

Acupuncture

Fees

Consultation & Acupuncture	\$100 plus cost of herbs
*Series of 5 (20% off)	\$400 plus cost of herbs
*Series of 10 (30% off)	\$700 plus cost of herbs
Follow-Up Acupuncture	\$80 plus cost of herbs
Herbal Consultation Only	\$80 plus cost of herbs
Acupressure Treatment	\$80
Cupping	\$60

Simply Said...

Gift Certificates:

Gift Certificates can be purchased for any service or dollar amount. Perfect for anniversaries, birthdays, graduations, holidays, or to surprise loved ones. Give the gift of relaxation. You can buy your gift certificates in our spa or online.

Appointments:

Please arrive 15 minutes prior to your scheduled appointment to ensure sufficient time to check in and change. Late arrivals may not receive an extension of scheduled time.

Cancellation Policy:

Please call within 24 hours of your service to reschedule your appointment.

Series:

Series are available for all treatments.

Combination Treatments:

Combine the best of all worlds and schedule a massage, facial and/or acupuncture together.

Waxing:

If you are using Retin-A or Accutane, please refrain from waxing.

For Massage PLEASE NOTE:

30 min and 90 min sessions also available

If you are undergoing any treatment from a doctor regarding structural/chiropractic/physical therapy, or if you have recently been in a car accident that required medical attention, We will need written permission from your doctor before our scheduled appointment.

A.Serenity

Anke Stoner

Aesthetician/Owner

Kristina Tiedemann

Aesthetician/Make-up Artist

Therapeutic Body Work

Kelly Robinson

619.519.0675

Massage Therapist

Acupuncture

Kenny Hwang, L.Ac. O, MD, PhD

Acupuncturist

619.866.1414

Online Gift Certificates and Booking Available!

Hours of Operation:

Mon-Sat 9:00 – 7:00

Other appointments times available upon request.



1370 Rosecrans Street
Suite C

San Diego, CA 92106

619.400.6400

www.ASerenity.com

ASerenitySD@aol.com

A.Serenity Skin Care



Therapeutic BodyWork

&

Acupuncture

Facials

Mini - a lunchtime favorite **\$55**

Thirty minutes to a healthier, younger looking you. Skin is deep cleansed and exfoliated for a refreshed, improved complexion. A perfect facial when time is of the essence!

Basic - a relaxing, refreshing experience **\$75**

After a deep pore cleansing, skin is exfoliated to remove dead skin cells and impurities designed to improve skin tone and elasticity resulting in firmer, healthier looking skin. A soothing massage of the face, neck and shoulders is included in this experience.

***Advanced- customized European skin care** **\$100**

All the benefits of the Basic Facial enhanced with a deeper exfoliation and specialized treatments selected to address your individual skin care needs.

***Oxygen C Facial - reduces signs of aging** **\$100**

Promotes skin cell renewal for younger feeling, healthier looking skin. Alpha-hydroxy acids and pure vitamin C gently exfoliate and oxygenate skin to even out skin tone while minimizing age spots and surface lines. Skin is softened, brightened, and moisturized. Skin tone and texture are improved and photo-damage is reduced.

***Forever Young - firming & lifting** **\$100**

Dramatic results are visible even after a single treatment! Refine your complexion and restore your skin to a more youthful state with luminosity and elasticity. Surface wrinkles are visibly reduced, facial expression lines are softened and skin is left feeling firmed and refreshed.

***4 Layer Facelift – brightening & tightening** **\$100**

This revolutionary 4-layer facelift will change the image of your skin in just one application. Vitamin C, glycolic acid and gentle but highly active enzymes speed up cellular turnover and brighten, tighten and lighten your skin in just one treatment.

Teen Acne Facial – for acne prone skin **\$75**

This treatment is targeted to treat teen-agers skin problems due to hormonal imbalances. After exfoliation, impurities are gently extracted leaving skin fresh and clean. This treatment can be used to treat adult acne as well.

Men's Facial **\$80**

Tough guy or man on the fly, make your skin clean to the extreme with this moisturizing, exfoliating and conditioning facial. Soothe rough and tumble skin, blast ego-busting ingrowns and smooth out bumpy, acne-prone skin without any telltale shine. We know what boys like!

Galvanic Facial – for maximum results **\$130**

This multi-functional treatment utilizes galvanic current to get maximum results. A negative current encourages the absorption of ingredients and positive current aids in the removal of toxins and impurities.

Oxygen Treatment – promotes healing

An amazing treatment used after intense treatments to help the healing process. Medical grade oxygen mixed with micellized vitamins, minerals, and antioxidants are sprayed onto the skin which penetrates better to promote healing and cell renewal. This treatment is added on to all advanced facials.

Microdermabrasion—smooth,soft,refreshed skin **\$100**

Minimize skin imperfections and abnormalities while retexturing skin and rebalancing your complexion. A stream of microcrystals loosen the layer of dull, dead skin cells and reveal the younger, tighter, more radiant skin underneath.

Combat fine lines, acne, wrinkles, sun damage, hyper-pigmentation and impurities through this intense exfoliation which increases circulation and stimulates collagen production. This procedure is non-invasive and requires no down time. A serum and mask is applied and an **oxygen treatment** is done after the treatment to help vitamins and minerals penetrate the skin and promote healing. Pair with an advanced facial for maximum results.

Add any facial for \$30

Single Microdermabrasion	\$100
Series of 10 (save \$150)	\$850
Series of 6 – (6th one free)	\$500
Series of 3 (10% off)	\$270
Series of 10 MicroAdvanced	\$1040
Series of 6 MicroAdvanced	\$650
Series of 3 MicroAdvanced	\$350

Waxing Price List

Brow	\$15	Lower Arm	\$35+
Lip	\$15	Full Arm	\$40+
Chin	\$15	Upper Leg	\$60
Brow/Lip/Chin	\$40	Back Wax	\$75+
Face	\$50+	Under Arm	\$18
Bikini	\$25 +	Tummy Wax	\$20+
Brazilian	\$45+	Chest	\$50+
Lower Leg	\$45	Full Leg	\$80+

More treatments are on our website www.ASerenity.com

Spa Treatments

Hot Rock Teaser **\$25/20min**

Hot stone therapy application can increase circulation by facilitating the lymphatic system and removing toxins from the body. This treatment is incorporated into your back, neck and shoulder massage bringing deep relaxation and balance to the muscles and systems of the body.

Paraffin Hand & Foot Treatment **\$15**

Treat your hands and feet to a light massage and hydrating application of warm soothing paraffin with aromatic essences.

Eye Zone Treatment **\$35**

Eye zone treatment focuses on the delicate eye area. This treatment helps to eliminate under eye puffiness, temporarily softens wrinkles and diminishes dark circles under eyes.

Scalp Massage **\$40**

A warm conditioning treatment is massaged into the scalp. This process helps restore hairs vitality and shine. Includes a neck and shoulder massage.

Foot Glow **\$30**

Renew your feet with your choice of a warm peppermint salt or self heating cinnamon sugar foot scrub, followed by a hot towel wrap and essential oil moisturizing foot massage.

Body Polish/Salt Glow **\$65/45 min**

Specialized sea salts or body polish sugars are utilized to invigorate and exfoliate your entire body of dead skin cells. Hot towels are used to remove the polish and moisturizing lotion is massaged in, leaving your skin silky smooth.

Back Scrub **\$30**

This treatment is similar to the Body Polish but is for the back. Enjoy before a massage for a fresh clean feeling.

Therapeutic BodyWork

Swedish **\$75/Hour**

The classic therapeutic massage, known for flowing strokes that relaxes, revitalizes and renews your body. Improves muscle tone, stimulates circulation, relieves tension and assists the elimination of waste products, speed healing after injury, and enhance recovery from disease.

Deep Tissue **\$85/Hour**

Slow deep technique of massage that allows access to the deeper tissue structures of the muscle and fascia. It can release tension in the tissues, or have a Psychological release. It will loosen bonds between the layers of connective tissues.

Raindrop/Aromatherapy **\$80/Hour**

Experience the healing affects of Aromatherapy. Specific Blends of essential oils are dispersed like drops of rain and massaged along the vertebrae.

Sports Massage **\$75/Hour**

Sports Massage is a special form of massage and is typically used before, during, and after athletic events. The purpose of the massage is to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries.

Ultimate Back & Neck **\$60/45 min**

Therapeutic & deep massage to focus on the areas where tension and stress accumulate.

Pregnancy Massage **\$75/Hour**

A therapeutic massage utilizing an adaptable bolstering system to assist the needs of the mother to be as the body grows and changes. Relieves stress on weight bearing joints and alleviates neck and back pain.

Reflexology **\$75/Hour**

An ancient art to relieve tension and promote health through meridian reflexes in the feet.