

SERENITY SPA
— AND SALON —



ABOUT
SERENITY SPA



Personal rejuvenation is our specialty... The Serenity Spa at Heritage Hills offers the most comprehensive... and relaxing...spa experience in York County.

Wind down from a busy day of sightseeing at some of Central Pennsylvania's exciting destinations with one of our world-class massages. Enhance a romantic weekend away with a Couples Massage that's guaranteed to help you reconnect. Take away the stress of your wedding planning... or prepare for that special day with your own custom created spa package.

You don't have to be a guest at the Resort to benefit from our experienced spa professionals. Anyone in need of an hour, afternoon or a day of pampering may schedule an appointment for guaranteed soul refreshment and relaxation. Or combine it with an afternoon on our championship golf course.

Come by yourself, bring a friend...or that special someone.

Beauty and tranquility

AWAIT YOU.

SALON ETIQUETTE

Scheduling

- *Reservations are recommended for all spa services at least 48 hours in advance. Walk-ins are only accepted if an operator is available.*
- *A credit card is required to reserve services.*

Your Appointment

- *We require 48 hours notice of cancellation for any service.*
- *Please arrive 15 minutes before your appointment.*
- *Most body treatments are enjoyed without clothing. Undergarments or swimsuits may be worn if desired.*
- *Do not shave 24 hours prior to any exfoliating treatment.*
- *Unless receiving services, children under 13 years of age are not permitted at the spa.*
- *Please bring flip flops/open toe shoes for pedicure services.*

Salon Policies

- *All hair services are guaranteed for 7 days.*
- *Cancellations (without 48 hours notice) and missed appointments will be charged full price.*
- *Skincare and cosmetics may not be returned.*
- *Hair care products may be exchanged within 7 days.*
- *Prices are subject to change without notice.*
- *There is a \$30 charge for all returned checks.*

S P A P A C K A G E S A R E O U R S P E C I A L T Y

How do you love to be pampered? Today, design a perfect experience by combining at least three of our renowned spa services, for a unique Serenity-style spa package. Reinvigorate yourself with a Hot Stone massage and revitalizing foot massage. Brides and bridal parties alike enjoy the pampering of facials, massage and pedicures in the lead up to the “big day.” Couples reconnect through massage to celebrate an anniversary in Serenity’s deluxe couples room.

Imagine it. A personally selected custom package makes an unforgettable gift for birthdays, bat mitzvahs, showers or simply to show your appreciation to a friend or loved-one. For a truly memorable experience, consider the addition of a light, artfully-prepared meal from our premier resort restaurant, Ironwoods. Custom spa packages can be designed for individuals, couples or groups. The options are nearly limitless so it’s our pleasure to help you select a combination of services to make your gift or personal retreat perfect.

And don’t forget, Serenity Spa is open seven days and with evening hours for extra convenience. Schedule a custom package for that special someone (or yourself!) today.

Enjoy what life offers.

T E E T H W H I T E N I N G

White Science Teeth Whitening \$199
Real science applied to getting whiter teeth. White Science introduces a series of innovations that deliver real teeth whitening and stain removal in record time, in a simple yet comprehensive two-part approach.

M A K E U P

Makeup Application starting at \$20
Bridal Makeup starting at 50

W A X I N G & S U G A R I N G

Eyebrows starting at \$13
Upper Lip..... starting at 13
Chin..... starting at 13
Sideburns starting at 11
Face | Whole starting at 35
Underarm..... starting at 32
 Full Arm starting at 42
 Lower Arm starting at 22
Bikini Line starting at 40
Brazilian starting at 56
Full Legs..... starting at 70
 Lower Legs starting at 45
 Upper Legs starting at 45
Back..... starting at 60
Chest..... starting at 50

N A I L C A R E

Manicure..... starting at \$22

Spa starting at 32

Deluxe..... starting at 27

Multi-Vitamin..... starting at 32

Hot Stone Manicure..... starting at 37

We took a classic manicure and made it the ultimate spa experience. We combined warm stones and a manicure to melt away stress and tension. A hands' down favorite.

Pedicure..... starting at \$42

Deluxe..... starting at 47

Spa starting at 52

Hot Stone Pedicure starting at 57

We took a classic pedicure and made it the ultimate spa experience. We combined warm stones and a pedicure to melt away stress and tension.

Nail Extensions - Full Set..... starting at \$55

Fills starting at 25

Repair starting at 5

Pink & White Gels starting at 65

N A I L O P T I O N S

French Polish..... starting at \$5

Callus Treatment..... starting at 5

Paraffin Treatment starting at 10

Polish Change starting at 10

**A D D I T I O N A L
T H E R M A L B O D Y T H E R A P Y**

(These treatments are in addition to another body treatment)

Thermal Touch for Back Purification starting at \$20

De-stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment. A deeply-cleansing scrub sloughs off dead skin cells, readying skin for the removal of toxins. Your hardest parts to reach will be cleansed, polished, hydrated and refreshed!

Thermal Touch for the Scalp starting at 20

At this very moment you're storing the day's stress in your scalp! Quickly release tension while infusing skin and hair with the oceanic minerals and essential nourishment vital to your skin health. This therapeutic and nourishing treatment is complimented by a brief hand or foot massage to help completely rid the body of stress. This cannot be performed on clients with blonde hair or color treated hair.

Thermal Touch for the Hands and Arms starting at 20

Your arms and hands will meet their relief during this thermal touch treatment that includes paraffin. This customized treatment is designed to cleanse, exfoliate, hydrate and condition the hands and arms so they are smoother, brighter, healthier and refreshed.

Thermal Touch for the Decollete..... starting at 20

Don't stop at the neckline! Improve the health and appearance of your decollete with this treatment that is great for prematurely-aging, sunburned or irritated skin. Help repair damage brought on over the years or from recent exposure to the elements with intensely hydrating and nourishing ingredients.

Thermal Touch for the Legs and Feet starting at 20

It's time to give your lower legs the attention they deserve! Cleanse, exfoliate, hydrate and moisturize for healthy and revitalized skin and muscles that are ready to take on the day!

B O D Y T H E R A P Y

Power Recovery Therapy..... starting at \$70

An intense wrap dedicated to feeding your skin with the nourishment it craves. A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger and White Tea stimulate blood circulation to promote healthier skin. Customized essential oil blends in a massage medium offer therapeutic benefits, while rich Kukui Nut, Olive and Grape Seed oils smooth and provide antioxidant protection. Recommended for drier or prematurely-aging skin conditions.

Nourishing Sea Mud Therapy..... starting at 70

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clays draw out impurities while Ginger and White Tea stimulate circulation and smooth skin. Customized essential oils provide therapeutic benefits while Caffeine provides all-over toning. Rest in a warming wrap that induces blood circulation all while encouraging absorption of nourishing botanicals. Recommended for all skin conditions.

Mud Massage Therapy..... starting at 75

A unique and exotic treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturizing power of natural oils. Customized essential oils provide therapeutic benefits while skin is purged of toxins. Olive and Grape Seed oils protect, smooth and condition while fortifying skin with antioxidants, and a unique blend of Asian herbs stimulate circulation.

N A I L C A R E

D E L U X E A D D - O N S

Revitalizing Hand or Foot Treatment .. starting at \$40

Say goodbye to rough, dry skin and hello to smoother, softer skin with this Revitalizing Hand or Foot Treatment. This treatment includes exfoliation, followed by dipping your hands or feet into a soothing paraffin wax. This is then finished with a massage using a deep hydrating cream.

Multivitamin Hand & Foot Treatment starting at 40

This service gives your hands and feet the latest in Retinol-based vitamin repair, plus the deep moisturizing benefits of a soothing paraffin wax bath. Instant hydration and repair for dry, chapped or prematurely-aging hands and feet while smoothing away dull rough skin.

H A I R C A R E

Women's Design	starting at \$32
Blow Dry Set	starting at 22
Men's Design	starting at 22
Beard Trim	starting at 8
Bang Trim	starting at 8
Children's Design	starting at 17
Permanent Waves	starting at 62
Relaxer	starting at 100
Up Do's	starting at 50
Permanent Color	starting at 42
Semi-Permanent Color	starting at 42
Full Highlights	starting at 62
Partial Highlights	starting at 52
Hair Extensions	by consultation
<i>Natural or synthetic hair that can be brushed, shampooed, permed or colored. Our stylist utilizes several different techniques to enhance the thickness and length of your existing style.</i>	
Relaxing Scalp Treatment	starting at 30
<i>This aromatherapy treatment focuses not only on bringing a heightened state of relaxation to your entire body; it also helps provide vital minerals and nutrients to the hair and scalp. Excellent for those suffering from dry scalp or hair loss.</i>	
<i>Add a shampoo and blow dry for only</i> starting at 22	

B O D Y T H E R A P Y

Sweet Milk and Honey Wrap	starting at \$70
<i>A total indulgence treatment based on the Egyptian theory of pampering using milk proteins and acids with honey. The skin is left completely hydrated and silky smooth, and the feeling lasts for days! Includes dry brushing, full body envelopment, a shoulder, scalp and ear massage as well as a reflexology massage.</i>	
Mineral Salt Scrub Therapy	starting at 70
<i>Completely customized to either energize or reduce stress, this Mineral Salt Scrub therapy polishes skin to a soft glow while providing hydration and nourishment skin needs. Mineral Sea Salts and Seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils help stimulate the senses while cleansing and conditioning, and the added benefit of warmth helps invigorate the mind and body. Recommended for all skin conditions, except sensitive or sensitized skin.</i>	
Body Foliation Therapy	starting at 70
<i>Give your body the customized foliates it needs coupled with the warming sensation it craves! A gentle Oatmeal and Rice Bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brighten skin and helps reduce the appearance of sun spots and hyper-pigmentation. Skin is smoother and prepped for maximum absorption of rich, soothing botanical oils. You will leave body foliation therapy with silky, healthier skin. Recommended for all skin conditions.</i>	

B O D Y T H E R A P Y

Raindrop Therapy - 30 min starting at \$110

90 min starting at 140

A combination of Aromatherapy, Massage and Vita Flex (a form of reflexology). An application of 9 specific essential oils brings a healing, structural and electrical alignment to the body. Drops of Young Living therapeutic, medicinal grade essential oils fall like rain on to the back that are fanned over the nerves.

Aroma Therapy Massage starting at 75

Healing oils are absorbed through the skin to promote relaxation, remove impurities or simply clear the mind. Unique, gentle therapeutic massage is designed to focus on the central nervous system. The benefits continue long after the massage is over.

Deep Thermal w/Thermal Stamp starting at 165

Inspired by the practices of Thai Therapy of the 14th century, this Thermal Body Therapy Treatment utilizes a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, re-mineralize, de-stress, exfoliate and relax. Natural Earth clays draw out impurities while Ginger and White Tea stimulate circulation and smooth skin. The deep manipulations along pressure points and meridian of the body relieve aching muscle tissue and work to rebalance the body.

M A S S A G E

Swedish Massage - 30 min starting at \$45

60 min starting at 70

90 min starting at 95

A relaxing massage that soothes the over-stressed nervous system. This massage uses light and long strokes to melt stress away.

Deep Tissue Massage - 30 min starting at 50

60 min starting at 80

90 min starting at 110

A deep pressure massage manipulating the muscles to create a powerful energy that reduces muscle tension and increases circulation throughout the body. This massage is designed to relieve stress and soreness in the muscles.

Hot Stone Massage starting at 100

The therapist's trained touch plus warm stones melt away stress and tension. One of our top selections.

Pre-natal Massage starting at 70

A gentle yet effective massage for expectant mothers relieves aches and pains associated with pregnancy. (For 2nd and 3rd trimesters only.)

Reflexology - 30 min starting at 45

40 min starting at 55

Deluxe starting at 65

An ancient Chinese therapeutic technique promoting relaxation and health. Targets pressure points on the feet that correspond to specific areas of the body. Deluxe treatment includes scalp, head and neck massages.

Couples Massage - 2 people starting at 140

A relaxing massage in our deluxe couple's room.

A wonderful way to celebrate - or create - a special day.

F A C I A L S

Power Regeneration Treatment starting at \$90

*Vitamins and hydroxy acid exfoliation combined with energizing massage techniques and a **dermalogica**® Contour Masque make this the ideal skin therapy for prematurely aging, dry and devitalized skin.*

dermalogica® Face Treatment starting at 70

A specialized treatment using unique Botanical Mixers and a specialized Face Mapping skin analysis. Includes deep double cleansing, analysis and steaming. Followed by a relaxing massage, custom masque and finishing creams.

Men's Skin Treatment starting at 70

A deep cleansing treatment concentrating on the specific needs of a man's skin. Smoothing exfoliation, extractions, plus hand and foot massage complete this package.

Medicated Clearing Treatment..... starting at 80

This treatment focuses on purifying your skin with deep cleansing and extractions. Follow-up treatments are recommended every three weeks to attain beautiful glowing skin.

Environmental Control Treatment..... starting at 75

Red, inflamed, itchy skin? This super soothing cleansing will remove impurities from your skin, followed by a calming oatmeal masque and finished with our Barrier Repair Moisturizer.

F A C I A L S

Skin Brightening Treatment starting at \$75

Stop uneven pigmentation caused by hormonal imbalance, UV exposure or pregnancy. When combined with proper home care, this treatment regulates pigment production on a cellular level, helping to balance your complexion.

Revitalizing Eye Rescue - 30 min starting at 25

without facial - 60 min starting at 40

Tired of having puffy eyes? Firm, tone and revitalize your eyes with our unique blend of vitamin therapies and firming botanicals. Our gentle exfoliation will remove dulling debris, while a super soothing masque will help reduce irritation.

Purifying Back Treatment starting at 60

Super-smoothing back treatment designed to rid your muscles of stress and skin impurities. Perfect for men or women. Includes a deep-cleansing scrub followed by extractions.

Everything is all about you.

SERENITY SPA
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call us...

**TO BOOK YOUR APPOINTMENT
OPEN 7 DAYS**

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