



AROMATHERAPY  
ASSOCIATES

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ESSENTIAL WISDOM. ESSENTIAL OILS.

SERENITY  
TREATMENT MENU



CISSWOOD HOUSE  
HOTEL



WEST SUSSEX

# AROMATHERAPY ASSOCIATES

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ESSENTIAL WISDOM. ESSENTIAL OILS.

AROMATHERAPY ASSOCIATES HAS BEEN AT  
THE FOREFRONT OF AROMATHERAPY  
FOR OVER 30 YEARS.

FROM THE BEGINNING WE HAVE BELIEVED  
PASSIONATELY IN THE HEALING POWERS OF  
NATURAL PLANT EXTRACTS, AND OUR  
EXPERIENCE AS THERAPISTS HAS SHOWN US  
THAT ESSENTIAL OILS ARE HIGHLY EFFECTIVE  
IN ENHANCING THE STATE OF OUR PHYSICAL,  
MENTAL AND EMOTIONAL WELLBEING.

SINCE WE BEGAN, WE HAVE BROUGHT OUR  
KNOWLEDGE AND SKILLS TO THE WORLD'S  
FINEST HOTEL AND DESTINATION SPAS WITH  
SIGNATURE TREATMENTS AND RITUALS TO  
RESTORE HEALTH AND VITALITY.

FROM SOURCING INGREDIENTS AND  
DEVELOPING PRODUCTS, TO BLENDING OILS  
AND CREATING OUR UNIQUE, RECOGNISABLE  
AROMAS, WE MAINTAIN THE HIGHEST  
STANDARDS OF QUALITY TO BRING YOU AN  
AROMATHERAPY EXPERIENCE THAT'S AS  
EFFECTIVE AS IT IS LUXURIOUS.

# THE ULTIMATE AROMATHERAPY EXPERIENCE

**Time 60 or 120 mins**

**£60 for 60 mins  
£120 for 120 mins**

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged.

Carefully applied pressures stimulate the nervous system, Swedish & neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation.

Stresses and strains are dissolved away.

**RELAX**  
**DE-STRESS**  
**REVIVE**  
**SUPPORT**  
**ENRICH**  
**RENEW**

# WELLBEING TREATMENTS

## INTENSIVE MUSCLE RELEASE

### **Time 60 mins**

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension

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## BODY REFINER

### **Time 60 mins**

A toning and slimming treatment to refine the body contours and eliminate excess fluids, leaving a slimmer silhouette and smoother skin.

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## IMMUNE RECOVERY

### **Time 60 mins**

Cleansing, clearing and decongesting, this upper body treatment helps clear the mind and support the immune system.

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## SLEEP DEEPLY

### **Time 120 mins**

This head-to-toe massage uses carefully applied pressures to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

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## CLEAR YOUR MIND TREATMENT

### **Time 120 mins**

Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus, getting you back on track.

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## UPLIFT YOUR MOOD

### **Time 120 mins**

For times when you need a little emotional pampering, this indulgent treatment helps to harmonise and rejuvenate the spirits.

# SCRUB & WRAP TREATMENTS

## INTENSE NOURISHMENT

**Time 90mins £85**

A deep treatment for dry, devitalised skin, to leave the whole body intensely nourished and smooth.

Includes a scrub, followed by the layering of hydrating marine algae and a velvety moisturising body butter.

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## ROSE HYDRATOR

**Time 60mins £60**

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted

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## DETOX & REVIVE

**Time 60mins £60**

Perfect for times of over-indulgence or when you're just feeling a little sluggish, this treatment combines zesty citrus oils to leave you feeling invigorated and full of energy.

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## PERFECT BACK

**Time 30 or 60 mins with back massage  
£30 for 30 mins or £60 for 60mins**

Designed for backs prone to blemishes and oiliness, this treatment restores skin, leaving it smooth, glowing and flawless.

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## BESPOKE SKIN POLISH

**Time 30 mins £30**

A relaxing all over exfoliation and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

# FACIAL TREATMENTS

## ULTIMATE AROMATHERAPY ASSOCIATES FACIAL

**Time 90 mins £85**

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

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## AGE REPAIR FACIAL

**Time 80 mins £75**

An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.

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# PREGNANCY TREATMENTS

## ULTIMATE ROSE PREGNANCY MASSAGE

**Time 60 mins £60**

Relieve stresses and strains, heavy legs and an aching back with this all over body treatment. Includes relaxing and rejuvenating full scalp and facial massage.

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## ULTIMATE ROSE POST PREGNANCY SKIN NOURISHER

**Time 80 mins £75**

This deeply restorative, pampering, all-over body treatment incorporates exfoliation and the layering of rose based products, to immediately restore the skin's quality and appearance.

# EXPRESS TREATMENTS

All £30.00 per treatment

## INSTANT EYE REPAIR

**Time 30 mins**

Specialised massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes fresh, bright and youthful.

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## INTENSELY NOURISHING HAIR TREATMENT

**Time 30mins**

Richly scented essential oils are massaged into the hair, releasing tension, conditioning the scalp and leaving hair super-shiny, glossy and nourished.

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## ESSENTIAL EXPRESS ROSE FACIAL

**Time 30mins**

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

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## AGE REPAIR HANDS

**Time 30 min**

A combination of deeply restorative and nourishing essential oils are combined to leave hands and arms looking perfectly conditioned and feeling deeply moisturised.

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## INTENSIVE MUSCLE RELEASE

**Time 30 mins**

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension

# SERENITY BODY & SKIN CARE

**Our signature treatments for both men & women**

## OPI MANICURE & PEDICURES

Prescriptive Luxury Manicure: 60mins (heated mitts, full manicure & polish)	£40
Serenity Express Hands: 30mins (exfoliation, shape & polish)	£28
Luxury Pedicure: 60mins (heated mitts, leg & foot mask, full pedicure & polish)	£40
Serenity Express Toes: 30mins	£28

*For a French manicure or pedicure please add an additional fee of £3.00.*

## EYES

Eyebrow shape £12

Eyebrow tint\* £10

Eyelash tint\* £12

All three together: £30

(\*Patch test required minimum 24hours before)

## WAXING

Full leg & Bikini £35

Full leg £29

Half leg & Bikini £29

Half leg £20

Bikini £15

Underarm £12

Arms £20 Eyebrows £12

Lip and chin £12

## FOR HIM

Hand Care: 30mins £28

(cuticles, cut & file)

Foot care 30mins £28

(exfoliation, soak, massage, cuticles, cut & file)

Chest Wax: £25

Back Wax: £25

Eyebrow Tidy: £12

Please note that all timings are approximate and do include consultation time\*

You will feel soothed, de-stressed, revitalised and ready to plunge back into everyday life.

For further details and to book your appointment, please call: Reservations on 01403 891216

\*\*Standard 24 hour minimum cancellation policy applies\*\*

SERENITY BEAUTY SALON

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