




SERENITY SPA
SINT MAARTEN



SONESTA
SINT MAARTEN

A close-up photograph of a woman's hands holding a large, vibrant orange-red flower. Her hands are covered in fine, white sand, suggesting a beach setting. The background is a clear, bright blue sky. The woman's face is partially visible on the left side of the frame, looking towards the flower.

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 MASSAGES

All massages are full body massage unless otherwise indicated with an*

ALOE BODY MASSAGE - 40 mins \$110

Is your skin Sunburnt? Then this is the perfect massage for you. Enjoy this light gentle pure aloe massage infused with eucalyptus, tea tree and green tea to help soothe, heal and hydrate your skin.

TRANQUILITY MASSAGE - 60 mins \$135 | 90 mins \$185

Experience a true state of mindfulness and enjoy a tranquil escape. This massage begins with a mango and coconut back scrub followed by long flowing massage strokes which allow the mind and body to relax. This massage will surely ease you into vacation mode. This is not a deep massage.

DEEP TENSION RELIEF MASSAGE - 60 mins \$150 | 80 mins \$190

This massage allows your therapist to perform deep, targeted work which helps to loosen up kinks and knots through gentle stretching and deep muscle manipulations. It includes an aromatic mud mask on the back which helps ease stiffness, tightness and sore muscles. If you enjoy a deeper massage, this is the massage for you.

HOT STONE MASSAGE - *40 mins \$110 | 90 mins \$190

Combine the relaxing warmth of the stones with Swedish massage techniques and you get a massage that will soothe your aching body, increase blood flow to improve healing and leave you with a sense of calm.

SERENITY BLEND MASSAGE - 60 mins \$165 | 90 mins \$195

This is the ultimate experience in massage enjoyment. A blend of Hot Stone, Tension Relief and Tranquility massage techniques leaves you feeling like you are floating on a cloud of serenity.

COUPLES MASSAGE - 60 mins \$280 (per couple)

Let the love flow as you and that special someone enjoy this moment together while your therapist works to relieve stress from your body with a combination of techniques from the Deep tension relief massage, Tranquility massages and foot reflexology.

MOM-TO-BE-MASSAGE - 60 mins \$145

Done in the second trimester, this massage focuses on giving you, mother-to-be, the special attention you need. It will reduce anxiety, relieve muscular aches and joint pain, and help nurture the new life that is growing within you.

IN-ROOM MASSAGE - 60 mins \$190 | 90 mins \$240

Enjoy a therapeutic massage in the comfort of your room. Let your skilled therapist work to relieve tension in your body. Reservation required 24 hours in advance.

SAUNA AND STEAM ROOM - 60 mins \$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.

FOOT REFLEXOLOGY - *25 mins \$75.00 (Foot reflexology only) | *60 mins \$135

This is heaven for your feet. Your treatment begins with an invigorating rosemary and peppermint foot scrub which will stimulate nerves, followed by foot reflexology. It is designed to ease aches, increase circulation and normalize the body natural healing ability.

NECK AND BACK MASSAGE - *25 mins \$85 | *60 mins \$135

If your back and shoulders are the parts of your body where you tend to carry your tension or feel pain and discomfort, then this massage is for you. It helps to ease stiff neck, lower back pain and promotes relaxation through gentle stretching and pressure points.

MANUAL LYMPHATIC DRAINAGE FOR LEGS - 60 mins \$145

This manual Lymph drainage massage aims to stimulate the flow of lymph and remove waste products and toxins from tissues through soft and gentle pumping massage movement. Great if you suffer with edema or want to relieve the feeling heaviness in your legs.

Add-Ons:

Bath - 20 mins \$50 (excludes the fruit plate)



FACIALS

MINI FACIAL - 40 mins \$95

If you are looking for a facial to boost your skin, then this is the perfect facial for you. It will help renew your skin cells by increasing blood and oxygen circulation while leaving the skin refreshed and relaxed. Extraction and steam not included.

CLASSIC FACIAL - 55 mins \$130

This cleansing facial is designed to improve the look of the pores, soften the skin and leave you glowing. It includes a detoxifying steam; cleansing; a face, neck and shoulder massage; extractions, and a lightening mask to bring instant radiance to your skin.

MEN'S FACIAL - 55 mins \$130

Specially created to nurture a man's skin. Whether it is dry, sunburned or environmentally stressed skin, this deep cleaning facial will leave your skin smoother and healthier. A series of relaxing massage techniques for head scalp and shoulder completes this facial.

HYDRACARE FACIAL - 55 mins \$140

Dull, dehydrated surface skin cells are removed allowing the penetration of a rich vitamin base mask that gives you immediate results. The perfect facial for dry lackluster skin.

ANTI-AGING FACIAL TREATMENT - 80 mins \$190

An intense anti-aging treatment with the latest high-tech formula, to reduce fine lines, strengthen elasticity, minimize pigmentation and resurface uneven skin texture. Serving as an expedited delivery system, this facial energizes the basal layer and restores the skin normal function cells normal functions.

Add-Ons:

\$25 Eye Treatment (puffiness & fine lines) **\$25 Décolleté Treatment** (neck & chest)

BREAKOUT FACIAL - 75 mins \$170

Is your skin acting up? Then this is the facial for you. Combined with a deep cleanse, the healing ampoule and soothing mask detoxifies your skin while calming irritation and redness to leave your skin clean and vibrant, and control future breakout.

BACK TREATMENT - 55 mins \$140

This treatment is great if you are experiencing breakout on your back. Begin with a gentle hot steam towel and full cleanse of the back to remove impurities followed by exfoliation and extractions (if needed). It includes a relaxing neck and back massage.

SERENITY POINT GAZEBO MASSAGES

ISLAND FLOW MASSAGE (per person) - 60 mins \$160 | 90 mins \$200

If you are looking to unwind, then let the ocean breeze take you away as you say 'ahhh' to this slow, relaxing massage which targets the inner layers of your muscles and connective tissues to alleviate muscle tension.

COUPLES OCEAN BREEZE MASSAGE (per couple) - 60 mins \$320

Just like the soothing sounds of the ocean, this combination of massage techniques balances your energy and releases mind and body stress while rekindling the flame of love.

CHOOSE YOUR SENSORY JOURNEY FOR YOUR MASSAGE BELOW

Let the different blends of aroma melt your senses while the peaceful sound of the waves carry you on a journey that can only be described as incredible.

SWEET ORANGE AND BERGAMOT (sweet)

Reduce anxiety, relax your muscles and calm your nerves while also stimulating your immune system with sweetness.

LEMON AND PEPPERMINT (refreshing)

Uplift your mood and energize your body with this refreshing blend.

SANDALWOOD AND LAVENDER (earthy)

A mind and body escape. Feel more grounded and ease tension with this journey of peace.





ZEN GARDEN SPA EXPERIENCE

Inspired by the traditional Japanese garden set in a Caribbean setting our Zen Spa experiences will transcend you into a peaceful escape for mind and body.

HANAKASUMI - 60 mins \$170

Embark on an enchanting sensorial journey filled with floral notes of Cherry Blossom and Lotus Flower to relax the body and nourish your skin. Our signature body treatment incorporates a warm exfoliating cream to soften and smooth the skin. A unique, invigorating foot massage flows into a relaxing full body massage using warmed aromatic shea butter to bring blissful relaxation to your mind body, and soul.

INDONESIA ANCESTRAL SIGNATURE TREATMENT - 60 mins \$170

Inspired by ancient Indonesian traditions, the Indonesia Ancestrale Body Ritual reconnects the mind, body, and soul. Your journey begins and ends with Mayonggo, an in-depth energy breathing ritual to release tension and restore positive energy. Allow your body to inhale the fragrant scents of sweet floral jasmine and rich, earthy sandalwood while your therapist performs a relaxing massage inspired by traditional Indonesian practices.

BAMBOO FUSION MASSAGE - 60 mins \$150

This massage uses gently warmed bamboo sticks for deep tissue work. The effects of the warm bamboo stretching and working your muscles promotes a deep sense of wellbeing and will leave you feeling wonderfully relaxed, energized.

ZEN ESCAPE - 60 mins \$150

Do you need a mindful escape? Then this is the massage for you. This is a relaxing massage using long flowing techniques with the blend of lavender and peppermint will leave you feeling, restored, calm and refreshed. It is peace in nature.

All prices are person. You can also enjoy any of these Zen experiences as a couple or with friends and family.

BATH AND BODY TREATMENTS

SEAWEED WRAP - 55 mins \$140

Rich in minerals and antioxidants, this wrap firms, hydrates and even re-mineralizes skin while boosting the eliminations of toxins from your body while enhancing your skin's overall appearance.

LAVENDER AND HONEY BODY WRAP - 55 mins \$140

Enjoy this nourishing cocoon designed to sooth, heal and hydrate your skin. The therapeutic properties of lavender helps to calm the nervous system while the oats and honey heal and nourish your skin.

ISLAND COFFEE SCRUB - 55 mins \$130

Feel more energized with this invigorating body scrub. Gentle coffee granules and sugar beads improve your blood circulation, give your skin a more even tone and rejuvenate your soul. A great pick-me-up yet relaxing scrub experience.

TROPICAL ESCAPE BODY SCRUB - 55 mins \$130

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. This revolutionary anti-aging, salt mousse refines your skin unlike any other exfoliation treatment. You will enjoy a silky-smooth and remineralized skin.

HYDROTHERAPY BATH - 60 mins \$120

Our hydrotherapy bath is customized to your needs. Whether your concern is pain relief, or muscle fatigue, or you are just in need of detox and relaxation, this warm bath will leave you feeling immediately renewed. Enjoy a refreshing healthy drink and fruit plate while you allow the warm water and essential oils de-stress you. A hydrating moisturizer is applied to your skin at the end of your experience.

Add-Ons:

Bath - 20 mins \$50 (excludes the fruit plate)

Neck & Back Massage - 25 mins \$55 (not a standalone treatment)



SPA PACKAGES

GENTLEMEN'S RETREAT - 2 hrs \$239

Deep tension relief massage, foot scrub and gentleman's facial

GLOW PACKAGE FOR HER - 2 hrs \$225

Tranquility massage, foot scrub and classic facial

ISLAND INDULGENCE - 1 hr \$130

- Neck and Back Massage
- Foot Reflexology

HEAVENLY ESCAPE - 2.5 hrs \$360

- Tropical Escape Scrub
- Seaweed Body Wrap
- Mini Facial

RENEW - 90 mins \$170

Coffee and sugar scrub and Tranquility massage

SCRUB AND WRAP COMBO - 90 mins \$200

Begin with a body scrub of choice to remove dead surface skin cells followed by the wrap of your choice. This will improve your skin texture while leaving you feeling relaxed and rejuvenated.

COUPLES PACKAGES

ENCHANTED COUPLES ESCAPE

55 mins \$220

Show your romantic side and pamper yourself with that special someone while heightening your senses and igniting the flame of love.

Tranquility Massage - 40 mins

Foot scrub and Massage - 15 mins

COUPLES KISS - 60 mins \$240

Feel refreshed and relaxed as you share space and time with each other. You will leave with a refreshed and relaxed kissable face.

Foot and Calves Massage - 20 mins

Neck and Back Massage - 30 mins

Hydrating Face - 10 mins

Glass of Champagne

CHAMPAGNE DREAMS - 90 mins \$350

(per couple)

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

Tranquility Massage - 60 mins

Bubble Bath - 30 mins

Champagne and Savor Exotic Fruits

COUPLES ROMANTIC BATH - 30 mins \$130

Enjoy this romantic moment with your loved one while you sip on bubbly and savor fresh tropical fruits. A perfect way to feel relax in each other's arms.

Package Upgrade:

Deep Tension - \$15 (per person)



SALON SERVICES

NAIL CARE

BASIC MANICURE - \$40

Cuticle and nail care is combined with polish or buff and shine for healthy natural nails.

SERENE MANICURE - \$70

Indulge in the pleasures of every aspect of this pampering treatment. A moisturizing scrub polishes away dead surface cells along with a hydrating mask rich in antioxidants to reveal rejuvenating results. This is followed by a hydrating massage to leave you feeling relaxed.

Add-Ons:

French Polish - \$10

EXPRESS PEDICURE - \$50

This pedicure covers the essentials with file, shape, buff and polish. If you're short on time but are desperate for a tidy up and polish, an express pedicure is ideal.

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-Ons:

Callus Treatment - \$10

DELUXE PEDICURE - \$120

If you have not had a pedicure in over three months and your feet need some extra attention. Then this is the pedicure for you. It is customize to your needs of your feet.

GEL MANICURE OR PEDICURE - \$75

Add-Ons:

Gel Removal - \$10

WAXING SERVICES

EYES, LIP OR CHIN - \$20

LIP AND BROW - \$30

UNDERARM - \$25

CHEST OR BACK - \$50 (starting at)

HALF LEG - \$40 | FULL LEG - \$60 (starting at)

BIKINI - \$30 | BRAZILIAN - \$60 (starting at)

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 May 2023.





DIAL EXTENSION 6246 (IN-ROOM)

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