

# SERENTE

LUXURY SPA & MODERN WELLNESS

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## *Massage and Body Treatments*

### SERENTE SIGNATURE MASSAGE

**\$115 60MIN    \$170 90MIN**

Our custom massage is designed to address each individual as an individual. Our bodies change daily and may need different massage techniques each visit. Instead of you trying to figure out what you need, our trained therapists will help you decide during your visit. We offer swedish, deep tissue, sports, myofacial, reflexology and more! Our promise is to soothe muscles, relieve tension, reduce stress, increase circulation and promote relaxation during your visit.

### AROMASOUL HOT STONE

**\$125 60MIN    \$165 90MIN**

Using smooth, heated stones to generate energy creates a sense of balance and calm. A blend of essential oils and stored heat from the stones penetrate deep into the muscles, while body and mind relax totally to nurture the soul.

### REFLEXOLOGY

**\$60 30MIN**

Using pressure points on your feet corresponding to specific organs in the body's natural regulatory system, organ function is improved while increasing relaxation and releasing stress.

### REFLEXSTONE MASSAGE

**\$130 60MIN    \$195 90MIN**

Our customized reflexology inspired treatment is the Ultimate in deep relaxation combining hot stones, warm lavender-infused towels, and massage along with reflexology points on your hands, arms, feet, neck and shoulders. Feel your stress leave your body!

### AROMATHERAPY BODY SCRUB

**\$60 30MIN**

This unique body therapy combines dry brushing and infused salt scrub to gently exfoliate flaky, dry skin, regenerate new skin cells and draw out impurities for a fresher, healthier glow. Your skin is then nourished with luxurious aromatherapy body oil.

### MONTICELLI ORGANIC MUD WRAP

**\$125 60MIN**

A deliciously warm experience for the body. This wrap is a rich and creamy mud full of vitamins and minerals from the healing waters of Monticelli, Italy. Relieve the ache of sore muscles and swollen joints in addition to restoring balance and renewed energy with this detoxifying treatment.

# Body Treatments

## ION DETOX FOOT TREATMENT

**\$45 30MIN**

Ion foot detox therapy program focuses on the feet to recharge the body and increase well being, overall health, and balance. Through a short 30 minute treatment of warm mineral sea salt water, the unit helps flush out the toxins in the lymphatic system and energizes the blood. The ionic therapeutic footbath flushes out through ionization. It has also been said, among many other things to relieve arthritis, help cancer patients increase energy, alleviate neck and back pain, and generally return the body to a more well-balanced state.

## INFRARED SLIM~IT BODY WRAP

**\$80 30MIN \$105 45MIN**

Burns up to 1200 calories, controls weight and reduces cellulite. As you relax in the infrared blanket, your body is actually hard at work producing sweat, pumping blood, and burning calories. You would burn as many calories as you would jogging for 30 minutes. Since the radiant heat of the infrared therapy system warms many times more deeply as conventional saunas, it is significantly more effective at reducing cellulite.

## Advanced Body Treatments

### VENUS SKIN TIGHTENING

(CALL FOR PRICING)

There may be no need for surgery if you're dealing with loose skin on your body. Venus legacy is a breakthrough in the science of fat reduction. It reduces stubborn fat bulges that are not easily reduced through diet and exercise. It's a non-invasive procedure that is gentle and effective. The effectiveness of the device's use as a noninvasive skin tightener is good news for those considering surgical treatments.

### BODY CONTOURING

(CALL FOR PRICING)

Venus Legacy is the strongest device on the market to help conditions such as cellulite, loose skin, stretch marks, and circumference reduction. Venus Legacy, utilizes a patented technology that combines both multi polar radio frequency (RF) along with pulsed magnetic fields (MP)<sup>2</sup>. These two types of energy work in synergy to effectively deliver remarkable clinical results on the Body and Face.

### PEMF CELLULAR EXERCISE

**\$30 15MIN \$30 60MIN \$120 60MIN**

No matter what state of health you're in, and no matter what you want to improve, Pulse PEMF exercise can help. PEMF, or a pulsed electromagnetic field, is a donating source of energy that helps the body repair/regenerate/rebuild/become more well naturally, enhancing the functionality of cells. The treatment is a relaxing, non-invasive and drug-free therapy that can help you reach your body's full potential.

### LIPOMELT TREATMENT

(CALL FOR PRICING)

LipoMelt treatment offers the most effective option for anyone looking to eliminate body fat with ease. This is a great option for those with just one or two areas of concern... your SERENTE SPA'S LIPOSUCTION ALTERNATIVE! It also uses near-infrared light to increase collagen and elastin formation while contouring the body and creating a slimmer appearance. It is safe, effective, painless, non-invasive, and non-surgical. Delivers amazing fast results. NO DOWNTIME. Works on all skin types and is painless.

# Wellness Treatments

## OXYGEN INHALATION

**\$20 15MIN**

Oxygen Inhalation is great for migraine sufferers, headaches, nausea, sinus, fatigue, hangovers, stress reduction, and promotes general good health. It will provide an overall feeling of alertness. Look great and feel better instantly.

Relax and reduce stress. Improve your skin tone. Sleep better.

## B-12 OR LIPO INJECTION

**\$20-\$35**

Vitamin B-12 alone can increase your energy levels, maintain a healthy nervous system, properly utilize fats, carbohydrates & proteins, relieve irritability, and improve concentration, memory & balance..

The lipotropic injection contains a blend of B-vitamins and Lipotropics that assist your body in mobilizing stored fat to be burned off as energy

## IV VITAMIN DRIP

**STARTS AT \$150**

Intravenous (IV) Vitamin Drips deliver vitamins, minerals and amino acids directly to the body for maximum absorption. This allows the nutrients to flood your body and nourish itself at the cellular level. By using this method we can safely deliver larger doses that would not otherwise be tolerated orally. Some of the specific benefits people may experience include increased energy, enhanced mood, improved sleep, decreased stress and anxiety, increased immunity, hydration, and muscle recovery.

### Choose your IV Vitamin Drip

- Serente Well-Being & Energy Drip
- Serente Immunity Drip
- Serente Recovery Drip
- Serente Fit & Performance Drip
- Serente Slim & Trim Drip
- Serente Feel Well Drip
- Serente Beauty Boost