

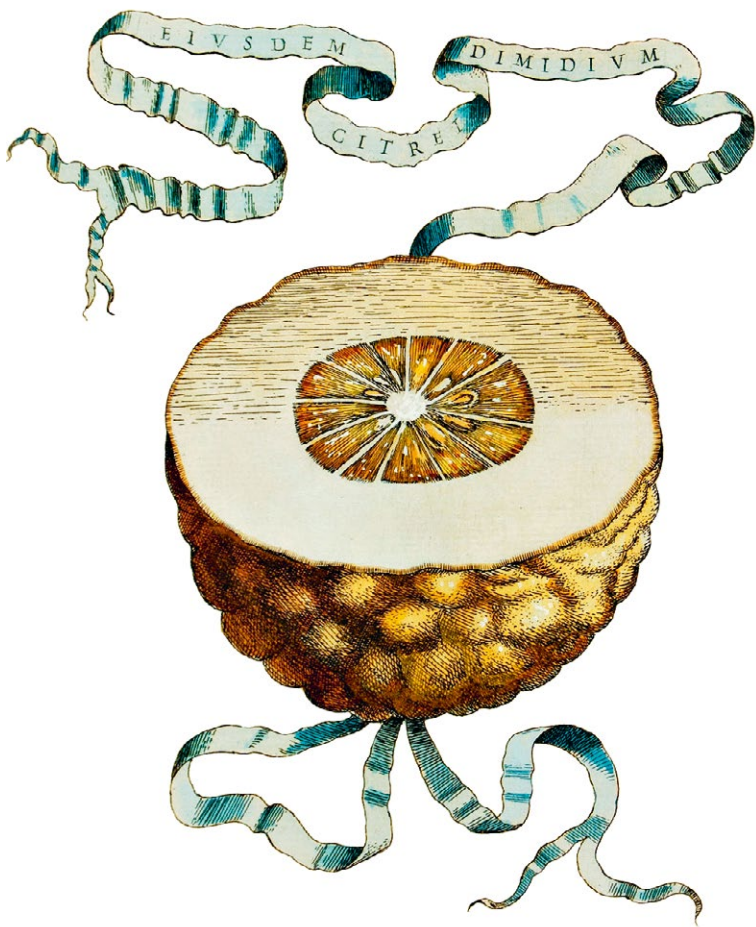


# SPA MENU

Le Sirenuse SPA is open daily  
from 9am to 8pm

## WELLNESS AND BEAUTY RITUALS

An exclusive selection of treatments designed  
to restore balance, enhance natural beauty,  
and promote deep relaxation.



## LE SIRENUSE SPA

Le Sirenuse SPA was designed by the renowned Italian architect Gae Aulenti. Her signature use of teak, white marble, and stainless steel creates a modern, pared-back sanctuary that stands apart from the Moorish-inspired architecture of the hotel.

The SPA includes a sauna, an ice room, and a granite steam bath. The gym is equipped with Technogym cardiovascular machines and weights, as well as stretching and yoga mats and two Megaformer machines.

You can access the SPA and gym from the pool terrace or via the dedicated stairway from the corridors on the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> floors.

## SPA SUITE

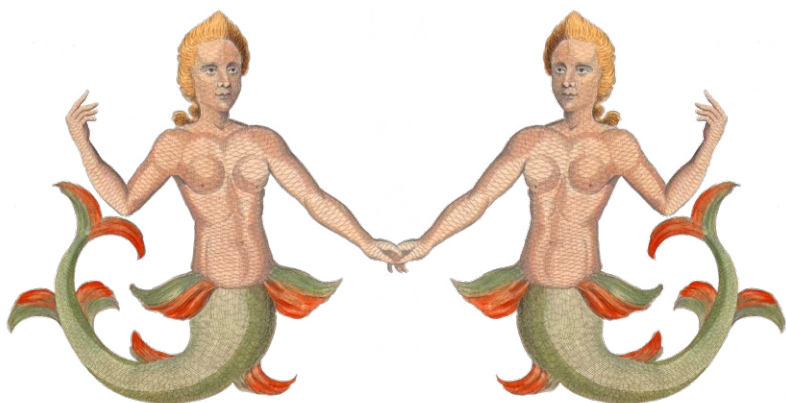
A couple's SPA Suite is available for simultaneous treatments. All of our face and body therapies, performed with essential and aromatic oils, are carried out by our qualified staff using natural, high-quality products.

For body treatments we use Aveda. For facial therapies we offer Margy's Monte Carlo, renowned worldwide for its facial treatments, as well as a selection of Augustinus Bader treatments.

## THE AUGUSTINUS BADER METHOD AT LE SIRENUSE

Built on over 30 years of pioneering research in stem cells and regenerative medicine, Professor Augustinus Bader has opened a new era in professional skincare. His award-winning approach harnesses the body's innate intelligence to support natural rejuvenation through TFC8® (Trigger Factor Complex), a proprietary cell-renewal complex that promotes exceptional skin transformation.

At Le Sirenuse SPA, the Augustinus Bader Method combines the proven power of TFC8® with luxury, science-backed techniques for next-level results. Each treatment is tailored to your needs, addressing concerns from fine lines to hyperpigmentation and cellulite, for an experience that leaves you looking and feeling radiant.



# FACIALS

## The Jet Leg Facial | 300

50 min.

A revitalizing facial powered by Augustinus Bader's hero formulas to rescue tired, travel-worn skin. After a thorough double cleanse to lift away impurities, a bespoke facial massage stimulates circulation and supports lymphatic drainage.

The ritual finishes with a hydrating, brightening mask to de-puff and restore radiance – leaving you refreshed and ready for your next adventure.

## Awaken Facial | 400

70 min.

A highly personalized, hands-on facial combining Augustinus Bader's cell-renewing technology with advanced LED light therapy to optimize cellular communication. Following a detailed skin analysis and triple cleansing ritual, a customized facial massage and a high-performance mask ritual with targeted LED help firm, tone, and deeply refresh the skin for an instantly awakened, healthy glow.

## The Sparkling Eyes | 170

35 min.

A gentle treatment dedicated to the delicate eye contour. Combining Augustinus Bader's cell-renewing technology with targeted techniques, it helps refresh, de-puff, firm, and brighten the look of the eyes for a rested, luminous appearance.

## BODY TREATMENTS

### The AB Full Body Experience | 380

50 min.

A personalized full-body renewal that cleanses, hydrates, firms, and revives from neck to toe using Augustinus Bader formulas.

Enjoy a full-body exfoliation with special mittens soaked in The Body Wash, followed by a bespoke massage with The Body Cream and invigorating techniques known to stimulate circulation, support detoxification, and instantly revitalize the skin's look and feel.

### Lower Body Massage | 170

35 min.

A targeted treatment for tired legs, designed to release deep tension and enhance circulation. Luxurious Augustinus Bader formulas help nourish and revitalize the skin, leaving the legs feeling lighter, smoother, and more youthful.



## MASSAGES AND TREATMENTS IN THE SPA SUITES FOR COUPLES

The SPA Suite is located on floor -1. For any treatment, please come to the SPA, where one of our therapists will meet you and accompany you to the SPA Suite. All SPA Suite treatments are designed for two people and are performed simultaneously by two therapists, in a synchronized and deeply relaxing experience.

### Le Sirenuse Signature Massage | 440

For two people – 50 min.

A soft, enveloping couple's massage performed on a warm waterbed and enriched with aromatic citrus oils from the Amalfi Coast. Lemon essential oil is known for its calming properties in moments of anxiety or insomnia, while supporting the circulatory system; petitgrain helps ease stress and encourages a sense of positivity. The ritual begins with a light foot exfoliation, followed by a slow, flowing massage of the entire body. Warm oil is gently poured on the forehead, and a soothing neck and scalp massage completes the experience.

### Le Sirenuse Couples Massage

For two people

40 min. | 340

60 min. | 440

90 min. | 600

A customized couple's massage inspired by the Aveda Elemental Nature philosophy and your favourite Aveda aromas. Specific areas of tension are targeted to promote muscle release and a deep sense of inner harmony. Warm essential oils are infused with the aroma you choose during your sensory journey, creating a treatment that is always unique – yet consistently calming, grounding, and restorative.

## Mom and daughter / Dad and son | 420

For two people – 50 min.

A relaxing massage for parents and children, enriched with vanilla aromatic oils. Fifty minutes of shared serenity – an opportunity to bond and create a special memory of your stay at Le Sirenuse.

## The Gateway to Relaxation | 800

For two people – 80 min.

The ultimate head-to-toe experience to share with someone you love. A full-body Couples Massage is followed by a highly sensorial, transformative 30-minute facial powered by Augustinus Bader's cell-renewing skincare. Fully adaptable to you and your partner's preferences, it leaves you both relaxed, refreshed, and glowing.

## Total Relax Treatment | 850

For two people – 90 min.

A ritual of deep tranquility designed to restore balance and lightness. Enveloping notes of lavender, lavandin, clary sage, frankincense, and vetiver accompany a gentle body exfoliation that prepares the skin for a soothing massage, melting away accumulated tension and stress. The experience concludes with a calming eye treatment, leaving a lasting sense of wellbeing that radiates from within.



# AVEDA AROMA MASSAGE

Stress, muscle tension, and lack of energy can be effectively addressed with a fully customized massage. After a thorough consultation, your therapist will recommend the best combination of products, personalized Aveda aromas, and techniques to achieve your desired results.

Because every guest is unique, different products and techniques may be used for each person. Our therapists are highly professional and the possibilities for personalization are endless. Simply let us know the areas you would like to focus on and your preferred pressure – from light to deep.

## AVEDA Aroma Massage

40 min. | 170

60 min. | 220

90 min. | 300

Customized full-body massage with additional intensive work on 2–3 areas of focus.

## Le Sirenuse Signature Massage | 220

50 min.

A soft, enveloping massage enriched with warm citrus aromatic oils from the Amalfi Coast. Lemon essential oil helps calm the mind in moments of anxiety or insomnia and supports the circulatory system, while petitgrain helps combat stress and encourages positivity. Performed on a warm waterbed, the ritual begins with a light foot exfoliation and continues with a slow, flowing massage of the entire body. Warm oil is gently poured on the forehead, followed by a soothing neck and scalp massage to conclude.

## **Face and Body Ritual | 300**

90 min.

A holistic ritual inspired by Ayurvedic philosophy. This treatment includes a full-body massage using techniques selected by your therapist according to your needs, complemented by a customized facial.

## **Hydrotherm Massage | 220**

50 min.

Discover a new dimension of massage. Warm, water-filled cushions cradle the body, easing muscular strain while allowing your therapist to work deeply on stressed areas. Enjoy the benefits of a traditional massage without the usual challenges – no turning over, no uncomfortable face cradles – just uninterrupted relaxation. Hydrotherm will transform the way you experience massage.

## **Stress Fix | 260**

75 min.

Clinically tested to reduce tension, the Stress-Fix aroma blend – lavender, lavandin, vetiver, clary sage, and frankincense – envelops the senses during this unique massage combining Swedish and deep tissue techniques. Foot reflexology and acupressure help restore body and mind. The session ends with Marma techniques focused around the eyes, for a deeply relaxing and revitalizing finish.

## **The Four Handed Massage | 400**

50 min.

An exceptional full-body massage performed in perfect harmony by two therapists, delivering an even deeper sense of relaxation.



# PURE FOCUS & KIDS

## Pure Focus: back massage | 95

25 min.

Promote relief and ease in the back, neck, and shoulders with this deeply relaxing targeted massage.

## Pure Focus: shoulder, neck, head massage | 95

25 min.

Decisive yet soothing movements focus on the shoulders, neck, and scalp to gently dissolve built-up tension.

## Under Twelve Massage | 130

30 min.

Created specifically for young guests: a light, aromatic, and relaxing massage.

## AVEDA Aroma Body Polish Treatment | 260

75 min.

A customized exfoliating body treatment featuring Aveda body care products and aromas selected for your skin. The ritual includes exfoliation and a full-body massage, along with scalp and foot reflexology techniques.

## MARGY'S MC TREATMENTS

With over forty years of experience, Margie Lombard is a true expert in the world of beauty. Known worldwide as the “Beauty Rebel,” she is celebrated for her distinctive facial massage techniques and constant innovation.

A pioneer in advanced skincare technology, she introduced the use of stem cells harvested from a rare Swiss anti-ageing apple and launched a groundbreaking anti-pollution collection. All Margy's products contain Vitamins A and E and Hyaluronic Acid, which is prized for its hydrating and elasticity-boosting properties and helps visibly soften signs of ageing for a smoother, more youthful-looking complexion.



## MARGY'S SIGNATURE FACIALS

### Margy's Initiation Facial | 170

30 min.

A refreshing introductory facial featuring a gentle cleanse and a signature face, neck, and décolleté massage designed to hydrate, lift, illuminate, and relax. Finished with the Extra Rich Firming Mask for maximum results in minimal time.

### Monte Carlo Facial | 270

60 min.

An innovative treatment with moisturizing, firming, and lifting benefits. Using high-quality ingredients and multiple mask rituals, it transforms the appearance of the skin, leaving it smoother, toned, and visibly refreshed.

### Anti-aging Lifting Facial | 350

90 min.

Margy's signature, intensively hydrating facial suitable for all skin types. Designed to reduce the appearance of fine lines and support a smooth, plump, radiant complexion from the very first treatment. A potent combination of pure active ingredients, specialized massage techniques, and a highly active collagen mask – selected according to your skin's needs – helps transform the texture and luminosity of the skin.

# BEAUTY TREATMENTS

## **Le Sirenuse Luxury Manicure | 130**

50–60 min.

A complete hand and nail treatment including exfoliation, cuticle care, shaping, buffing or nail polish application, and a moisturizing massage.

## **Le Sirenuse Luxury Pedicure | 130**

50–60 min.

A complete foot treatment including exfoliation, nail and cuticle care, shaping, buffing or nail polish application, and a moisturizing massage.

## **Express Manicure | 100**

30–40 min.

Nail and cuticle care, buffing or nail polish application, and hydration.

## **Express Pedicure | 100**

30–40 min.

Nail and cuticle care, buffing or nail polish application, and hydration.

### **Le Sirenuse Gel Color Luxury Manicure | 150**

60–70 min.

Complete hand and nail care with exfoliation, including application of a revolutionary UV gel polish that stays brilliant and resists chips, scratches, and smudges for weeks.

### **Le Sirenuse Gel Color Luxury Pedicure | 150**

60–70 min.

Complete foot and nail care with exfoliation, including application of a revolutionary UV gel polish that stays brilliant and resists chips, scratches, and smudges for weeks.

### **Change of polish | 50**

approx. 20 min.

### **Gel polish removal | 40**

approx. 20 min.

## SPA PACKAGES

### THE RECOVERY | 400

#### The Jet Lag Facial

50 min.

A revitalizing facial powered by Augustinus Bader's hero formulas to rescue tired, travel-worn skin.

#### Lower Body Massage

35 min.

A targeted treatment for tired legs, designed to release deep tension and enhance circulation.

### THE RENEWAL | 408

#### AVEDA Aroma Body Polish Treatment

75 min.

A customized exfoliating body treatment featuring Aveda body care products and aromas selected for your skin.

#### AVEDA Aroma Massage

60 min.

Customized full-body massage with additional intensive work on 2-3 areas of focus.

### Margy's Monte Carlo Facial

60 min.

An innovative treatment with moisturizing, firming, and lifting benefits.

### Le Sirenuse Luxury Pedicure

50–60 min.

A complete foot treatment with exfoliation, nail care, polish, and moisturizing massage.

## COMPLETE BEAUTY RITUAL | 357

### AVEDA Aroma Massage

60 min.

Customized full-body massage with additional intensive work on 2–3 areas of focus.

### Express Manicure

30–40 min.

Nail and cuticle care, buffing or nail polish application, and hydration.

### Express Pedicure

30–40 min.

Nail and cuticle care, buffing or nail polish application, and hydration.

LE **SIRENUSE** 1951

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