

Body Treatments

Give your body some much needed pampering with one of our specific body treatments. Whatever your needs are, we have the right solution for you. Who says you have to suffer in the name of beauty?

Oligomer Ocean Journey

75 mins / Cost: £90

Spa Sirène have collaborated with **Phytomer**, our skincare partner for ten years, to create a bespoke treatment.

Let us take you on a journey beginning with a blissful foot soak and soothing neck ritual followed by our expertly designed massage routine, simulating the rolling sea, which will help melt away stress and tension. **Phytomer** Oligomer Pure products used will balance, restore and strengthen your skin. You will feel smooth and rejuvenated and leave Spa Sirène with a deep sense of well-being & joy.

Lavender Lullaby

90 mins / Cost: £105

A relaxing and radiance massage for face and body. This **Phytomer** treatment begins with a skin-revealing sea salt scrub and hydrating facial treat, before warm linen boluses of Jersey Lavender are applied to the reflex zones of the body. A hands-on massage, leaves you feeling truly relaxed with an incredible feeling of well-being.

Get All Wrapped Up

60 mins / Cost: £75 / Course of 6 £375

These Phytomer detox or firming body wraps contain a blend of marine active ingredients. Each start with body brushing to boost circulation, followed by an application of specially selected body masques before a thermal cocoon wrap ensures maximum absorption of the active ingredients. After a refreshing shower, your therapist will apply serums and treatment creams suited to your specific needs.

Choose from:

Get Fresh

A luxurious warm wrap to deep cleanse, detoxify and eliminate toxins.

Firm But Fair

A cooling gel wrap containing anti-oxidant rich marine spring water to boost elastin production leaving your skin firm and toned. Your feet are also treated to warm booties filled with bubbling sea mud. Ideal after weight loss or after pregnancy.

NB – whilst cocooned your therapist will perform either a relaxing eye or scalp massage

Sea Sculpting

75 mins / Cost: £90 / Course of 6 £450 or 3 £225

The Sculpt zone body wrap from **Phytomer** is an intensive contouring treatment targeting cellulite on the abdomen, buttocks and thighs. After an exfoliation, a warm, relaxing thermal mask is applied to the target area, then you will be wrapped while you enjoy a soothing eye massage. After a shower, our newest cellulite serum will be applied to complete the fat burning action. For best results a course of 6 is recommended.

Smooth Operators

30 mins / Cost: £45

This **Phytomer** body exfoliation uses grainy sea salt scrub, containing ocean granules which buff away dead skin cells. A final application of quenching moisturisers leaves even the thirstiest of skin totally renewed.