



Surrender yourself to a world of peace and tranquillity

19 Princes Street Dromore, Co. Down, BT25 1AY

Telephone: 028 9269 0785

Welcome to Serenity Professional Health and Beauty for the Mind, Body and Soul

Serenity is an old charming house which can be found in Dromore in the heart of County Down. The building dates back to circa 1840 and is full of character and warmth.

Within Serenity you will find a friendly, relaxing atmosphere with five treatment rooms, a relaxation area plus a make-up and manicure station. Serenity offers a variety of health, beauty, skincare and alternative therapies.

Deborah Crookshanks, the proprietor, has a wealth of experience in the health and beauty industry. Since qualifying as a beauty therapist in 1990 she continues to expand her knowledge to bring you a wide range of treatments.

Serenity reflects the influences and techniques Deborah has gained from around the world -Thailand, Bali, and Australia to name a few! Our philosophy is to treat each client's individual needs, whilst delivering an unforgettable experience.

Offering: - Care, Efficiency and Pure indulgence with Expertise at all times.



+ MORE!

Enjoy your Serenity experience

Alumier

THE SCIENCE BEHIND GREAT SKIN

Developed by a global team of scientists, dermatologists and leading industry professionals. Born out of an understanding that - Everyone wants clear beautiful skin!

Bringing you the most effective formulations using optimal medical-grade ingredients. We use state of the art science based, luxurious formulations with innovative delivery systems. These products address multiple skin concerns, such as – Optimum Skin Health and Ageing, Rosacea, Acne, Pigmentation, Dehydration and More! Delivering outstanding results.

CHEMICAL PEELS

A chemical peel is a treatment used to improve skin texture and tone by exfoliation and stimulating new cell growth. AlumierMD offers light to medium depth peels known for their excellent results and safety profile.

This unique experience includes an exfoliating peel treatment, brightening enhancement followed by prescriptive target serums to reveal a more radiant, soft and luminous skin. A thorough consultation will determine the best treatment suitable for you. *(Allow 45mins)*

Glow peel

(Dry, Normal, Oily, Dehydrated, Acne, Hyperpigmentation & Ageing) Effective in minimizing the appearance of fine lines, wrinkles and hyperpigmentation issues like age spots, discolouration and uneven skin tone. This outstanding formula exfoliates dead skin cells and stimulates cell renewal. To suit individual needs. (complementary post procedure kit included) £85.00

Radiant 30

(Hyperpigmentation, Uneven Skin tone, dull skin, line & wrinkles) Radiant 30 resurfacing peel will boost cell turnover and stimulate collagen, improving skin texture and tone. This multifunctional peel targets multiple skin conditions, including fine lines and wrinkles, discoloration, sun damage and large pores.... £75.00

Radiant 20/10

Vitamin A Boost

Detox Clear

(Acne, Congestion)
Detox Clear has excellent pore penetration and
exfoliation. This treatment works to smooth the skin,
minimise pore size, reduce acne and prevent new
pimples from forming £75.00

Adding a Super Boost will enhance your treatment even more!

AlumierMD Deep Enzyme Retexturing Treatment	£10.00
AlumierMD Refining Clay/Deep Moisture Aqua Infusion Treatment	
AlumierMDVitamin A Boost	£15.00
AlumierMD Neck & Decollete Treatment	£50.00

FACIAL TREATMENTS AND SKIN CARE PHYTOMER - PLANTS FROM THE SEA

The sea is the greatest source of riches for your body. It contains all the trace elements, minerals, vitamins, etc., which are indispensible to your life, your beauty and your well-being.

Express Facial

This taster facial is an introduction to Phytomer products - includes a cleanse, tone, exfoliation, massage and mask. *(Allow 40 mins)* £27.50

Hydra Blue Plumping Moisturising Facial

For dehydrated and dry skins. This treatment is like a bath for the skin, boosting hydration, leaving skin silky smooth. *(Allow 1 hr)*.....£38.50

Marine Breeze Pollution Shield Facial

A breath of oxygen to detoxify the skin, reduce shine and regain luminosity. Ideal for dull skins, smokers and neglected complexions. *(Allow 1hr)*......£38.50

Comforting Soothing Facial

For sensitive s	skins, this will instantly cool, calm,	
reduce rednes	ss and irritation. The skin is strengther	ned
and soothed.	(Allow 1 hr)£38.	.50

Pioneer Youth Revealing Facial

This unique anti-aging treatment will smooth lines
and wrinkles and plump and firm the skin. Hydration
and luminosity are boosted. This facial gives
instant and long lasting results. Includes a specific
back massage and Self Heating Mud. The ultimate
treatment to target all aging concerns.
(Allow 1hr 20 mins)£60.00
(1 hr without the relax back)£51.00

The Luxurious Relax Back

This can be added on to any of our facials. A specific relaxing massage followed by an application of phytomer's relaxing Self Heating Mud. *(Allow 20 mins)*£12.50

Relaxing Eye Contour Treatment

An uplifting and totally relaxing treatment designed to target anti-aging, dark circles and puffiness. Offered separately or combined into a facial. An extremely pleasurable experience incorporates combining specific massage techniques and a soothing eye mask, the eyes are left totally revived. *(Allow 30mins)*.....£20.00

Cool Lifting: Revolutionary Cool Gun Facial Suitable for both our male and female clients. This amazing Cool Gun Anti-aging treatment will offer, * intense hydration * reduce fine lines and wrinkles * increase radiance * plumps the skin * improves skin texture * stimulates the production of collagen * skin regeneration (*Allow 45mins*)......£49.50 *Course of Six treatments* = 5 *Plus 1 Free*

Serenity – Luxury/Holistic Facial

Our heavenly indulgent facial begins with a hot stone back massage, Chakra balancing, and a luxurious facial combined with scalp, face, neck, shoulders, and foot massage and just when you thought it couldn't get any better we've added an amazing stone facial massage too. A truly wonderful experience, suitable for all skin types. *(Allow 1hr 30mins)*......£49.50

Sea Holistic Radiance Face and Body Treatment

Inspired by traditional Thai medicine with massage techniques to create harmony between body and mind. Combining full body exfoliation, hot sachets filled with lavender and marine salt crystals and gentle massage to energy lines, this is a truly holistic and pampering experience. Includes an intensive facial to combat dull and devitalised skin. This treatment can be adapted to body only according to customer's requirements.

(Allow 1hr 45mins)	£65.00
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<u>Additions</u> – the following side orders can be combined with the appropriate facial and body treatments.

Steam Cleansing and Extraction Removal of blocked pores£7.50
Milia Extraction Removal of hard white heads£8.00
Orriental Pressure Point Head Massage Treatment of the face, head and neck to restore the perfect balance£15.00
Luxury Spa Ocean Glow An express body polishing treatment combining an invigorating exfoliation with a relaxing massage. Great pre-holiday or revitalising treatment <i>£19.50</i>
Eye Contour Treatment Ideal for puffy, tired eyes or to reduce the first signs of fine lines and wrinkles £19.00
Back Tension Massage (addition) Twenty minutes of pure relaxation. The perfect start to your chosen treatments £16.50
Self-Heating Marine Mud Applications Ideal for aching joints, arthritis, rheumatism and general aches and pains i.e. hand and foot applications, etc£12.50
Fabulous Foot Scrub £7.50
Dreamy Hand or Foot Massage £7.50
EXCLUSIVELY FOR MEN PHYTOMER
The Phytomer Experience This intensive treatment will be adapted to

This intensive treatm	ient will be adapted to	
moisturise, sooth and	d calm, purify or reduce signs	of
aging.		
(Allow 1hr)	£38	8.50

Express Purifying Facial

The perfect facial for men on the go who will want to look their best, this express facial will relax, cleanse and purify leaving the skin refreshed and ready to face the world. (Allow 40mins)..£27.50

Add on the **<u>Relax Back</u>** a relaxing back massage followed by an application of self heating mud down the spine. (Allow 1hr 20mins)£12.50

MINERAL SKIN CARE MAKE-UP From Jane Iredale Cosmetics

(also available to purchase)

So effective it is recommended by plastic surgeons, dermatologists and skin care professionals.

jane ired

Before all make-up applications your face will be
professionally cleansed, toned and moisturised.
Day/Evening Application (allow 45mins) £17.00
Make-up Application lesson (Allow 1hr)£23.00
Wedding Make-up (including trial)£30.00
Application of individual Eyelashes to add volume
(Åfter make-up)+£5.50

SPECIALIST CRYOTHERAPY TREATMENTS USING THE CRYOPEN Flawless Skin in a matter of seconds

Cryotherapy is the controlled destruction of unwaqnted tissue by the precise application of extreme cold for the removal of Pigmentation, Age spots, Skin tags, Millia, Verrucas and Wartsfrom £40.00 (P.O.A)

BODY WRAP

PHYTOMER

Marine Detox Body Wrap

This treatment begins with body brushing, an exfoliation to remove dead skin and start the detox process. This is followed by the application of a warm active marine mud mask to draw out toxins and excess fluid. Enjoy a relaxing scalp massage whilst cocooned in a soothing heated blanket, finally after showering off the marine mask you will receive a full body moisturisation massage.

(Allow 1hr).....£44.00

MASSAGE & SPECIALIST BODY TREATMENTS

Luxury Spa Ocean Glow

An express body polishing treatment combining an
invigorating exfoliation with a relaxing massage.
Great pre-holiday or revitalising treatment.
(Allow 35mins)£21.00

Mellow Mamma 'The Skin Smoothie Pregnancy Treatment'

Take some mellow moments with this relaxing facial that combines a treat for your tummy too. Using Phytomer's natural marine ingredients, this treatment restores skin strength, health and tone. Combine this with a relaxing massage of the hands arms and tummy, and you can't help but feel the tension drift away restoring a state of inner calm. *(Allow 1hr 15mins)*£40.00

Sea Holistic Radiance Face and Body Treatment

Inspired by traditional Thai medicine, with massage techniques to create harmony between body and mind. Combining exfoliation, hot sachets filled with lavender and marine salt crystals and gentle massage to energy lines, this is a truly holistic and pampering experience. Includes an intensive facial to combat dull and devitalised skin. *(Allow 1hr 40mins)*......£65.00

Traditional Full Body Massage

Designed to ease tension, relieve stress and promote a general state of well being. *(Allow 1hr)*.....£33.50

Invigorating & Relaxing Full Body Massage
This luxurious combination begins with a gentle but
invigorating body brushing followed by a soothing full
body massage with sensational oils.
(Allow 1hr)£36.00

Back Tension Massage

Just how you like it! A relaxing massage focusi	ng on
the back, neck and shoulder areas.	
(Allow 30mins)	£18.00

Luxury Back Massage

A back cleansing and exfoliation treatment, followed
by body brushing and a deep tension massage with
sensational oils.
(Allow 45mins)£23.50

Stress Therapy Massage

Body brushing followed by a deep relaxation massage – stress reduction for health and well being. Incorporates the back, neck, scalp and face. (Allow 1hr).....£31.50

Serenity Wellness Massage

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A deep relaxing b	ack, neck and head massage,	
soothing aches and	d pains and relaxing stressed	
muscles. (Allow 4	45mins)	£27.00

Indian head Massage

This specialised, ancient Indian technique massages the upper back, shoulders, arms, neck, scalp, ears and face providing a wonderful relaxing therapy. *(Allow* 45mins)£22.00



Ayurvedic Massage

An ancient holistic approach to healing that comes from India. Ayurveda the 'science of longevity', promotes positive health, natural beauty and long life. The massage concentrates on the body's marma points, balancing the energies to promote harmonious balance. (Allow 1hr 15mins)£31.00

Hopi Ear Candles

An Indian Natural relaxation Therapy using candles of pure beeswax, honey and a collection of natural herbs to soothe and balance. Often used to help with headaches, migraines, sinus problems, ear ache, tinnitus etc. *(Allow 45mins)*.....£22.00

Oriental Acupressure – pressure Point Head Massage

This ancient treatment of the face, head and neck using fingertip pressure will stimulate Qi energy and restore perfect balance whilst leaving you in a deep state of relaxation. In Chinese analysis everything is about balance, if we are in a perfect balance then we are in perfect health.

(Allow 30mins plus relaxation) £17.00

Aromatherapy Massage

Therapeutic use of essential oils to oxygenate, hydrate and detoxify

Eve Laylot

the whole body. The treatment combines the whole body, face, reflexology and Chinese diagnosis. A wonderful relaxing treatment for mind, body and soul.

(Allow 1hr 30mins plus relaxation)£43.00

Introducing an amazing massage treatment like no other...

The Warm Bamboo Massage

Using original steam pressed natural bamboo harvested from South East Asia.

Enjoy a relaxing Back and Neck treatment (Allow 30mins plus relaxation)£25.00

Back of the Legs with the relaxing Back and Neck (Allow 45mins plus relaxation)£31.00

HOT STONE THERAPY

Indulge your senses, an exciting and unique treatment designed to uplift and relax the body at its deepest level. It is an extension of massage techniques and is the ultimate in relaxation, with



profound effects on the mental, physical and spiritual levels of the body.

Warm aromatic stones are gently placed on your body and as you are massaged with them you feel the stress melt away ...aaahhh.

Stone Therapy Back Massage (Allow 30mins plus relaxation)£27.00

Stone Therapy Full Body Treatment With body brushing and Chakra balancing. *(Allow 1hr 15mins plus relaxation)*......£46.00

Deluxe Stone Therapy

Incorporating body brushing, full body treatment, Chakra balancing, facial and cosy toe stones. (Allow 1hr 40mins plus relaxation)......£55.00



Reflexology - Zone Therapy Treatment

Indian Head and Reflexology Combined

The perfect combination of the perfect combination of the perfect combination of the perfect of	ation.
(Allow 1hr 30mins))£44.00

Platinum Detox

The Revolutionary Foot-Spa Detox Treatment Immerse your feet into the Wonderful foot-spa and let the relaxing, detoxifying treatment begin. Amaze yourself as the colour of the water will change, as the toxins are drawn down through the pores in your feet to leave you feeling rebalanced, energised and totally detoxified. Virtually everyone will benefit from this treatment which will recharge and stimulate your body's natural health resources. (Allow 1hr)......£30.00 Course of six treatments......£150

TANNING

<u>CALIFORNIATAN</u> sunless

California Spray Tanning

Enriched with skin conditioning vitamins, moisturisers and nutrients to create a beautiful, golden tan.

Full Body Application	£20.00
Upper Body	
Legs Only	£10.00

Preparation:

You will need to exfoliate your skin 24 hours before treatment. It is best to wait 24hrs after waxing and at least 6hrs after shaving. Please do not wear perfume, deodorant or moisturise you skin as lotions can create a barrier. It is advisable to remove make-up to obtain best results.

WAXING

Hair removal using a gentle Tea Cream Wax with natural antiseptic, moisturising and soothing properties. Or the gentle traditional Hot Wax method, great for sensitive areas or a stronger hair growth.

	Strip	Hot
	Waxing	Wax
	•	(allow a
	litt	tle longer)
Full Leg Wax and Bikini (1hr)	£25.00	£36.00
Full Leg Wax (45mins)	£21.00	£32.50
³ / ₄ Leg Wax and Bikini (50mins)	£21.00	£32.00
³ / ₄ Leg Wax (45mins)	£18.00	£29.00
1/2 Leg Wax and Bikini (45mins	() £18.00	£29.00
1/2 Leg Wax (30mins)	£12.50	£19.50
Bikini Wax (15 mins)	£8.50	£13.50
High Rise Bikini (20mins)	£11.50	£16.50
Californian Bikini Line (25mins)	£13.50	£18.50
Brazilian Bikini Line (30mins)	£16.50	£22.00
Hollywood Bikini (Appx. 45min	s)£22.00	£27.00
Tummy (15mins)	£5.50	£6.50
Under Arm Wax (15mins)	£7.50	£12.50
Arm (20mins)	£9.50	£14.50
Eyebrows (15mins)	£6.50	£7.50
Úpper Lip (15mins)	£5.50	£6.50
Chin (15mins)	£5.50	£7.00
Upper Lip & Chin (15mins)	£9.00	£11.50
Sides of Face (15mins)	£8.00	£10.50
Male Back & Shoulders (45min	s)£16.50	£23.00
Male Chest Wax (30mins)	£16.50	£23.00

SEMI-PERMANENT MAKE-UP

(Please ask for more information) Eyeliner, eyebrows and lip-liner.....£150.00

ELECTROLYSIS

A medically approved method of hair removal, using
Sterex equipment and disposable needles (Free initial
consultation).
10mins or less£8.50
15mins£11.00
20mins£13.50
30mins£20.00

EYE TREATMENTS

Please note: An	allergy test is req	uired 24 hours prior
to tinting.		
Eyelash Tint (2	?5mins)	£8.00
		£5.50
Eyelash & Bro	wTint (25mins))£11.50
Eyebrow Wax/	'Eyelash & Eyél	browTint£17.50
	reatment (see Fa	
and Skincare) (3	Omins)	£20.00

L.V.L - THE UKS NO1 LASH LIFT

Designed to dramatically enhance your natural lashes creating length, volume and lift which will last approximately 6-8 weeks (Patch Test Required) *(Allow 1hr)*.....



...£40.00

MANICURES, PEDICURES AND NAILS

Express Manicure (File and Paint) *(30mins).£8.50* (Please add £1.50 when receiving French Polish)

Change of Polish (Allow 15mins)	£7.00
Mini-Me – little darlings quick file and polish (4-10yr olds)	£7.00

Nail Crystals/Nail Artfrom £0.30

Luxury Creative Spa manicure

Includes luxury, revitalising, hydrating hand soak, exfoliating crystals and activator, cuticle work, moisturising massage, file and polish. (Allow 1hr).....£18.50

Deluxe Creative Spa Manicure

As above, the ultimate hand and nail treatment with the addition of a hand mask and thermal heated mittens.(Normal Polish or VinyLux) (Allow 1hr 15mins)£23.00

VINYLUX - Week Long Wear Polish

Vinylux is a breakthrough polish system that endures a week of fashion perfection...without a base coat! Vinylux dries naturally to a flawless finish and strengthens its resistance to chips over time. Nail preparation, cuticle work, file and polish. (Allow 35mins)......£11.50

Or simply add to your regular manicure or pedicure £2.50

Shellac

The Gel Bottle Inc

Rich, highly pigmented, chip resistant and offe	r
extremely long lasting shine.	
Colour	£22.00
French Polish	£24.00
Add on the Strengthening B.I.A.B Layer	£26.00

Removal and Condition.....£9.95 If removing and reapplying Shellac/Gel Bottle simply add £5.00 to your application.

Bio Sculpture Gel Overlays

The healthier alternative in nail care. The No.1 gel
preferred worldwide. A non-chip coating applied
over the natural nail to protect, condition and keep
them strong.
Coloured Gel£27.00
French
Single Overlay£4.00
Soak off a full set and condition£9.95

Express Nails		
Including Polish	(Allow 1hr))£18.00

Express Pedicure (File & Paint) (Allow 30mins)£8.50
Change of Polish (Allow 15mins)£7.00
Inbetweeny Removal of old polish, clipping of nails before your express File & Paint £10.00
Luxury Spa Pedicure Includes luxury foot soak, hard skin removal, exfoliation, cuticle work, moisturising massage and File & Polish. (Allow 1hr)
Deluxe Spa Pedicure As above, the ultimate in foot and nail treatment with the addition of a foot mask and thermal heated booties. <i>(Allow 1hr 15mins)</i> £26.50
Callus Hard Skin Removal Treatment
(Allow 30mins on its own)£16.50
Add to a Luxury Pedicure£13.00
Add to a Deluxe Pedicure£12.00
Minx Nail Film Wraps

A revolutionary and unique manicure and pedicure that promises not to chip or smudge and requires no drying time. Enjoy the fabulous range of new designs taking the industry by storm.

Full application	.£25.00
Two-Toes/Fingers with file and polish	.£16.50
Removal, file, buff and condition	.£10.50



PACKAGES

Spa Delight - Please select any three of the following treatments to design your ideal spa delight packages.

- Luxury Spa Ocean Glow (Full body exfoliation)
- Eye contour Soothing and Revitalising Treatment
- Relaxing Mini Facial
- Oriental Accupressure (Pressure point head massage)
- Soothing Back Massage
- Indian Head Massage

All treatments are approximately 25-35 mins. Please allow 1hr 45mins for your chosen three treatments£54.00

Stress Buster

Stress Therapy Massage followed by a relaxing	
Express Facial.	
(Allow 1hr 40mins)£5	4.00

Serenity Indulgence

Serenity Supreme

Stone Therapy Full Body Massage, 1 Hour Intensive Pioneer Youth Revealing Facial, light lunch and refreshments, Deluxe Manicure (with regular of Vinylux polish) and Express Pedicure. (Allow 4hrs 45mins)£118.00

Beautiful Brides/Beautiful Me

Luxury Spa Ocean Glow, Express Facial, Eyelash Tint, Eyebrow Tint and Eyebrow wax, Deluxe Creative Spa Manicure or a Shellac gel polish manicure and finally, a Luxury Spa Pedicure. (Allow 4hrs 30mins)£96.00

Formal/Bridal/Party Special

Golden Spray Tan (previous day), make-up application, file and paint your fingernails......£40.00

Men's Exclusive

Relaxing Stress Therapy Massage followed by an Express Purifying Facial. *(Allow 1hr 40mins)*£54.00

Prepare to Party/Fun in the Sun

1/2leg, bikini line and underarm wax, eyebrow wax, eyelash and brow tint, topped off with a file and paint of hands or feet. *(Allow 2hrs 15mins)*......£43.00

Mums-to-be or Just-For-Me

Your don't have to be pregnant to enjoy this one! Adapted Relaxing Back massage or legs, feet and ankles, Express Facial, Luxury Pedicure, Bikini Line tidy.

(Allow 2hrs 30mins))£65.00
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Little Darlings (6 - 11 yr olds) Princes Pamper package

Light make-up and	Nails followed	by Juice and a cake.
(Approx 45mins)		£12.50

Teenage Tasters

Express Facial with a	a file and paint of the finger nails.
(Allow 1hr 15mins))£32.00

BLEACHING

Gentle and effective hair lightening treatment.
Upper Lip (Allow 15mins)£5.50
Face (Allow 30mins)£10.50
Other areas available

EAR PIERCING

Using the Carlton Blu System, safe sterile, high quality ear piercing equipment and hypoallergenic fashion earrings. Minimum age 7 years. Children under 16 years must be accompanied by an adult. *Price includes free after-care lotion*.....£18.50 We would kindly request that in the best interests of all our clients and to promote pure relaxation for everyone that you observed the following:

- Health conditions/pregnancy: Kindly advise us of any health conditions, allergies or injuries which could affect your treatment.
- Mobile Phones are ideally switched off/turned to silent on entering the salon to allow others and yourself total relaxation
- Children under the age of 10 years are not allowed upstairs in Serenity unless receiving a treatment.
- For bookings of 3 hours or more, a deposit may be required.
- We require 24 hours notice of cancellation or we regret a 50% charge may apply.
- Prices are subject to change.
- 10% Discount for Senior Citizens on a Wednesdays (10am-2pm)

Please see our Facebook page f/serenityhealthandbeauty for monthly offers, updates and promotions.

Gift vouchers are available for purchase. They may be exchanged for treatments or products.The perfect gift for everyone.





Surrender yourself to a world of peace and tranquillity

Opening Hours

Monday	Closed
	9.30am – 8.00pm
	10.00am – 5.00pm
	9.30am - 8.30pm
	10.00am – 5.30pm

Our opening hours can sometimes be flexible to suit your requirements.

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For more information see our website **www.serenity-dromore.co.uk**

Follow us on Facebook at Serenity Health and Beauty

