

Serenitas



Calm . Mystical . Natural



Inspired by the island

cliffs and gardens, giving us strength and endurance whilst enabling us to maintain clarity of mind and a lightness of heart.

Step inside Serenitas and be greeted by the warm aromas of lavender and rosemary, two herbs found widely on the island of Mallorca. The word "lavender" stems from the Latin word "lavendula", which comes from the verb "lavare" meaning "to wash". This ancient medicinal plant purifies the skin, calms the spirit and promotes relaxation. The name "rosemary" derives from the Latin for "dew" (ros) and "sea" (marinus) or "dew of the sea". This mystical bush fills the Balearic Islands sea

At Serenitas Spa, we honor our beautiful and ever evolving island. Located in Cap Vermell, near Canyamel valley, Serenitas is the ultimate day spa, inspired by the island's azure seas, abundant nature, fragrant aromas and Mediterranean breeze. Drawing on Mallorca's rich history and cultural heritage, Serenitas is a peaceful oasis, surrounded by landscaped gardens and the Serra de Llevant mountains.

Serenitas Journeys

Serenitas invites you to create your own full-day spa journey, inspired by the local culture, calm and serenity of the beautiful island of Mallorca. These journeys are designed to hydrate, restore, detoxify and heal your body, mind and soul.

Each Journey includes:

**A Signature Treatment
of your choice**

110 minutes

Facial

90 minutes

Manicure

60 minutes

Pedicure

70 minutes





Escapes

Motivated by the local culture, Cap Vermell's morning mist and the little rivers that sustain the trees and herbs, our half-day spa escapes are short experiences designed to uplift your mind, energize your body and replenish your skin.

sa boira

Inspired by the "Sa Boira" mist, which clears by morning over the Canyamel Valley and is famed for its healing powers and calming qualities, this traditional herbal massage, complemented by either a full-body detoxification or exfoliation, will leave you feeling recharged and renewed.

Full-body Herbal Massage

50 minutes

Organic Body Scrub or Wrap

30 minutes

es torrent

Reap the benefits of this water and aloe vera restorative treatment, intended to nourish and hydrate your skin, whilst promoting total relaxation of the mind. This treatment is ideal for skin that has been damaged by the sun or by free radicals in our environment.

Full-body Aromatherapy Massage

50 minutes

Hydrate Facial

60 minutes

Organic Aloe Vera Wrap

30 minutes

Cap Vermell

Inspired by the power and strength of basalt stones, this escape will help to reduce tension, alleviate stress, increase circulation and leave a deep sense of overall wellbeing.

Warm Stone Massage

50 minutes

Body Scrub

30 minutes

Seaweed and Clay Body Wrap

30 minutes

Facial

60 minutes

Serenitas couples' escape

This sublime experience for two (with a friend or a loved one) takes place in our couple's suite. Enjoy a warm, nourishing hair and scalp massage and an invigorating full-body exfoliation followed by a cleansing shower for two and a scented bath in our volcanic limestone bath. Cleansed and revitalized, you will then enjoy a full-body aromatherapy massage leaving you feeling renewed, relaxed and recharged.

Flor de Sal Scrub

20 minutes

Hair and Scalp Treatment

15 minutes

Scent Bath

25 minutes

Full-body Aromatherapy Massage

50 minutes

Serenitas couples' escape suite experience

This experience includes our Serenitas couples escape plus a 20-minute enhancement of your choice (hands or feet) followed by 30 minutes to enjoy the suite in privacy with your choice of wine or champagne served with fresh or dried fruit.

Signature treatments

calming scent

110 minutes

Inhale the calming essence of Mallorca as you enjoy an organic quince body scrub designed to soothe from tip to toe followed by a seaweed and clay detoxifying body mask. While your skin absorbs the mask, your therapist will gently drum away stress and tension with a gentle head and face massage. Your treatment concludes with a Swedish massage using organic herbs and local oils to send your body and mind into complete relaxation.

serenity on the sand

110 minutes

This treatment is a one of its kind in Mallorca. Start with a nourishing olive tree and hot sand treatment, specially performed on our crystal quartz sand bed. The heated sand bed, based on the ancient Greek concept of 'psammothrapy' uses warm sand to alleviate pain, encourage circulation, release tight muscles and promote deep relaxation. A body scrub, body massage and cranial massage follow to deeply nourish and relax the body and mind.

holistic organic herbs

110 minutes

Inspired by Mallorca's fragrant herbs, this treatment provides true relaxation thanks to the herbal treasures to be found in Cap Vermell. A tip to toe body exfoliation with a rosemary bar soothes your skin and increases circulation. An organic herbal stamp is then applied and used to gently massage the back followed by a fragrant rosemary and lavender bath. Your treatment finishes with a full-body aromatherapy massage.

mystical path

110 minutes

This treatment is designed to help release tight, fatigued muscles and assist common injuries such as aggravated IT bands (knee pain), shin splints, Achilles tendinitis and plantar fasciitis. Mystical path is also an ideal experience following a game of golf, after hiking or for those wishing to relieve the effects of a long flight. The treatment starts with a warm herbal foot soak and a Flor de Sal and rosemary exfoliation to reduce swelling and improve circulation in the legs and feet. A soft and cooling leg massage follows before finishing with a neck, back and shoulder massage.

post cycle ritual

110 minutes

This experience is created to relax the body after a day in the saddle, discovering the Cap Vermell mountains. Focusing on tight, fatigued leg and arm muscles and shoulders, the treatment starts with a warm herbal foot soak and a detoxifying exfoliation to reduce swelling and improve circulation in the legs and feet. A soft and cooling leg massage follows before finishing with a neck, back, arms and shoulder massage.

Flor de Sal scrub

50 minutes

This invigorating treatment uses an exclusive blend of native organic olive oil, essential oils and mineral-rich Flor de Sal to refine the surface of the skin. Following the scrub, the skin is left silky smooth and hydrated with a replenishing application of body balm.

seaweed and clay wrap

50 minutes

With powerful detox and body-toning properties, this treatment stimulates the body's natural fat-burning process, removing toxins from your skin and increasing circulation, leaving your body feeling deeply nourished and silky smooth.

Body therapy

back, face & scalp treatment

90 or 120 minutes

This luxurious treatment, using ESPA essential oils, combines a deep cleansing back exfoliation with a hot stone back massage, designed to soothe, relax and balance. An ESPA facial follows along with a restoring head massage to clear the mind, combat stress and ease tension.

body ritual

120 minutes

Combining a nourishing body wrap and full-body massage, this ESPA treatment restores equilibrium, promotes peace of mind and encourages deep relaxation to both body and spirit. Following a stimulating body exfoliation, a marine algae or mud wrap is applied and the scalp gently massaged. After a refreshing shower, select your chosen aromatherapy massage, from Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energizer and Body Toner to leave you with a sense of complete wellbeing.

holistic stressbuster

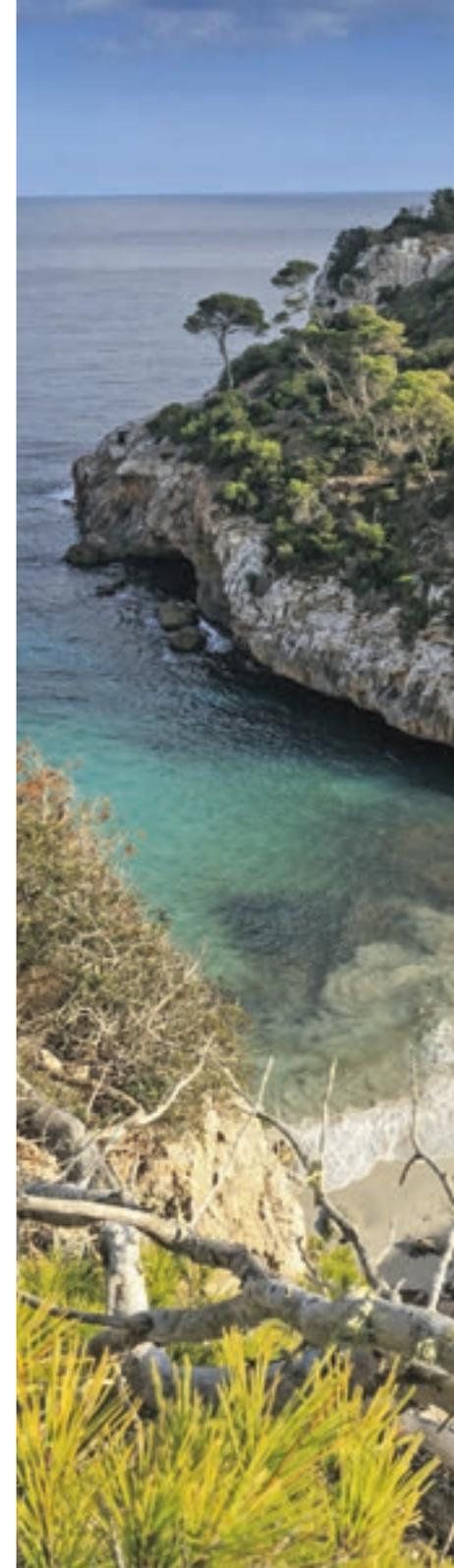
120 minutes

This indulgent ESPA body treatment has been designed to melt away tension and rebalance your body and mind. Following a top to toe body brushing and exfoliation to smooth and soften the skin, enjoy a deep body, face and scalp massage, using nourishing essential oils, to soothe tired muscles and allow you to completely relax and unwind.

salt and oil scrub

30 minutes

This exceptional skin softening body exfoliation combines sea salts with essential oils to awaken your senses and leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment or in preparation for an ESPA massage. For a lighter application, exfoliating body polish can be applied instead of the salt & oil scrub.



Facials

Our ESPA facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, with skincare products chosen to meet your individual needs to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

personalized facial

60 or 90 minutes

This expert facial is specifically tailored for you and includes deep cleansing, exfoliation, steam and gentle extraction where needed and a treatment specific massage and mask. ESPA skincare products, including an intensive booster serum, are chosen to suit your individual needs to achieve maximum results.

lift and firm

90 minutes

An advanced facial using Super Active™ ESPA products to enhance cellular regeneration and improve skin tonicity and firmness. This facial uses Tri-Active® ingredients combined with specialized facial massage lifting techniques to help combat the signs of ageing and deliver intensive results, the benefits of which can be seen immediately.

age-defyer

60 minutes

A luxurious and regenerating ESPA facial for maturing skin to help minimize lines and wrinkles around the eyes, neck, lips and jawline. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

mens facial

60 minutes

Whether your skin needs a deep cleanse, a healthy glow or deep hydration, we encourage our male guests to experience this personalized ESPA treatment that combines a relaxing shoulder, neck, face and scalp massage, tailored specifically to your skin's needs.





Massages

Delivered by ESPA and tailored to you.

swedish

60 or 90 minutes

A traditional full-body massage using firm pressure to promote relaxation and ease muscle tension. This treatment, with its stimulating movements to help soothe tired aching muscles and leave you relaxed and revived, is an ideal introduction to massage.

deep muscle

60 or 90 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialized techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

warm stones

60 or 90 minutes

A therapeutic full-body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to unwind and your body to feel rejuvenated.

aromatherapy

60 or 90 minutes

A full-body aromatherapy massage designed to ease tension, relieve stress and promote a complete sense of wellbeing. A customized blend of individually chosen oils ensures you receive a unique treatment to suit your specific needs. Choose from Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser and Body Toner.

neck, back & shoulders

30 minutes

Melt away tension and relieve tired, aching muscles with a neck, back & shoulder massage. This treatment is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Where needed, hot stones are also used to penetrate warmth and help ease aches and pains.

shoulders, neck & scalp

30 minutes

This massage focuses on the key areas of tension in the body using an ESPA Body Oil chosen for your specific needs. Where needed, hot stones are also used to penetrate warmth and help ease aches and pains.

Delivered by Serenitas.

mother-to-be

60 minutes

A relaxation massage to help relieve the discomfort of pregnancy and enhance the physiological and emotional wellbeing of both mother and baby. Special positioning and use of pillows ensures maximum comfort for the mother-to-be.

reflexology

25 or 50 minutes

In this ancient practice, thumb pressure is applied to specific parts of the hands and feet, bringing relief to corresponding parts of the body. It restores the body's equilibrium, whilst helping to ease tension, improve circulation and promote a general sense of wellbeing.

body lift

60 or 90 minutes

This treatment is designed to flush toxins, sooth rough skin, refine contours and assist in the reduction of water retention and cellulite. Unique rhythmic massage movements promote firmness and leave the skin smooth, svelte and toned. Perfect to compliment a weight-loss treatment or detox program.

abhyanga ayurveda

60 or 90 minutes

Ayurveda is an ancient Indian lifestyle practice that aims to create harmony within the body. This holistic treatment is performed with a combination of essential and herbal oils to restore the balance of the doshas and enhance wellbeing and longevity.

sleep deeply

60 or 90 minutes

Perfect for those who like to work and play hard but need a little time out to release stress, reduce tension and combat fatigue. Your mind and body will feel relaxed to the core and deep, uninterrupted sleep promoted.

couples

60 or 90 minutes

Enjoy the ultimate Serenitas spa experience by bringing a friend or partner and booking into our luxurious couple's suite.



Enhancements

to complement any 60 to 90 minutes' service.

foot rejuvenation

20 minutes

A true treat for your feet! Allow stress and tension to melt away as your feet are treated to a hard-earned scrub before a gentle massage and an intense moisturizing. Your feet will be left recharged, refreshed and rejuvenated.

hand care and massage

20 minutes

Indulge in a rich exfoliation and massage leaving your hands feeling soft, smooth, radiant and youthful.

eyelash and eyebrow tint

20 minutes

Add depth and definition to your face and eyes with an eyelash and eyebrow tint. This is an ideal enhancement for those on the go, in the pool or on holiday.

restore your hair

20 minutes

Enjoy a deeply nourishing, enriching and luxurious hair treatment as we treat your hair and scalp to essential oils and a restorative mask, customized to your personal needs.

lift & firm eye by ESPA

20 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, by reducing the appearance of fine lines and relieving tension from eye-strain and computer headaches. Incorporates a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

pink hair and scalp by ESPA

20 minutes

An intensely nourishing dry hair formula to soothe, smooth and replenish. Using mineral rich red clays, this unique conditioning treatment leaves hair silky soft and visibly smooth. Suitable for all hair types.

quartz sand bed experience

Choose any 60-90 minute massage and add on an exclusive experience on our alpha quartz sand bed. The sand on this unique bed is heated to encourage circulation, release tight muscles and promote deep relaxation.

Serenitas Salon

aroma spa pedicure

90 minutes

Our signature pedicure uses essential oils, salts and herbs to detoxify and heal tired feet. A signature blend of natural ingredients creates a skin and nail ritual that will pamper your feet with exfoliation, wrap and moisturizer, leaving you with perfectly pedicured polished toes.

aroma spa manicure

70 minutes

Our signature manicure begins with salt or oil nail soak infused with lavender, green tea or exotic blossoms to hydrate and repair cuticles. A smooth exfoliation follows and a luxurious and soothing wrap is applied to your hands. This treatment concludes with a soothing application of moisturizer to regenerate and nourish your skin and an application of your chosen polish.

nails

pedicure

60 minutes

manicure

50 minutes

Shellac pedicure

90 minutes

Shellac manicure

70 minutes

french polish

20 minutes

Shellac removal

15 minutes

male pedicure

60 minutes

waxing

lip or chin

20 minutes

brow

20 minutes

armpits

30 minutes

bikini/brazilian

35 - 45 minutes

half leg/full leg

30 - 50 minutes

facial

40 minutes

back

35 minutes

arms

30 minutes

chest

25 minutes

boutique Serenitas

Visit the spa boutique for local goods, beauty and skin products.





How to Serenitas

advanced bookings

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. In order to reserve your scheduled appointment, we require a valid credit card number at the time of booking. Please advise us of any health conditions, allergies, injuries or treatments when making your spa reservation.

spa arrival

Please arrive 30 minutes prior to your appointment to prepare for your Serenitas spa experience. We apologise in advance as we will be unable to offer an extension of the scheduled treatment for any late arrivals.

age requirement

The minimum age requirement for access to the spa is 16 years. However, some spa and salon treatments are available with parental supervision. Please enquire with the spa concierge.

gift certificate

An ideal gift for the spa enthusiast, gift certificates are available for purchase online or in person. Please enquire with the spa concierge for more information. Gift certificates are non-refundable.

cancellation policy

Cancellations within 24 hours or no shows will incur a 100% charge.

spa attire and loss or damage

We will provide you with a robe and sandals for your comfort. A secure locker will be available for your personal belongings. Serenitas spa is not responsible for any lost, damage or misplaced items.

spa environment

The Serenitas environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity.

spa protocol

For your comfort, we ask that you shower prior to any body treatment and before using any water facilities following a massage. Also, prior to your treatment, please allow enough time to cool down after using the sauna or pool.

contact info

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