



# SABA

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## SERENITY

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WELCOME TO  
SABA SERENITY SPA

## *Massage Treatments*

### **Head to toe massage – 90mins £90**

This ultimate deep relaxing treatment, massaged from the scalp right down to the toes Let the power of touch release stress & tension from the body & invoke a better night's sleep, reduce anxiety & improve overall mood leaving you in a state of calm.

### **Full body massage – 60mins £70**

Encourage a relaxing state, release tension & stimulate blood and lymphatic flow aiding detoxification throughout the body.

### **Back of body massage – 45mins £65**

This treatment incorporates the main areas where we hold all our tension & tightness, using hot oils and massage techniques to help ease out the muscles. Leaving you in a relaxing state.

### **Back, neck & shoulder massage- 30mins £50**

Great way to target the main area where we carry all our stress and tension. This popular treatment will help ease out the muscle tension

### **Scalp, neck & Décolletage massage- 30mins £50**

This beautiful treatment releases stress and eases tension, increases circulation and helps Improve skin hydration and elasticity.

### **Lower leg & foot massage- 30mins £50**

This treatment is a great little pick me up for all people of all ages, It will help soothe tired aches & pains in the lower legs & feet, stimulating blood & lymphatic flow, encouraging an overall state of relaxation and comfort.

### **Traditional Indian head massage – 60mins £70**

This Ayurveda therapeutic massage using hot aromatic oils stimulating acupressure points along shoulders, face & scalp to relieve tension, headaches, sinus & stress, aids in reducing anxiety and improving overall scalp & hair health.

### **Saba Serenity Taster – 60mins £75**

The best of both worlds, ease out the tension aches & pains with a back neck & shoulder massage followed by a refreshing bespoke facial that will leave your skin feeling refreshed & hydrated.

## *Specialised Treatments*

(Please check availability when booking treatment)

### **Deep tissue full body massage – 60mins £75**

Release all the tension & tightness with this deep stimulating treatment. Working deep into the muscles encouraging blood flow aiding in repair & mobility.

### **Deep tissue back neck shoulder massage- 30mins £55**

Release all the tension & tightness with this deep stimulating treatment. Working deep into the muscles encouraging blood flow aiding in repair & mobility.

### **Reflexology 60mins £80**

This treatment also known as zone therapy is a non-invasive complimentary treatment promoting deep relaxation & wellbeing. Using pressure to stimulate and activate energy pathways throughout the body.

## *Pregnancy Treatments*

(Please check availability when booking treatment)

### **Full Body Massage 60mins £75**

Encourage a relaxing state, release tension & gently stimulate blood and lymphatic system. Ease out aches & pains.

### **Back neck shoulder massage 30mins £55**

Great way to target the main area where we carry all our stress and tension. This treatment will help ease out the muscle tension

### **Lower leg & Foot massage 30mins £55**

This treatment is a great little pick me up, It will help soothe tired aches & pains in the lower legs & feet, Gently stimulating blood & lymphatic flow, encouraging an overall state of relaxation and comfort.

### **Saba pregnancy taster 60mins £80**

Best of both, ease out the tension with a back neck & shoulder massage followed by a refreshing facial that will hydrate & plump the skin



## *Treatment programs*

Back Neck Shoulder massage 30mins x 4 treatments £170

Deep Tissue Back Massage 30mins x 4 treatments £190

Indian Head massage 60mins x 4 £240

Reflexology 60mins x 4 £270

Bespoke Skinician Facial 60min x 4 £255

## *Skinician Facials*

**Science backed skincare that works, effective gentle formulas for all skin types, delivering real results & long term skin health**

Bespoke Facial 30mins- £55

Bespoke Facial 60mins - £75

## *Body treatments*

### **Exfoliation & Hydration 60mins -£70**

This exfoliating treatment is everything your skin needs to help detoxify, smooth & nourish, starting with full body brushing to help stimulate, followed by aromatic exfoliation to stimulate circulation encouraging detoxification. Then your silky soft skin is gently lathered in a rich nourishing body soufflé to hydrate and moisturise.

### **Nourishing foot treatment 45mins £65**

This treatment is ideal for anybody who suffers with rough dry, tired aching feet, starting with a hot aromatic compress to cleanse the feet, followed by refreshing exfoliation that will stimulate circulation leaving feet feeling light and tingly, then a detoxifying foot mask is applied to help stimulate and hydrate, finished with the soothing massage and refreshing lotion.

## *Day Spa Packages*

### **Saba Sunrise Package**

Enjoy Breakfast served in our fabulous Kitty's Restaurant

Followed by a 30min treatment of your choice

60min thermal suite access

£60 per person

### **Saba Morning Package**

Enjoy 30min treatment of your choice,

Followed by 60mins thermal suite access

Glass of Prosecco & 2 Course Lunch

**(Lunch is served between 12pm- 3pm)**

£79 per person

### **Luxury Afternoon tea Package**

60min treatment of your choice

Followed by 60mins thermal suite access

Afternoon tea served with Glass of Prosecco up in our lobby

**(Not available on Sundays, served between 12pm -3pm)**

£99 per person

## **Saba Serenity Spa policies & procedures**

### **Arrival at the Spa**

All guests are expected to arrive 15mins prior to appointment time. This allows time to fill out consultation forms and to get changed into robes. Larger groups of 4 or more people we ask that you come 20mins before appointment time. Late arrivals or guests who are not ready for their treatment start time will have their treatment cut short as to not impede on other guests bookings.

### **What to bring with you**

If you would like to make use of our Thermal suite after your treatment please bring swimwear with you and flip-flops to wear on your feet, we will provide a towel and robe to wear.

### **Spa etiquette**

We aim to make every guests visit to Saba Serenity Spa an enjoyable relaxing experience. We ask that all our guests be mindful of other peoples experience & not to be too loud and/or boisterous. Any group or guests that are being too loud and/or disruptive may be asked to leave.

### **Age restriction**

All spa treatments are strictly for persons over the age 16. No minors are allowed in the Thermal suite area unattended.

### **Large group bookings**

With plenty of notice we can accommodate larger groups for birthdays, hen parties or baby showers. Deposits of £10 per person will be required for bookings of 4 or more people. Please be advised no food or drink is permitted in the Thermal suite area.

### **Cancellations**

We would ask that you give us the courtesy of at least 48hrs notice of a booking cancellation. If a deposit was taken you may forfeit this if cancellation is within 48hrs notice period.

### **Medical concerns**

Some medical conditions are contraindicated to treatments. This means it may actually cause more harm than good to be treated. We would ask that you make us aware of any serious medical conditions/concerns you may have at time of booking. This will help us determine whether or not you can be treated so that there is no last minute disappointments on the day of arrival.

### **Opening Hours**

Monday –Sunday

10am- 5pm





### *Contact details*

*Saba Serenity Spa*

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