



# Serenity Spa

by westgate



## Menu of Services

All prices, menu offerings and policies are subject to change.

# About Your Visit

At Serenity Spa by Westgate, it's all about you. Whether your goal is to relax and indulge your senses, combat the effects of aging, improve your fitness and wellness regime, or enhance your inner beauty, the metamorphosis begins at Serenity.

A visit to Serenity Spa includes full use of the eucalyptus steam rooms, redwood saunas, whirlpools, private lounges, locker areas, and complete fitness center. Swimsuits are required for whirlpool use. Lockers are furnished to each guest for storage of personal items during treatments.

Please arrive a minimum of 30 minutes prior to your appointment to allow ample time to check-in, change and enjoy the spa facilities. Continue your relaxation and use the facilities following your treatment as well. Appointments starting late due to a guest's tardiness will finish on time in order to uphold the next guest's appointment.

A spa robe and slippers will be provided for your spa experience and are available for purchase in the retail boutique. Our therapists are professionally trained in draping procedures to ensure your privacy and comfort. However, you may wear undergarments or a swimsuit for treatments, if you prefer.

All Serenity professionals are licensed and trained in the most current techniques to provide maximum benefits and results from your treatments. Your spa experience will be tailored to meet your specific goals for health and wellness.

# General Information

**Cancellation Policy:** All appointments are subject to a four hour cancellation policy. Otherwise, a 100% charge will be posted to the credit card referenced at the time of scheduling appointment.

**Discounts:** Westgate Resorts Owners receive regular special offers. Please ask for details.

**Gift Certificates:** Give the gift of a Serenity Spa experience! Gift certificates are available for spa treatments, salon services or shopping in the spa boutique. The perfect gift for holidays, birthdays, anniversaries, recognition and appreciation and other special occasions.

**Groups:** Consider a spa outing for a memorable group experience. Special rates are available for groups of five or more guests. Ask to speak to our Spa Group coordinator for more details.

**Kids Club:** During designated hours, complimentary access is offered in the Kids Club for children of Spa guests ages 2 (must be potty trained) to 10. The Kids Club is located on the second floor of the Pavilion building. Ask for details when scheduling your spa services. Space is limited so reservations are required.

**Service Charge:** 20% service charge will be added to the price of all treatments.

**Spa Boutique:** To continue your spa experience at home, your esthetician and therapist will recommend products for home care from the exclusive all natural product lines for face and body. Take the Serenity experience home with you today!

Effective 4/11. This brochure replaces all other materials which may presently be in circulation.

# Facial Treatments\*

## ***Express Facial***

***\$70/25 min.***

Have little time? You still have time to get pampered with this facial, designed for the person on the go. Enjoy the soothing steam and a perfect blend of a cleansing and a customized masque, to tone and moisturize.

## ***Gentlemen's Facial***

***\$100/50 min.***

Deep cleansing, followed by exfoliation and a soothing masque to balance and hydrate your skin. A customized regimen will be designed especially for you to help alleviate bumps and irritations on the skin.

## ***European Facial***

***\$100/50 min.***

A cleansing and exfoliating facial customized to your skin type leaving your face soothed, calm and balanced.

## ***Acneic Skincare Treatment***

***\$110/50 min.***

A deep cleansing and purifying facial designed for congested or problematic skin types. Not recommended for sensitive skin.

## ***Serenity Signature Skincare Treatment***

***\$120/50 min.***

A luxurious, enriching facial good for all skin types delivering lasting moisture to the deepest layers of the skin. This opulent treatment saturates your skin with nourishing vitamins to plump, nurture and restore dull, depleted skin.

## ***Age Smart Skincare Treatment***

***\$135/50 min.***

A superior results driven treatment to combat fine lines and improve overall skin tone and smoothness, revealing the skin's youthful appearance. Sun exposure must be limited for the following 24 hours.

\*Add a foot massage to any facial for the ultimate in relaxation for an additional fee.

# Facial Treatments\*

## ***Facial Enhancers***

*(May be added to any facial treatment.)*

### ***Ultimate Eye Rescue***

**\$30**

Eliminates puffiness, decreases dark circles, and minimizes fine lines around the eyes.

### ***Ultimate Lip Rescue***

**\$20**

Minimizes fine lines and combats the signs of aging. Great for smokers and feathering lipstick.

## ***Clinical Facial Treatments***

### ***Serenity Facial Peels***

**\$90/25 mins.**

Known as "lunchtime peels," these medically endorsed treatments offer healthier, more youthful skin without down time. Natural peels remove the very top layer of skin. Repeated treatments are needed to maintain results. Your esthetician will customize a plan specifically to accomplish your goals.

### ***Microdermabrasion***

**\$90**

The latest technology for skin rejuvenation, this advancement in non-surgical peeling removes epidermal layers and invigorates cell renewal. Microdermabrasion creates healthy, balanced skin without prolonged recovery or down time, offering a safe, comfortable alternative to medical procedures such as chemical peels and laser resurfacing.

\*Add a foot massage to any facial for the ultimate in relaxation for an additional fee.

# Body Treatments

## ***Healing Mud Body Cocoon***

***\$105/50 mins.***

This treatment is especially designed for those suffering from muscular injuries, aches and pains. Healing Mud will help ease the pain, relieve fatigue, and help the body to absorb the many vitamins and minerals this unique Mud has to offer.

## ***Sea Glow Salt Scrub***

***\$80/25 mins.***

Rich in trace elements such as sulfur, magnesium, zinc, potassium, calcium and iron, these intensely hydrating grains greatly and thoroughly exfoliate the skin.

## ***Avocado, Aloe & Sweet Orange***

### ***Hydrating Cocoon***

***\$105/50 mins.***

Nourish and smooth away dryness with our signature wrap, containing the most effective antioxidant and anti-aging formulation including vitamin E, avocado oil, grapeseed, sage, soybean oil, rose chips, geranium, essential oils, and mineral-rich French clay. An ideal hydrating and re-mineralizing treatment for dry, mature and weather-damaged skin.

## ***Mango, Ginger & Lemon Sugar Scrub***

***\$80/25 mins.***

Spice up your treatment with the sweet enhancement of our Mango Brown Sugar Scrub. This fruity blend of carefully chosen ayurvedic oils and organic brown sugar locks in moisture to leave skin smooth and firm.

## ***Contour Cellulite Wrap***

***\$105/50 mins.***

This treatment uses potent seaweed and aromatherapy oils to cleanse the skin tissues that appear rippled by unlocking fluids and toxins trapped in the tissues. A toning and firming treatment recommended for all skin types.

## ***Aloe & Eucalyptus Sun Soothing Wrap***

***\$55/25 mins.***

This is a cold body wrap treatment designed for localized areas of sunburn and wind burn.

# Hypnosis

## ***Hypnosis for Weight Management, Smoking Cessation or Emotional Release***

*with Ariel Albani*

***\$110/50 mins.***

One hour sessions use hypnotic techniques to successfully accomplish personal goals including (but not limited to) weight management, smoking cessation and deep permanent personal transformation. Hypnosis sessions are an effective way to release the conscious mind and rediscover the root cause of the issues being resolved, allowing the mind to accept subconscious reprogramming and provide a fresh start for permanent personal transformation

## ***Serenity Signature Hypno Massage***

***\$205/50 mins***

Indulge your senses in this experiential journey that will allow your soul to escape while your body is pampered. Experience the soothing sensation of the massage while your mind engages in a faraway journey to promote health, well being, relaxation and assist you in reaching your goals. Whether it is weight loss, self esteem, inner happiness or relaxation as your goal, the session will be tailored to suit your specific needs. A signature treatment exclusive of the Serenity Spa. Enjoy this truly hypnotic experience..

# Massage

## ***The Serenity Experience***

***\$115/50 mins.***

Experience a unique massage found exclusively at Serenity Spa. Enjoy a variety of light massage techniques from head to toe and an aromatic Healing Mud application to the back which creates a warm, secure cocoon sensation. Emerge from this soothing massage and body treatment feeling relaxed and renewed.

## ***Specialty Massage***

***\$120/50 mins. \$170/80 mins.***

Using crani-osacral, neuromuscular or core myofascial release techniques, this alternative massage can assist in the correction of repetitive work related injuries, structural deviations in the body, and can address a specific traumatic injury.

## ***Couple's Massage***

***\$200/50 mins. \$300/80 mins.***

If you've never had a massage before and are nervous about having one, or if you would like to have a true relaxation experience with your loved one, this is the treatment for you. Relax side by side as you receive a soothing massage together in our specialized couple's room.

## ***Swedish Massage***

***\$70/25 mins. \$100/50 mins. \$150/80 mins.***

The most popular relaxation massage in the world. This full body massage uses European techniques to help soothe and relax tired muscles to promote a sense of deep relaxation and well being.

## ***Stress Free Aromatherapy Massage***

***\$110/50 mins. \$160/80 mins.***

Let your senses take you into a different world with this combination of light relaxation massage, exquisite aromas and soothing music. You will truly see and feel less stress after this incredible treatment.

## ***Deep Tissue Massage***

***\$115/50 mins. \$165/80 mins.***

Need more than a light massage to handle your aches and pains? This massage is for you. The combination of deep compression, strong strokes and trigger point therapy used by our therapists is sure to defeat knotted muscles and aching joints.

**License # MM9801**

# Massage

## ***Hot Stone Massage***

***\$110/50 mins. \$160/80 mins.***

This treatment combines the relaxing effects of traditional massage with volcanic river stones. The stones are placed on key energy points on the body, creating an aura of warmth while the deep penetrating heat works to manage the relief of stressed and tired, aching muscles.

## ***Back, Shoulder and Neck Massage***

***\$105/50 mins.***

The perfect massage for the person who sits in an office all day and needs to relax those sore neck, shoulder and back muscles. One hour of pure concentration on these problem areas is sure to have you feeling brand new. Also a great massage to improve a golf swing!

## ***Pregnancy Massage***

***\$105/50 mins.***

Expectant mothers will feel nurtured during this pampering experience. The massage focuses on reducing tension in the back and neck and helps alleviate aches and pains in the legs and feet. (This service is available during the second and third trimester.)

## ***Foot Massage***

***\$70/25 mins.***

Recommended recovery massage after a long day at the theme parks. Let us soothe your body and especially your aching feet with the combination of reflexology and Swedish techniques.

## ***Reiki***

***\$110/50 mins.***

Experience relaxation and stress release with this unique energy balancing treatment. Just relax and surrender to a peaceful and renewing journey for your mind, body and soul.

## ***Zen Bamboo Massage***

***\$160/80 mins.***

After a lemongrass foot scrub, warmed bamboo cane is used to glide, stroke and knead the skin, providing pressure and stimulating circulation, leaving the body feeling totally renewed.

# Spa Packages

## ***Serenity Sampler***

***\$200/75 mins.***

Perfect for a first time spa experience, the Serenity Sampler will introduce you to some of the best treatments our spa has to offer. Receive a 25-minute massage, an Express Facial, and a 25-minute Sea Glow Salt Scrub. Once you see the new you, you will want more!

## ***Herbal Detox***

***\$255/2.5 hrs..***

An herbal cleansing and revitalizing program for today's toxin laden lifestyle. Begin with our Sea Glow Salt Scrub, followed by a Contouring Cellulite Wrap, and finish with a Swedish massage using de-toxing aroma oils. De-toxing has never been so much fun!

## ***Serenity Delight***

***\$275/2.5 hrs.***

The ultimate full-body spa experience. Receive a European Facial, Healing Mud Body Cocoon, rich with vitamins and minerals, and a full body Swedish massage. Your body will thank you!

## ***The Ultimate Escape***

***\$480/6 hrs.***

Learn the true meaning of relaxation by giving yourself a one-day, stress free vacation. Indulge yourself with a Serenity Signature Massage, Serenity Signature Facial, Healing Mud Body Cocoon, Spa Manicure & Spa Pedicure, Shampoo, Style, and Deep Conditioning Treatment. Take a break midday to enjoy a Spa lunch. This package will help you to forget why you needed the day away in the first place.

## ***Half Day Getaway***

***\$255/2.5 hrs.***

If you don't have the time for a full day of treatments and still want some time for yourself, this package is for you. Receive a Swedish Massage, a European Skincare Treatment, a Classic Manicure, and a Classic Pedicure. This package will revive you and let you take on the rest of the day.

# Spa Packages

## ***Couple's Body Bliss***

***\$410/105 mins.***

Relax and renew side-by-side with our 105-minute body experience. Begin with a rejuvenating foot mask and nourishing hand mask, followed by a foot, leg, hand and arm massage using lavender massage oil for her and Eucalyptus massage oil for him. Then onto a back mud wrap, lavender and ylang ylang for her and Eucalyptus and peppermint for him. Enjoy a leg and back massage and finish with a relaxing scalp massage. A delicious chocolate fondue, glass of wine and take home gift complete this decadent experience.

## ***Couple's Day Away***

***\$568/5 hrs.***

Set aside a day to participate in your partner's treatments. With this package, you will really have some great quality time together. While each partner is enjoying a facial, the other can be present to provide a foot massage. And when it's time for the Healing Mud Body Cocoon, one can participate with the caregiver by painting the mud on their spouse themselves. After those treatments are provided, you will then be taken to our couple's massage room, where you and your partner will enjoy your couple's massage. Light lunch provided.

## ***Bath Butler for Two\****

***Resort Guests Only***

***Does not include villa accommodations***

Create a relaxing in-room ambiance to set the tone for a special evening. Our staff will arrive to your villa to create a hydrotherapy treatment in your whirlpool tub, using treatments designed for total relaxation. Special tonics and elixirs will induce a state of relaxation, with candles to add a touch of elegance. Then the staff will leave you to relax and enjoy the best day of your vacation. Champagne and chocolate covered strawberries can be added for an additional charge. Please make reservations for this package 24 hours in advance.

***\$75-\$110 with chocolate covered strawberries and champagne.***

## ***Mother & Daughter Getaway Package***

***\$160/50 mins.***

Set aside some family time to enjoy a 25 minute relaxing massage side by side, followed by a fun Ice Cream manicure. Using our Ice Cream fizzy products, you receive a nail re-shape and cuticle touch up, hand hydration and polish.

## ***Mother & Daughter Refresh Package***

***\$190/1 hour 45 mins.***

Make great mother daughter memories here with us at Serenity Spa by Westgate. Enjoy a 25 minute manicure, deep conditioning hair treatment while receiving a skin refreshing treatment. Finish with a blow dry style.

# Airbrush Tanning

The best way to avoid the risk of harmful UV rays is to avoid the sun whenever possible. Airbrush Tanning Services, available at Serenity Spa, offer a healthy, natural glow without any harmful side effects. The Airbrush Solution contains 10% DHA and other added ingredients to ensure a natural looking tan as it is being applied. You'll see results instantly. The average tan application lasts about five to seven days. This service is ideal for a beautiful glow at your next special occasion, for providing a base tan as you begin your vacation, or before returning home. Regular applications available through a discounted series package provide a beautiful, healthy glow all year round!

## ***Offerings Include:***

***One Application.....\$40***

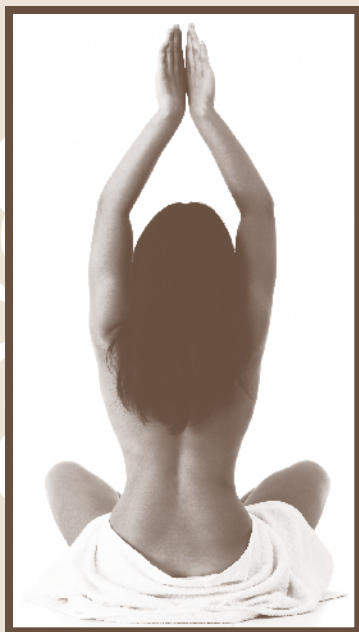
***Series of Four Applications..... \$150***

***Series of Six Applications ..... \$220***

***Exfoliation Add-on .....\$30***



# Airbrush Tanning



## *Airbrush Tanning Tips & Benefits*

- Always be clean and shaved and without lotions, perfumes or deodorant on skin before airbrushing application.
- Do not shower for at least six to eight hours to allow for a deep penetrating tan after the airbrushing application.
- Allow about five minutes to dry before getting dressed, and wear loose clothing if possible.
- Upon your first application, it is recommended to receive a second application again the next day to build a base tan then again every five to seven days, or as desired, to continue a healthy glow.
- Some residual DHA solution will rinse off once you shower after tanning and about 90% will remain on your skin.
- Some of the solution may get on your clothes. It is water-soluble and will rinse out in the wash.
- DHA solutions do not contain sunscreen and will break up when you come in contact with chlorine and saltwater.

# Salon

## Color

<i>All Over Color</i> .....	\$85 and up
<i>Color Touch Up (roots only)</i> .....	\$70
<i>Highlights Full</i> .....	\$105 and up
<i>Highlights Partial</i> .....	\$80 and up
<i>Additional Color</i> .....	\$25 and up

## Haircuts and Style

<i>Haircuts for Men</i> .....	\$30 and up
<i>Women's Cut &amp; Style</i> .....	\$60 and up
<i>Shampoo and Style</i> .....	\$40 and up
<i>Deep Conditioning Treatment</i> .....	\$25 and up (no blow dry)

## Facial Waxing

\$25 and up.

*Eyebrow Wax*

*Lip Wax*

*Chin Wax*

# Nail Services

## Manicures

### **Classic Manicure**

**\$35/25 mins.**

Nail soak, cuticle touch-up, nail reshape and buff, hydration, and polish application.

### **Spa Manicure**

**\$55/50 mins.**

Nail soak, cuticle clean up, nail reshape and buff, exfoliation, hand massage, hydration, and polish application.

### **Paraffin Treatment Add On .....\$20**

A dip into individual, single use paraffin gloves that provides the ultimate softening of the hands.

### **Hand Re-Hydrator**

**\$35/25 mins.**

Smooth rough and dry hands with an exfoliation, hydration, paraffin dip, and hand massage. No nail work included.

### **French Manicure.....\$40/25 mins.**

### **Polish Change.....\$20/15 mins.**

## Pedicures

### **Classic Pedicure**

**\$50/25 mins.**

Foot soak, cuticle touch-up, nail reshape and buff, hydration, and polish application.

### **Spa Pedicure**

**\$70/50 mins.**

Foot soak, cuticle clean up, nail reshape and buff, exfoliation, foot massage, hydrating foot mask, and polish application.

### **Paraffin Treatment Add On .....\$20**

A dip into individual, single use paraffin slippers that provides the ultimate softening of the feet.

### **Silky Feet Treat**

**\$45/25 mins.**

A salicylic wash will be applied to exfoliate, soften and smooth dry, rough feet. Additional exfoliation on feet and legs, paraffin dip and a foot massage will leave feet silky smooth and refreshed.

# Spa Generation Menu

## ***Spa Mini Generation Treatments***

*These fun and fabulous services are designed for our special guests 12 years old and younger. Must be accompanied by an adult. Consent form required.*

***Mini Ice Cream Manicure..... \$25/20 mins.***

***Mini Ice Cream Pedicure..... \$40/20 mins.***

Tickle your fingers and toes with our yummy "treat"ments! First select a Mini Bath Ice Cream to soak your fingers or toes, and watch the water fizzle your favorite color. Next, choose a topping in your favorite flavor to scrub fingers or toes clean. Then massage with a Body Icing Lotion and top off with a nail polish.

***Cleansing and Hydrating Facial.....\$55/20 mins.***

***Haircuts for Boys • Haircuts for Girls..... \$25 & up***

## ***Spa Generation Treatments***

These relaxing services are designed for our new generation of spa-goers between the ages of 13 and 15. All of these services include unique personalized coaching time with your massage therapist or esthetician. You will learn better skin, body and nail care practices, as well as ways to decrease stress and maintain a healthy lifestyle.

***Spa Generation Massage .....\$60/25 mins.***

This massage is designed for the younger, growing body. Release muscle tension from backpacks, book bags, and everyday computer usage. Also great for student athletes who need to relieve muscle stiffness and increase flexibility.

***Spa Generation Facial.....\$60/25 mins.***

This facial is a great way to give your skin a new beginning. Completely customized to treat your skin and no one else's. Also get insider tips on how to take better care of your skin from the inside out.

***Ice Cream Manicure .....\$30/25 mins.***

***Ice Cream Pedicure.....\$45/25 mins.***

Forget your typical manicure and pedicure and indulge in the delectable Spa Generation Ice Cream Manicure or Ice Cream Pedicure. Select a scoop of Bath Ice Cream to soak and hydrate, then choose a Shower Sherbert to exfoliate and a Bath Body Icing to hydrate and moisturize. Includes nail shape, cuticle work and polish.

***Spa Generation Brow Design..... \$20/25 mins.***

We know it can be hard to design your own eyebrows, and it can be tricky if it's your first time. Let us guide you through the right shape for your face and let your eyes do all the talking.

# Retail Menu

## *Take the Serenity Spa experience home with you!*

These and other specialty gift items may be ordered by calling Serenity Spa at 407-992-2938. See accompanying price list for a current overview of offerings and pricing.

*Aromatherapy Candles*

*White Waffle Robe*

*OPI Nail Polish & Accessories*

*Matrix, American Crew &  
Other Hair Care Products*

*Aromatherapy Oils & Accessories*

*Sprayology-Homeopathic Treatments*

*For stress, sleeplessness, hair & nail disorders, allergies and more.*

*Serenity Signature Green Tea  
and Lemongrass Bath and Body Products*

*True Skin Care Products*

*Avance Contouring and Cellulite Products*

*Range of Spa Health/Aromatherapy Books*

*Herbal Neck and Eye Pillows*

*Health Supplements*

*Paraffin Hand and Feet Treatments for Home Use*

*Me Bath Products*



# Serenity Fitness Center

## *One on One Training Session*

Get the expert advice you need to finally reach your personal goals.

- 1 hour session
- Weight and measurements
- Nutritional consultation
- Specific instructions on the correct form of weight resistance

**Owner \$55 • Guest \$65**

### *One Month*

#### *Personal Training Package*

**12 Sessions..... Owner \$540 • Guest \$660**

### *Two Month*

#### *Personal Training Package*

**24 Sessions..... Owner \$960 • Guest \$1200**

## *Fitness Frenzy Package*

- 3 Personal Training Sessions
- 3 (of your choice) Delicious Serenity Protein Shakes

**Owner \$145 • Guest \$175**

***Nutritional Consultation..... \$60***

Start your day off with our Sunrise Aerobics or Yoga Class and to complete your fitness regimen, visit our Juice Bar featuring protein shakes, muffins, fruit, and other healthy snacks. Get the expert advice you need to finally reach your personal goals.

The professionally trained staff of Serenity is ready to keep you motivated and help you get and stay fit.

***Please call 407-992-2938 for personal training package prices.***

# Serenity Fitness Center

## Yoga

One hour Hatha Yoga classes are designed to improve flexibility and release stress while improving circulation, focus, emotional balance, health, and overall wellness. Through this practice, the integration of body, mind and spirit is achieved in postures, breathing techniques and meditations, promoting vitality, health, relaxation, and a renewed sense of well being.

Private Class

Couples

Group (4 persons minimum)

## *Serenity Spa by Westgate Amenities*

(Available for a \$25 fee for all day usage.\*)

- Private lounges
- Eucalyptus Steam Room
- Redwood Sauna
- Whirlpools
- Retail Boutique

**\*Receive a spa treatment and the usage of spa amenities is complimentary.**



# SerenitySpa

by westgate



## Hours of Operation:

Monday to Saturday - 7:30am to 6pm

Sunday - 9am to 5pm

Fitness Center open Monday to Sunday 7am to 8pm

Hours may vary by season.

10000 Turkey Lake Road • Orlando, Florida 32819

[www.serenitybywestgate.com](http://www.serenitybywestgate.com)

**(407) 992-2938**

(Dial Extension 8724 from resort)