



*London Serenity*

*The Ultimate Luxury in Mobile Massage  
and Beauty Therapy*



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### **About us**

**London Serenity** is a highly professional massage and beauty company launched to respond to the need of top London hotels and private clients looking for the ultimate luxury experience in massage and beauty services. The London Serenity team consists of highly qualified and experienced therapists who have been providing luxury massage and beauty in top London hotels for many years. The therapists with their designer outfits, top of the range products, and high professionalism will make your experience a truly luxurious one.

**London Serenity** was founded by Paolo Andrea Dalla Fina, as owner and managing director. He has an extensive experience in the field of luxury massage therapies, having himself been a therapist for years, and the manager of companies which provide similar services. He has several degrees which make him the ultimate expert in this field, having on top of his doctorate degree in philosophy and masters degree in human resources, diplomas in anatomy and physiology, holistic massage, aromatherapy, reflexology, Indian head massage, reiki, thermal auricular therapy, and other diplomas and masters (from France, Italy) in neuro-linguistic programming, ericksonian hypnosis and others.

**London Serenity and the community:** we pride ourselves of being an ethical company that contributes to the welfare by donating a percentage of our profits to charities in the UK.



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### **Where we go**

#### **Hotel Serenity**

*No need to book a Spa, the Spa will come to you. London Serenity is pleased to offer you a wide range of massages and beauty treatments directly to your room.*

*If you just checked in to the hotel and are feeling tired from the journey, we can be there for you in no time for a relaxing and detoxifying massage. In the morning, you can enjoy a nice treat in your room, perhaps with your partner, with our Morning Serenity massage, or enjoy the benefits of rosemary and pine essential oils to recover from a long night with our Hangover Serenity Massage. In the evening, we offer you Chill Out Serenity massage to release the stress and tension of the day, and our Pre-Party Serenity Massage to get you ready to your glamorous evening. Not to forget our extensive list of beauty treatments also available to you straight to your hotel room*

*You can book your massage treatment or beauty treatment by calling us directly on 0207 000 1888 or through the Concierge. Check with the Concierge about the price list.*

#### **Home Serenity**

*Are you a busy professional, a mom, a dad, someone who likes to take care of their health and body, to pamper themselves, and who would like to avoid the hassle of going to a spa, but rather move the spa to their home? Why go out to look for a luxury treatment if London Serenity can bring it to your doorstep? Whether you are looking for a classic massage such as a full body Swedish massage, deep tissue massage, or reflexology, or whether you are willing to try our bespoke massage therapies and aromatherapy treatments, such as morning serenity, hangover serenity, pre-party serenity, evening serenity, chill out serenity, our massage therapists will be there for you from the convenience of your home. We also have a wide range of beauty treatments such as manicure, pedicure, men grooming, waxing, facials and tanning, all at your home. With aromatherapy oils burning in the background of the room, chill-out music playing, our therapists with their designer outfits will create the moment and will transport you to it.*

*You can book your treatment by calling us directly on 0207 000 1888.*

#### **Event Serenity**

*If you are looking for an innovative theme for your next corporate party (Christmas party, Annual party, ...etc), or you have a marketing or advertising event, or you are simply holding a special party in your home and want to create a nice ambiance, London Serenity is there for you to add that special touch. We will help your guests feel at ease and relaxed through a combination of short treatments specifically designed for each event.*

*Please email us your enquiries to [contact@londonserenity.com](mailto:contact@londonserenity.com), providing us with the nature of the event, and an approximate number of guests. We will get back to you with a price quote and with our ideas, and collaborate with you to achieve best results.*

#### **Corporate Serenity**

*Office On-site massage can help boost your employees' morale, and reduce stress levels at work, and decrease absenteeism. Your employees' general well being will dramatically improve, and their performance/productivity is bound to increase! Don't forget also that having massage available to your employees is definitely an attractive plus to your recruits!*

*A range of therapies is available, please call us on 0207 000 1888 or email us on [contact@londonserenity.com](mailto:contact@londonserenity.com) to enquire about our Corporate Serenity service.*



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## **Massage Treatment list**

### **CLASSIC MASSAGES**

#### **Swedish Massage and Holistic Massage (from £75)**

*Gentle and yet effective strokes are typically applied to the back, shoulders, arms, and front and back of the legs, promoting a sense of relaxation and comfort.*

#### **Deep Tissue Massage (from £75)**

*A deeper alternative to Swedish massage, this treatment endeavors to release the enduring tension in the body muscles. It may cause some discomfort during or right after the massage.*

#### **Reflexology (from £75)**

*Experience the profound sense of well-being that a therapist can create through your hands or feet. It is believed that reflex areas on the feet and hands are linked to other areas and organs of the body within the same zone, so applying the pressure on those reflex areas relieves the tension and pain from the linked organs.*

#### **Thai Serenity (from £75)**

*If you are looking for a massage to achieve muscle relaxation and increase their flexibility, to improve your posture, balance and athletic performance, Thai Serenity will help you achieve it. Thai massage is based on a lot of stretching and acupressure in yoga-like positions. We recommend you to wear loose clothing, as this massage is performed on a mat or firm mattress on the floor, without the use of oils.*

#### **Shiatsu Serenity (from £75)**

*Shiatsu is a Japanese word meaning "finger pressure". Treat yourself with a Shiatsu Serenity massage to help relieve yourself from muscle and back pain, to relax and de-stress, to release toxins from your body, for headaches and migraines, menstrual and pre-menopausal distress. Shiatsu is performed on a mat on the floors without the use of oils, while you remain fully clothed.*

### **TAILORED MASSAGES**

#### **Morning Serenity (from £85)**

##### *Hangover Serenity*

*The ultimate massage for the day-after a fiesta. This treatment will give you clarity and relaxation whilst taking away the pain of a night of excess through the help of Frankincense and Bergamot.*

##### *Wake-me-up Serenity*

*An all day round treatment, which will inspire you with strength and focus. With the help of Rosemary and Pine essential oils you will rediscover your inner energy and alertness.*

#### **Evening Serenity (from £85)**

##### *Pre-Party Serenity*

*If you have yet another glamorous party to go to and you want to feel vibrant and glowing, our Pre-Party treatment will ensure you are refreshed and ready to enjoy your evening!*



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### **Chill out Serenity (from £85)**

*There are three key ingredients to this beautiful massage: Sandalwood: considered as an anti-depressant; Vetiver: believed to reduce anxiety, stress and tension, and Chamomile: calming, soothing and cooling. Enjoy this treatment in the evening for chilling out and relaxing.*

### **After-Flight Serenity (from £85)**

*After a long flight what you really need is to relax and detox. Quite often you don't have the time to stop and rest for long and that's why we created a truly quick emergency massage to get you up and running again in no time!*

### **Pre-Meeting Serenity (from £85)**

*Life on the fast lane can be truly demanding. When things are beginning to take their toll, Pre-Meeting Serenity will reduce your body tension and help you focus.*

### **After-Sport Serenity (from £85)**

*This massage should play a central part in the life of any sportsman or woman whether you are injured or not. The massage has a large number of benefits, both physical and psychological, also is known for increasing sports performance.*

### **Pregnancy Serenity (from £75)**

*This massage therapy is specifically tailored for the expectant mother's needs. It helps to reduce stress, decrease swelling in the arms and legs, and relieve aches and pains in the muscles and joints. It is also a good technique for back pain, when other options of pain relief, such as medication, are limited. In effect we would help you position your body with pillows and cushions throughout the massage to avoid any discomfort to you and your baby.*

### **Reflexology Serenity (from £85)**

*This treatment is the same as the Reflexology classic massage, with the addition of essential oils to help you make the best out of this treatment.*

### **Arabian Oudh Serenity (from £180)**

*Oudh, which is also called Agar wood or Aloes wood is the main ingredient of this massage therapy. It is used in making the most precious incenses in the world that have been used throughout history by different religions for spiritual, physical and ceremonial purposes. Oudh can create the perfect conditions for a meditation and help you focus on your inner self. On the physical level, Oudh can have expectorant properties, as well as relaxing ones, and helps fighting insomnia and restlessness. If requested, Oudh can be mixed with different essential oils such as musk, sandalwood, jasmine, rose, etc. for different effects.*

*\*Parental signature is needed for minors under 16.*

*\*Our therapists will conduct a personal consultation before the massage and client's signature of the consultation form is required.*

*\*Our therapists are fully trained, qualified to the highest standards, insured and licensed.*

*\*London Serenity will give a percentage of each booking to charity.*



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## **Beauty Treatment List**

### **Manicures and Pedicures**

*Choose from a different range of treatments, depending on how much time you have and on the effect you would like to achieve from the treatment. Indulge yourself with our extensive list of pampering treatments, and our mobile beauty therapists will bring it to your home, hotel or workplace. Why not reward your hands and feet with a beauty treatment...the hands and feet tell it all! Look younger, fresher, self confident with well groomed hands and feet! Choose your treatment from the following list:*

#### **Nail Shape and Polish - £20**

*A quick fix for a busy person. Give your nails a nice re-shape and a buff, and cover them with one of Essie's or OPI's beautiful colours.*

#### **Manicure - £25**

*An invigorating pamper treat to your hands, this manicure will give your hands the treatment they deserve! A file and re-shape to the nails, hand massage with an exfoliation of the dead skin to bring back the smoothness to your hands, a hand soak in warm water and essential oils, meticulous cuticle work, and a nail buff until your nails are ready for the polish. Choose from the wide range of Essie and OPI colours; match your mood or the season with the colour that you prefer! Or for an additional £5, have your hands looking glamorous and elegant with our French manicure treat.*

#### **Luxury manicure - £55**

*The ultimate spa treat straight to your place. Live the spa experience from your home, hotel or workplace. You deserve it! So why not give yourself and your hands the ultimate pamper treat! It can also be a great experience gift to someone you love or simply want to impress. It is everything a manicure entails, plus 15 minutes hands and arms massage or reflexology. Your hands will look and feel younger, smoother, and prettier. After your massage, choose from the wide range of colours that Essie or OPI offer, or a French polish. Indulge yourself..*

#### **Pedicure - £30**

*Once you have this treat, your feet will want it every week! Our feet are constantly constrained in our fashionable tiny shoes, and they have to carry our weights on the high heels that we wear. This foot spa treat will re-balance your feet and smooth the hard skin through the skin exfoliation and massage using essential oils, and will make them look attractive with the help of Essie and OPI varnish. For an additional £5, have a classic French varnish.*



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**Luxury Pedicure - £55**

*A Pedicure and more! This treat will give your body the balance it needs. This treatment involves the previous steps of a pedicure, plus a 20 minutes foot scrub, mask, and foot massage. You will come out of this treatment with shimmering toes and a relaxed, balanced, and energised body.*

**Man-icure: The Manicure for Men - £25**

**Pedicure for Men - £30**

*Acrylic and Gel Nails are also available by appointment. Prices Start from £75.*

**Mini-Facial (30 min) - £35**

*(Cleanse, tone, mask and quick massage)*

**Facial (60 min) - £65**

*Cleanse, tone, mask, and thirty minute face massage, to relax the muscle from stress and strain. Whether you have a dry, normal or oily skin, our therapists will find the most suitable facial therapy to you.*

**Facial (90 min) - £95**

*The ultimate luxury within our facials range. Cleanse, tone, mask, and 1 hour massage to the head, neck, shoulders and face, to achieve a holistic serenity, a total relaxation of the body.*

**Waxing treatments**

*A full range of waxing treatments is available for you to choose from.*

<i>Full Leg wax</i>	<i>£40</i>	<i>Full Face</i>	<i>£55</i>
<i>Half Leg wax</i>	<i>£25</i>	<i>Upper Lip</i>	<i>£15</i>
<i>Full Arm wax</i>	<i>£20</i>	<i>Chin wax</i>	<i>£15</i>
<i>Half arm wax</i>	<i>£15</i>	<i>Eyebrow Shaping</i>	<i>£15</i>
<i>Underarm wax</i>	<i>£15</i>		
<i>Bikini wax</i>	<i>£15</i>	<b><i>For men:</i></b>	
<i>Brazilian Bikini wax</i>	<i>£40</i>	<i>Back wax</i>	<i>£30</i>
		<i>Chest wax</i>	<i>£30</i>

*Bridal packages are available, please call us on 0207 000 1888 to enquire.*

*Hair Dressers are also available.*

*There is a minimum call out of £55/hour. Treatments can be mixed and matched.*

*All our services are mobile, delivered to your home, hotel, workplace and events.*

*We also arrange hen nights.*

*Parental signature is needed for under 16 year olds*

*Please give us at least 2 hours notice in case of cancellation, otherwise we reserve the right to charge the full treatment price.*