easiest and most effective ways to fight the effects of aging. It also treats flaky skin, hyperpigmentation, acne scars, oily, congested skin, blackheads, and so much more. Using a diamond tip, the outer layers of the skin are exfoliated revealing smooth glowing skin.

Dermafile \$20

A skin resurfacing and polishing tool, manufactured of stainless steel and finely crushed cosmetic diamonds. This is an effective and holistic alternative for microdermabrasion. Recommended for pregnant woman or those with really sensitive skin.

Ultrasonic \$20

Ultrasound technology is utilized to increase the production of collagen, help firm up the skin, remove blackheads, and encourage product absorption.. It is completely safe and highly effective, with no downtime, redness or pain. Highly recommended for those looking to remove their blackheads especially on the nose.

Dermaplaning \$30

A form of exfoliation that require the use of a scalpel. It gently removes the top layer of dead skin along with annoying peach fuzz to reveal a smoother and brighter complexion. It also allows for greater penetration of skincare products and creates a flawless canvas for makeup application. This is a safe and recommended form of exfoliation for pregnant women.

Lactic Acid Peel \$30

Our 20% lactic acid peel is our most gentle peel, so it's highly recommended for those with sensitive and dry skin. It has amazing hydrating benefits and will leave your skin feeling cushion soft and moisturized. The results are multiplied when paired with microdermabrasion.

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