

## Day Spa Services

- ☀ **Tandem Massage**~Two therapists harmonize to provide a smooth and flowing massage. \$125~1 hour
- ☀ **Detox Wrap**~ Our own Spa made formulas help you detoxify in luxurious comfort with the highest quality essential oils and ingredients available. \$150~1 ½ hrs.
- ☀ **Salt/ Sugar Scrubs**~Rich oils, mineral laden salts, and unrefined sugars make our exfoliation sessions as pleasing as they are effective. \$45~\$135 ~1/2~1 ½ hrs.
- ☀ **Cellulite Reducer**~Gentle method to help you show how great you feel. \$85~1hr.
- ☀ **Facial Toning**~Fine muscles in the face respond to stress and exaggerate lines, effect color and alter texture. We target those muscles with a four step massage bursting with fragrant essential oils. \$50~45min.
- ☀ **Paraffin Treatments**~Heat and moisture penetrate deep into the tissues to soothe hands or feet. \$25~20min
- ☀ **Ear Candling**~Heat draws out impurities in each ear. \$30~40min
- ☀ **Hand or Foot Pampering**~Hard working hands and feet deserve a vacation, too, and they will find it with this combination of exfoliation, massage, and deep penetrating moisture. \$45~30min
- ☀ **Chair Massage**~Even when time is short there's always room to take care of your self. \$20~\$40~15~30min.
- ☀ **No Stress Express**~Relieve upper body tension so you can maintain your professional edge. \$50~30min.  
We are located at:  
11 Church St.- Seven Valleys, Pa  
Visit our web site for more information.

## Amenities

- ∞ Red wood cabaña with eight station therapeutic hot tub
- ∞ Pure, highest grade essential oils mixed on site for your enjoyment and/or need
- ∞ Private lounge with complimentary tea upon request
- ∞ Three treatment rooms available
- ∞ Private consultation room
- ∞ Lunch and dinner are available on site, freshly prepared by Our Chef & Staff
- ∞ Shop for your health or your fancy in our eclectic Gift Shoppe
- ∞ The Heritage Rail Trail is available for meditative walks and sport or casual cycling.
- ∞ Robes and towels provided for your use

## Policies

- ∞ Reservations with a one half deposit are required 48 hrs. in advance for our Day Spa.
- ∞ Cancellation notification must be received one full day in advance for full refund
- ∞ 20% gratuity will be added to all Spa services
- ∞ Bathing suits and pre showering are necessary for hot tub use
- ∞ Please arrive 15 min. before first appointment to complete profile questionnaire.
- ∞ We accept cash, check, VISA, Mastercard, Discover, and American Express.
- ∞ Our services are designed to assist you in achieving a more complete state of wellness. They are not a replacement for your chosen healthcare practitioner's advice and should not be taken as thus.
- ∞ Note: Times are approximate.



## Wellness Center

Our wellness center is devoted to helping clients find solutions for minor to serious, temporary or ongoing health challenges by facilitating the body's natural ability to heal. Highly trained therapists utilize a vast body of knowledge and skills to help you discover a greater level of wellness and well-being.

## Day Spa

Our Day Spa provides clients with the opportunity to be pampered, relax, and pause from the daily rush of a busy world with a delicious mini- vacation.

## Hours:

Mon.-Sun. 9am~7pm  
www.serenity-station.com  
contact@serenity-station.com  
Phone~(717) 428-9575  
Fax~(717) 428-2170

## Wellness Center Services

- ☀ **Hot Stone Deep Tissue**~  
Our signature massage utilizes hot stones and deep soothing pressure to gently, firmly loosen tight muscles and constricted fascia.  
\$50 - \$85 ~ ½ - 1 hr.
- ☀ **Swedish Massage** ~  
\$40 - \$65 ~ ½ - 1 hr.
- ☀ **Reflexology**~All or a combination of hands, feet, ears, and cranium are treated using this ancient method for addressing the health of the whole body. \$45-\$75 ~ ½ - 1 hr.
- ☀ **Hydro**~One or two therapists facilitate this nurturing massage in our hot tub. \$125[1]~\$150[2]~1hr.
- ☀ **Energy Work**~Ancient as well as modern understanding is utilized to effect the entire person in this noninvasive massage.. \$85~1hr.
- ☀ **Hot Stone Facial**~ Gentle deep tissue massage for TMJ and stress. \$50~ ½ hr
- ☀ **Mobilization**~ Serious therapy for range of motion, frozen shoulder, or old injuries. \$85~1hr
- ☀ **Sports**~Before or after your work out, bike ride or sports event. Loosening and invigorating. \$85~1hr.
- ☀ **Chronic Pain**~Assistance in pain management for chronic disorders such as fibromyalgia, arthritis, lyme disease, and non contagious auto immune disorders. \$85~1hr
- ☀ **Deep Relaxation**~Train the mind body and spirit in this essential art. \$85~1hr
- ☀ **Cranial**~Headache management from migraine to sinus. \$45~\$85~ ½ ~1hr
- ☀ **Hot Tub Use**~ \$25 ~ 20 min

# Spa Packages, Mini-Vacations and More!

## 1. The Complete Escape~

Hot Tub\* Sugar Scrub or detox wrap\* Hot rock deep tissue massage\* Paraffin dip for hands or feet\* Aromatic facial~ 4 hrs \$335 value for **\$310 plus gratuity**

## 2. Beauty Boot Camp~

Hot stone facial\* Hot stone deep tissue massage\* Paraffin dip for hands or feet\* Detox wrap\* and lunch\*~ 3.5 hrs. \$330 value for **\$300 plus gratuity**

## 3. Soothing Sensations~

Aromatherapy massage\* Detox wrap\* Scalp massage\* Foot reflexology\*  
3.5 hrs ~ \$320 Value for **\$300 plus gratuity**

## 4. Corporate Stress Relief~

One hour Hot stone deep tissue massage\* Hot stone facial\* Paraffin dip for hands or feet\* Hot tub\* 2.5 hrs. -\$185 value for **\$170 plus gratuity**

## 5. The Nurturer~

One hour Hot stone deep tissue massage\* hot stone facial\* foot pamper\*  
2 hrs. - \$180 value for **\$170 plus gratuity**

## 6. Just For YOU! ~

Hot tub\* ½ hour back, neck, shoulder massage\* foot pampering\* facial toning\*  
lunch [\$20 max] \* 2.25 hrs + lunch - \$185 value for **\$170 plus gratuity**

## 7. A Gentleman's Retreat~

Hot stone facial\* One hour Hot stone deep tissue massage\* Foot pampering\* Hot tub\* Spa gift\*  
2.5 hrs. - \$215 value for **\$200 plus gratuity**

## 8. Men's Workout~

Power facial\* Radial reflexology\* Mega massage\* 2 hrs. - \$175 for **\$160 plus gratuity**

## 9. Girl Friends Night Out~

Up to three girls\* Hot tub\* back, neck, shoulder massage\* Foot pampering\* Facial toning\*  
Dinner\* 2.25 hrs. plus Dinner~ \$185 value for **\$170 each plus gratuity**

## 10. Couple's Night Out~

Hot tub\* 1 hr. Swedish massage, side by side\* Facial toning\* dinner[\$50 max]\* Spa gift\*  
2.25 hrs plus dinner~\* \$345 value for **\$325 plus gratuity**

## 11. Dinner Package For Two~

20 min hot tub for two\* two one hour Hot rock, deep tissue massages\* candle lit dinner for two  
(\$50 max)\*

1.5 hrs. - \$270 value for **\$255 plus gratuity**

## 12. Half day Lunch Package~

20 min. hot tub\*one hour Hot rock, deep tissue massage\* Paraffin hand dip\* Facial and lite  
lunch [\$20 max]\*

2.75 hrs. - \$205 value for **\$185 plus gratuity**

## 13. Mommy~to~Be Package~

Tandem massage\* Foot pamper\* Scalp massage – 2 hrs.

OR

Swedish massage\* Foot pamper\* Scalp massage\* Facial toning\* Spa gift – 2.75 hrs.

\$225 value for **\$200 plus gratuity**

## 14. The Teen Dream~

½ hr. massage\* ½ hr reflexology\* facial toning\* Hot tub\* 2.25 hrs.-

\$155 value for **\$140 plus gratuity**

## 15. Pre~ Wedding Relaxer~

Hot tub\* Foot pampering\* Paraffin dip for hands or feet\* One hour deep relaxation therapy\*

Complimentary virgin frozen drink\* Spa gift\* 2.25 hrs~ \$195 value for **\$175 plus gratuity**

## 16. Bridal Party Package~

Customized to your needs and wishes! May include Teas, dinner, lunch, and spa services.

## 17. B~Day Bashes from Sweet Sixteen to a Fine Eighty Nine~

Customized parties for birthdays, graduations, or any event you can find an excuse to celebrate!

## 18. Massage Maintenance Package~

Mini maintenance~ One 30min. neck, back and shoulder massage a week for 4 weeks. ~\$160

Stress management~ 60 min. Deep relaxation therapy once a week for 4 weeks.~ \$240

Deep tissue hot rock stress management~ One 1 hr. session/wk. for 4 weeks.~ \$300

## 19. Corporate/Group Events~

We offer on site chair massage for your employees or guests. Please ask about specific pricing for your event!