

Massage Therapy

Relaxation Massage

A pampering, full body Swedish style massage designed to quiet the mind and soothe the body. Light to moderate pressure with gentle flowing strokes relieve stress and improve circulation.

50 minutes | \$119 80 minutes | \$169

Serenity Signature Massage

Our Signature Massage offers a medium pressure massage with a focus on your whole body well-being. Relaxing, pampering and therapeutic, addressing issues such as stress induced tightness and sore muscles.

50 minutes | \$129 80 minutes | \$179

Deep Muscle Massage

Recommended for those who regularly receive massage and who enjoy intense body work. Specialized and focused techniques reach deep muscle layers.

For full body attention 80 minutes is recommended.

50 minutes | \$139 80 minutes | \$189

Hot Stone Massage

The weight and radiant heat of the smooth basalt stones combined with Zents® all natural massage oils penetrate muscle tissue for deep relaxation.

Not recommended for clients with high blood pressure or who may be pregnant.

80 minutes | \$189

Serenity for Two (Couples Massage)

Share a tranquil Relaxation Massage together in our couple's room, designed to help you connect with your loved one.

Deep Muscle Massage is available for additional charge.

50 minutes | \$258 80 minutes | \$349

Reflexology Massage

In this traditional Asian practice, pressure is applied to acupressure points of the feet which correspond to different regions of the body and vital organs by way of the body's meridian lines of energy.

50 minutes | \$119

Nurture Prenatal Massage

A relaxing full body massage using safe but effective pre-natal techniques and all natural Zents® massage oils. Focus is on lower back muscles, but also includes neck and head massage. *2nd & 3rd Trimester Only*

50 minutes | \$135

Also offering Bridal Packages and Group Spa Days.
Ask a spa coordinator for more details.

Facial Services

Serenity Signature Facial

This facial treatment begins with delicate exfoliation followed by a customized mask focusing on your skin's needs. Using micro current technology your skin is toned, lifted and firmed.

50 minutes | \$139 80 minutes | \$189

Anti-Aging Facial

Restore your skin's balance and renew its natural elasticity by stimulating cell renewal. This treatment smooths fine lines and reduces signs of fatigue and aging. Includes reviving eye treatment.

50 minutes | \$149 80 minutes | \$199

Organic Custom Facial

Organically grown Hungarian skin care line, **ilike**, uses fruit pulps and acids to create a luscious feeling skin care products. From organic pumpkin, rose hips and oranges to AHA fruit pulp and stimulating Hungarian paprika, this facial is guaranteed to revitalize your youthful glow and restore cellular growth.

50 minutes | \$149 80 minutes | \$209

Gentleman's Facial

Specially formulated to meet the needs and challenges of a man's skin. Ideal for all skin types, this facial balances and purifies through deep pore cleaning, exfoliation and a soothing masque.

50 minutes | \$109

Bacial

Our back facial service utilizes the same techniques used in our facial services but targets the back. The main focus of the service is to improve the health of the skin while providing a deep moisturizing treatment.

50 minutes | \$65

Dermaplaning

A safe and highly effective physical exfoliation procedure, it requires the use of a sterile, surgical scalpel to gently "shave" the skin's surface, removing the top-most layer of dead skin along with fine, villus hair (aka peach fuzz). This treatment enhances your skin's ability to absorb nutrients and moisture.

50 minutes | \$65

Serenity Spa is proud to offer our clients the very best in organic facial skin care.



Body Treatments

Sea Tonic Firming Body Wrap

This body firming treatment is designed to restore elasticity and tone for a healthier, more youthful skin appearance. This treatment begins with dry exfoliation, followed by a sea tonic firming gel application and wrap. It finishes with a detoxifying foot treatment.

50 minutes | \$129

Healing Waters Body Ritual

This exclusive Vichy shower hydrotherapy is the ultimate healing experience, designed to revitalize body and mind. This treatment begins with a full body sugar scrub, customized with your chosen Zents® aroma, followed by a warm cascading Vichy shower and finishes with a ultra hydration treatment.

50 minutes | \$129

Detoxifying Marine Wrap

Our self-heating seaweed mud wrap helps relieve muscle stiffness, joint soreness, increase circulation and promote relaxation. Aiding in detoxification and remineralization, this treatment begins with dry exfoliation, followed by a seaweed mud application and wrap, finishing with an ultra hydration treatment.

50 minutes | \$139

*Waxing services available by appointment only.

Spa Packages

Tranquility Package | \$325

Includes: Relaxation Massage, Serenity Signature Facial and Zentsational Manicure & Pedicure

Serenity Package | \$392

Includes: Relaxation Massage, Organic Facial, Signature Manicure & Pedicure and a spa lunch

Gentleman's Getaway | \$288

Includes: Serenity Signature Massage, Gentleman's Facial and Gentleman's Manicure & Pedicure

Couple's Retreat | \$690

Includes: Relaxation Massage, Serenity Signature Facial, Zentsational Manicure & Pedicure and a spa lunch with a bottle of Champagne

BOOK YOUR APPOINTMENT

Call 850.236.6028 | Spa@SheratonBayPoint.com

Or contact us online at SheratonBayPoint.com