

# 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: £105

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Bespoke to Spa Sirene, we have collaborated with **Phytomer** to create an indulgent and beautifully luxurious massage. Celebrating “Oligomer” 100% freeze dried sea water containing 104 minerals and trace elements, we will massage away any tension with our unique massage routine simulating the rolling sea. Your skin will feel indulged, strengthened and satisfyingly smooth.

## Sea Holistic

90 mins / Cost: £112.50

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An ultra-relaxing top to toe treatment with its gentle warmth and aromatic sent of Jersey lavender flowers. A combination of light strokes, pressures and stretching body massage accompanies Thai-inspired boluses to relieve tension and knots.

## Salt Crystal Exfoliation

30 mins / Cost: £47

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An exfoliation with sea salt crystals combined with a relaxing application of body milk for an express body treatment that leaves your skin soft and silky.

## Sculpt Zone

75 min / Cost: £97.50 /

Course of 6 £487.50 or 3 £243.75

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An intensive heat wrap and massage on the abdomen - buttocks - thigh area to beat excess fat and cellulite in record time. With an intensive treatment program, you get radical slimming results.

## P5 Slimming treatment

NEW! – Coming soon in 2022

60min / Cost: £80 / course of 6 £400

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The perfect full body sliming wrap, combines invigorating massage with an algae jam wrap to trim your curves, shape your body and tone your figure. For a quick results try 3 wraps in quick succession and then 3 over a further 3 week period.