

SPA

Le Sirenuse



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## LE SIRENUSE SPA

Le Sirenuse Spa was designed by the renowned Italian architect, GAE AULENTI. Her design, that makes use of teak wood, white marble and stainless steel, steps away from the Moorish architecture prevalent in the hotel and creates a modern and essential space. The SPA includes a Sauna, an ice room and a granite Steam bath. The gym is fit with TechnoGym cardiovascular machines and weights as well as stretching and yoga mats.

You can access the Spa and Gym from the pool terrace or from a dedicated stairway accessible from the corridors of the 2nd, 3rd and 4th floors.

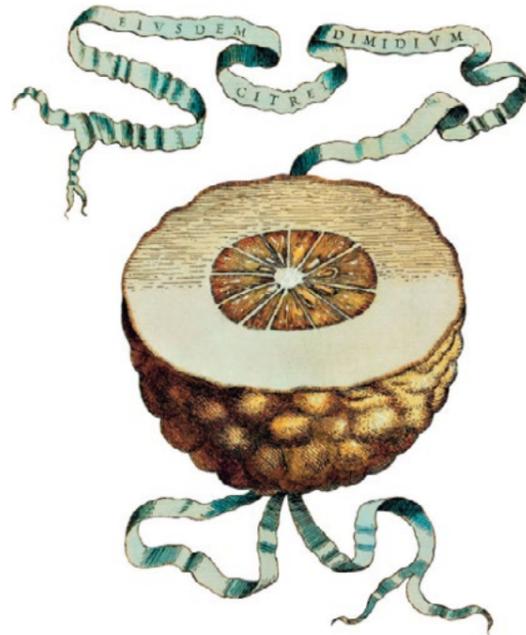
## SPA SUITE

A suite for couples is available to enjoy simultaneous treatments. A private steam bath in sand color granite and an emotional shower further enhance this pleasant experience.

All our face and body therapies using essential and aromatic oils are carried out by our qualified staff, exclusively with natural products. For everything related to the body, we use Aveda. Our facial therapies use Margy's Monte Carlo, who is known worldwide for her facial treatments.

## MASSAGES AND TREATMENTS IN THE SPA SUITES FOR COUPLES

The Spa Suite is located at floor -1. For any treatment, please go the Spa, where one of our therapists will come to pick you up and accompany you to the Spa Suite. All Spa Suite treatments are for two people, made by two therapists at the same time and in a synchronized way.



— SCM —

### LE SIRENUSE SIGNATURE MASSAGE

50 min. - € 370 (2 people)

A soft and enveloping massage made with warm citrus fruit aromatic oils from the Amalfi Coast. Lemon essential oil has a calming effect in cases of anxiety or insomnia as well as tonic and cleansing properties for the circulatory system. Petitgrain essential oil has calming properties, helps to combat stress and favours positivity.

This is a draining, decontracting and anti-stress treatment. You will remain, for the entire duration of the massage, lying on a warm waterbed, soothed and relaxed by the expert hands of our therapist. A light feet exfoliation will be followed by a slow ascend towards your head massaging your entire body.

Warm oil will gently be poured on your forehead, and a light-handed neck and scalp massage will end the treatment.

— COM60 —

### LE SIRENUSE COUPLE MASSAGE

60 min. - € 410 (2 people)

— COM90 —

### LE SIRENUSE COUPLE MASSAGE

90 min. - € 570 (2 people)

A personalized massage experience based on the Aveda Elemental Nature Philosophy and your favorite Aveda aromas. Specific areas of tension will be targeted to produce muscle relaxation as well as an internal state of harmony.

Warm essential oils will be used in the massage, perfumed with the aroma that you chose during your "sensory journey". Every experience will be different, but always aimed toward making you feel calm, relaxed and at peace with yourself at the end of the massage.

— M&D/D&S —

### MOM and DAUGHTER / DAD and SON

50 min. - € 370 (2 people)

A massage made with vanilla aromatic oils for parents and kids. Fifty minutes of blissful peace to share with your daughter or son and bond together to create a special memory of your sejour at Le Sirenuse.

— ERT —

### THE EXCLUSIVE REBIRTHING TREATMENT

2 hours and 30 min. - € 850 (2 people)

A massage made with vanilla aromatic oils for parents and kids. Fifty minutes of blissful peace to share with your daughter or son and bond together to create a special memory of your sejour at Le Sirenuse.

— CRE —

### COMPLETE REJUVENATING EXPERIENCE

2 hours - € 750 (2 people)

Full body scrub rich in mineral salts, which completely cleans and rejuvenates the skin while stimulating it. This is followed by an emotional shower and a short break in the steam room. A full body massage with aromatic cream and a customized 30-minute facial treatment concludes the experience.



— TRC —

### TOTAL RELAX TREATMENT

2 hours - € 750 (2 people)

The essences of lavender, lavandine, vetiver, clary sage and frankincense will transport you in to a dimension of total relax. A body scrub will be followed by a steam bath or an emotional shower, in order to prepare your body for a full massage which includes elements of foot reflexology and acupressure of your energy points to free you from all tensions caused by stress. This relaxing experience includes a soothing eyes treatment.



— SSM —

### LE SIRENUSE SIGNATURE MASSAGE

50 min. - € 180

A soft and enveloping massage made with warm citrus fruit aromatic oils from the Amalfi Coast. Lemon essential oil has a calming effect in cases of anxiety or insomnia as well as tonic and cleansing properties for the circulatory system.

Petitgrain essential oil has calming properties, helps to combat stress and favours positivity.

This is a draining, decontracting and anti-stress treatment. You will remain, for the entire duration of the massage, lying on a warm waterbed, soothed and relaxed by the expert hands of our therapist. A light feet exfoliation will be followed by a slow ascend towards your head massaging your entire body.

Warm oil will gently be poured on your forehead, then a light-handed neck and scalp massage will end the treatment.

### AVEDA AROMA MASSAGE

Stress, muscle tension and lack of energy can all be addressed with a customized massage treatment. After a thorough consultation, your massage therapist will provide you with the best combination of products, personalized Aveda aromas and massage technique to obtain the desired results. Different products and techniques will be applied to each person. Our therapists are very professional and the combinations are limitless. Let them know which are the areas where you need them to focus on, and if you like a lighter or heavier hand. You will not be disappointed.

— AAM90 —

### AVEDA AROMA MASSAGE

90 min. - € 280

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

— AAM60 —

### AVEDA AROMA MASSAGE

60 min. - € 200

Customized full-body massage and additional intensive work on 1–2 areas of focus.

— AAM40 —

### AVEDA AROMA MASSAGE

40 min. - € 140

Customized full-body massage and additional intensive work one area of focus.

—FBB —

### FACE AND BODY RITUAL

90 min. - € 280

This treatment encompasses the whole body, focusing on your individual needs. It is inspired by the Ayurvedic philosophy and it includes a customized facial treatment.

—HMB —

### HYDROTHERM MASSAGE

50 min. - € 180

Discover a new dimension to the nurturing art of massage. Warm, water filled cushions cradle your body, easing strain on muscles as your therapist reaches deeply stressed areas. All of the benefits of the traditional massage without the normal challenges - no turning over, no uncomfortable face cradles, just uninterrupted relaxation. Hydrotherm changes your perception of massage.

—STF —

### STRESS FIX

75 min. - € 230

Clinically tested to reduce tension, the "stress fix" aroma, made with the essences of lavender, lavandine, vetiver, clary sage and frankincense, will envelope you during this massage, which is a combination of the Swedish and deep tissue massage techniques. Elements of foot reflexology and acupressure of your energy points will help you regenerate your body and mind. This massage will end with the "Marma" technique that focuses on the area around your eyes and has a relaxing and revitalizing effect.

— FHB —

### THE FOUR HANDED MASSAGE

50 min. - € 360

Go beyond the Elemental Nature Massage and experience the same massage performed by two therapists to provide a deeper feeling of relaxation.

— BMB —

### PURE FOCUS: THE BACK MASSAGE

25 min. - € 85

Promote balance and relief in your back, neck and shoulder areas with this deeply relaxing massage.

— SNH —

### PURE FOCUS: SHOULDER, NECK, HEAD MASSAGE

25 min. - € 85

Decisive and enveloping movements embrace the shoulders, neck and head, gently dissolving tensions.

— UN12 —

### 30 MINUTE MASSAGE FOR THE UNDER 12

30 min. - € 120

Studied for young people, this massage is light, aromatic and relaxing.



## BODY TREATMENTS

Smoother, softer skin texture, body detoxification and a hydrated skin can all be achieved with a customized body treatment, where you determine the focus.

After a thorough consultation, your spa body therapist will provide you with the best combination of products and personalized Aveda aromas while performing the techniques needed to achieve your chosen objectives.

— ABP —

### AVEDA AROMA BODY POLISH TREATMENT

75 min. - € 230

The Aveda Aroma Body Polish Treatment is an exfoliating body treatment featuring customized Aveda body care products and aromas. The treatment includes an exfoliation and full-body massage, including scalp and foot reflexology techniques.

— FLR —

### FEET AND LEGS REVITALIZER

30 min. - € 120

The fresh fragrance of mint and rosemary enhance the lymphatic return and give immediate lightness to heavy legs. A delicate scrub and a vigorous massage will provide relief to your tired calves, ankles and feet.



## MARGY'S MC TREATMENTS

With over forty years of experience, Margie Lombard is an expert in the beauty field. Always ahead of the market, the "Beauty Rebel" has been known worldwide for her unique facial massage techniques. She has also innovated her own ground-breaking technology, been a pioneer in the use of stem cells harvested from a rare anti-ageing swiss apple and launched a game-changing anti-pollution collection. All Margy's products contain Vitamin A, E and Ialuronic Acid. The latter, in particular, thanks to its hydrating and elastic properties, acts as a natural filler of the skin's signs of aging. This gives an immediate look of reguvinated, younger looking and more elastic skin.

### SIGNATURE FACIALS

— MMF30 —

#### MARGY'S INITIATION FACIAL

**30 min. - € 140**

This Refresher Facial includes a gentle Cleanse and a Hydrating, Lifting, Glowing and Relaxing Face Neck and Decollete Massage using the Signature Extra Rich Firming Mask, delivering maximum results in a minimum Time.

— MMF45 —

#### MONTE CARLO FACIAL

**45 min. - € 180**

Discovery care with moisturizing, firming and lifting effects. Using high quality ingredients to transform the appearance of the skin, with 2 Mask massages and the application of one iMask Pure, Hyaluron, Botolift or Vitamin C according to your skin type. It leaves the skin smooth and toned with an immediate effect.

— MMF60 —

#### BRIGHTNESS REVEALING FACIAL

**60 min. - € 220**

This skincare treatment counters premature aging of the skin restores elasticity and luminosity with a deep cleansing and using specifically the Brightness Revealing

Mask. The proprietary blend of biotechnology and plant extracts offers powerful regeneration and deep oxygenation, delivering the minerals and vitamins required to regenerate cells, leaving the skin Refreshed and Revitalized.

— AALF —

#### ANTI-AGING LIFTING FACIAL

**90 min. - € 290**

This exclusively tailored facial suitable for all skin types. Margie's signature facial, this intensively hydrating facial reduces fine lines to promote a smooth radiant and plump appearance from the first treatment. the effective combination of exceptionally pure, active ingredients with specific massage techniques, and a highly active best collagen face mask featuring hyaluron, Vitamin C, Botolift or pure Collagen chosen according to the skin types, is used to transform the Texture of your Skin.

### BODY TREATMENTS

— MAW60 —

#### DETOX AND ANTI-AGING BODY WRAP

**60 min. - € 250**

Personalised Collagen Anti-Aging Body Treatment for intensely hydrating and regenerating to firm and tone the skin texture concentrating on the problem areas. A personalised body massage follows that incorporates deep, invigorating techniques to help stimulate the circulation and detoxify the system.

— MW60 —

#### DETOX AND ANTI-CELLULITE BODY WRAP

**60 min. - € 250**

This personalised collagen anti-cellulite body treatment is for detoxifying and stimulating the skin to reduce cellulite and water retention. Collagen Booster Serum and Collagen Anti-Cellulite Cream is then applied using the Margy's Monte Carlo Signature Anti-Cellulite Massage Techniques, focusing on the problem areas. The perfect complement to a slimming program.

## BEAUTY TREATMENTS

— ALM —

### **LE SIRENUSE AVEDA LUXURY MANICURE 50/60 min. - € 130**

A complete hand and nail care with exfoliation, removal cuticles, filing, buffering or nail polish, with moisturizing massage.

— ALP —

### **LE SIRENUSE AVEDA LUXURY PEDICURE 50/60 min. - € 130**

A feet exfoliation with Dead Sea salt, nail and cuticle care, filing and buffering or nail polish, with moisturizing massage.

— MEX —

### **MANICURE EXPRESS 30/40 min. - € 100**

Nails and cuticles care, buffering or nail polish, hydration.

— PEX —

### **PEDICURE EXPRESS 30/40 min. - € 100**

Nails and cuticles care, buffering or nail polish, hydration.

— CHP —

### **CHANGE OF POLISH 20 min. approx. - € 50**

— GPR —

### **GEL POLISH REMOVAL 20 min. approx. - € 40**

— CHP —

### **LE SIRENUSE GEL COLOR Luxury Manicure 60/70 min. - € 150**

A complete hand and nail care with exfoliation and it includes an application of a revolutionary UV GEL POLISH which stays brilliant, resists chips, scratches, smudges and lasts for weeks.

— CHP —

### **LE SIRENUSE GEL COLOR Luxury Pedicure 60/70 min. - € 150**

A complete foot and nail care with exfoliation and it includes an application of a revolutionary UV GEL POLISH which stays brilliant, resists chips, scratches, smudges and lasts for weeks.

## SPA PACKAGES

The following Treatment Packages offer you a discounted rate. Please ask the spa reception for advise and reservations. Dial 712. The discount cannot be combined with other offers previously acquired.

### PACKAGE 1 - 20% DISCOUNT

AALF — ANTI-AGING LIFTING FACIAL 90 min. - € 290

MAW60 — DETOX & ANTI-AGING BODY WRAP 60 min. - € 250

### PACKAGE 2 - 15% DISCOUNT

ABP — AVEDA AROMA BODY POLISH TREATMENT 75 min. - € 220

AAM60 — AVEDA AROMA MASSAGE 60 min. - € 200

### PACKAGE 3 - 15% DISCOUNT

MMF60 — MARGY'S BRIGHNESS FACIAL 60 min. - € 220

ALP — LE SIRENUSE LUXURY PEDICURE 50/60 min. - € 130

### PACKAGE 4 - 15% DISCOUNT

AAM60 — AVEDA AROMA MASSAGE 60 min. - € 200

MEX — LE SIRENUSE AVEDA EXPRESS MANICURE 30/40 min. - € 100

PEX — LE SIRENUSE AVEDA EXPRESS PEDICURE 30/40 min. - € 100

