



SABA  

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SERENITY

WELCOME TO  
SABA SERENITY SPA

NAMED AFTER "THE SWEET GODDESS AND  
WIFE OF LOCAL LEGEND FINN MCCOOL".

A close-up, soft-focus photograph of a woman's face. Her eyes are closed, and she has a serene expression. Her hand is resting under her chin, with her fingers gently supporting her jawline. The lighting is warm and natural, highlighting the texture of her skin and the subtle makeup on her lips and eyes. The overall mood is one of relaxation and self-care.

COMFORT ZONE

*Facial*

TREATMENTS

## HYDRA MEMORY

Hydra Memory is a deep hydrating treatment for the face, neck and décolleté that results in the renewed moisture and silkiness. Restores compactness, tone and luminosity. Suitable for dry, dehydrated and depleted skins in the need of moisture and a fresh, plump appearance

*30 minute / £45 - 60 minute / £65*

## RECOVER TOUCH

A treatment to nourish your skin and recover from the damage caused by sun, pollution and aging. Recover Touch is a nourishing, multi-vitamin antioxidant treatment for face, neck and décolleté. The antioxidant, nourishing combination of organic Goji Berry and Macadamia Oil leaves the skin soft and replenished. Ideal in case of stressed, dehydrated and dull skin.

*30 minute / £45 - 60 minute / £65*

## ACTIVE PURENESS

A treatment for deep- cleansing that gives the skin a luminous, smooth uniform appearance. Intensive and delicate. It rebalances and normalises the skin, leaving it fresh and firm. Suitable for very delicate, dehydrated and mature skin. It is particularly effective on impure, wrinkled, oily skin and those prone to acne

*30 minute / £45 - 60 minute / £65*

## REMEDY

A treatment which decongests, rebalances and protects reactive skin that is subject to redness, couperose & fragile capillaries. Gives nourishment and barrier protection. Suitable for delicate and sensitive skins and subject to couperose

*30 minute / £45 - 60 minute / £65*

## MALE FACIAL

This is a revitalising & purifying treatment. Designed to deeply cleanse and improve all your skin concerns. This facial is tailored to each client's needs and concerns. The skin is rebalanced and left with a matte finish

*45 Minutes / £50*



*Body*

TREATMENTS

## BODY EXFOLIATION TREATMENT

Rejuvenating salt scrub, the body is given an intense all over scrub that will gently remove dead skin cells. Promote renewal of new cells, stimulate circulation, and leaves the skin smooth and soft.

*Duration 60 minutes | £65*



*Massage*

TREATMENTS

## BODY MESSAGES

Used to promote sheer relaxation, stimulate circulation, reduce muscle tightness, and increase flexibility through increased blood flow

Relaxing back, neck, and shoulder massage

*Duration 30 minutes | £45*

Full body massage

*Duration 60 minutes | £65*

## INDIAN HEAD MASSAGE

This deeply relaxing head massage incorporates the upper back, shoulder's and head

Indian head massage promotes relaxation, relieves headaches, and reduces stress and tension

*Duration 45minutes | £49*

## FOOT & LEG MASSAGE

Lay back and relax

Relax and enjoy, as we massage away tension in those tired legs, remove aches from those tired feet. While also help improve circulation and reducing fluid retention

*Duration 30 minutes | £39*



*Specialised*  
TREATMENTS



## PREGNANCY MASSAGE

Pregnancy massage this treatment is adapted to each stage of pregnancy. Specialised positioning methods are used to ensure ultimate comfort and relaxation.

Back, neck, shoulders massage

*Duration 30 minutes | £ 50*

Full Body Massage

*Duration 60 Minutes | £70*

## PEACEFULNESS FOR MAMA

Pregnancy back, neck and shoulder massage followed by a Comfort Zone tester facial tailored to meet your skins specific needs

*Duration 60 Minutes | £79*

Pregnancy full body massage followed by a Comfort Zone tester facial tailored to meet your skins specific needs

*Duration 90 Minutes |£99*

## BRIDES TO BE

This package is a must in the lead to your special day

Brides to be / bridal parties / mother of the bride

Package includes:

- Full body scrub
- Full body moisturiser
- Comfort Zone tester facial tailored to your personal needs
- Eye treatment that will target tiredness / darkness around the eye area

You will have the perfect canvas, for tan and makeup application

*Duration 90 minutes | £89*

\*Group bookings welcome

A photograph of a spa treatment room. The room features a wooden wall, a large window with a view of the ocean, and two large, cylindrical, woven bamboo pendant lights hanging from the ceiling. In the foreground, there are two dark brown massage tables. The text "Spa PACKAGES" is overlaid in the center.

*Spa*  
PACKAGES

## ESCAPE TIME

This treatment offers a total pick me up, begins with an Indian head massage focusing on the pressure points of the head, releasing tension from neck and shoulders followed by a facial. We discuss the client's skin concerns and use the most suitable products from our Comfort Zone range. Total relaxation can be found after this treatment.

*Duration* 60 minutes | £ 69

## RELAX AND RECHARGE

This treatment offers a total sense of relaxation, beginning with an Indian head massage focusing on the pressure points of the head, neck and shoulders. Followed by a relaxing foot & leg massage that will renew tired legs by improving circulation and reducing fluid retention

*Duration* 60 minutes | £65

## THE BEST DUO

This treatment is complete bliss for anyone who loves both massage and facial, you can enjoy the best of both. The treatment starts with a relaxing back, neck and shoulder massage working on everyday stress and tensions, followed by Deluxe Comfort Zone Facial tailored to meet your skin's specific needs, relax and enjoy as we end your treatment with a pressure point scalp massage

*Duration* 90 minutes | £ 89

## SPA ARRIVAL

Please arrive for your treatment 15 minutes prior to your appointment time. Groups of 4 or more please arrive 20 minutes prior. This allows you time to familiarise yourself with our surrounding and complete your consultation form before treatment time.

Late arrival will result in treatment time been shortened as all treatments will end at the scheduled time.

## APPOINTMENTS AND RESERVATIONS

Please contact us prior to arrival at the hotel to check availability for your treatment. treatment times are reserved for your booking. Reservations are subject to availability all non-resident bookings must be secured with a deposit.

## CANCELLATIONS

All bookings must be secured with a Debit / credit card. We kindly request 48 hours cancellation notice. Less than 48 hours' notice will result in a 50% charge on treatment cost.

## HEALTH AND ALIMENTS

Please notify us when you book if you have medical / health conditions, including pregnancy. You will be required on the day to complete a consultation form which is confidential and for your own safety.

## CLOTHING

Bathrobe and a towel are provided for you when you arrive for treatment along with a day locker. Please wear undergarments, for certain treatments disposable undergarments will be required for specific treatments.

## BEHAVIOUR & NOISE LEVELS

To respect other guests, calm and relaxed atmosphere we do not allow any rowdy or loud behaviour in our thermal / spa area, this type of behaviour may result in you been asked to leave the spa. Children are not allowed in the spa. Under 16-year-olds must be accompanied by an adult.

## OPENING HOURS

10AM - 5.30PM

7 DAYS A WEEK

LATE NIGHT OPENING AVAILABLE ON REQUEST

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