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Serenity

The Art of Well Being

MENU

We invite you to explore Serenity - The Art of Well Being at Pine Cliffs Resort! Select an individual treatment to experience tranquillity. Discover massages that will revitalize your body. Book a couples package and surprise your partner with an unforgettable experience. Consult our experts for the perfect recommendation to heal your body and mind.

STAR TREATMENTS

The treatments marked by a star are most popular and favored by our clients.

NEW

WHAT IS CBD AND HOW DOES IT WORK?

CBD is a non-psychoactive compound found in the cannabis plant. CBD interacts with the endocannabinoid system in our body which helps to keep our bodies in balance. CBD appears to be able to influence the immune system, helping to alleviate pain, reduce insomnia, anxiety, nausea and inflammation.

WHAT IS THE DIFFERENCE BETWEEN CBD AND CANNABIS?

CBD doesn't have the psychoactive properties of THC (Tetrahydrocannabinol) found in marijuana/ cannabis. To make a product legally compliant it must contain less than 0.2% THC. The CBD in the products we sell is standardized to contain less than 0.2% THC, this is a level below the amount considered to result in any psychoactive effect.

NEW

1. CBD TREATMENTS

CBD Body Calm

50 min | 130 €

A vital body massage that reconnects a positive flow of energy, restores balance and leaves your mind, body and spirit calm and soothed. It activates the Solar Plexus and restore a natural vibrant energy.

CBD Gold Age Restore Face Therapy

80 min | 160 €

A unique facial that combines the anti-inflammatory and anti-aging effects of CBD with the effective techniques of 'Nerve Point Therapy' and 'Polarity Balancing'.

CBD Face and Body Ritual

80 min | 205 €

A combination that consists in a vital body massage and a rejuvenating face therapy. This powerful synergy releases tension and stress whilst restoring balance and vitality.

2. LOCKDOWN RECOVERY TREATMENTS

New Face Ritual

50 min | € 115

This facial treatment uses rose quartz crystals to strengthen immunity, give balance, calmness and serenity. The ritual includes a deep facial using lymphatic drainage to draw out toxins.

This treatment will leave your skin refreshed, give you inner peace, harmony and tranquility.

Nervous System: Kundalini Back Treatment

50 min | € 90

A restorative and profound back massage that helps balancing the dormant energy at the spine.

Serenity Immune Boost

50 min | € 110

A full body massage with energizing and detoxifying blended oils.

Serenity Post Virus Recovery

80 min | € 170

An ionizing body Ritual with a foot scrub using Himalayan Salt, a Vitality Massage and a foot Reflexology, ideal to relieve stress and exhaustion.

3. FACIAL TREATMENTS

ILA ORGANIC FACIAL TREATMENTS

★ Ila Crystal Healing Face Therapy

80 min | € 160

This treatment harnesses the healing vibrations of crystals to release tension and revitalise the skin.

Ila Express Bliss Face Therapy

25 min | € 75

Ila Glowing Face Therapy

50 min | € 125

Ila Marine Flora Face Therapy

80 min | € 140

Ila Tibetan Face Therapy

50 min | € 125

Ila Junior Face Therapy

25 min | € 65

Other Services: Extraction
€ 50

3. FACIAL TREATMENTS

SENSAI FACIAL TREATMENTS

Sensai Ultimate Facial Treatment & Luxury Eye Treatment

80 min | € 230

Highly regenerative treatment, protects and repairs genetic damage of all skin cells.

Sensai Advanced Anti-Ageing Luminising Facial

50 min | € 125

Sensai Advanced Anti-Ageing Lifting Facial

80 min | € 160

Sensai Advanced Anti-Ageing Firming Facial

80 min | € 160

Sensai Purifying Facial

50 min | € 115

Other Services: Extraction
€ 50

4. BODY TREATMENTS

CHARME D'ORIENT BODY TREATMENTS

The Secrets of Argan

80 min | € 170

A gateway into the heart of Morocco, combining a mineral clay scrub, a body wrap with Ghassoul and a massage with argan butter that will leave the skin soft and remineralized.

At Desert's Doors

80 min | € 170

On the Banks of the Dead Sea

80 min | €170

CHARME D'ORIENT RITUALS

★ Hamman Ritual

50 min | € 150

Sheer bliss for both mind and body. After deep cleansing and Kassa esfoliation, a fullbody Ghassoul mask is applied leaving your skin breathtakingly soft and silky.

Turkish Bath Ceremony

50 min | € 150

4. BODY TREATMENTS

CHARME D'ORIENT SCRUBS

The Alum Stone, Honey & Royal Jelly Scrub

20 min | € 65

Alum powder combined with the softness of honey and royal jelly leaves the skin silky and scented for a true sensation of well-being.

Pink Crystals & Argan Shell

20 min | € 65

The Cereals, Honey & Royal Jelly Scrub

20 min | € 65

ILA ORGANIC BATH

★ Ila Serenity Bath

20 min | € 65

A serene soak in Ila's Bath Salts, followed by an application of Inner Peace Oil to restore balance.

Ila Dreamtime Bath

20 min | € 65

Ila Rose Bliss Bath

20 min | € 65

4. BODY TREATMENTS

THALGO BODY RITUALS

★ Thalgo Polynesia Ritual

80 min | € 180

A journey over the waters of the Pacific. Three sensory stopovers on Polynesian islands from which your body will return detoxified, replenished and relaxed.

THALGO MARINE BODY TREATMENTS

Thalgo Marine Detox Body Wrap

50 min | € 105

The algae will help to reshape and firm the silhouette. A real sensation to re-energise and nourish the body.

Thalgo Sculpt & Firm Body Wrap

50 min | € 105

Thalgo Sudatonic Drainage, Sculpt & Firm Body Wrap

80 min | € 170

Innovative slimming method of sweating through heat, with significant volume reduction.

Thalgo Sudatonic Drainage, Sculpt & Firm Body Wrap Pack of 6 treatments

€ 900

5. SERENITY MASSAGE

★ Deep Tissue Rescue Massage

50 min | € 120 80 min | € 150

An intense and multi-sensory full body massage to unlock tension and relieve stress. A massage for total regeneration and improved wellbeing.

Detox Massage

50 min | € 115 80 min | € 150

Slimming Massage

50 min | € 115 80 min | € 150

Relaxing Massage

50 min | € 105 80 min | € 135

Sports Massage

50 min | € 120 80 min | € 150

Back Tension Relief Massage

25 min | € 75 50 min | € 105

Lymphatic Drainage Massage

25 min | € 85 50 min | € 115 80 min | € 150

Leg Massage

25 min | € 75 50 min | € 95

Physiotherapy Session

25 min | € 85 50 min | € 150 80 min | € 180

5. SERENITY MASSAGE

Junior Relax Massage *(up to 14 years old)*

25 min | € 75 50 min | € 95

Mother To Be Massage

50 min | € 130 80 min | € 150

Indian Head Massage

25 min | € 75 50 min | € 105

Ayurveda Massage

50 min | € 130 80 min | € 150

Abhyanga Massage

50 min | € 130 80 min | € 150

Thai Massage

50 min | € 130 80 min | € 150

Shiatsu

50 min | € 130 80 min | € 150

Reflexology

25 min | € 75 50 min | € 115

Hot Stones Massage

50 min | € 130 80 min | € 150

4 Hands Balinese Massage

50 min | € 250 80 min | € 380

Our massages can be performed in the comfort of your room.
Room Service Fee - € 50

6. MALE GROOMING

GENTLEMEN'S TONIC FACIAL TREATMENTS

Gentlemen's Tonic Facial Anti-Aging

50 min | € 125

This award-winning facial is the most effective way to combat dry and premature ageing skin using a careful blend of Gentlemen's Tonic products.

Gentlemen's Tonic Facial Express

25 min | € 75

Gentlemen's Tonic Facial Detox

50 min | € 115

Gentlemen's Tonic Multi-Vitamin Facial

50 min | € 115

Gentlemen's Tonic Revitalize & Refresh Eye Treatment

25 min | € 50

Gentlemen's Tonic
Exclusive to Serenity in Portugal

6. MALE GROOMING

GENTLEMEN'S TONIC BODY RITUALS

The Pine Cliffs Ritual

110 min | € 165

This exclusive package consists of the Hand and Foot treatment and fabulous Gentlemen's Tonic Multi-Vitamin Facial to leave you feeling resplendent.

Gentlemen's Tonic The Grand Escape - Back Massage, Facial Detox & Express Manicure

80 min | € 150

Gentlemen's Tonic The Duet - Back Massage & Express Facial

50 min | € 115

Gentlemen's Tonic
Exclusive to Serenity in Portugal

6. MALE GROOMING

BARBER SERVICE

Haircut & Traditional Wet shave

€ 98

Shampoo and conditioning, relaxing scalp massage, haircut and finish followed by our traditional wet shave which uses a variety of Gentlemen's Tonic products then swathed in steaming hot towels.

Haircut & Finish

€ 60

Clipper Cut

€ 40

Beard Trim

€30

Razor Head Shave

€ 55

Traditional Wet Shave

€ 50

Boy's Cut (2 to 12 years old)

€ 30

OTHER SERVICES

Gentlemen's Manicure

€ 30

Gentlemen's Pedicure

€ 45

Gentlemen's Tonic
Exclusive to Serenity in Portugal

7. HANDS & FEET

★ Margaret Dabbs Supreme Manicure

€ 65

Margaret Dabbs' signature manicure, complete with a hand and arm massage, finished with a protection spray leaving a soothing barrier on the hands.

Margaret Dabbs Supreme Pedicure

€ 75

Shellac Manicure

€ 75

Shellac Pedicure

€ 85

Shellac Removal

€ 30

Princess Nails

€ 20

Classic Nail Colour

€ 30

French Nail Colour

€ 35

7. HANDS & FEET

OTHER SERVICES

Make-Up

€ 110

Eyebrow Tinting

€ 30

BODY HAIR REMOVAL

Under arm

€ 40

Half arm

€ 40

Brazilian

€ 60

Chest

€ 75

Upper lip

€ 30

Full leg

€ 75

Back

€ 75

Chin

€ 40

Bikini line

€ 50

Eyebrow

€ 50

Half leg

€ 60

8. PACKAGES & COUPLES

ILA COUPLE TREATMENTS

★ Couples Experience | 2 People

110 min | € 395

+60 min Aurum Suite | 550 €

Designed for couples to experience together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional and spiritual level.

Dreamtime Journey | 2 People

110 min | € 395

+60 min Aurum Suite | 550 €

A dream experience for couples with pure essential oils, a marma massage and a soothing face therapy

THALGO COUPLE TREATMENTS

★ Polynesia Ritual | 2 People

80 min | € 355

+60 min Aurum Suite | 500 €

A journey over the waters of the Pacific. Three sensory stopovers on Polynesian islands from which your body will return detoxified, replenished and relaxed.

9. SIGNATURE TREATMENTS

★ Senses of the Algarve

80 min | € 180

Relying on the most traditional ingredients of the Algarve, the signature treatment from Serenity - The Art of Well Being, at Pine Cliffs Resort, is a true journey through the best that the Algarvian region has to offer.

The treatment starts with a scrub of Fleur-de-Sel from Ria Formosa and sand from Falésia beach. Prepared carefully by the Serenity team, these ingredients contribute to the purification of your skin, letting the pores breathe and preparing the skin for the next step: the carob wrap. This is one of the most famous products of the Algarve, recognized for its health-giving properties. Naturally rich in selenium, carob also contributes to a balanced thyroid, and its gallic acid and tannins, very well-known for its antioxidant and antibacterial features, are especially important in the treatment of oily and damaged skin.

To finish, you will be able to enjoy a full body massage with essential orange-oil from the Algarve which will enhance the carob advantages. The antioxidant properties of the orange are a great contribution for the prevention of premature aging, fighting the free radicals.

After the treatment, enjoy peaceful moments in our relaxation room, with a lemon-grass tea, a product of the region as well, to improve your tranquillity sensation.

9. SIGNATURE TREATMENTS

Serenity Massage Ocean View

50 min | € 165 80 min | € 195

Full body relaxing massage performed in Tabu Garden Lounge, overlooking the ocean.

Serenity Ritual 5 Element

110 min | € 195

This Tibetan ritual uses ancient techniques to balance the five elements and stimulate a free flow of energy within the body and mind.

Serenity Inner Peace Journey

110 min | € 195

A deeply nourishing massage with rose, jasmine and sandalwood, followed by a soothing Glowing Radiance Face Therapy for inner equilibrium.

10. AURUM SUITE

Aurum Suite: 180 min | 350 €

Additional Time: 60 min | 150 €

A luxurious and private suite for those that seek to indulge in the very best at Pine Cliffs Resort.

The Aurum Suite is designed to spoil and indulge guests with their own private steam room, sauna, jacuzzi, experience shower, double treatment room and lounge area.

The Aurum Suite is perfect for those that wish to celebrate a special day, spoil a loved one or simply have the ultimate Serenity - The Art of Well Being experience.

To complete the experience a complimentary bottle of Laurent-Perrier champagne is included.

11. HAIRDRESSER

STYLING	Short	Medium	Long
Basic Haircut	€ 45	€ 50	€ 55
Girl's Cut*	€ 35	€ 35	€ 35
Blow Dry	€ 30	€ 35	€ 40
Setting (Rollers)	€ 30	€ 35	€ 40
Hairstyle	€ 55	€ 60	€ 70
TECHNICAL			
Colour	€ 55	€ 60	€ 70
Colour Retouch	€ 45	€ 50	€ 55
Colour Bath	€ 25	€ 30	€ 35
Highlights	€ 90	€ 110	€ 150
Lowlights	€ 90	€ 110	€ 150
Curls	€ 75	€ 85	€ 95
Straightening	Rates upon request		
Supplement for Extra Long Hair (XL)			€ 30
KÉRASTASE RITUALS			
Revitalizing	€ 30	€ 40	€ 50
Nutritive Revival	€ 30	€ 40	€ 50
Sensitive Scalp	€ 30	€ 40	€ 50
Anti-Hair Loss	€ 30	€ 40	€ 50
Anti-oiliness	€ 30	€ 40	€ 50

* 2 to 12 years old

12. BOOKING GUIDELINES

- Reservations can be made directly at the Serenity - The Art of Well Being reception, by telephone or email. Please reserve your treatment as early as possible to ensure availability, particularly when booking multiple treatments and packages.
- We recommend that you arrive at least 30 minutes before your treatment begins. This allows you to relax and enjoy the facilities.
- Should you require any service change or cancellation, please notify our team up to 6 hours before the start of your appointment. In case of non-attendance or cancellation within 6 hours of appointment we reserve the right to charge the full value of the treatment.
- Please understand that late arrivals cannot receive an extension of treatments due to other appointments and specific scheduling.
- The minimum age requirement for access to the Thermal Oasis is 18 years.

All prices include VAT at the current legal rate.

GIFT VOUCHERS



Serenity vouchers make very special and unique gifts, the beginning of a sensorial journey to a state of being well. Vouchers are available for specific treatments. Alternatively vouchers of various amounts can be issued and used in part or full payment of any chosen treatment. Gift vouchers are non-refundable, non-transferable and cannot be exchanged for cash.

Serenity - The Art of Well Being

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KÉRASTASE
PARIS

Margaret Dabbs
LONDON

CHÂRME
D'ORIENT
PARIS

THALGO
LA BEAUTE MARINE

The **+** Organic
Pharmacy

SENSAI

GENTLEMEN'S TONIC
MAYFAIR

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