

Specialist treatments using exclusive
'Essence of Serenity' products:



Blissful Back Glow

Total pampering relief for your back; this treatment includes an aromatic wash and exfoliation to refresh the skins surface, followed by a warm clay wrap to deep cleanse the pores while you receive a cooling foot massage. The treatment is completed with a therapeutic back massage using a nourishing blend of essential oils.

Fabulous Foot Indulgence

This three stage treatment is based around; a luxurious and relaxing aromatic bath for your tired paws, followed by a gentle sea salt scrub, which is used to exfoliate the feet and finally a moisturising foot massage.

Serenity Superior Facial

To refresh your reflection; start this aroma-facial with an 'Essence of Serenity' cleansing exfoliation. Then relax in a warm clay mask while your scalp receives stress releasing attention. After rehydrating the skin, this treatment concludes with a naturally uplifting Indian Face massage.

- ✔ Gift vouchers.
- ✔ Home visits.
- ✔ Treatment rooms in Lyme Regis & Axminster.
- ✔ Treatments in holiday accommodation.
- ✔ Treatments tailored to your individual requirements.



SERENITY
AROMATHERAPY

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COMPLEMENTARY THERAPIES

The holistic approach of massage therapies considers every aspect of a person's well being with each treatment. Seeking to promote good health and emotional well being through stimulation and relaxation of the body and mind.



Swedish massage is an energising and invigorating therapy, alleviating tension, muscle aches and pains.

- Arms & Hands / Legs & Feet Massage
- Back, Shoulders & Neck Massage
- Shoulders, Neck, Face & Head Massage
- Full Body Massage



Aromatherapy massage is a gentle, flowing massage that uses pure essential oils to enhance relaxation, alleviate tension and stress and help with a variety of health problems. Essential oils are blended to your requirements.

- Arms & Hands / Legs & Feet Massage
- Back, Shoulders & Neck Massage
- Shoulders, Neck, Face & Head Massage
- Full Body Massage



Hot Stone Therapy, heated basalt stones are used to give a deep, tension releasing massage, whilst their warmth enhances comfort and relaxation.



Indian Face massage brings together ancient and modern massage techniques in a deeply relaxing treatment which has rejuvenating effects on the face also known as the 'face lift massage'.



Indian Head massage is a gentle, firm and rhythmical massage that can relieve eye strain, headaches and muscular tension in the neck and shoulders, while improving concentration and boosting the immune system.

Mini Treatments are available for groups requiring a little pampering but don't have time for full treatments, or for a chance to gather friends together for a treat.

PLEASE NOTE

A short consultation will be required before your first treatment to assess your personal requirements and suitability for treatments.