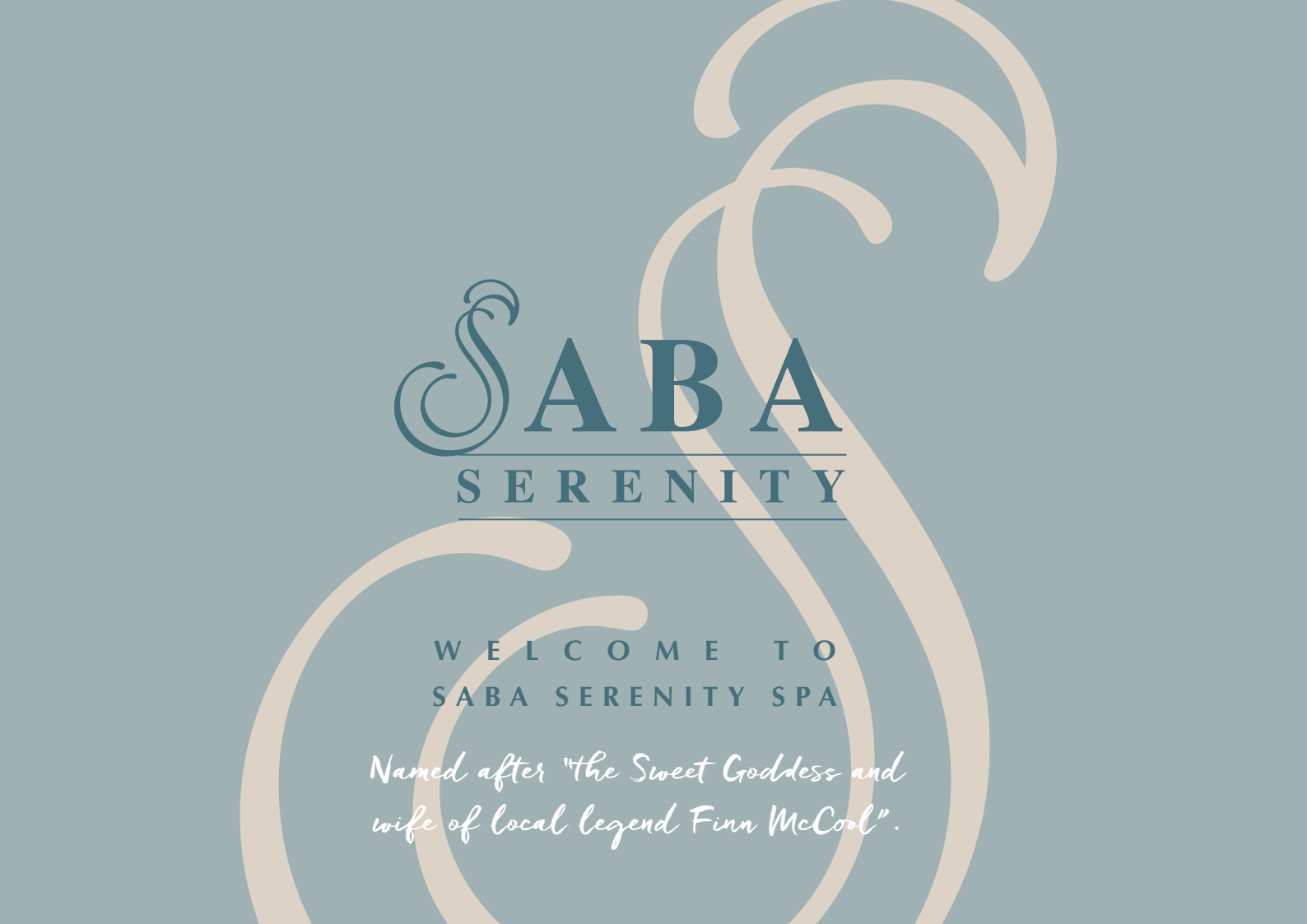




SABA

SERENITY

W E L C O M E T O
S A B A S E R E N I T Y S P A

*Named after "the Sweet Goddess and
wife of local legend Finn McCool".*



Massage

TREATMENTS

HEAD TO TOE MASSAGE *(90 minutes)*

£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.

FULLY BODY MASSAGE *(60 minutes)*

£70

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

BACK OF BODY MASSAGE *(45 minutes)*

£65

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

BACK, NECK & SHOULDER MASSAGE *(30 minutes)*

£50

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

SCALP, NECK & DECOLLETAGE MASSAGE *(30 minutes)*

£50

This beautiful treatment releases stress & eases tension, increases circulation & helps improve skin hydration & elasticity.

LOWER LEG & FOOT MASSAGE *(30 minutes)*

£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 & comfort.

TRADITIONAL INDIAN HEAD MASSAGE *(60 minutes)*

£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 & improving overall scalp & hair health.

SABA SERENITY TASTER *(60 minutes)*

£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.

A close-up, warm-toned photograph of a person lying on their back, receiving a massage. Two hands are visible, applying pressure to the person's back. The person's face is partially visible on the right, with their eyes closed. The text "Massage" is written in a large, white, cursive script across the center, with "TREATMENTS" in a smaller, white, sans-serif font below it.

Massage

TREATMENTS

Specialised Treatments

DEEP TISSUE FULL BODY MASSAGE (60 minutes)

£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 (30 minutes)

£55

REFLEXOLOGY (60 minutes)

£70

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

FULL BODY MASSAGE (60 minutes)

£75

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

BACK, NECK & SHOULDER MASSAGE (30 minutes)

£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 (30 minutes)

£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 (60 minutes)

£75

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

PACKAGES

Treatment Programs

BACK, NECK & SHOULDER MASSAGE (30 minutes x 4 treatments)	£170
DEEP TISSUE BACK MASSAGE (30 minutes x 4 treatments)	£190
INDIAN HEAD MASSAGE (60 minutes x 4 treatments)	£240
REFLEXOLOGY (60 minutes x 4 treatments)	£240
BESPOKE SKINICIAN FACIAL (60 minutes x 4 treatments)	£255

Skinician Facials

BESPOKE FACIAL (30 minutes)	£55
BESPOKE FACIAL (60 minutes)	£75
Science backed skincare that works, effective gentle formulas for all skin types, delivering real results & long term skin health	

Body Treatments

EXFOLIATION & HYDRATION (60 minutes)	£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 (45 minutes)	£60
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.	

A woman with blonde hair is lying on a dark wicker lounge chair with a black cushion. She is wearing a light blue robe and holding a glass of champagne. A silver thermal bottle and a small basket are on a table next to her. The background features a stone wall, a pool area with a metal railing, and a room with curtains and a potted plant. The floor is made of large stone tiles. The text "Day Spa" is written in a large, white, cursive font, and "PACKAGES" is written in a smaller, white, sans-serif font below it.

Day Spa

PACKAGES

SABA SUNRISE PACKAGE

£59 per person

Enjoy breakfast served in our fabulous Kitty's restaurant
Followed by a 30 minute treatment of your choice
60 minute Thermal Suite access

SABA MORNING PACKAGE

£75 per person

Enjoy 30 minute treatment of your choice
Followed by 60 minute Thermal Suite access
Glass of Prosecco
2 course lunch served in our fabulous Kitty's restaurant
(Lunch served between 12noon - 3pm)

LUXURY AFTERNOON TEA PACKAGE

£95 per person

NOT AVAILABLE ON SUNDAYS

60 minute treatment of your choice
Followed by 60 minute Thermal Suite access
Afternoon Tea served with Glass of Prosecco
(Served between 12noon - 3pm)

SABA
SERENITY

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.

SABA

SERENITY

OPENING HOURS
MONDAY – SUNDAY
10AM - 5PM

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Coleraine
BT51 3QT
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Email: sabaserenityspa@gmail.com



*B*USHTOWN

HOTEL & SPA
