



SERENITY SPA

SINT MAARTEN

SONESTA[™]
HOTELS & RESORTS

SINT MAARTEN



Serenity comes in many forms. Perhaps it's the magical way you have arrived, landing over our glorious white sands. Or it could be the time that you've set aside for yourself during this vacation. We honor that too.

This is the beginning of a journey for your soul, so let us help you continue your escape in the tranquility of Serenity Spa, the path to your mind, body and soul connection.

IN-SPA BODY MASSAGES

CALMING TOUCH MASSAGE - 60 min \$140 | 75 min \$175 | 90 min \$203

Indulge in a deeply soothing experience that begins with rejuvenating tropical Caribbean scrub, gently exfoliating your back to refresh and awaken your senses. This is followed by a luxurious full-body massage, featuring long, flowing techniques designed to melt away tension and invite total relaxation.

TENSION RELIEF MASSAGE - 60 min \$150 | 75 min \$185 | 90 min \$220

This massage blends medium to firm pressure with gentle stretching to ease stiffness and target specific areas of tension. Ideal if you want firm pressure without the intensity of deep tissue work.

DEEP TISSUE MASSAGE - 60 min \$175 | 75 min \$200

This massage goes beyond just applying deep pressure. By specifically targeting the fascia, muscles, and tendons, it helps improve joint mobility, enhance posture, and promote overall well-being—offering both therapeutic relief and relaxation.

HOT STONE MASSAGE - 60 min \$185 | 75 min \$220 | 90 min \$255

Experience the soothing warmth of heated stones as they gently melt away tension, enhance circulation, and promote deep relaxation. By improving blood flow and delivering more oxygen to your muscles, this therapy helps relieve aches and pain while reducing stress and anxiety, leaving you feeling refreshed and rejuvenated.

MESSAGE ENHANCER ADD-ONS:

HOT STONE - \$28

AROMATHERAPY - \$14

COUPLES MASSAGE - 60 min \$300 (per couple)

Share a blissful experience with someone you are special while still enjoying a massage tailored to your individual needs. As you relax side by side, let the love flow while our skilled therapists use personalized techniques to melt away stress and tension, creating the perfect moment of connection and tranquility. It comes with the blend of Calming touch, tension relief and Foot reflexology.

SAUNA & STEAM ROOM - 60 min \$25

Whether you prefer dry or moist heat or both, this experience is great for relieving stress, muscle relaxation, workout recovery, improving circulation and detoxification. This experience is complimentary with your massage.

SPECIALTY MASSAGES

MOM-TO-BE MASSAGE - 60 min \$165

Designed especially for moms-to-be, this nurturing massage provides the care and attention you deserve. Gentle soothing techniques help reduce anxiety, ease muscle tension, and relieve joint pain, promoting relaxation and well-being for both you and your growing baby. (Not performed during the first 3 months of pregnancy.)

FOOT REFLEXOLOGY - 60 min \$165

Treat your feet to a heavenly experience with our specialized reflexology massage. Gentle pressure is applied to key reflex points, easing aches, boosting circulation, and promoting overall wellness. Your treatment concludes with an invigorating rosemary and peppermint foot scrub, leaving your feet refreshed and revitalized.



IN-SPA FACIALS

CLASSIC FACIAL - 55 min \$150

A rejuvenating, result-driven treatment designed to deeply cleanse, refresh, and restore your skin's healthy look. Perfect for anyone seeking clean, clarified, and radiant skin.

SKIN FLOW FACIAL - 55 min \$165

Illuminate your skin with our deeply hydrating signature facial—an indulgent, moisture-rich treatment designed to deliver a lasting, luminous glow. Luxurious serums, restorative massage, and a deeply quenching mask work in harmony to replenish hydration, enhance radiance, and leave your complexion soft, dewy, and beautifully lit from within.

RENEWAL FACIAL - 55 min \$175

Packed with potent antioxidants and youth-boosting vitamins, this treatment targets the visible signs of aging—refining fine lines, enhancing elasticity, and revitalizing dull skin. Walk away with a radiant, lifted, and luminous complexion.

ANTI-AGING FACIAL - 75 min \$225

Elevate your glow with our luxurious, anti-aging facial. This extended treatment builds on our 55-minute renewal facial, adding deeper exfoliation and advanced sculpting massage to enhance radiance and refine the complexion. Perfect for anyone craving powerful age-defying benefits and indulgent time to unwind.

FACIAL ENHANCER ADD-ONS:

EYE TREATMENT - \$20

FOOT MASSAGE - \$25

SERENITY POINT GAZEBO MASSAGES

SPA ON THE CLIFF

ISLAND FLOW MASSAGE - 60 min \$180 (per person)

Inspired by the essence of the sea and the healing art of lomi lomi foot massage, this full body massage takes you on floating experience in paradise. This rhythmic massage, performed with hands and forearms, restores balance while relieving muscular tension and stress.

CHERRY BLOSSOM MASSAGE - 60 min \$190 (per person)

Indulge in a soothing Cherry Blossom & Lotus Flower massage that relaxes the body and leaves skin nourished and radiant, followed by a restorative foot reflexology treatment with aromatic shea butter for deep relaxation.

SPA ON THE ROCKS - 60 min \$185 (per person)

Begin with a rejuvenating Thalassotherapy soak in our mineral-rich rock pool to ease muscle fatigue and nourish the skin. Then melt into a calming 25-minute neck and back massage that releases tension and restores balance.

COUPLES RENDEZVOUS MASSAGE - 60 min \$360 (per couple)

Customized with a blend of massage techniques of deep and relaxing, this experience ensures both you and your partner enjoy a deeply personalized and rejuvenating retreat as the gentle sounds of the waves transport you on an incredible journey.



IN-SPA BODY TREATMENTS

BODY WRAPS

SEAWEED WRAP - 60 min \$160

Immerse yourself in the healing power of the ocean with our luxurious Seaweed Wrap. This detoxifying treatment nourishes your skin with mineral-rich seaweed, helping to eliminate toxins, boost circulation, and deeply hydrate.

LAVENDER AND HONEY BODY WRAP - 60 min \$160

Wrap yourself in pure relaxation with our Lavender & Honey Body Wrap, a nourishing cocoon designed to soothe, heal, and deeply hydrate your skin. The calming essence of lavender eases the mind and relaxes the body, while honey replenishes moisture, leaving your skin soft, radiant, and beautifully refreshed.

BODY SCRUBS

TROPICAL ESCAPE BODY SCRUB - 55 min \$150

Transcend into the beautiful aromatic world of Serenity SPA during this anti-aging exfoliation. French sea salt and organic fruit extract enriched in pro-Vitamin A and carrot seed oil are applied to your skin recreating the seawater ambiance. You will enjoy silky-smooth and remineralized skin.

ISLAND COFFEE SCRUB - 55 min \$150

Revitalize your body and mind with our invigorating Coffee Scrub. This energizing treatment combines gentle coffee granules and sugar beads to exfoliate, boost circulation, and enhance your skin's natural radiance.

HYDROTHERAPY BATH - 30 min \$70

Slip into a warm, soothing bath and let the world fade away. This customized hydrotherapy experience gently eases tension, supports muscle recovery, encourages detoxification, and invites deep relaxation. Perfect for those craving quiet, restorative alone time—your peaceful escape begins the moment you sink into the water.

ADD-ON:

NECK & BACK MASSAGE - 25 min \$85 (not a standalone treatment)

Enhance your body treatment with a focused neck and back massage. Available only as a body treatment add-on.



IN-SPA PACKAGES

ISLAND GLOW RENEWAL - \$235

(per person)

• Full Body Scrub - 45 min

Gently exfoliates with tropical botanicals to smooth, brighten, and renew the skin.

• Hydrating Neck, Back & Shoulder Massage - 45 min

Warm oils and slow, soothing strokes melt away tension and deeply replenish the body.

• Aromatherapy Enhancement

Your choice of citrus uplift, lavender calm, or tropical blend.

SERENITY REBALANCE EXPERIENCE - \$255

(per person)

• Signature Facial Boost - 45 min

• Stress Relief Massage - 45 min

Focused on back, neck, scalp, and shoulders for total relaxation.

• Eye Treatment Add-On

Brightens and hydrates the delicate under-eye area.

IN-SPA COUPLES PACKAGES

ENCHANTED COUPLES ESCAPE

60 min \$260 (per couple)

Show your romantic side and pamper yourself with that special someone which will heighten your senses and envelop you in romantic bliss.

• Calming Touch Massage - 45 min

• Foot Scrub and Foot Mask - 15 min

COUPLES KISS

60 min \$275 (per couple)

Enjoy quality time side by side as stress melts away, leaving you with softer, more radiant skin and tension-free muscles—perfect for a truly kissable glow.

• Feet and Calves Massage - 20 min

• Neck and Back Massage - 25 min

• Hydrating Face Treatment - 15 min

• Glass of Champagne

CHAMPAGNE DREAMS

90 min \$380 (per couple)

Love is in the air with this flutter of romance experience.

• Tension Relief Massage - 60 min

• Romantic Bubble Bath - 30 min

• Champagne and Savor Exotic Fruits





SALON SERVICES

NAIL CARE

BASIC MANICURE - \$45

This essential treatment includes nail shaping, cuticle care, hand moisturization, and your choice of polish, leaving your hands soft and well-groomed.

SERENE MANICURE - \$70

Indulge in the ultimate hand pampering with our Serene Manicure, which includes all the essentials of a Basic Manicure plus extra rejuvenating benefits. A moisturizing scrub gently exfoliates, while a hydrating mask rich in antioxidants nourishes and revitalizes your skin.

ADD-ON: FRENCH POLISH - \$10

EXPRESS PEDICURE - \$55

This treatment includes a quick soak, nail shaping, cuticle care, and a polish of your choice, leaving your feet looking neat, polished, and refreshed.

ADD-ON: FRENCH POLISH - \$10

BLISSFUL PEDICURE - \$85

Unwind with this foot escape to paradise. Begin with a soothing foot soak to relax you. A Caribbean blend scrub will invigorate you and the warm mask will hydrate your feet. This treatment will leave your feet dancing on air.

ADD-ON: CALLUS TREATMENT - \$10

ADD-ONS:

GEL REMOVAL - \$10 (Manicure or Pedicure)

GEL POLISH - \$20 (Manicure or Pedicure)

A silhouette of a woman with a ponytail, sitting in a yoga pose (Padmasana) on a beach. She is facing right, with her hands in a mudra (Anjali Mudra) position. The background is a vibrant sunset with orange and yellow clouds over the ocean.

APPOINTMENTS + CANCELLATIONS

RESERVATION

We recommend that you make your reservation in advance; however, same day and walk in are welcome based on availability.

CANCELLATION OR RESCHEDULE

Should you wish to reschedule or cancel your appointment, please call Serenity Spa 24 hours in advance during spa hours. Failure to reschedule or cancel in advance will result in a 50% charge. No shows will result in a 100% charge.

ARRIVALS

Please arrive 15 minutes prior to your appointment to complete any forms needed prior to your service and to prepare for your treatment.

LATE SHOW

As a courtesy to our clients, late arrivals will receive the remaining available appointment time and will be charged the full service.

CELL PHONES

To ensure all of our guests are enjoying a serene environment, cell phones must be on Silence Mode in the Spa.

NEED HELP CHOOSING YOUR TREATMENT?

Our spa team will help you plan the perfect spa experience based on your specific needs and vacation plans.

WHAT TO WEAR

Depending on your treatment robe, slippers and a locker will be provided for you upon arrival to the Spa. Our spa personnel will guide you through the process.

SHOULD YOU SHAVE BEFORE A TREATMENT?

Shaving is not recommended prior to any body exfoliation treatments and hair removal services. However, we ask that men shave two hours prior to the scheduled treatment.

GIFT CERTIFICATES

Spa Gift Certificates are a wonderful way to give the gift of well-being to those special people in your life. Gift certificates may be purchased at the Spa Reception.

VALUABLES

The Spa is not responsible for damage, loss or stolen belongings. Please leave your valuables in the safe in your room.

Discounts do not apply to spa packages, couples' packages, in-room massages, express services, add-ons, gazebo services, salon services, and zen garden and cannot be combined with additional discount. Prices reflected as of December 2025.





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