

# Serena Spa Content

## Massages

Ayurveda has its roots in India and is today a highly developed science. The objective of Ayurveda is to establish a physical, mental and spiritual balance through correct and thorough knowledge of healthy living. Massages combined with diet, meditation and intake of natural herbal medication is the main treatment.

Our treatments are specially developed to suit the purpose of relaxation for body and mind while on vacation. We have combined the best traditions of Ayurveda with Aroma Therapy and modern massage techniques to create a unique experience.

We use only natural oils, scrubs and scents and our specially trained therapists give a soothing and unique massage. The pleasurable scents and the relaxing music will put your mind to rest and let your thoughts wander off, while the massage therapy will relax your muscles and increase blood circulation. You will feel buoyant and energised afterwards.

The following is a brief overview of some of our standard treatments, which you will find in most of our spas – for specialised packages such as

- Anti-stress
- Slimming
- Rejuvenation
- Traditional Ayurveda treatments under an Ayurveda doctor's supervision,

### MARMA - BODY, MIND AND SPIRIT MASSAGE (90 minutes)

This exotic and highly therapeutic, Ayurveda inspired massage with aromatic herbal oil stimulates the Marmas, the body's vital pressure points. This full body massage begins with the balancing of the head's Marmas followed by the body's points massaged by the therapist's feet and then by hand with long sweeping strokes. The treatment concludes with a healing, herbal body mask followed by a warm shower.

### SERENITY FULL BODY MASSAGE (50 minutes)

This full body pampering massage features a range of customised Aromatherapy oil blends to convey the healing, harmonising and rejuvenating properties of Essential Oils into the body through rhythmic touch. Choose an oil blend to suit your mood.

### ANTI-STRESS HEAD, NECK AND SHOULDER MASSAGE (30 minutes)

This massage relieves soreness and stress-related tension. A totally relaxing massage concentrating on the neck and shoulders while relieving stress by using gentle Acupressure on the scalp.

### AROMATIC BACK MASSAGE (30 minutes)

A perfect introduction to Aromatic Oils, this massage concentrates on relieving muscular tension. Circulation is increased while muscle tone and skin texture is improved.

#### PADABHYANGA FOOT AND LEG MASSAGE (25 minutes)

First, your feet will be soothed in a bath scented with Essential Oils, followed by a revitalising foot and lower leg massage with herbal oil. This treatment incorporates pressure point therapy to stimulate, cleanse and balance the body's internal organs.

#### SOOTHING HOT STONE MASSAGE (90 minutes)

It is believed that water-smoothed stones harness the vitality and energy of the waters that have long washed over them – in this popular treatment heated stones collected from the river beds of South India are used. The deep penetrating heat of the stones combined with traditional massage strokes relieves tension and sore muscles.

#### SERENA DHARA(60 minutes)

A pleasant interpretation of a very popular and effective Ayurveda treatment, Serena Dhara starts with a synchronised body massage performed by two therapists and then, a fine stream of warm oil is directed on the 'third eye' area of the forehead while hands and feet are gently massaged. This has a reflex balancing effect on the deepest recesses of the brain and induces a blissful serenity and expanded consciousness.

#### ADAM & EVE SERENITY (50 minutes)

Designed for couples, this deeply relaxing massage is performed by two therapists, using a very special blend of Aroma Oils. It not only provides a unique experience for lovers, but also enhances closeness and romance.

#### THAI YOGA MASSAGE (60 minutes)

Thai massage traces its origins from North India over the last 7,500 years. This 60 minute massage includes various body manipulations and stretching. It is a perfect massage to energise your tired body. You will experience a transformation during this massage which is enjoyed wearing a traditional pyjama.

#### SPORTS MASSAGE (50 minutes)

For the desiring individual who likes the focus on those tight and sore muscles. This is a deep and penetrating massage performed with a selection of aromatic creams to choose from. We believe if you maintain an active lifestyle this is the massage for you.

## BODY WORKS

#### UDVARTHINA HERBAL BODY SCRUB (30 minutes)

For a longer lasting suntan, shed those dead layers of skin with a thorough body exfoliation using an age-old Ayurveda formula renowned for its strong herbal antioxidants. This treatment cleanses and invigorates the body and leaves your skin feeling smooth, soft and saturated with antioxidants.

#### AFTER-SUN CUCUMBER WRAP (30 minutes)

This treatment has been specifically designed to relieve pain and damage caused by over-exposure to the sun. A cooling puree of cucumber, blended with soothing eucalyptus oil is applied to the entire body, concentrating on the affected areas. A cool shower is followed by a light application of Aloe Vera lotion to re-hydrate.

#### DESHI BODY POLISH (30 minutes) Rs. 1,200

Traditional Indian knowledge has proved beyond doubt that turmeric acts as a natural and purifying cleanser, while chickpea / rice flour mixed with milk smoothens the skin and nourishes the entire body. This is your formula to healthy glowing skin.

#### RE-HYDRATING COCONUT DELIGHT (30 minutes)'

Ideal for dry skin and hair, this delightful top-to-toe treatment uses the moisturising properties of young coconut to re-hydrate dry skin and hair resulting from exposure to air-conditioning, sun and salt water. Applied to the eyes in its natural state, the face and body in a pureed consistency and blended to extract the oil for application to the hair, your skin will feel soft and re-hydrated. Following the wrap we invite you for a warm shower.

#### PAPAYA BODY POLISH (30 minutes) Rs. 1,200

If you love papaya then you will cherish this wrap with papaya pulp containing enzymes known as Papain, which softens and revitalises your skin to a silky smooth. The fresh fruit pulp is gently massaged into your skin, then wrapped and left for a while to be absorbed. This sweet smelling body wrap will moisturise and soften your skin to a high level of freshness.

#### SALT AND SPICE BODY GLOW (30 minutes) Rs. 1,200

A full-body exfoliating using Sea Salt, Cloves and Aromatherapy Essential Oil blends. Its light buffing grains remove dead skin cells and impurities from the surface. The spices re-mineralise, hydrate, increase circulation and improve skin texture and the oils aids as a moisturiser, leaving the skin soft and smooth. You are left with your purest essence, a clean and revitalised body!

#### RICH COFFEE & ORANGE SCRUB (50 minutes) Rs. 1,900

Ah, the aroma of roasted coffee beans and the fragrance of fresh oranges along with cinnamon powder and yoghurt scrubbed for deep skin cleansing and a great "pick-me-up" experience leaving a wonderful fragrance. The South Indian coffee beans used for this scrub are pure Arabica, specially roasted and ground for Serena Spa with no Robusta or chicory added. Your senses will be enhanced!

#### HONEY – SESAME BODY GLOW (30 minutes)

The principle ingredients of this invigorating body treatment enjoy an age-old reputation as skin healers, softeners and moisturisers. Used in conjunction with each other, the ground sesame seed exfoliates; the sesame oil softens while the honey promotes new cell growth.

YOGHURT TURMERIC SKIN SMOOTHER (50 minutes)      Rs. 1,900

A treat for all your tactile senses. An exfoliating scrub of rice powder, yoghurt, turmeric, sandalwood, aromatherapy oil mixed together and applied to the whole body. Slow long strokes used to apply the mixture sloughs off dead skin and smoothes the skin. This specialised treatment is used to reach a state of cleanliness and purity through the use of various herbs and oils and is completed with a warm shower.

SLENDERISING SPIRULINA WRAP (50 minutes)Rs. 2,200

Spirulina, rich in protein, vitamins, minerals and enzymes is harvested from pure salt lakes in India. This treatment helps to nourish, stimulate and revitalise the face and body while water retention is eliminated. The body is dry brushed then the Spirulina masque is applied and the body is wrapped for 20 minutes to soak up essential elements from the Spirulina. While the masque is processing you will enjoy a relaxing scalp massage. An application of after-bath crème and lavender based aroma oil is massaged into the skin. A re-mineralising face crème finishes this wonderfully purifying and moisturising treatment.

BRIDAL BODY POLISH (50 minutes)      Rs. 1,900

Although its original purpose is to enhance the appearance of a bride, this body polish is for anyone who desires of a youthful appearance and dreams of maintaining their youth through natural methods. Popular in the coastal regions of India where coconut is abundant, the bride is blessed with pure coconut milk before the wedding night to create a smooth and luminous skin. A small amount of Turmeric is added to exfoliate and soften the skin and is completed with as shower.

## Spa Beauty ?

## Packages

## ANTI STRESS

DAY 1: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Relaxation ● Anti Stress Head, Neck & Shoulder Massage ● Yoghurt Turmeric Skin Smoother ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Padabhyanga Foot & Leg Massage ● Aromatherapy Back Massage

DAY 2: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Floatarium Session ● Relaxation ● Serena Dhara ● Steam, Chill Pool & Jacuzzi

DAY 3: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Steam, Chill Pool & Jacuzzi ● Vichy Deluxe ● Relaxation ● Serena Dhara ● Steam, Chill Pool & Jacuzzi

DAY 4: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Floatarium Session ● Relaxation ● Serena Dhara ● Steam, Chill Pool & Jacuzzi

DAY 5: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Floatarium Session ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Soothing Hot Stone Massage

## AN INDIAN TOUCH

DAY 1: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Healthy Low Calorie Breakfast ● Salt & Spice Body Glow ● Vegetarian Lunch ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Padabhyanga Foot & Leg Massage ● Indian Head Massage

DAY 2: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Healthy Low Calorie Breakfast ● Steam, Chill Pool & Jacuzzi ● Serenity Full Body Aromatherapy Massage ● Vegetarian Lunch ● Relaxation ● Serena Dhara ● Steam, Chill Pool & Jacuzzi

DAY 3: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Healthy Low Calorie Breakfast ● Steam, Chill Pool & Jacuzzi ● Marma Massage ● Vegetarian Lunch ● Relaxation ● Serena Dhara ● Steam, Chill Pool & Jacuzzi

DAY 4: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Healthy Low Calorie Breakfast ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Aromatherapy Back Massage ● Herbal Bath ● Vegetarian Lunch ● Relaxation ● Serena Dhara ● Steam, Chill Pool & Jacuzzi

DAY 5: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Healthy Low Calorie Breakfast ● Relaxation ● Pampering Facial (LADIES) or Skin Fitness (MEN) ● Indian Eyebrow Threading ● Vegetarian Lunch ● Relaxation ● Manicure ● Pedicure ● Vichy - Papaya Polish

## SPA SHAPE

DAY 1: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Healthy Low Calorie Breakfast ● Udvartina Herbal Body Scrub ● Vegetarian Lunch ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Slenderising Spirulina Wrap

DAY 2: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Healthy Low Calorie Breakfast ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Vichy – Honey & Sesame ● Vegetarian Lunch ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Thai Yoga Massage ● Slenderising Spirulina Wrap

DAY 3: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Healthy Low Calorie Breakfast ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Jet Shower ● Vegetarian Lunch ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Slenderising Spirulina Wrap

DAY 4: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Healthy Low Calorie Breakfast ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Vegetarian Lunch ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Jet Shower

DAY 5: Morning Yoga ● Fresh Fruit & Vegetable Juice ● Healthy Low Calorie Breakfast ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Vegetarian Lunch ● Relaxation ● Steam, Chill Pool & Jacuzzi ● Serenity Full Body Aromatherapy Massage ● Rich Coffee & Orange Body Scrub

## Spa Locations

### 1) Piccadilly Hotel New Delhi/Janakpuri ?

### 2) Novotel Mumbai Juhu Beach

Located in India's bustling financial capital, the modern Novotel Mumbai Juhu Beach is ideal for business guests, as well as those on holidays. Situated on the beach with a spectacular view of the Arabian Sea, Novotel Mumbai Juhu Beach is a short drive from the international airport and just 20 km from downtown Mumbai. In addition to 203 rooms, each with a media hub for connectivity and entertainment, the hotel offers an array of restaurants and bars, swimming pool and health club.

The Serena Spa offers an extensive range of spa treatments and spa home care products.

SERENA SPA FACILITIES	
Double Treatment Room	1
Single Treatment Room	4
In-Room Shower	YES
Gender Separate Wet Area	YES
Steam Room	YES

Sauna	NO
Jacuzzi	NO
Chill Pool	NO
Plunge Pool	NO
Herbal Bath	NO
Spa Reception	YES
Spa Boutique	YES
Coiffeur Salon	YES
Gym	YES

### 3.Radisson Blu Plaza ?

### 4.Radisson Blu Temple Bay Resort ?

### 5.Residency Hotel Coimbatore ?

### 6.Samsara Luxury Resort &Camp ,Jodhpur ?

### 7.Sarovar Portico poetree Resort Thekaddy ?

## Maldives

### 1.Athuruga Island Resort

A high class all-inclusive resort with 46 Beach Bungalows and 5 Garden Villas set in a luxurious green surrounding. Serena spa is located in a beautiful local style thatched building in the middle of the island – a true centre of pampering and relaxation.

SERENA SPA FACILITIES		
Treatment Rooms	3	Non- A/C
In-Room Shower	YES	
Adam & Eve Room	YES	
Steam Room	YES	Unisex
Chill Pool	NO	
Jacuzzi	NO	
Herbal Bath	NO	

Reception	YES
Relaxation	YES
Spa Restaurant	NO
Spa Boutique	YES
Hair & Beauty Salon	NO

## 2. Thudufushi Island Resort

A charming and well-appointed Italian managed island resort with an elegant barefoot ambience. 47 elegant sea-facing rooms, a large restaurant, a lively bar, a beach bar, in-house cabaret, boutique with all the latest in swim wear, deep sea fishing and of course diving.

The Serena Spa is a local style open building with typical Maldivian thatched roof, natural ventilation and a great ambience.

SERENA SPA FACILITIES		
Treatment Rooms	2	Non- A/C
In-Room Shower	YES	
Adam & Eve Room	YES	
Steam Room	NO	
Chill Pool	NO	
Jacuzzi	NO	
Herbal Bath	NO	
Reception	YES	
Relaxation	YES	
Spa Restaurant	NO	
Spa Boutique	YES	
Hair & Beauty Salon	NO	

## 3. Embudu Village Resort

The 124 villas (including 12 over water villas) of Embudu Village are built in the traditional Maldivian style; a beautiful lagoon surrounds Embudu. Starting at the beach and in some places it's over a 100 meters before you reach the reef. Especially at low tide you can walk at knee high to the reef. Try it and enjoy the sun on your back and the colourful fish will accompany you.

### A tranquil environment for a relaxing holiday experience

SERENA SPA FACILITIES		
Treatment Rooms	2	A/C
In-Room Shower	YES	Outdoor
Adam & Eve Room	YES	
Steam Room	YES	

Chill Pool	NO
Jacuzzi	NO
Herbal Bath	NO
Reception	YES
Relaxation	YES
Spa Restaurant	NO
Spa Boutique	YES
Hair & Beauty Salon	NO

#### 4. Summer Island Village

A large island with lush vegetation, a relaxed atmosphere and many repeaters who prefer the “no shoes – no news” lifestyle. Diving is excellent and many facilities are available on the island which is located in North Male’ Atoll – a 90 minute trip by boat from the airport or 10 minutes by seaplane.

Serena Spa is located in the centre of the island with a beautiful view of the lagoon.

SERENA SPA FACILITIES		
Treatment Rooms	3	Non- A/C
In-Room Shower	YES	Outdoor
Adam & Eve Room	YES	
Steam Room	YES	Unisex
Chill Pool	NO	
Jacuzzi	NO	
Herbal Bath	NO	
Reception	YES	
Relaxation	YES	
Spa Restaurant	NO	
Spa Boutique	YES	
Hair & Beauty Salon	NO	

#### 5. Equator Village

Gan Island in the southernmost part of Maldives was host to a Royal Air Force base until March 1976. The Officers’ quarters have now been renovated and turned into a charming resort – Equator Village.

The bungalows with a total of 78 rooms are located in a lush garden area with a profusion of flowers, bushes and trees.

Being the largest island in Maldives, Gan Island offers a unique opportunity to explore the local life and buildings, either on bicycle or by a local taxi.

SERENA SPA FACILITIES		
Treatment Rooms	2	Non-A/C
In-Room Shower	YES	Outdoor

Adam & Eve Room	YES	
Steam Room	YES	Separate
Chill Pool	NO	
Jacuzzi	NO	
Herbal Bath	NO	
Reception	YES	
Relaxation	YES	
Spa Restaurant	NO	
Spa Boutique	YES	
Hair & Beauty Salon	NO	

### 6.Hulhule Island Resort ?

### 7.Serena Rani Spa Male'?

### 8.Moonima Lounge Spa Hulhule?

### Seychellels ?

## Aristo Spa

### 1)Aristo Spa EL Tara,Pawai ?

### 2.Four Points by Sheraton Navi Mumbai

Four Points by Sheraton Navi Mumbai, Vashi  
 Plot 39/1, 6 to 15, Sector 30A, Vashi, Navi Mumbai 400 701, Maharashtra  
 Phone: (91)(22) 615 87777

Located in the corporate hub of the Navi Mumbai metropolis, the Four Points by Sheraton Navi Mumbai, Vashi is designed to meet the needs of today's discerning traveller; just a stroll away from prominent shopping opportunities and the city's thriving business centre.

Mumbai is just 35 kilometres from the hotel via an efficient highway system, and the industrial city of Pune can be reached in only 2 hours via the express highway.

Designed in a contemporary style, the 150 guest rooms and suites are tastefully decorated and provide all the comforts of home, including High Speed Internet Access and the Four Points by Sheraton Four Comfort Bed™.

The fitness centre is a great place for morning exercise and the pool tempts you to take a leisurely swim after a long day of work or play. The three restaurants and lounge bar present a selection of cuisines from around the world.

The Aristo Spa on 2nd floor boasts three single treatment suites with luxurious shower spaces. The couple room offers the luxury of private steam, Jacuzzi and shower. The spa treatment selection ranges from exotic spa packages to rejuvenating sports massage, facials and foot massage, body scrubs and romantic spa experiences for couples.

**3. Double tree by Hilton chinchwad, Pune ?**

**4. The Promenade by Sarovar Pondicherry ?**

**5. Sayaji Hotel Kolhapur ?**

**6. Traders Hotel Male' Maldives ?**

**Spa Boutique ?**

**Spa Lifestyle ?**

**Spa Giftcards ?**

**Spa FAQ ?**

# Spa Careers

At Serena Spa we believe in putting the Employee forward and offering opportunities. Only through working together can we achieve the ultimate goal of providing top service to our Guests so that no Guest leaves our spa without being totally satisfied with our service. Therefore, the individual working for Serena Spa is our most important asset.

We are always on the look-out for bright, well balanced and enthusiastic professionals to work with us in Serena Spa, so if you are interested in any of the following job areas, please send us an e-mail with all experience and personal details to [hr@serenaspa.com](mailto:hr@serenaspa.com)

**Spa Therapist** An interesting job for professional masseurs, male and female. You must know what high quality service includes and enjoy interaction with Guests and colleagues. As all Serena Spa treatments are unique to our operation, employment requires specific training at the Serena Spa Institute in India.

**Spa Beautician** Experience in high quality hair cutting colouring, make-up, manicure and pedicure as well as waxing required.

**Spa Supervisor** An interesting and challenging job, requiring skills in sales, guest interaction, personnel motivation and team leadership.

**Spa Attendant** An important function to keep the spa neat and tidy at all times, to give service to spa guests and assist in the daily operation of a spa.

**Spa Manager** A challenging management position for a professional spa person with a true passion to offer the best spa experience to the Guests and to work with empathy in order to create a winning and positive team spirit.

**Spa Trainer** We train all our Spa Therapists at the Serena Spa Institute, located in Mangalore, South India. We need people who can teach in a wide range of fields, who can take part in developing better spa services, new spa experiences and who want to see personal growth.

## **Serena Spa Institute**

All our spa employees will have to undergo various training programs.

Our in-house training team as well as lecturers and instructors, on contract from professional organisations, provide the training.

The curriculum includes

- ◆ Spa concept essentials
- ◆ Physiology
- ◆ Anatomy
- ◆ Products & Ingredients
- ◆ Essential Oils
- ◆ Ayurveda Basics

- ◆ Hygiene
- ◆ Housekeeping
- ◆ Language Skills
- ◆ and of course, Spa Treatment Training

All personnel attend an annual training camp to ensure maintenance of Serena Spa standards of excellence as well as treatment updates, operating procedures and industry updates.

## Spa News Letter ?

## Spa Management and consultancy

## Spa Comments ?