



SERENSIA

spa

Spa Journey at Serensia Woods Hut

ULTIMATE FOUR-HAND INDULGENCE

4 HOURS

BODY BALANCING AND RE-INVIGORATION

Embark on a journey to inner peace and rejuvenation, the experience begins with an aromatic bath to relax the body, followed by a full-body exfoliation with fragrant sea salt scrub to revitalize your skin. The highlight of this treatment is the ultimate massage experience : two skilled therapists synchronize their movements using the *Four-Hand Massage* technique, working on different parts of your body to ease muscle tension and calm your mind, accompanied by the fading resonance of singing bowls. After 120 minutes of bliss, a light meal or afternoon tea set will be served in the private Serensia hut.

- **60 mins Aromatic Steam and Bath & Sea Salt and Mineral Scrub**
- **120 mins Four Hands Massage with singing Bowl Therapy**
- **Light Meal/ Afternoon Tea**

DETOX & PURIFICATION

4 HOURS

INCREASE CIRCULATION AND BOOST IMMUNITY

This detox journey begins with a private steam room of Serensia hut. Gentle steam opens pores and enhances blood circulation to promote toxin release. Next, a mild full-body scrub prepares the skin for a mineral mud wrap, which draws out impurities and dead cells. As you rest in the wrap, therapists perform gentle acupressure on your face, neck, and scalp for deeper relaxation. The treatment concludes with a lymphatic detox massage to activate toxin elimination. Afterward, a light meal or afternoon tea set will be served inside the Hut or in the garden.

- **60 mins Private Steam & Body Scrub**
- **60 min Detoxifying Body Wrap & Scalp and Neck Massage**
- **60 mins Lymphatic Drainage Massage**
- **Light Meal/ Afternoon Tea**

note: Highly recommended for guests undergoing Detox or weight management program



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Spa Journey at Serensia Woods Hut

FACE & BODY RITUAL

4 HOURS

ENHANCE SKIN TONE AND NOURISH HYDRATION

This journey starts with a relaxing preparation session in Serensia Hut's private steam room to calm your mind and hydrate your skin. Once relaxed, our therapist will apply a gentle massage to your face using pure camellia oil, giving your skin the nourishment it needs. Camellia oil's antioxidant properties also calms inflammation from pimples and skin irritation from allergy. Mask will also be applied to boost hydration. The journey then continues with a 90-minutes aromatic balancing massage to encourage blood circulation and new cell growth. The final step is a light meal or afternoon tea set to be served inside the Hut or in the garden.

- **30 mins Steam**
- **60 mins Facial Massage & Hydration Mask**
- **90 mins Aromatic Balancing Massage**
- **Light Meal/ Afternoon Tea**

EXOTIC HAMMAM

4 HOURS

RELAX AND UNWIND

Serensia Spa brings you the ultimate Turkish bath experience. This journey is not only suitable for individual enjoyment, but also perfect for couples: honeymoons, romantic dates, mother-and-daughter or best friend spa-getaway.

This journey begins with a 60-minute Hammam experience with the following traditional Turkish bath rituals: hair wash, body scrub, head massage, etc. The second part of the journey is a pampering facial where camellia oil is used to nourish and calm your skin. The final part of the journey is a relaxing Balinese Massage to unwind the tension in your body. A Light Meal or Afternoon Tea Set will be served afterwards inside the Hut or in the garden.

- **60 mins Hammam Ritual
(hair washing, head massage, traditional Turkish body scrub)**
- **60 mins Purely Pampering Facial with Nourishing Mask**
- **60 mins Relaxing Balinese Massage**
- **Light Meal/ Afternoon Tea**



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Serensia Woods Spa Package at Spa Center

THE ULTIMATE RETREAT

120 MINS

The ultimate package brings pampering! This luxurious spa day begins with a 30mins Aromatherapy Bubble Bath followed by a 100 mins massage therapy of your choice plus relaxing head massage

- **20 mins Aromatic Bubble Bath**
- **100 mins Relaxing Balinese / Aromatic Balancing / Swedish Massage**

BLISSFUL SENSATION

120 MINS

A ritual infused with the rich heritage of Henggin, each part of the experience body scrub followed by a full-body massage is meticulously performed with a unique blend of scrub salt mixed with the essence of Port wine. The body massage oil is derived from the essence of Camellia, leaving the mind, skin, and body feeling light and refreshed after a 70 mins massage therapy of your choice, plus a relaxing head massage.

- **20 mins Aromatic Bath**
- **30 mins Body Scrub**
- **70 mins Relaxing Balinese / Aromatic Balancing / Swedish Massage**

HYDRA PERFECTION

150 MINS

You will start with herbal bath to promote blood circulation to let you relax, calm your senses and release any muscle tension. Your post-bath treatment begins with a gentle rub using a rich, natural mineral salt scrub to remove dead skin cells. This is followed by a cocooning body wrap that contains plant extracts to moisturize and restore skin health, helping to hydrate and promote healthy skin. Lastly, the facial treatment includes cleansing, exfoliation, facial massage, and a mask to hydrate and deeply cleanse.

- **20 mins Aromatic Bath**
- **60 mins Pure Skin Retreat (Body Scrub & Body Wrap & Head Massage)**
- **70 mins Purely Pampering Facial with Nourishing Mask**



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Serensia Woods Massage

FOUR HANDS MASSAGE

60 MINS | 90 MINS

The unique Four Hands Massage is a synchronized massage performed by two therapists. This massage gives a soothing experience of different types of Western and Asian massage techniques, including traditional Swedish massage, deep tissue, lomi lomi massage in combination of shiatsu and trigger points. A four-hand massage is a very effective, physical and mental relaxation treatment for a pleasant drift into a hypnotic state of higher consciousness. It's like experiencing two full body massages at the same time. Two therapists traditionally work harmoniously through simultaneous movements on opposite sides of the body with the purpose of stimulating full relaxation, using four hands as opposed to just two on different parts of your body.

SERENSIA WOODS 3-1 SIGNATURE MASSAGE

90 MINS | 120 MINS

This signature massage of Serensia Woods is aimed at targeting the deeper tissue structures of muscle and connective tissue. Using a combination of Aromatherapy, Thai and Swedish massage techniques and our signature essential oils, this intense massage treatment will release chronic muscle tension, knots and adhesions in order to increase flexibility and release deep tension. Our Signature Camellia oil is blended into your choice of essential oil for your massage. Camellia oil is high in both vitamin E and omega-9 & 3, which is not only ideal for your skin to retain a youthful appearance, but also helps your muscles relax. Depending on the type of essential oil used, some benefits include positive effects on your mood, pain alleviation, energy-boosting effects, and enhancement of your immune system. It is recommended for sports enthusiasts as well as those who experience chronic pain or engage in heavy physical activity.

AROMATIC BALANCING MASSAGE

60 MINS | 90 MINS

This massage uses carefully selected essential oils, combined with the therapist's soothing and gentle techniques, to effectively relieve muscle tension, reduce stress, and restore vitality. Through a relaxing and delightful aromatherapy experience, it helps eliminate physical tension. The therapist will first assess your physical condition and present you with three specially blended essential oils from Serensia Woods. You will choose the scent that feels most comforting based on your first impression—this will be the essential oil used for your massage, as it is the one your body naturally needs the most.



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Serensia Woods Massage

LYMPHATIC DRAINAGE MASSAGE

60 MINS | 90 MINS

This is a form of gentle massage that encourages the movement of lymph fluids around the body. Applying warm oil combined with light rhythmic movements to stimulate the lymphatic system without pressing hard on the vessel. This massage promotes the flow of lymph fluid throughout the body, resulting in detoxification and helping to relieve cellulite with a slimming effect.

SWEDISH MASSAGE

60 MINS | 90 MINS

A treatment geared for total relaxation, emotional balance and beauty. With the intention and purpose of your treatment goal, the essential oils are selected and blend for you to maximize your massage experience with rhythmic, relaxing strokes that liberate tension, restore the senses and offer absolute tranquility.

Facial Treatment

ULTIMATE SKIN REJUVENATION FACIAL

90 MINS

The ultimate anti-aging treatment using our precious high performance Platinum Collection. With an esthetician providing a rejuvenating facial and hand treatment, this indulgent experience will leave your skin transformed.



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Serensia Woods Body

SEA SALT & MINERALS RITUAL

45 MINS

An extraordinary experience with deep cleansing that leaves skin glowing and fresh. Blend carefully blended massage oil and mineral-rich natural sea salt scrub to gently rub your whole body to help exfoliate the skin and promote blood circulation and lymphatic detoxification. This leaves the skin soft and supple, restoring its natural glow. This full body treatment can be experienced alone or in combination with different treatments.

- **Natural Body Scrub Himalayan Salt**
- **Natural Body Scrub Green Tea & Salt**
- **Natural Body Scrub Ginger Lime Sugar**
- **Natural Body Scrub Ylang Ylang & Geranium**

PURE SKIN RETREAT

60 MINS

This ultimate combination of gentle body scrub and wrap helps promote natural balance and purification to the skin. The treatment begins with a body scrub massage using a special scrubbing agent made from konjac and rice flour to remove excess keratin. The minerals, vitamins, and antioxidants in the scrub help to brighten and even the skin tone. The treatment then continues with a body wrap with an emulsion of a rich plant extract cream mask to refresh and revitalize the skin. It heals skin dryness, smooths roughness and re-vitalizes the whole body, leaving the skin firm and toned.

- **Natural Body Scrub Ylang Ylang & Geranium**
- **Natural Body Wrap Ylang Ylang & Geranium**

SLIMMING THERAPY

90 MINS

This is a great alternative treatment for body contouring and cellulite reduction. It begins with a quick full-body wrap using a warmer blanket to relieve nerve inflammation and sore muscles. The treatment is then completed with a lymphatic detox and cellulite massage, which helps to improve circulation and impart a slimming effect, tightening the skin tone and muscles.

- **CHOCOLATE MASK**
- **Lymphatic Drainage Massage**

Heat and Hydro Therapies

HEAT, WATER AND RELAXATION BY STARPOOL

The word SPA comes from the Latin term “Solus per aqua” and its translated as “health from water.” Thermal bathing and hot/cold therapy using water experiences have a long history, dating back to Ancient Roman times in the West and Ancient Japan in the East. The Roman baths were designed for bathing and relaxation while the ancient Greek used mineral baths for healing and detoxification.

At Serensia Woods, we provide you a new way to experience wellness and the benefits of the hydrotherapy to your body. Our facilities and equipment are from Starpool, an Italian company specializing in the design and realization of wellness and spa facilities for 45 years. Join us on the pathway toward perfect health founded on ancient traditions and leading technology.

Facilities included:

Mediterranean Bath

The Mediterranean bath creates an environment with milder temperatures (45-50°C) and humidity (55-65%) levels. This high-humidity steam room allows you to envelop yourself in heat while sweating slowly, which softens and balances the skin while eliminating metabolic waste and excess liquid in the body for overall relaxation. It can also help eliminate fat accumulation with a minimum stay of 30 minutes.

Sauna

Featuring with a temperature of 80 - 90°C and a relative humidity of 10 - 20%, this heat therapy has many healing benefits, including reducing stress, calming the mind and improving muscle function and recovery. In addition to being a relaxing way to end a workout, Saunas help to improve blood circulation, lower blood pressure and enhance heart function as the heat helps widen blood vessels.

Steam Bath

The temperature of Steam bath is warm, approximately 45°C and humidity is high, up to 98%, the steam mist and water droplets resting on the body gives a purification to the skin. Steam bath has the benefits of renewing the skin while it gives a deep cleansing effect to the skin tissues. The inhalation of the scented steam also help softens the respiratory tract and gives a psycho-physical relaxation.

Water Paradise

Featuring a blend of four different showers in the path, this water paradise allows you to experience a unique multi-sensory water experience. The shower jets will automatically alternate the pleasure of 4 shower jets with different levels warmth, color, and intensity to envelope you with an enjoyable sensory and relaxing experience.

Ice Fountain

The ice fountain removes stress, tones up and strengthens the skin and blood vessels, stimulates blood circulation, strengthens the immune system. It is ideal for re-balancing the body after a heat or steam bath.



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Heat and Hydro Therapies

GUIDED HYDROTHERAPY AT SERENSIA WOODS

30MINS | 60MINS

With this guided hydrotherapy experience, you have options to choose our program from relaxation to purification or excitement to activate your body and prepare you for your spa treatments.

*Any first-time user of hydrotherapy is required to take our guided hydrotherapy session to learn the benefits of the facilities for your body and health and how it can enhance your treatment results.

In addition to the state-of-the-art spa facilities in the Spa Centre, We also provide you with a unique Turkish Hamman and Infrared Sauna in our Private Spa Huts featuring private treatment suites.

DRY FLOTATION WITH ZEROBODY

REGENERATE BODY AND MIND

Zerobody offers a state-of-the-art, zero-gravity flotation experience that allows you to regenerate and rejuvenate, physically and mentally, without getting wet. While floating on the 400 liters of warm water with customized chemotherapy and a lumber massage, you will be taken to a cognitive status where the mind is relieved and your muscle and joints will be eased. It encourages relaxation, reduces stress, improves circulation and promotes better sleep.



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Spa Etiquette

Etiquette

Please be advised that it is good practice to shower before any treatment. Silence, peace, and respect are part of our Serensia Woods Spa philosophy. Kindly consider the space and privacy of other guests and silence your electronic devices before entering the spa sanctuary.

Arrival

Late arrival will affect the duration of your scheduled appointment, in order to give you adequate time to fill in the well-being questionnaire and relax, we recommend that you arrive 45 to 60 minutes prior to your treatment.

Scheduling and Cancellation

Please contact our Wellness Advisor or Spa directly to reserve your spa experience or to reschedule existing spa reservations. We recommend advance reservations to ensure availability. If you wish to reschedule or cancel your booking, please be advised that 6 hours' notice is required in order for us to accommodate your request, or 2 hours if the appointment is made on the same day. No-show or last-minute cancellations will incur a 100% charge.

Attire

Bathrobes, slippers and disposables are available at Serensia Spa for your comfort.

Health Condition and Allergies

Kindly consult with your physician before reserving any treatment or using our facility. If you have any allergies, please make sure to inform us.

Valuables

To ensure peace of mind and comfort while you are enjoying your wellness experiences, we provide secure lockers for all of your belongings. Our spa will not be responsible for any lost or damaged items during your visit.