

Serenity ILFORD

Treatments & Experiences



TEMPLESPA



To find out more visit:
visionrcl.org.uk/serenity-ilford

London Borough of
Redbridge



VISION
REDBRIDGE
CULTURE & LEISURE

RESULTS DRIVEN FACIALS

MY KINDA SKIN | PRESCRIPTION FACIAL

A prescription facial bespoke to your skin, inclusive of hand and arm massage OR scalp massage.

60 minutes £70

Which includes a deep cleanse, bespoke face & decollete massage, exfoliation, mask, relaxing scalp massage (hot oil optional) OR hand & arm massage and a bespoke moisture treat.

30 minutes £70

Which includes a deep cleanse, exfoliating mask, lymph drainage massage and a bespoke moisture treat

MEDITERRANEAN MARINADE | HYDRATE & SOOTHE FACIAL

A deeply hydrating facial to help soothe and calm the effects of fatigued, delicate or stressed skin.

60 minutes £75

Which includes a double cleanse, tranquil face & decollete massage, gentle exfoliation, hydrating mask, hand & arm massage and a soothing moisture treat.

30 minutes £45

Which includes a cleanse, gentle exfoliating mask, face and scalp massage (hot oil optional) and a soothing moisture treat.



ALL ABOUT THE GLOW | GLOW & RADIANCE FACIAL

Skin transforming facial with instant, visible results. This facial includes our unique skin lifting and contouring massage techniques leaving skin feeling firmer, glowing and healthier.

60 minutes £85

Which includes a deep brush cleanse, oxygen peel, contouring facial massage, The Sculptor facial massage, professional alginate mask, hand massage and a glowing moisture treat

30 minutes £50

Which includes a deep brush cleanse, oxygen peel, radiance mask, The Sculptor face massage and a glowing moisture treat.

THE SKIN DETOX | PURIFY & BALANCE FACIAL

A deep cleansing facial that leaves the complexion feeling squeaky clean.

60 minutes £75

Which includes a double, deep brush cleanse, tranquil face & decollete massage, exfoliation, purifying mask, hand & arm massage and a balancing moisture treat.

30 minutes £45

Which includes a deep cleanse, exfoliating mask, facial massage and a balancing moisture treat.

CHAMPAGNE & TRUFFLES DELUXE TREATMENT | FIRM & LIFT FACIAL

A luxury facial treatment, perfect if you're looking for a serious celebration for your skin. Your skin will be visibly firmer, plumper and radiant, simply irresistible results

60 minutes **£100**

Which includes a Deep cleanse, lifting facial massage, oxygen peel, radiance mask, scalp massage (hot oil optional), application of award winning truffle products.

THE MEDITERRANEAN MINI BREAK | HYDRATE & SOOTHE FACE & BODY EXPERIENCE

(NOT SUITABLE FOR PREGNANT GUESTS)

A full body scrub followed by a hydrating and soothing facial.

105 minutes **£115**

Which includes skin brushing, full body exfoliation, face cleanse, tranquil face massage, gentle exfoliation, hydrate & soothe face mask, hand and arm massage.

WELLBEING MASSAGES

DRIFT AWAY | RELAXING AROMATHERAPY MASSAGE

A deeply relaxing massage formulated with a dreamy blend of Mediterranean essential oils to soothe and calm frazzled nerves.

60 minutes £65

Which includes skin brushing, full body aromatherapy massage.

30 minutes £40

Which includes skin brushing, relaxing aromatherapy back massage.

WORK IT OUT | REVIVING DEEP TISSUE MASSAGE

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using muscle-fitness techniques and movements working on knots, tension and tightness.

60 minutes £80

Which includes skin brushing, deep tissue full body massage. (optional abdominal massage)

30 minutes £55

Which includes skin brushing, deep tissue back massage.

MY KINDA MOOD | PRESCRIPTION FACE & BODY EXPERIENCE

A relaxing & restorative full body massage using the chosen aromatherapy oil to match your mood, followed by an indulgent prescriptive facial. (can be adapted for pregnancy after the 1st trimester, 12 weeks. Must be New Beginnings massage - no body brushing)

120 minutes £135

Which includes skin brushing, full body massage to match your mood. Prescriptive facial including deep cleanse, exfoliation and massage. A prescribed face mask and a scalp massage (hot oil optional)

SERENITY ILFORD | SPORTS MASSAGE

30 minutes | 60 minutes £45 £75

Every serious athlete understands the importance of a regular self-care. Sports massage helps increase blood circulation, promotes muscle growth and encourages a fast recovery ensuring you are fit and ready to perform again as soon as possible.

If you want to compete at the top of your game, sports massage is an essential part of your self-care and routine maintenance.



BODY TREATMENTS

THE BODY DETOX | PURIFY & BALANCE BODY TREATMENT

Top-to-toe body brushing followed by the application of a mineral rich mud to detoxify skin

75 minutes **£75**

Skin brushing, detoxifying conditioning mud mask, face cleanse, relaxing face massage, scalp massage (hot oil optional) finishing with a deeply hydrating moisturiser applied to body

AAAHHH! | REVIVE & ENERGISE FOOT & LEG TREATMENT

leg & foot energiser with invigorating scrub & skin brushing. Perfect as a stand alone treatment or as an add-on to any treatment. Safe for pregnant ladies after 1st trimester to relieve the feeling of heavy legs.

35 minutes **£40**

Skin brushing, exfoliation, foot & lower leg massage, application of cooling & moisturising AAAHHH! balm.

BACK TO LIFE | PURIFY & BALANCE BACK TREATMENT

Purify & Invigorate Back, Neck & Shoulder Treatment

(Not suitable for pregnant or breast feeding guests)

45 minutes £55

Top-to-toe body brushing followed by the application of a mineral rich mud to detoxify skin.

Skin brushing, detoxifying conditioning mud mask, face cleanse, relaxing face massage, scalp massage (hot oil optional) finishing with a deeply hydrating moisturiser applied to body



TEMPLE SPA SIDE ORDERS

PURIFY & BALANCE FOOT RITUAL

15 minutes £18

A 15 minute foot ritual. Warm oil foot massage, hydrating foot mask and moisturiser

RELAX & RESTORE HOT OIL SCALP MASSAGE

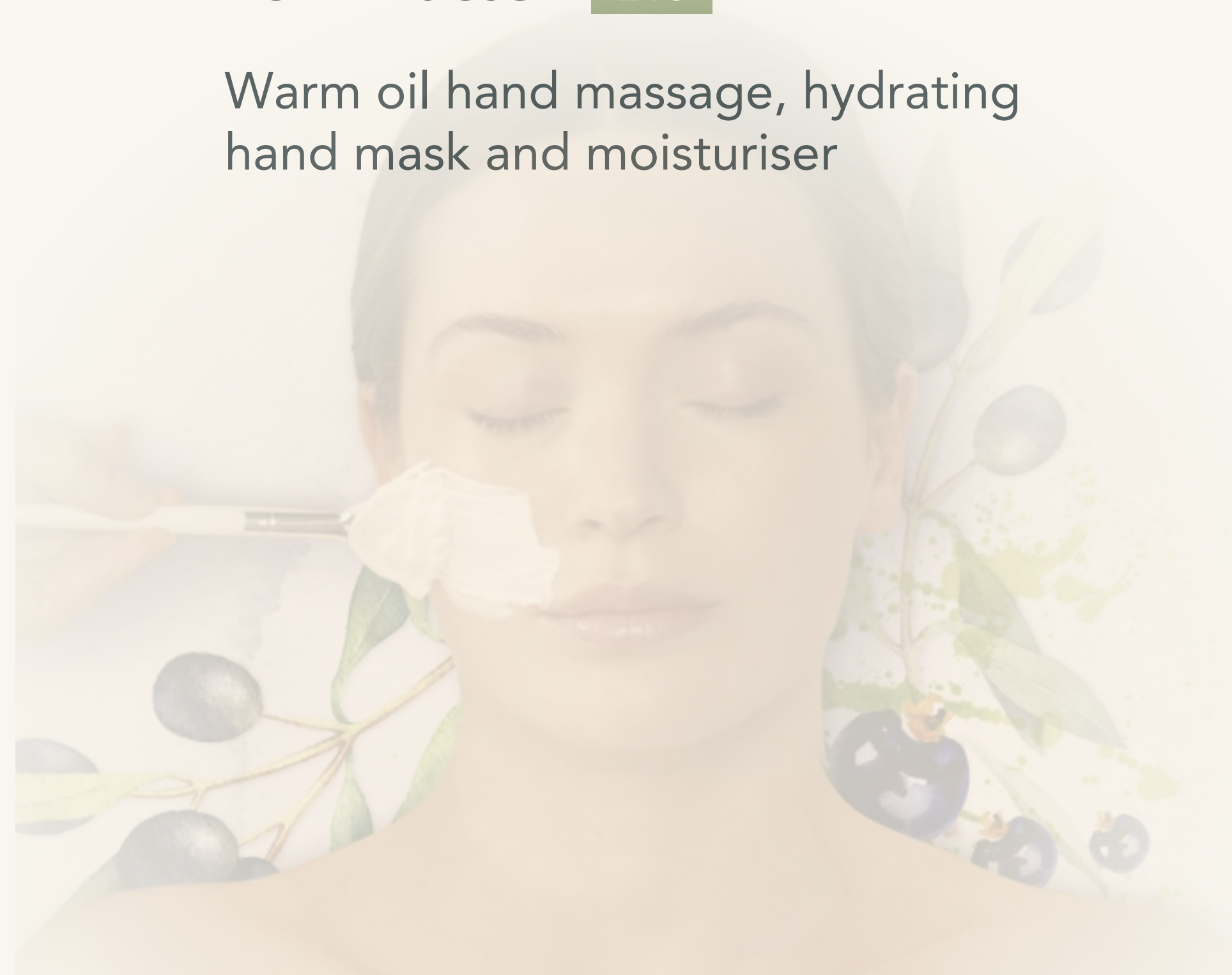
15 minutes £18

A 15 minute relaxing scalp massage using hot oil.

HYDRATE & SOOTHE HAND RITUAL

15 minutes £18

Warm oil hand massage, hydrating hand mask and moisturiser



SIGNATURE NAIL CARE

GEL POLISH

GEL POLISH - HANDS	30 minutes	£20
GEL POLISH - TOES	30 minutes	£20
GEL REMOVAL	20 minutes	£8

FILE & POLISH

FILE & POLISH - HANDS	20 minutes	£14
FILE & POLISH - TOES	20 minutes	£14

GEL MANICURE & PEDICURE

GEL MANICURE	45 minutes	£35
GEL PEDICURE	60 minutes	£45

MANICURE & PEDICURE

MANICURE	45 minutes	£22
PEDICURE	60 minutes	£28

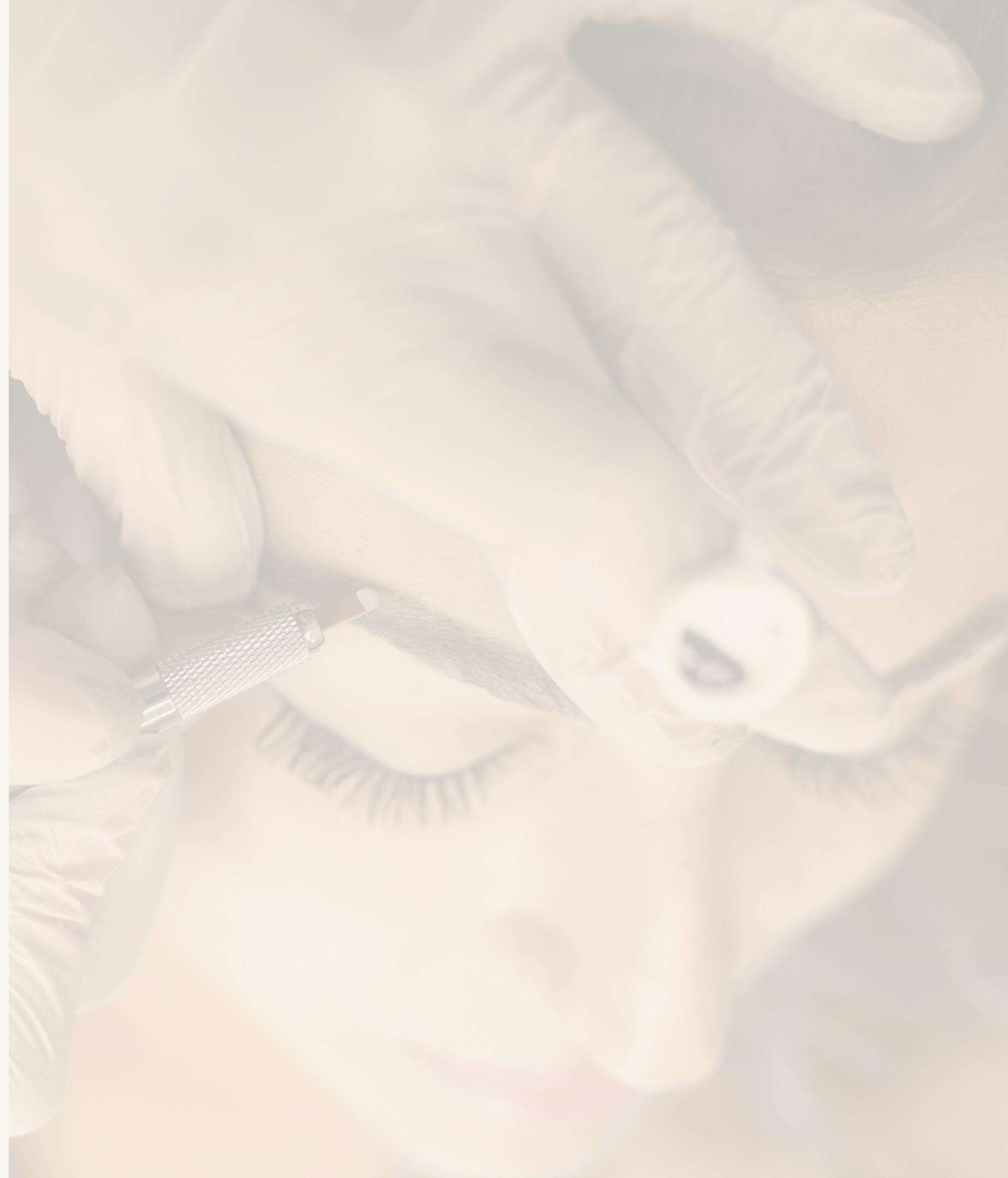
BROWS AND LASHES

EYEBROW TINT	15 minutes	£10
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EYELASH TINT	20 minutes	£14
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EYEBROW & EYELASH TINT	30 minutes	£22
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EYEBROW WAXING	15 minutes	£10
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WAXING

BODY

HALF LEG	20 minutes	£20
FULL LEG	40 minutes	£28
BIKINI STRIP WAX	20 minutes	£18
UNDER ARM	15 minutes	£14
HALF ARM	20 minutes	£18
FULL ARM	30 minutes	£25

FACE

CHIN	15 minutes	£8
SIDES	15 minutes	£8
UPPER LIP	15 minutes	£8
EYEBROW WAXING	15 minutes	£10
LIP & CHIN	15 minutes	£15
FULL FACE	30 minutes	£22

WAXING PACKAGES

BIKINI & HALF LEG	45 minutes	£35
BIKINI & FULL LEG	60 minutes	£43