

Luxurious Packages

Asian Dream (2 hrs)

B 4,710

For the complete relaxing experience, choose any oil Massage and combine it with a Facial treatment of your choice.

Mind and Body Reflex (2 hrs)

B 4,570

Treat your body with a holistic Foot Relaxation Massage followed by an energising Oriental Fusion or stimulating Swedish Aromatic Massage for the complete relief of aches and pains.

Total Body Rejuvenation (2 hrs)

B 4,720

Invigorate your entire body and smooth away dry, dead skin with an Aromatherapy Body Salt Glow combined with a Swedish Aromatic, Deep Tissue or Oriental Fusion Massage.

Ultimate Detox (2 hrs)

B 5,210

For total body cleansing and reducing the appearance of cellulite, this two hour package combining Aromatic Herbal Steam, a Body and Skin Detox and Lymphatic Drainage, will leave your skin feeling tight, refreshed and alive.

Soothing of the Spirit (3 hrs)

B 7,180

This wonderfully calming experience, is perfect for anyone suffering from a long journey or a hard days activities. Starting with soothing Aromatic Herbal Steam, a Tamarind Skin Exfoliation shall then revitalize your skin, a Swedish Massage relax your spirit and an Aromatherapy Facial ensure you look good, while feeling great.

Secrets of Siam (Couples, 3 hrs)

B 12,890

To truly experience what Thailand has to offer, this is a must for all travelers. Designed especially for couples, a Siamese Herbal Scrub shall be followed by a Traditional Thai Massage and Natures Own Facial. While you relax and rejuvenate 'Thai Style', Herbal Tea and Thai Desserts shall also be served to complete this very unique experience.

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Luxurious Packages (cont.)

Asian Indulgence (3 hrs 30 min) B 8,360
Five distinctly different treatments make up this fabulous blend from the Orient. Herbal Steam, Tamarind Skin Exfoliation, Foot Relaxation, Oriental Fusion Massage and a Natures Own Facial will leave you with an impression of Asia you will never forget.

Paradise at The Shore (4 hrs.) B 9,180
Bringing together everything you have ever wanted to pamper yourself with, this is the ultimate in mind, body and soul revitalization. Aromatic Herbal Steam or Jacuzzi will relax and loosen your muscles before a Pearl Dust and Mango Butter Body Scrub removes dead skin layers in preparation for the treats to come. Swedish Massage, an Ivy, Green Tea and Laminaria Body Pack and Facial of your choice then complete your transition into a re energized, relaxed, glowing new you.

Signature Packages

Serenity at The Shore (2 hr 25min) B 7, 320
Specially designed to enliven and awaken a jet lagged and tired body, this exclusive combination of Herbal Steam, Swedish Massage and our 2 signature treatments.....Pearl Dust and Mango Butter Body Scrub and Ivy, Green Tea and Laminaria Body Pack,....uses the sea's best ingredients, Seaweed and Pearls, to create a must do treatment.

Tranquility at The Shore (90 mins) B 3,570
A luxurious and quick way to infuse life back into your body. Enjoy your choice of a White Sands Milk Bath or Rose Harmony Floral Infusion along with an energetic Oriental Fusion Massage.....Relax

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Massage

Swedish Aromatic (60 min)

£ 2,490

For complete relaxation, it is hard to beat the smooth stroking hand techniques used in a professional Swedish massage. Using your choice of aromatherapy oils, this massage covers all of the body and pressure can be applied to suit everybody's needs.

Deep Tissue / Sport (60 min)

£ 2,490

Using different techniques that allow deeper penetration into and around muscle areas, sport massage is ideal after a day's leisure activities. Please let our receptionists know if you need attention to any particular area and they will individualise this massage for you to ensure complete satisfaction.

Oriental Fusion (60 min)

£ 2,490

Wonderful for relieving aches, pains and strains, this massage is a combination of Eastern and Western techniques that is highly recommended for those who prefer a strong massage.

HBS Stress Release (30 / 60 min)

£ 1,490 / 2,490

Concentrating only on the Head, Back and Shoulders, this anti stress massage will leave you feeling calm, revitalised and tension free. Also available as a 30 min massage in conjunction with another treatment.

Foot Relaxation (60 min)

£ 2,490

Originating from Egypt, this foot reflexology massage applies pressure to nerve endings in the feet that relates to all different organs of the body. Far more than just a foot massage, this holistic healing technique helps restore balance and harmony to your body while aiding sleep and water retention. This therapeutic treatment also involves some calming lower leg and head massage.

Traditional Thai (90 min)

£ 2,590

A wonderful treatment passed down from ancient generations, Thai massage involves the application of pressure and a gentle stretching of the muscles, also using pressure to stimulate the energy meridians of the body. This massage is performed on Traditional Thai mattresses without oil and pays special attention to the back and legs.

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Facial Treatments

Aromatherapy (60 min)

€ 2,740

A rejuvenating experience of a cleansing, hydrating, moisturizing, facial massage and mask designed to purify and promote beautifully radiant skin. An exceptional facial treatment tailored to meet your specific skin condition and comes complete with a pampering hand and foot treatment.

Deep Cleansing (60min)

€ 2,740

Using steam to thoroughly cleanse all pores before a detoxifying face Mask, this facial will also remove black heads to leave your skin looking and feeling radiant. Some wonderful hand massage will ensure you leave feeling totally refreshed.

Men's Pampering (60 min)

€ 2,720

Designed specifically for men, let us indulge your face with massage using the finest skin nourishing products available. Hydrating, cleansing and relaxing, you will leave us with your face looking and feeling alive.

Natures Own (60 min)

€ 2,720

Using fresh Thai fruit and traditional white clay, this facial gently cleanses and tones the skin. Perfect for those who are stressed or fatigued, this facial will do wonders to brighten the complexion.

Pampering Deluxe (90 min)

€ 3,290

The ultimate in personalised facial pampering, warm thermal blankets are used to warm and relax your muscles while your face is deep cleansed using steam, hydrating compresses and extractions. The skin is then toned and refreshed with a herbal mist while total relaxation is achieved through a shoulder, chest, neck, face and scalp massage. A face mask specific for your skin type will then be applied whilst further massage is performed on your arms and feet. To conclude this amazing facial, an aromatic moisturizer, eye gel and silk dust will also be used.

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Body Treatments

Aromatherapy Body Salt Glow (60 min) **B 2,750**

This superb body polishing treatment, uses a combination of freshly ground salts with pure lavender essential oil to re-mineralise and smooth the skin. A lotion massage concludes the treatment, leaving your skin as soft as velvet.

Siamese Herbal Scrub (60 min) **B 2,750**

Using Turmeric as the prominent ingredient, this exquisite scrub contains Plai, Lemon Grass and Kaffir Lime leaves carefully researched to provide a unique skin exfoliant. Feel thoroughly cleansed and uplifted after the application of this nourishing herbal preparation.

Tamarind Skin Exfoliation (60 min) **B 2,750**

Based on Tamarind, Ochna and Honey, this treatment uplifts, and revives whilst exfoliating the skin with natural rice meal. Thai Women over the centuries have relied on honey as a natural skin softener. Tamarind and Ochna provide cleansing and nourishing properties to give the skin a radiant glow.

Hot Herbal Clay Wrap (60 min) **B 2,820**

This luxurious hot white clay body wrap, helps drain the toxins and impurities out from your body, relaxing and soothing from within. The purest, natural Thai Herbal products are used to ensure a truly marvellous experience.

Body and Skin Detox (60 min) **B 2,890**

Detoxifying and exfoliating, this body mask is saturated with anti-oxidants. Using thermal energy during the wrap which enhances absorption, this treatment is perfect for improving the appearance of cellulite and hard fat and therefore your total complexion.

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Body Treatments(cont.)

Aloe Vera Sun Soother (60 min)

B 2,690

Using extracts of naturally healing Aloe Vera and Green Tea, this fine therapy hydrates and moisturises ozone damaged skin and also includes a relaxing body wrap and soothing Lavender facial.

Lymphatic Drainage (60 min)

B 2,590

This treatment is designed to stimulate the body's lymphatic system, a fluid filled network, which circulates fats, proteins and immune cells and removes bacteria, viruses and cholesterol. Combined with exercise, this treatment can lead to a reduction in water retention, and in some cases, cellulite.

Signature Treatments

Pearl Dust and Mango Butter Body Scrub (60 min)

B 2,820

Actually using finely ground Pearls, this exquisite treatment combines the naturally cleansing properties of pure Mango Butter to provide a heavenly scrub that softens and brightens the skin. Perfect before any other treatment or Bath, or simply just to indulge on its own.

Ivy, Green Tea and Laminaria Body Pack (60 min)

B 2,820

This combination of Laminaria seaweed and Ivy extracts, sweet almond essential oil, green tea and clay, acts to remineralise the vascular and lymphatic systems, providing a highly effective treatment against cellulite.

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Specialties^{*}

Aromatic Herbal Steam (30 min) **B 800**
Refresh your body in this gentle cloud of steam filled with the aroma of fresh Thai herbs. Ideal before a massage, or anytime to cleanse the skin, clear the lungs, promote the circulation and invigorate the body.

White Sands Milk Bath (30 min) **B 1,480**
Soak in wonderful blend of Lavender milk and tropical creams to soften, moisturize and enliven your skin. Perfect preparation before any massage.

Rose Harmony Floral Infusion (30 min) **B 1,480**
A fragrant flower bath that allows the natural essential oils from the flower petals penetrate your skin while the aromas install peace within your mind.

Serenity Manicure **B 890**
Including a pampering hand treatment and massage using pure Lavender body cream, this deluxe manicure will beautify the hands and nails, with nails buffed to a healthy shine or coated with the polish of your choice.

Serenity Pedicure **B 980**
Starting with a Lavender salt scrub to soften and enliven the feet, this total foot treatment, removes hard, dry skin and beautifies the feet and nails. Nails can be clear buffed or coated with the polish of your choice.

Waxing
Removes hair quickly and cleanly using a hygienic roll-on hot waxing system.

-	<i>Half leg</i>	B 1,090
-	<i>Full leg</i>	B 1,590
-	<i>Bikini</i>	B 800
-	<i>Under arms</i>	B 700

** All specialties are available with other treatments only.*

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Serenity Wedding

Pre Wedding Treats

Foot and Hand Buff (90 mins) **B 1,680**

Foot Scrub , Manicure and Pedicure to look your best on your special day.

Pre Wedding Soother (90 mins) **B 3,120**

A 90 minute Swedish Massage with extra concentration on the head shoulders to ease away your tensions and excitement.

Especially for Her (3 hrs) **B 4,960**

Relax and enjoy a full 3 hours or pre marital bliss by yourself or with friends. Bath in our deluxe Rose Harmony Bath, enjoy a stimulating but mind easing massage of your choice and finish with our Serenity manicure and pedicure buffed to your choice of colour.

Especially for Him (2 hrs) **B 4,480**

Aromatic Herbal Steam, Foot Relax Massage and an Oriental Fusion Massage. All designed to invigorate your body and prepare your mind for one of life's biggest moments. Enjoy by yourself or with the rest of the bridal party.

Post Wedding Bliss

Honeymoon at The Shore (3 hrs) **B 14,430**

Enjoy together, one White Sands Milk Bath for two followed by a Pearl Dust and Mango Butter Body Scrub, Swedish Aromatic Massage and Aromatherapy Facial for her and Mens Pampering Facial for him

Honeymoon Asia (4 hrs) **B 18,420**

Revive, Romance and begin your honeymoon Thai Style with this lovers combination for marital bliss. Aromatic Herbal Steam, Rose Harmony Floral Infusion for two, Foot Relaxation Massage, Siamese Herbal Scrub, Traditional Thai Massage and a Natures Own Facial shall all be enjoyed together in the privacy of our Serenity Spa suite.

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