

SERENITY COTTAGE

COUPLES

The Art of Love Massage

Luxury massage for you & yours starting with dry body scrubs using organic powders and silk gloves. You both then receive aroma filled Swedish massages with scents of lavender or vanilla.

60 MINS
\$230



Sacred Stone Massage

All tensions dissolve as sacred river stones are comfortably warmed, applied with soothing massage strokes & placed on energy centers found on the body. Come into balance as they neutralize tension & dissolve energy blocks, reconnecting you in total peace & well being.

60 MINS
\$165



Deep Tissue Massage

A Swedish type massage, but with deeper pressure. Beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons & fascia.

60 MINS
\$155



Swedish Massage

Enjoy soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. The massage is also combined with movement of the joints. By relieving muscle tension. Swedish therapy is both relaxing and energizing.

60 MINS
\$115



Body Bliss

This shoulder to shin body rub down softens the skin with self heating, sinus clearing peppermint, eucalyptus, essential oils and sea salt.

45 MINS
\$95



Cocos Cocoon Body Treatment

A gentle body scrub with naturally derived coconut oil & mint followed by a soothing full body massage & body wrap. While in your Cocoon, you also receive a head & foot massage. This treatment is hydrating & calming, polishing away surface cells & skin dulling impurities, leaving skin soft & smooth.

80 MINS
\$190



Bamboo Massage

Bamboo sticks are used to give a deep firm massage. Stubborn muscles pain and tension melt away as muscles are massaged and kneaded using a method similar to a deep tissue massage.

60 MINS
\$165



Stress Free Massage

The aromatic scent of lavender with a Swedish body massage helps reduce muscle tension & increase circulation to lull you into a total state of relaxation.

60 MINS
\$115



Hydrating Facial

This treatment helps alleviate excessive dryness & restores moisture to the skin. Benefit from clearer skin, diminished fine lines, better skin tone & firmness.

45 MINS
\$115



Deep Tissue Massage

A Swedish type massage, but with deeper pressure. Beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons & fascia.

30 MINS
\$85



Back Massage

Alternating levels of light to medium pressure are applied to muscles and problem areas to relax and relieve tension.

30 MINS
\$75

