

A woman is lying on her back on a massage table, receiving a massage. A therapist's hands are visible, resting on the woman's back. The background is softly blurred, showing a spa environment with warm lighting. The text 'Serenity Spa & Wellness' is overlaid in the upper center, and 'Treatments Menu' is centered below it. A circular logo is located in the bottom right corner.

Serenity
Spa & Wellness

Treatments
Menu





Welcome at
Serenity - *Spa & Wellness*
by Estrela Serenity - Resort

Here you can discover a haven of peace and rejuvenation.
Our expert therapist(s) will guide you through a personalized
experience, leaving you feeling refreshed and revitalized.

For reservations
Contact our front office



Meet your Therapist(s)

Susantha Kulathilaka

Experience the profound benefits of Ayurveda with Susantha Kulathilaka's expert touch.

He has spent 18 years honing his skills, drawing from a deep understanding of this ancient healing tradition. His education includes a degree in Panchakarma and a nursing certification with an emphasis on anatomy from the Gurukula Ayurveda Institute. Allow him to personalize your treatment and guide you towards a state of balanced well-being.



Treatments

*Availability of treatments is subject to request

Relaxation Massage - *Full Body*

During the treatment, relaxing movements are performed all over the body, with light to medium pressure and gentle movements, promoting muscle relaxation and a general feeling of well-being. The relaxation massage aims to reduce muscle tension and relax the body and mind.

€ 80 | 60 Min. / € 100 | 90 Min.

Hot Stone Massage - *Full Body*

During our hot stone massages, heated stones are strategically placed on your body, creating a profound sense of relaxation. As the stones melt away tension, they also enhance blood circulation, alleviate muscle stiffness, and promote overall well-being.

€ 80 | 60 Min.

Ayurveda Massage - *Full Body*

This massage consists of a deep massage technique that combines vigorous movements throughout the muscle mass with traction and stretching movements, as well as stimulation of vital points and organs for physical, mental and psychological balance.

€ 90 | 60 Min.

Ayurveda Massage - *Localized*

Focus on specific area - Neck / Shoulders / Back / Head

This massage consists of a deep massage technique that combines vigorous movements throughout the muscle mass with traction and stretching movements, as well as stimulation of vital points and organs for physical, mental and psychological balance.

€ 45 | 30 Min.

Ayurveda Massage - *Facial*

Focus on face

This massage consists of a deep massage technique that combines vigorous movements throughout the muscle mass with traction and stretching movements, as well as stimulation of vital points and organs for physical, mental and psychological balance.

€ 20 | 20 Min.

Reflexology

Reflexology is a non-invasive complementary health therapy that can be effective in promoting deep relaxation and well-being. It is a touch therapy based on the theory that different points on the feet correspond to different areas of the body and reflexologists work on these points and areas.

€ 60 | 40 Min.

Deep Tissue Massage - *Back*

A massage technique used mainly to treat musculoskeletal problems such as sprains and sports injuries. It involves applying sustained pressure using slow, deep movements to reach the inner layers of muscles and connective tissues. This helps to break down the scar tissue that forms after an injury and reduces tension in the muscles and tissues. It can also promote faster healing by increasing blood flow and reducing inflammation.

€ 45 | 30 Min.

Overview

	Price	
Relaxation massage (<i>Full Body</i>)	€ 80,00	60 Min.
	€ 100,00	90 Min.
Hot Stones Massage (<i>Full Body</i>)	€ 80,00	60 Min.
Ayurveda Massage (<i>Full Body</i>)	€ 90,00	60 Min.
Localized Ayurveda Massage <i>Neck / Shoulders / Back / Head</i>	€ 45,00	30 Min.
Facial Ayurveda Massage	€ 20,00	20 Min.
Reflexology	€ 60,00	40 Min.
Deep Tissue Massage (<i>Back</i>)	€ 45,00	30 Min.

Treatments are bookable via the front office

