



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 Luxurious 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

Micro-Needling / 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

Spray Tan

A glamorous, temporary golden brown tan for special occasions

Full Body – 20minutes (Medium/Dark) R380

Half Body – 10 minutes (Medium/Dark) R280

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 Can

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

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

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

Tinting

Lashes R110

Brows R90

Lashes & Brows R180

Brow tint and shape R160

Brow tint and shape & lash tint R250

Waxing

Facial Waxing

Brows/Lip/Chin/Ears/Nose R90each

Brows, lip and chin combo R200

Sides/Cheeks R120

Full Face R250

Body Waxing

Patch Ladies R60 Gents 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

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:

Nourishing Hand or Foot Mask	R50
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Manicures & Pedicures

Wear open shoes for pedicures

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 and hand massage	
Gents Manicure – 45mins	R190
Pampering manicure without the paint	
Youth Manicure (Under12Yrs) – 30mins	R130
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 with a foot mask and foot massage or a heel peel	
Gents Pedicure – 45mins	R200
Pampering Pedicure without the paint	
Youth Pedicure (Under 12Yrs) – 30mins	R140
Foot Treatment or Heel Peel	R180
Soak, scrub, heel buff & Foot massage	
Heel Peel	R180
Soak, scrub, heel buff & Heel Peel	

Massage

Delrize van der Merwe
Request separate pricelist

Reflexology

Delrize van der Merwe
Request separate pricelist

Gel & Acrylic Nails

Bio Sculpture Gel Nails
Micaela Mann

NSI & YN Acrylic Nails
Nicola Ray van Rensburg
Alisha Hatting

Please request separate pricelists

Lash Extensions

Nicola Ray van Rensburg
Alisha Hatting
Please request separate pricelists



Contact Us

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Sereno Health & Beauty

Times

Tues-Friday 8:30 – 17:30

Saturday 8:30 – 14:00

Sunday/Monday/Public holidays Closed

(Shorter hours during winter months) 9:00 – 17:00

Gift vouchers Available