



*Located next to Sol Y Mar Makadi  
Star Resort*





## Welcome to Makadi Serena Spa.

We look forward to pampering you in Egypt's newest and most inviting Spa, located at Makadi Star Resort in Makadi Bay.

Our range of treatments is a wonderful fusion of the best of Asian traditions mixed with the healing disciplines of Indian Ayurveda and Egyptian beauty secrets.

Please make your reservation via your hotel reception. With any booked treatment, you can enjoy the free usage of our Sauna, Jacuzzi, Steam Bath and Chill Pool.

The Serena Spa is open every day from 9.00 till 19.00.

### MASSAGES

<b>MARMA - BODY, MIND AND SPIRIT MASSAGE</b>	(90 minutes)	€ 73.-
<b>SERENITY FULL BODY MASSAGE</b>	(50 minutes)	€ 49.-
<b>ANTI-STRESS HEAD, NECK &amp; SHOULDER MASSAGE</b>	(30 minutes)	€ 33.-
<b>AROMATHERAPY BACK MASSAGE</b>	(30 minutes)	€ 32.-
<b>PADABHYANGA FOOT AND LEG MASSAGE</b>	(25 minutes)	€ 24.-
<b>ADAM &amp; EVE SERENITY for COUPLES</b>	(50 minutes)	€ 88.-
<b>SOOTHING HOT STONE MASSAGE</b>	(50 minutes)	€ 74.-
<b>THAI YOGA MASSAGE</b>	(60 minutes)	€ 49.-
<b>SPORTS MASSAGE</b>	(50 minutes)	€ 49.-
<b>SERENA DHARA</b>	(60 minutes)	€ 74.-
- per repeated treatment		€ 61.-

### BODY WORKS

<b>UDVARTHINA HERBAL BODY SCRUB</b>	(30 minutes)	€ 31.-
<b>RICH COFFEE ORANGE SCRUB</b>	(45 minutes)	€ 43.-
<b>AFTER-SUN CUCUMBER WRAP</b>	(30 minutes)	€ 31.-
<b>HONEY – SESAME BODY GLOW</b>	(30 minutes)	€ 31.-
<b>SALT AND SPICE BODY GLOW</b>	(30 minutes)	€ 29.-
<b>YOGHURT TURMERIC SKIN SMOOTHER</b>	(50 minutes)	€ 49.-
<b>DESHI BODY POLISH</b>	(30 minutes)	€ 31.-
<b>SLENDERIZING SPIRULINA WRAP</b>	(60 minutes)	€ 92.-



## HEALING WATERS

<b>SAUNA, STEAM, JACUZZI</b>	(60 minutes)	€ 12.-
<b>FLOATATION CHAMBER</b>	(60 minutes)	€ 43.-
<b>JET SHOWER (Scotch Hose)</b>	(20 minutes)	€ 24.-
<b>HERBAL BATH</b>	(30 minutes)	€ 24.-
<b>SERENITY AROMATHERAPY MASSAGE with HERBAL OR SPICE BATH</b>	(90 minutes)	€ 78.-
<b>VICHY SHOWER</b>	(40 minutes)	€ 31.-
<b>VICHY HONEY – SESAME SCRUB</b>	(60 minutes)	€ 47.-
<b>VICHY YOGHURT – TURMERIC SMOOTHER</b>	(120 minutes)	€ 88.-
<b>HAMAM SOAP SCRUB</b>	(20 minutes)	€ 25.-

## FACIALS

<b>PAMPERING FACIAL FOR WOMEN</b>	(60 minutes)	€ 51.-
<b>SKIN FITNESS FACIAL FOR MEN</b>	(60 minutes)	€ 51.-
<b>HONEY – CUCUMBER FACIAL</b>	(60 minutes)	€ 42.-

## BEAUTY TREATMENTS

<b>PEDICURE</b>	(55 minutes)	€ 37.-
<b>MANICURE</b>	(30 minutes)	€ 31.-
<b>INDIAN EYEBROW THREADING</b>	(25 minutes)	€ 11.-

## HEALING DISCIPLINES

<b>EARLY MORNING YOGA</b>	(50 minutes)	€ 6.-
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## SPA PACKAGES

<b>DIVER'S RECOVERY</b>	(1hr 45 min)	€ 74.-
<b>SUN LOVERS – 3 DAYS PACKAGE</b>	(2 hours)	€ 92.-

*All prices include applicable Government Tax and Service Charge*



## **Spa Etiquette**

### **Booking your Treatment**

Please visit our spa facility to get advice on our various treatments and to make an appointment. Or simply check the spa menu in your room and call our reception to book.

### **Arriving for your treatment**

We suggest that you arrive at least 15 minutes prior to your spa appointment to allow yourself time to change and enjoy the shower, the steam room and the pools that are available free of charge when you have a treatment booking.

### **Water**

Drink plenty of fluids (water or herbal teas) before and after your treatments, especially if taking heat therapies, such as a sauna or the steam room, in order to flush the body of toxins. Avoid eating immediately before your treatment.

### **Phones**

The spa environment is supposed to be a stress-reducing, tranquil experience, so turn your phone off before entering the spa and keep it in your locker. Remember you are doing something very good for your mind and body, so switch yourself off too and allow us to pamper you.

### **Smoking**

Spa is healthy - smoking is not, so we kindly request our guests not to smoke in the spa.

### **What to Wear**

We have separate male and female changing and shower areas, but in our shared wet area (sauna, chill pool, power shower and Jacuzzi) we request you to put on swim-wear.

### **After the Spa Treatment**

Take your time to "wake up to reality", enjoy our relaxation area sipping a freshly made juice or a cup of warm herbal tea. Enjoy a delicious snack or a sumptuous meal at the vegetarian restaurant. Serena Spa is your home and we would like you to enjoy your stay as long as you wish.

[www.serenaspa.com](http://www.serenaspa.com)

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