



Serenity Cammeray Lux SPA

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SERENITY CAMMERAY
LUX SPA

Escape. Relax. Renew.

Swedish Massage

A classic technique that enhances blood circulation, melts away muscle fatigue, and promotes complete relaxation and rejuvenation.

Benefits

Improves circulation and oxygen delivery
Releases general muscle tension and stiffness
Promotes relaxation and reduces stress hormones
Great entry-level massage for all bodies

60 minutes — \$105

90 minutes — \$145

120 minutes — \$190





SERENITY CAMMERAY
LUX SPA

Power. Precision. Renewal.

Thai Deep Massage

This traditional therapy applies firm pressure to relieve deep-seated tension. It may be slightly intense but delivers a wonderfully restorative 'good pain.'

Benefits

Targets chronic knots and deep tension

Improves mobility and postural alignment

Energises by clearing energy pathways

Ideal for those who enjoy firm pressure

60 minutes — **\$105**

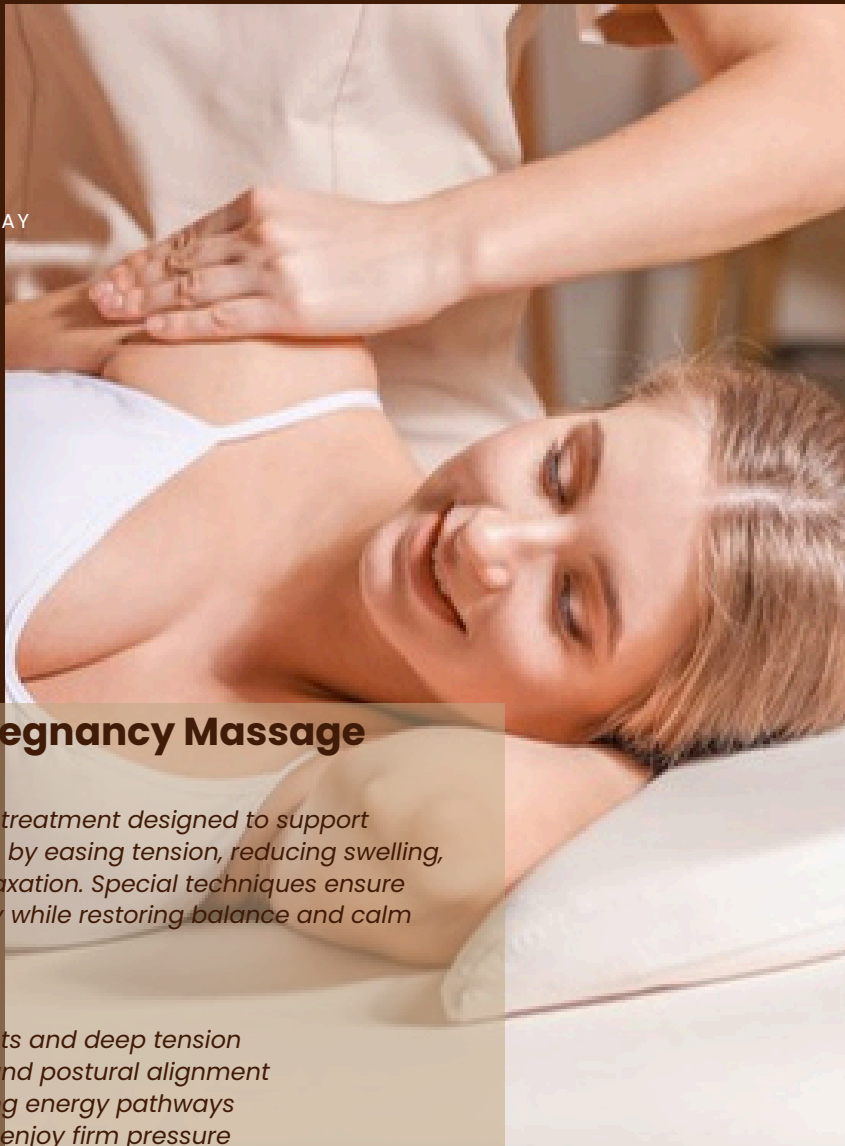
90 minutes — **\$145**

120 minutes — **\$190**



SERENITY CAMMERAY
LUX SPA

Nurture
Comfort
Restore



Relaxing Pregnancy Massage

A gentle, nurturing treatment designed to support expectant mothers by easing tension, reducing swelling, and promoting relaxation. Special techniques ensure comfort and safety while restoring balance and calm

Benefits

*Targets chronic knots and deep tension
Improves mobility and postural alignment
Energises by clearing energy pathways
Ideal for those who enjoy firm pressure*

60 minutes — **\$105**

90 minutes — **\$145**

120 minutes — **\$190**



SERENITY CAMMERAY
LUX SPA

Heal
Strengthen
Restore

Remedial Massage

A therapeutic massage designed to treat specific areas of discomfort, reduce chronic tension, and improve flexibility.
(Health fund rebate available)

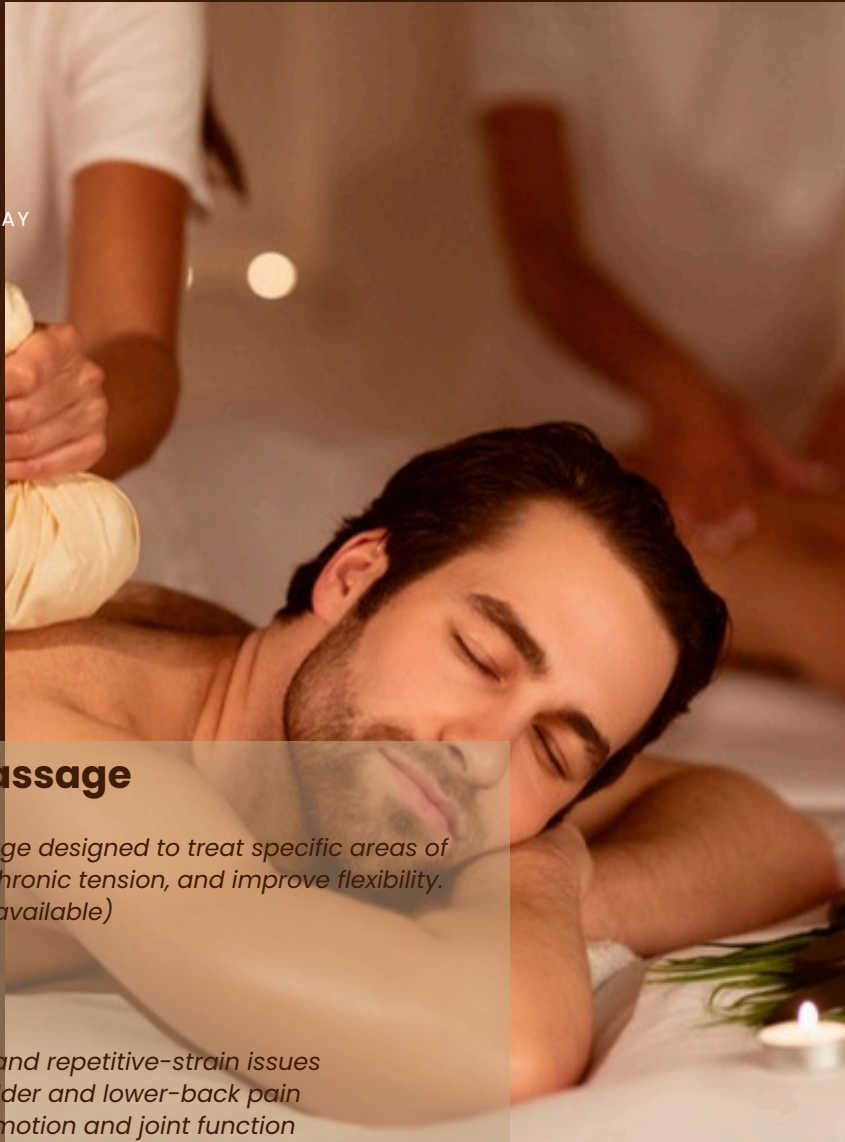
Benefits

- Addresses injuries and repetitive-strain issues
- Relieves neck, shoulder and lower-back pain
- Improves range of motion and joint function
- Supports recovery between training sessions

60 minutes — **\$105**

90 minutes — **\$145**

120 minutes — **\$190**





SERENITY CAMMERAY
LUX SPA

Balance Ground Refresh

Foot Relaxing Massage

Focusing on pressure points in the feet to enhance circulation and restore balance — perfect after a long day on your feet.

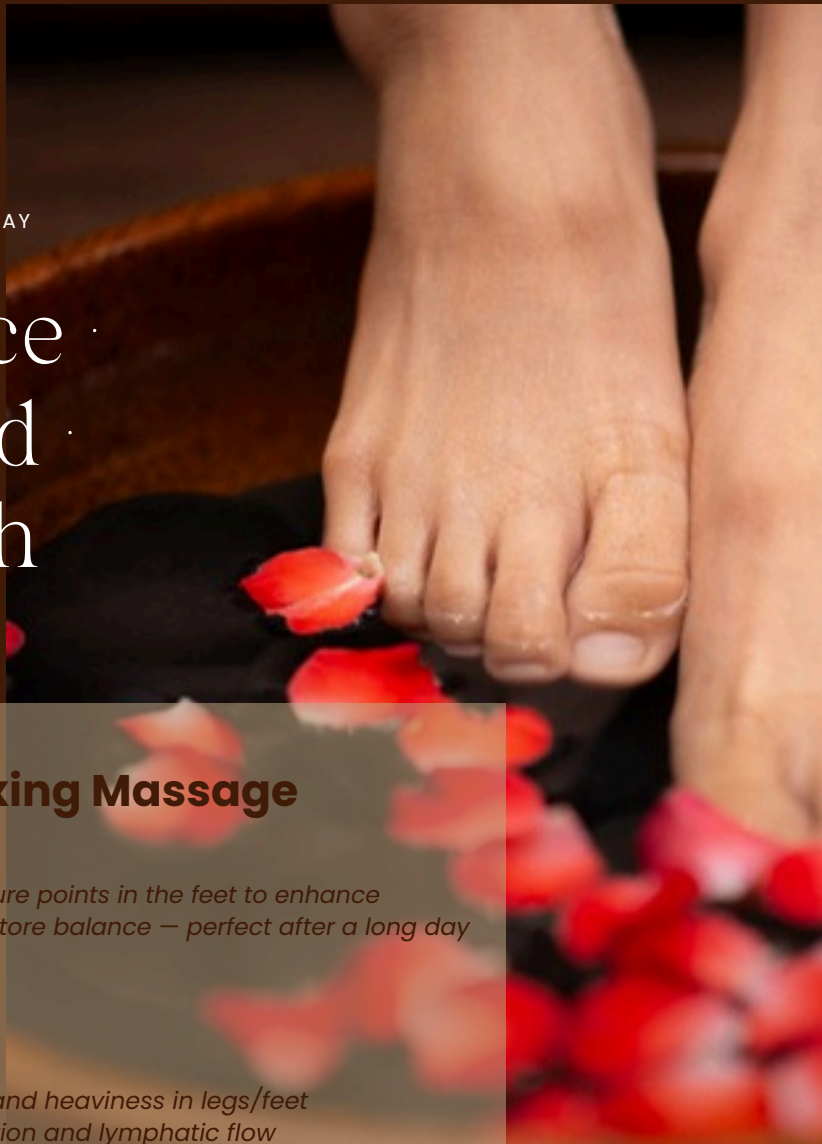
Benefits

*Reduces swelling and heaviness in legs/feet
Stimulates circulation and lymphatic flow
Deeply relaxing and grounding for the whole body
Complements standing or high-step count days*

30 minutes — \$60

45 minutes — \$75

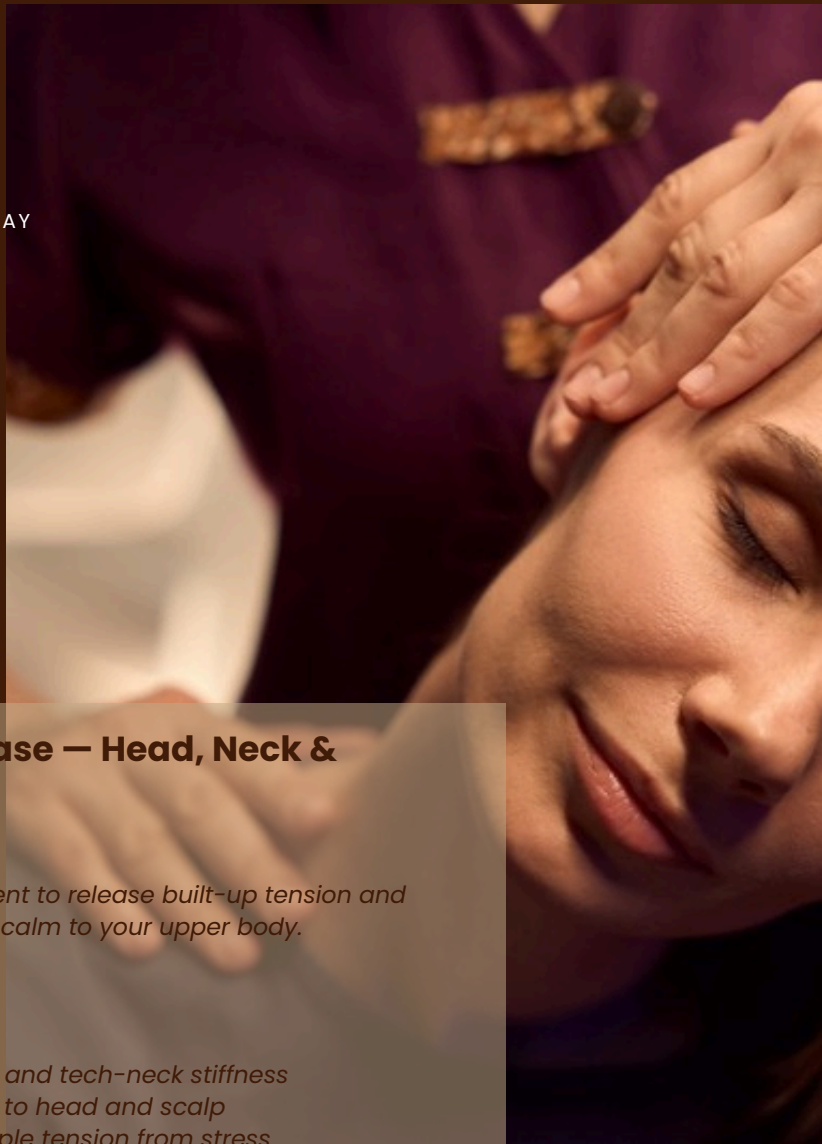
60 minutes — \$95





SERENITY CAMMERAY
LUX SPA

Soothe
Relieve
Rebalance



Tension Release — Head, Neck & Shoulders

A soothing treatment to release built-up tension and restore clarity and calm to your upper body.

Benefits

- Eases headaches and tech-neck stiffness
- Boosts blood flow to head and scalp
- Reduces jaw/temples tension from stress
- Instant reset for busy days

30 minutes — \$60

45 minutes — \$85

60 minutes — \$105



SERENITY CAMMERAY
LUX SPA

Glow
Renew
Radiate



Body Scrub Ritual — The Bliss Body Scrub

A full-body exfoliation using your choice of organic oil, coconut oil, or essential oil, combined with Himalayan salts and our secret blend to reveal smooth, radiant skin

Benefits

*Removes dull, dry surface cells for instant glow
Stimulates circulation to support healthy renewal
Deeply nourishes and hydrates the skin barrier
Leaves skin silky-soft and radiant*

45 minutes — **\$85** - Full body exfoliation

75 minutes — **\$129** - Full body exfoliation +30 minutes
back massage

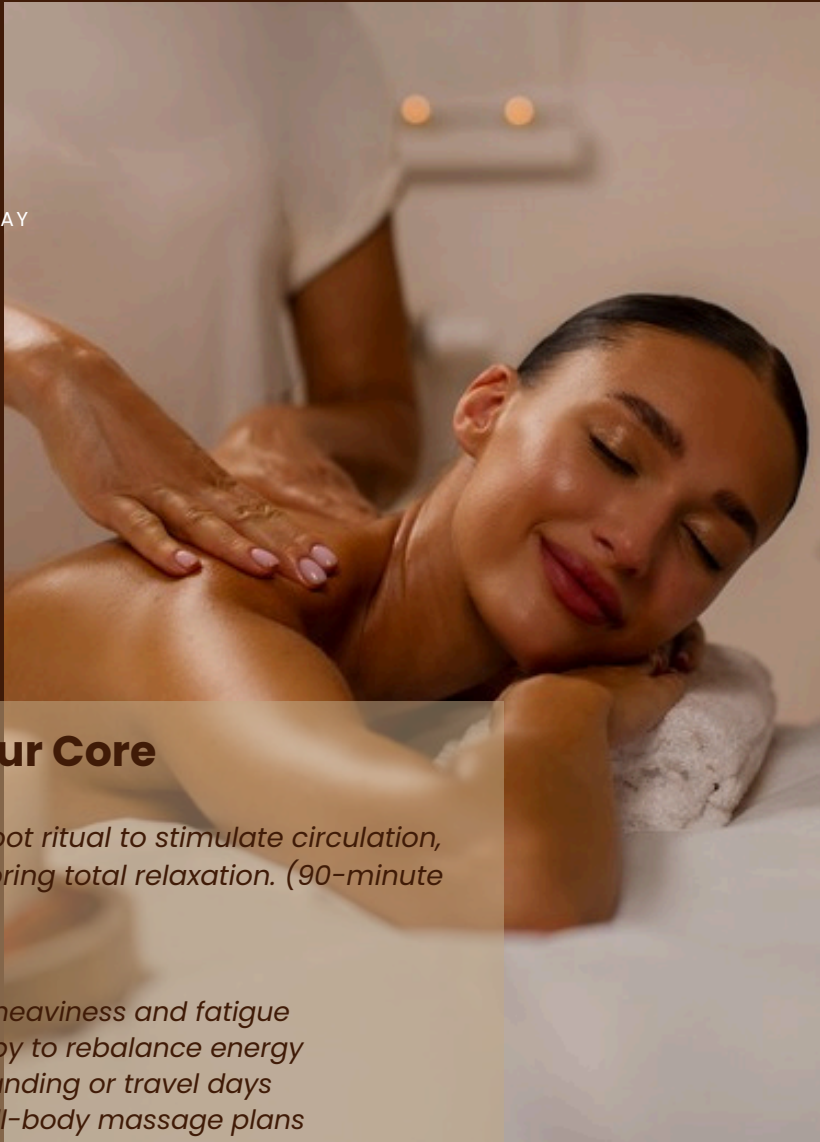
60 minutes — **\$105** - Foot exfoliation + 30-min foot
massage

60 Minutes - **\$109** - Body Wrap



SERENITY CAMMERAY
LUX SPA

Retreat
Care
Ease



Restore Your Core

A rejuvenating foot ritual to stimulate circulation, ease pain, and bring total relaxation. (90-minute treatment)

Benefits

- Targets leg/foot heaviness and fatigue
- Grounding therapy to rebalance energy
- Great for long standing or travel days
- Complements full-body massage plans

Foot bath & scrub – 15 mins

Foot reflexology – 75 mins

Package price: **\$129**



SERENITY CAMMERAY
LUX SPA

Retreat
Care
Ease



Refresh Your Soul

A head-to-toe indulgence designed to rejuvenate body and spirit, leaving you feeling refreshed and serene. (90-minute treatment)

Benefits

- Releasing tension while restoring glow
- Balances energy for an uplifting calm
- Ideal for busy weeks and quick resets
- Smooths back and shoulders with exfoliation

Foot bath & scrub – 10 mins

Oil massage – 60 mins

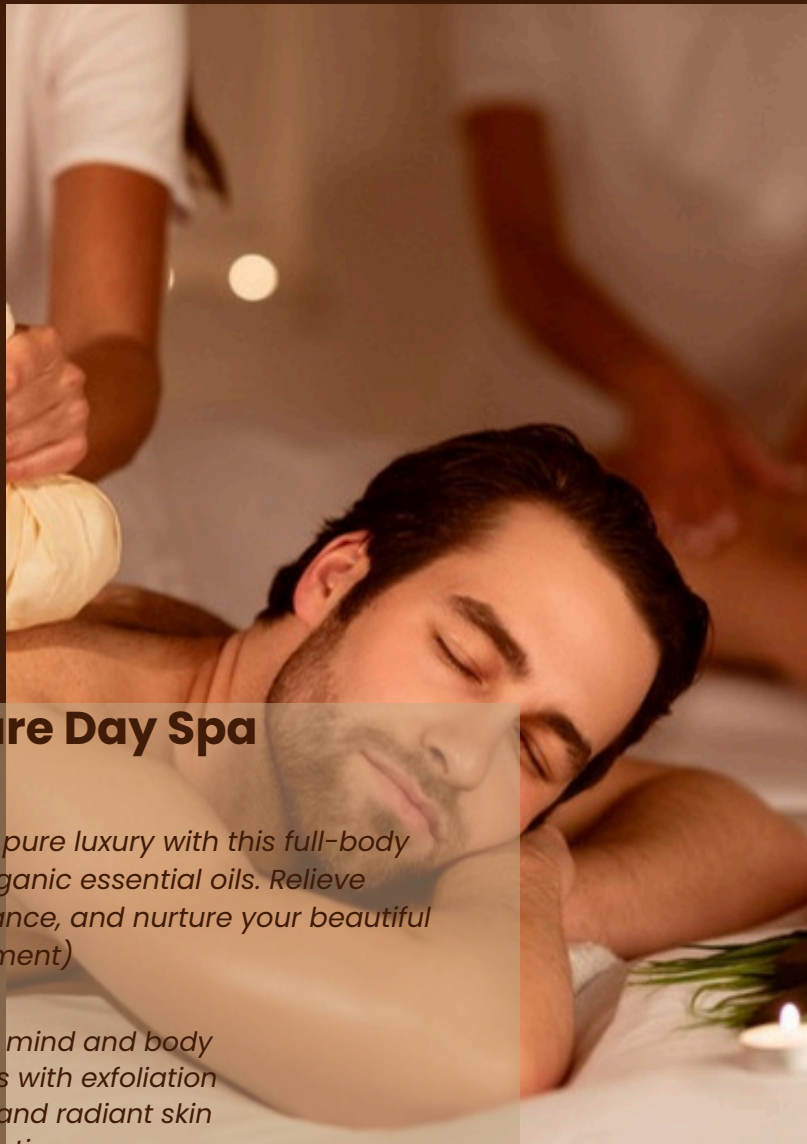
Back scrub – 20 mins

Package price: **\$139**



SERENITY CAMMERAY
LUX SPA

Relieve
Refresh
Rebalance



The Signature Day Spa Experience

Immerse yourself in pure luxury with this full-body experience using organic essential oils. Relieve tension, restore balance, and nurture your beautiful self. (2.5-hour treatment)

Benefits

*A complete ritual for mind and body
Combines hot stones with exfoliation
Promotes deep rest and radiant skin
Perfect gift or celebration escape*

+Foot bath & scrub – 15 mins

+Oil massage – 60 mins

+Full body exfoliation– 45 mins

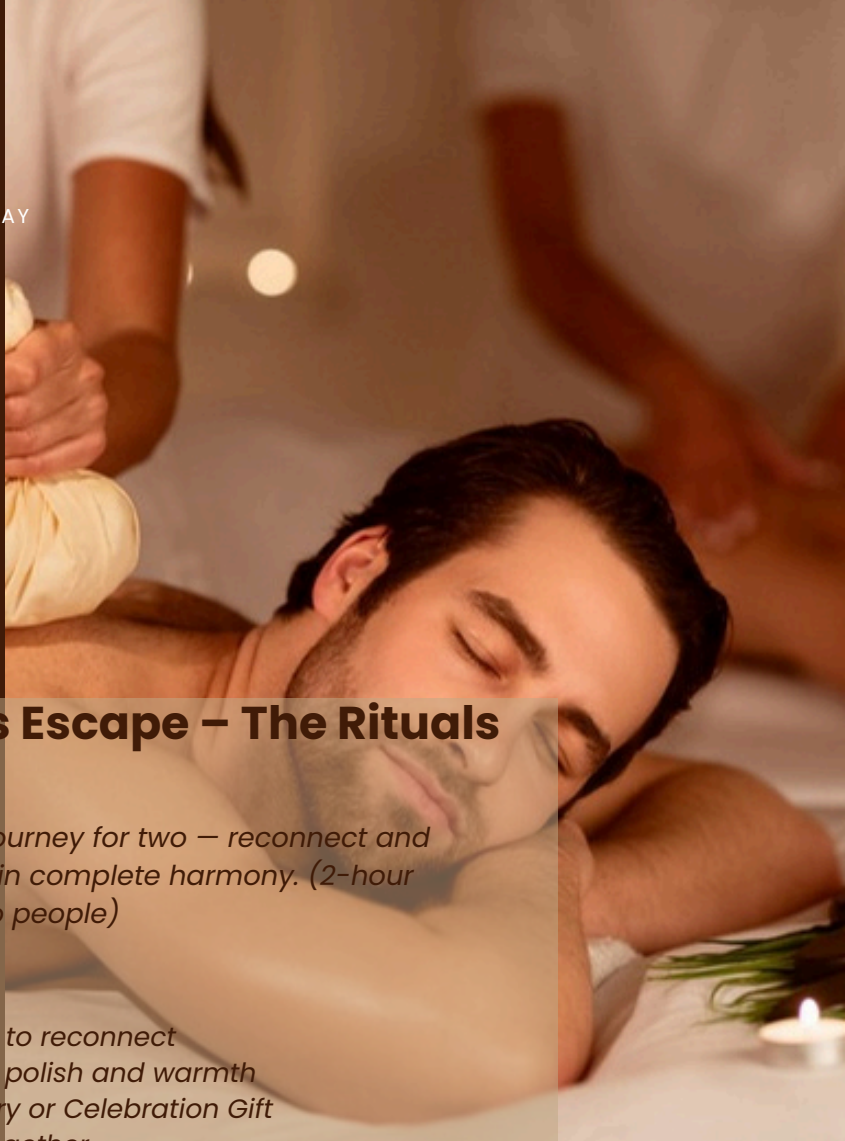
Head and Face Massage – 30 Mins

Package price: \$229



SERENITY CAMMERAY
LUX SPA

Indulgence
Wellbeing
Relaxation



A Couple's Escape – The Rituals of Nature

A romantic spa journey for two – reconnect and unwind together in complete harmony. (2-hour treatment for two people)

Benefits

Shared relaxation to reconnect

Beautiful blend of polish and warmth

Perfect anniversary or Celebration Gift

Leave renewed, together

Foot bath & scrub – 10 mins

Body scrub – 40 mins

Oil massage with hot stone – 60 mins

Head massage – 10 mins

Package price: \$349 (for two)

