A healing journey... to a calmer state of mind
When you truly wish to experience a truly spectacular Spa Experience in Delhi – look no further than Serena Spa at the Hilton New Delhi/Janakpuri. Escape from ordinary life and discover the remarkable amenities that await you. Come and reward yourself with the very best and you'll emerge refreshed, renewed and recharged.

Our treatments draw inspiration from the rich heritage of Ayurveda, the ancient Indian science of life as well as from European health concepts, Aromatherapy and traditional home remedies found throughout South-East Asia. Serena Spa takes on the mantle of an exclusive sanctuary designed to peel away the layers of daily stress with select restorative and rejuvenating therapies.

Facials

Pampering Facial For Women (60 Minutes)
This facial concentrates on giving a fresh and healthy complexion. Cleansing, gentle exfoliation, toning and moisturising is accompanied by a rejuvenating massage to the face, neck and shoulders. Includes a hand massage with moisturising cream.

Skin Fitness Facial For Men (60 Minutes)
Created to eliminate impurities and improve the general appearance of the skin, this treatment includes thorough cleansing, exfoliating, moisturising and hydrating while special massage techniques relax. Includes a hand massage with moisturising cream.

Honey – Cucumber Facial (60 minutes)
Used in conjunction with each other, these natural healing ingredients reduce the discomforts of skin irritations and stem infection while prompting new cell growth. Designed for sensitive skin this gentle facial is accompanied by a hand and arm massage.
Body Works

Papaya Body Polish (30 minutes)
If you love papaya then you will cherish this wrap with papaya pulp containing enzymes known as Papain, which softens and revitalizes your skin to a silky smooth. The fresh fruit pulp is gently massaged into your skin, then wrapped and left for a while to be absorbed. This sweet smelling body wrap will moisturize and soften your skin to a high level of freshness.

Rich Coffee Orange Scrub (50 minutes)
Ah, the aroma of roasted coffee beans and the fragrance of fresh oranges along with cinnamon powder and yoghurt scrubbed for deep skin cleansing and a great "pick-me up" experience leaving a wonderful fragrance. The South Indian coffee beans used for this scrub are pure Arabica, specially roasted and ground for Serena Spa with no Robusta or chicory added. Your senses will be enhanced!

Re-Hydrating Coconut Delight (30 minutes)
Ideal for dry skin and hair, this delightful top-to-toe treatment uses the moisturizing properties of young coconut to re-hydrate dry skin and hair resulting from exposure to air-conditioning, sun and salt water. Applied to the eyes in its natural state, the face and body in a pureed consistency and blended to extract the oil for application to the hair, your skin will feel soft and re-hydrated. Following the wrap we invite you for a warm shower.

Honey – Sesame Body Glow (30 minutes)
The principle ingredients of this invigorating body treatment enjoy an age-old reputation as skin healers, softeners and moisturizers. Used in conjunction with each other, the ground sesame seed exfoliates; the sesame oil softens while the honey promotes new cell growth.

Salt and Spice Body Glow (30 minutes)
A full-body exfoliating using Sea Salt, Cloves and Aromatherapy Essential Oil blends. Its light buffing grains remove dead skin cells and impurities from the surface. The spices re-mineralize, hydrate, increase circulation and improve skin texture and the oils aids as a moisturizer, leaving the skin soft and smooth. You are left with you purest essence, a clean and revitalized body.

Desi Body Polish (30 minutes)
Traditional Indian knowledge has proved beyond doubt that turmeric acts as a natural and purifying cleanser, while chickpea/rice flour mixed with milk smoothens the skin and nourishes the entire body. This is your formula to healthy glowing skin.
Udvarthina Herbal Body Scrub (30 minutes)
For a longer lasting suntan, shed those dead layers of skin with a thorough body exfoliation using an age-old Ayurveda formula renowned for its strong herbal antioxidants. This treatment cleanses and invigorates the body and leaves your skin feeling smooth, soft and saturated with antioxidants.

After-Sun Cucumber Wrap (30 minutes)
This treatment has been specifically designed to relieve pain and damage caused by over-exposure to the sun. A cooling puree of cucumber, blended with soothing eucalyptus oil is applied to the entire body, concentrating on the affected areas. A cool shower is followed by a light application of Aloe Vera lotion to re-hydrate.

Yoghurt Turmeric Skin Smoother (50 minutes)
A treat for all your tactile senses. An exfoliating scrub of rice powder, yoghurt, turmeric, sandalwood, and aromatherapy oil mixed together and applied to the whole body. Slow long strokes used to apply the mixture sloughs off dead skin and smoothens the skin. This specialized treatment is used to reach a state of cleanliness and purity through the use of various herbs and oils and is completed with a warm shower.

Bridal Body Polish (50 minutes)
Although its original purpose is to enhance the appearance of a bride, this body polish is for anyone who desires of a youthful appearance and dreams of maintaining their youth through natural methods. Popular in the coastal regions of India where coconut is abundant, the bride is blessed with pure coconut milk before the wedding night to create a smooth and luminous skin. A small amount of Turmeric is added to exfoliate and soften the skin and is completed with a shower.

Slenderising Spirulina Wrap (50 minutes)
Spirulina, rich in protein, vitamins, minerals and enzymes is harvested from pure salt lakes in India. This treatment helps to nourish, stimulate and revitalize the face and body while water retention is eliminated. The body is dry brushed then the Spirulina masque is applied and the body is wrapped for 20 minutes to soak up essential elements from the Spirulina. While the masque is processing you will enjoy a relaxing scalp massage. An application of after-bath crème and lavender based aroma oil is massaged into the skin. A re-mineralizing face crème finishes this wonderfully 8 purifying and moisturizing treatment.
Massages

Aromatic Back Massage (30 minutes)
A perfect introduction to a wonderful spa journey, this massage concentrates on relieving muscle tensions through gentle movements. Circulation is increased while muscle tone and skin texture is improved, using a special blend of aromatic oils.

Padabhyanga Foot and Leg Massage (30 minutes)
Your feet will first be soothed in a bath of Essential Oils, followed by a revitalizing foot and lower leg massage with herbal oil. This treatment incorporates pressure point therapy to stimulate, cleanse and balance the body’s internal organs.

Adam & Eve Serenity (50 minutes)
Designed for couples, this deeply relaxing massage is performed by two therapists, using a very special blend of Aroma Oils. It not only provides a unique experience for lovers, but also enhances closeness and romance.

Serenity Full Body Massage (50 minutes)
This full body pampering massage features a range of customized Aromatherapy oil blends to convey the healing, harmonizing and rejuvenating properties of Essential Oils into the body through rhythmic touch. Choose the oil to suit your mood.
Anti-stress Head, Neck and Shoulder Massage (30 minutes)
This massage relieves soreness and stress-related tension. A totally relaxing massage concentrating on the neck and shoulders while relieving stress by using gentle Acupressure on the scalp.

Marma- Body, Mind and Spirit Massage (90 minutes)
This exotic and highly therapeutic, Ayurveda inspired massage with aromatic herbal oil stimulates the Marmas, the body’s vital pressure points. This full body massage begins with the balancing of the head’s Marmas followed by the body's points massaged by the therapist's feet and then by hand with long sweeping strokes. The treatment concludes with a healing, herbal body mask followed by a warm shower.

Thai Yoga Massage (60 minutes)
Thai massage traces its origins from North India over the last 7,500 years. This 60-minute massage includes various body manipulations and stretching. It is a perfect massage to energize your tired body. You will experience a transformation during this massage, which is enjoyed wearingatraditional pajama.

Soothing Hot Stone (30 minutes)
It is believed that water-smoothed stones harness the vitality and energy of the Waters that have long washed over them – in this popular treatment heated stones collected from the riverbeds of South India are used. The deep penetrating heat of the stones combined with traditional massage strokes relieves tension and sore muscles.

Sports Massage (50 minutes)
For the desiring individual who likes the focus on those tight and sore muscles. This is a deep and penetrating massage performed with a selection of aromatic creams to choose from. We believe if you maintain an active lifestyle this is the massage for you.

Serena Dhara (60 minutes)
A pleasant interpretation of a very popular and effective Ayurveda treatment, Serena Dhara starts with a synchronized body massage performed by two therapists and then, a fine stream of warm oil is directed on the ‘third eye’ area of the forehead while hands and feet are gently massaged. This has a reflex balancing effect on the deepest recesses of the brain and induces a blissful serenity and expanded consciousness. It coordinates and calms the mind, body and spirit. If you desire a state of tranquility, then you have found the treatment.
Swimming Pool

The swimming pool provides an ideal place to relax and soak up the sun. Enjoy pool cuisine unleashed while soaking up the sun at The Poolside Café — Breeze, or lounge at the pool and let the service come to you.

- Outdoor dining in the warm Delhi sunshine overlooking beautiful pool and lush greenery.
- Light menu featuring creative salads and sandwiches, fruit and frozen cocktails.
- Poolside service available.
- Open for lunch daily 11:30 a.m. - 3:30 p.m., bar service until 6 p.m.
Fitness Center

A state-of-the-art physical fitness facility is available for our guests to use. The high-end fitness center with world-class equipment is great for motivation and offers an experience that makes it easy to work out for your stay with us.