



Contact Us

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79A Jackson street, Brackenhurst



Sereno Health & Beauty

Times

Tues-Friday 9:00 – 17:00

Saturday 8:30 – 14:00

Sunday/Monday/Public holidays Closed

(Shortened hours during winter months)

Gift vouchers Available



Facial Treatments

Suitable for women and men

Basic Facial Treatments

DermaFix Express Facial R360

Excludes extractions

DermaFix Deep Cleanse Facial – 60-75 mins R480

Intensive cleansing, decongesting treatment for all skin types, focusing on extractions. (Suggestion-add HF for blemishes)

DermaFix Spa Facial – 60-75mins R480

Specifically designed to target the individual's concerns.

Pigmentation/Anti-aging/Hydration/Revitalising/Congestion/Redness

Add to your Basic Facial

* **AHA Peel** - Additional 15min additional R180

* **Microderm** - Additional 15min additional R200

* **Skin analysis** - Additional 10mins additional R100

A full analysis of the skin, with product recommendations, DermaFix samples and home care advice

* **High Frequency** - Additional 10mins additional R60

A procedure which stimulates, sanitises and heals the skin.

Aimed to treat blemishes, breakouts, oiliness and acne

Specialised Facial Treatments

Microdermabrasion – 30 mins

R530 per session OR R2700 package of 6 sessions (valid 6months)

An effective technique using diamond plated heads to polish away damaged dead cells. Ideal for scarring, pigmentation, fine lines, large pores, rough skin texture. Optimal results: 6-12 sessions, 2-3 weeks apart, depending on the concern.

AHA Skin Peel – 60mins R490

Breaking down bonds of dead surface cells to perform a deep exfoliation, promoting cell turnover. Designed to reduce pigmentation, scarring, aging and dry, flaking skin. Revitalises a sallow appearance

Back Cleanse – 45 mins R420

A decongesting, cleansing treatment on the full back

MicroNeedling / DermaRoller

An effective alternative to laser resurfacing. Micro channels are created to facilitate new collagen production and increase the penetration of active ingredients. Treats fine lines, scars and pigmentation
Optimal results: 6 sessions, 3-4 weeks apart

Compulsory consultation to be booked and carried out in advance

Starter Pack to be paid in full during consultation.

Starter Pack – R4 800 - 60-90 mins per session (Valid 6months)

Includes consultation, 6 treatments, dermaroller, facial kit, specialized masks.

Maintenance - 60-90 mins per session

R650 per session R3600 for 6 sessions

Lashes

Enhances the length, thickness and fullness of natural eyelashes.

With correct home care procedures semi-permanent lashes extensions can last up to 3 weeks. Lash lifts can last up to 6 weeks.

Arrive without mascara on the lashes

Lash Lift (includes tint) – 30-40mins R350
No maintenance required

Full set lash extensions – 45 mins R390

Full set lash extensions with lash tint - 60mins R450

*Lash remover for sale: Enquire with therapist

Spray Tan

A glamorous, temporary golden brown tan for special occasions

| | Medium | Dark | Super Dark |
|------------------------|--------|------|------------|
| Full Body – 20minutes | R370 | R420 | R450 |
| Half Body – 10 minutes | R250 | R300 | R330 |

Pre-spray tan treatment

Wax/shave before. Exfoliate thoroughly with gloves or a sponge. Avoid cream the day of your tan. Wear loose, dark clothing and open shoes after your tan. Bring an umbrella if it is raining.

Post-spray tan treatment

Avoid moisture for up to 12 hours. Use wet wipes to clean hands. Avoid exfoliants and hair removal. Pat dry with a towel. Keep the skin moisturised. Use a water resistant SPF

Tan Cam

Tanning with UV light, gradually promoting the melanin of the skin.

The results are instantly noticeable and completely natural to the eye. Each session is 6-10 minutes depending on the individual

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| Single Session | R70 |
| Contract of 5 sessions | R260 |
| Contract of 10 sessions | R380 |

- **Contract of 5 valid for 2 months from date of purchase**
- **Contract of 10 valid for 4 months from date of purchase**
- **No sharing contracts**
- **Tan accelerator and goggles available**

Tinting

Lashes R110

Brows R90

Lashes & Brows R180

Brow tint and shape R160

Brow tint and shape & lash tint R250

Waxing

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| Facial Waxing | | |
| Brows/Lip/Chin/Ears/Nose | | R90each |
| Brows, lip and chin combo | | R200 |
| Sides/Cheeks | | R120 |
| Full Face | | R250 |

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| Body Waxing | Ladies | Gents |
| Patch | R60 | R60 |
| Underarm | R110 | R120 |
| ½ Arm | R130 | R130 |
| Full Arm | R150 | R170 |
| ½ Leg | R170 | R190 |
| ¾ Leg | R190 | R200 |
| Full Leg | R240 | R260 |
| Stomach | R100 | R110 |
| ½ Back/Shoulders | R100 | R110 |
| Full Back & Shoulders | R120 | R220 |
| Chest & Abdomen | NA | R240 |
| Standard Bikini Line | R150 | NA |
| Extended Bikini Line | R170 | NA |
| Brazilian | R220 | NA |
| Hollywood | R250 | NA |
| Extended Hollywood | R290 | NA |
| Buttocks | R120 | R150 |

Slimming Treatments

Infrared Therapy Dome – 30 mins

Burn 600 calories in 30 minutes

The heat produced causes the body to sweat and release toxins, reducing the appearance of cellulite. The heat causes thermo-lipolysis (using infrared heat to break down stored fat cells in the body)

Beneficial for muscular aches, painful arthritis and detoxification.

Slimming Package R2 000 - 8 sessions (Valid 1 month)

(3 sessions per week for 2 weeks + 2 maintenance sessions)

Overall Wellbeing Package R1000 - 4 sessions (Valid 2 months)

(1 session per week)

Maintenance sessions R300 per session

What to bring: 3 bath towels; change of under clothing/costume

Cellulite wrap – 45 mins

R450 per session R 3 100 package of 8 sessions (Valid 4m)

Body brushing is carried out to remove dead skin cells, increasing product absorption, followed by an application of slimming, anti-cellulite gels, finishing off in a cocoon.

Optimal results: 8-12 sessions, once a week

Gel Polish

A natural and healthy alternative to hard gel and acrylic products.

Lasts 2-3 weeks with high shine. No cracking, peeling, lifting or Chipping

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| Gel Polish Overlays – 45mins | R200 |
| Gel Polish Toes – 45mins | R150 |
| Gel Polish with Manicure – 75mins | R250 |
| Gel Polish with Pedicure – 75mins | R270 |
| Soak Off – 30mins | R60 |
| Nail Art (per nail) | R10+ |

Add to your Gel Polish treatment:

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| SoyLite massage | R50 |
| Mask/Paraffin dip | R50 |

Manicures & Pedicures

Wear open shoes for pedicures

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| Paint only – 20mins | R80 |
| Express Manicure – 40mins | R130 |
| Shape, buff, paint | |
| Basic Manicure – 45mins | R180 |
| Soak, cuticles, shape, buff, paint | |
| Pampering Manicure – 60mins | R200 |
| Basic Manicure plus a hand massage | |
| Luxurious Manicure – 70mins | R220 |
| Pampering Manicure with a hand mask/paraffin dip/ hand massage using SoyLite candles | |
| Gents Manicure – 45mins | R190 |
| Pampering manicure without the paint | |
| Youth Manicure – 30mins | R130 |
| 12 Years and under | |

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| Express Pedicure – 30mins | R150 |
| Soak, shape, buff, paint | |
| Basic Pedicure – 45mins | R200 |
| Soak, cuticles, heels, shape, buff, paint | |
| Pampering Pedicure – 60mins | R230 |
| Basic Pedicure plus a foot massage | |
| Luxurious Pedicure – 70mins | R270 |
| Pampering Pedicure in the Spa Chair, with a foot mask/ paraffin dip/Heel peel/foot massage using SoyLite candles | |
| Gents Pedicure – 45mins | R200 |
| Pampering Pedicure without the paint | |
| Youth Pedicure – 30mins | R140 |
| (12years and under) | |
| Foot Treatment or Alkaline Peel | R260 |
| Soak, scrub, heel buff with either a foot massage and mask or alkaline peel | |

Massage

Indian Head Massage R180

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| Swedish Massage | |
| Full Body – 60mins | R350 |
| Back & Neck – 30mins | R250 |

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| Aromatherapy Massage | |
| Full Body – 60mins | R410 |
| Back & Neck – 30mins | R320 |

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| Hot Stone Massage | |
| Full Body – 60mins | R410 |
| Back & Neck – 30mins | R320 |

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| Pregnancy Massage | |
| Full Body – 60mins | R350 |
| Back & Neck – 30mins | R250 |

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| Baby Massage | |
| Single massage | R160 |
| Course of 7 massages | R700 |

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| Hawaiian Massage | |
| Full Body – 60mins | R350 |

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| Cold Glass Massage | |
| Back – 45mins | R350 |
| Face – 30mins | R250 |

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| MLD | |
| First session (per area) 60-80mins | R400 |
| Follow up | R350 |

Gel & Acrylic Nails

Bio Sculpture Gel Nails
Micaela Mann

Acrylic Nails
Joana Da Silva Costa

Astonishing Brand Acrylic/Gel Nails
Nikki Pillay

Please request separate pricelist

Makeup

Nikki Pillay
Please request separate pricelist