

Spa
Sirène

Treatment
Portfolio

Our Spa

Nestled in the vibrant heart of St Helier, the award-winning Spa Sirène offers the perfect escape into peace, relaxation, and pure indulgence.

At Spa Sirène, we believe in the importance of self-care, giving you the opportunity to unwind, release stress, clear your mind and leave feeling completely refreshed and revitalised.

Whether you choose to visit alone or enjoy the experience with a friend, we invite you to begin your journey to wellness with us. Our thoughtfully designed spa provides a calming sanctuary where you can switch off from everyday worries and fully embrace relaxation.

Our facilities feature a heated vitality pool, hydrotherapy pool, Swedish sauna, aromatherapy steam room, salt steam therapy room, experience showers, soothing foot baths and thermal couches. For those looking to stay active, we also offer a fully equipped gym.

Our welcoming and professional team is dedicated to ensuring every moment of your visit is relaxing, rejuvenating, and memorable.

Treat yourself to some well-deserved “me me me time” and enjoy the experience completely guilt-free.



Minimum Spend Policy

Due to high demand, access to the spa facilities is reserved for guests booking spa packages or spending over £90 per person on treatments. Guests booking treatments below this amount are kindly asked to arrive 15 minutes before their appointment time.



Age Restriction

The Spa is an adult-only environment and is open exclusively to guests aged 16 years and over. This policy applies to all spa facilities, including the pool, gym, relaxation areas, and treatment rooms.



Medical Questions

Please advise us at the time of booking of any medical conditions, allergies, injuries, or pregnancy that may affect your treatment. All guests will also be asked to complete a pre-treatment medical questionnaire upon arrival to ensure treatments can be carried out safely and comfortably.



What To Wear

Towels, robes, and slippers are provided for use during your visit. Disposable briefs or boxer shorts are also available for wet treatments and body treatments where required, ensuring comfort and privacy throughout your experience.



Cancellation Policy

Should you need to cancel or reschedule your appointment, we kindly request at least 24 hours' notice. Spa packages and group bookings require 72 hours' notice. Failure to provide sufficient notice, or failure to attend an appointment, will result in a charge of 100% of the treatment cost.



Spa Etiquette

The Spa is intended to provide a calm and relaxing environment for all guests. Mobile phones are not permitted within the spa areas, and we kindly ask guests to keep noise to a minimum. The spa is strictly an alcohol-free zone, and disruptive behaviour may result in guests being asked to leave the premises.

Our Products

To reflect our island home of Jersey - a bountiful haven surrounded by pristine waters - we have chosen the very best from the land and sea in order to offer you the most indulgent treatment experiences possible.

Phytomer

Innovative marine skincare from the nearby shores of St Malo, their ethics and ethos on sustainability are forward thinking and pioneering to protect and safeguard the life force of the ocean.

“The sea fills us with wonder, because it brings us resources for today’s beauty and reinvents the skincare for tomorrow.”

Lycon Wax

This premium wax uses the finest resins and with the unique pre-waxing oil you get guaranteed smooth, comfortable and efficient hair removal every time.

Aromatherapy Associates

Aromatherapy is the power of “aroma”, through essential oils to improve your wellbeing.

Aromatherapy Associates was created to celebrate and share the wonders and benefits of essential oils with an ever-growing range of award-winning products and transformative treatments that can be found all over the world.

This beautifully aromatic skin and body care aims to take you on a sensorial journey, truly presenting you with all the answers to your emotional and beauty needs.

OPI Professional Nail Care

As the number one brand for nail care, OPI offers our customers a premium service and a product that will deliver exceptional results.



Information

Spa Opening Hours

Monday to Thursday

9am – 8pm

Friday to Sunday

9am – 6pm

Gym & Pool Opening Hours

Monday to Thursday

6.30am – 9pm

Friday

6.30am – 7.30pm

Saturday, Sunday and Bank Holidays

8.00am–7.30pm

Lunch Menu

Our chef has carefully selected nutritious ingredients for a delicious light food and drink selection.

Bookings

With year-round high demand, we recommend booking treatments and packages well in advance to avoid disappointment. We require a 50% deposit and contact details to secure all bookings.

Courses

Courses of treatments are available for some treatments. Pay for 5 and get your 6th treatment free. Full payment is required on 1st treatment and must be used within 12 months.

To book please e-mail

reception@spasirene.com or telephone **01534 615425**. All bookings are secured with a credit or debit card.

Home Care Products

You can extend your spa experience with our extensive range of products. Your therapist can advise you which products will help you look and feel your best until your next visit.



Payment Method

We accept all major credit cards, debit cards and cash.



Prices

We reserve the right to change prices, modify or discontinue treatments without notice to ensure that maximum standards of service and quality are met.



Gift Vouchers

Gift vouchers are available from our spa reception, for a monetary value only and are valid for 12 months from the date of purchase. They are non-refundable and non-transferable. Lost or stolen vouchers cannot be replaced. Vouchers must be presented at the time of treatment or an alternative payment method will be required. No cash change given. Expired gift vouchers cannot be accepted as a valid payment method.



For Your Protection

We cannot accept responsibility for any lost or stolen items, please keep valuables safe.



Accessibility

Access to our basement spa is completely step free from pavement level, via a large lift from the main hotel reception. We do not have a pool hoist however our pools have roman style steps and handrails.

Our spacious treatment rooms have adjustable beds and wide doorways to accommodate wheelchairs, and a private accessible changing room is available.

Please call us if you have any accessibility queries or wish to know more about our facilities.

Please note our brochure is valid from June 2026 and supersedes any previous treatment brochure edition.

Packages

Our spa packages are the full experience. Arrive 3 hours ahead of your treatment time to fully immerse yourself in our spa facilities. Unwind, relax, and chill, then enjoy a freshly prepared spa lunch served by the pool, either before or after your treatments.

Please note that package treatments are set and no substitutions can be made.

Melt Away

1 hr 15 mins / Cost: £140

Let us melt away your tension using a combination of hot stones to ease away sore and tired muscles on your back, neck and shoulders. To finish, enjoy a rejuvenating scalp and face pressure point massage

- Hot stone back, neck and shoulder massage
- Scalp and face massage

Glowing Tonic Package

2 hrs / Cost: £195

We kick-start this pampering with dry skin brushing to stimulate the lymphatic system. The marine-infused body wrap helps boost skin tone, contour and firm, before we rejuvenate and nourish with a back massage, finishing with an express facial to leave your skin glowing. The perfect indulgence!

- Body wrap
- Back massage
- Express facial

The Perfect Package for Men

2 hrs / Cost: £210

Our collection of treatments, designed for male skin, begins with an invigorating sea salt scrub and is followed by a relaxing back massage to ease away aches & pains. We complete the experience with a detoxifying marine facial.

- Sea salt scrub
- Back massage
- Marine facial

Pregnant Pause

2 hrs 15 mins / Cost: £203

This package begins with a massage of your back on our pregnancy cushion. Then relax into a specialised facial which restores your skin's healthy glow and includes a treatment for your arms and tummy too. Then sit back and enjoy a mini pedicure to take care of your tired feet.

- Back massage
- Express pedicure
- Facial

Couples Recharge

2 hrs / Cost: £400 per couple

Enjoy your spa day with a friend or partner, where your collection of treatments begins with a foot soak and breathing ritual followed by a full body, face and scalp massage to leave you floating and carefree for the rest of your day.

- Foot soak ritual
- Full body massage
- Scalp massage with mud treatment (nut allergy)
- Express glow facial

Ultimate Relax and Unwind

2 hrs / Cost: £210

This ultimate collection of treatments begins with an invigorating sea salt scrub and is followed by a relaxing massage to ease away aches and pains. We complete the experience with our Phytomer facial, including a scalp, face and shoulder massage. Leave your treatment room serene, calm and stress free.

- Sea salt scrub
- Back massage
- Marine facial



Our Signature Treatments

Highly recommended by our spa therapists, these treatments offer benefits for the mind, body, and skin, and include use of all spa facilities.

Me, Me, Me

75 mins / Cost: £115 / Course of 6 £575

Our signature treatment, using Phytomer skincare products, is customised to suit your skin type: your treatment starts with our relax back routine and includes a thermal back mud. You will receive a cleanse, exfoliation, two professional-grade treatment masks and a massage. To complete the facial we will finish with the therapist choice of eye cream, serum and moisturising products.

City Life

Anti pollution skin freshness treatment.

Hydra Original

Plumping thirst relief facial with organic weave algae.

Douceur marine

Comforting soothing treatment.

Acnipur

Blemish solution.

Forest Therapy

90 mins / Cost: £140

Bring the serenity of nature to your mind, body and skin. Feel restored from the stresses of modern-day living, cleansed of pollution and relieved from restlessness and agitation. Forest Therapy's unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil and grounded. Commencing with a cleansing, guided inhalation & tension releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally, restoring tranquility to the mind with our expert scalp massage.

Oligomer Ocean Journey

75 mins / Cost: £120

Bespoke to Spa Sirène, 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.

Facials

Get glowing skin with one of our tailor-made facials. We use natural marine ingredients from Phytomer to balance and calm the skin and essential oils and plant extracts from Aromatherapy Associates to restore health and vitality.

Clear Skin Express Facial

30 mins / Cost: £54

A short and effective facial, tailored to each skin type, for flawless and radiant skin.

Cyfolia Organic

60 mins / Cost: £97 / Course of 6 £485

This radiance plumping treatment for face and eye areas, uses the latest Ecocert certified organic products to help you achieve a fresh complexion and boosted hydration with a specific massage. Recommended monthly for optimal radiance and hydration.

Mellow Mama (Pregnancy)

75 mins / Cost: £115

Take some mellow moments before your baby is born with this relaxing facial, which includes a treat for the arms and tummy. The marine ingredients help to restore the skin's healthy balance, leaving you with an incredible sense of calm.

Please note we do not recommend any treatments within the first trimester of pregnancy.

Youth Revealing Pioneer

75 mins / Cost: £125 / Course of 6 £625

Discover a very original facial massage in an exceptional treatment with instantly visible results. The height of biotechnological effectiveness for firmer, smoother skin that glows with renewed radiance. 100% of women prefer this treatment to their usual facial.

Ultimate Aromatherapy Facials

More than just a facial. Every aspect of our facial treatments is purposeful, from an in-depth consultation that dives deeper into not only your skin concerns & goals, but your mindset & wellness needs too. Throughout the treatment we use unique techniques such as conscious holds that promote mindful breathing as well as a gratitude and abdomen massage to create a comforting sense of warmth and calm. You can also expect post-treatment advice so you can extend the benefits of your treatment at home

The Ultimate Wellbeing Facial

90 mins / Cost: £135

This is a pioneering treatment that focuses on lowering stress levels in the body whilst encouraging full reset and repair for skin and mind.

The Ultimate Pro Glow Facial

60 mins / Cost: £105

A revitalising facial designed to support the skin's natural defences and combat the pressures of a busy lifestyle.

The Ultimate Rebalancing Facial

60 mins / Cost: £105

A soothing facial crafted for skin under stress, inflamed or congested. The treatment is designed to calm the skin and mind.

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.

Sea Holistic

90 mins / Cost: £135

An ultra-relaxing top to toe treatment with its gentle warmth and aromatic scent of 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: £54

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 mins / Cost: £115 / Course of 6 £575

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

60 mins / Cost: £97 / Course of 6 £485

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

Massages

Choose one of our deeply relaxing massage treatments for the ultimate indulgence. Whether you are looking to work on those tight muscles or simply take some time for yourself, we have the perfect massage to suit your needs.

One-Of-A-Kind

45 mins / Back, Neck & Shoulder / Cost: £75

75 mins / Full Body / Cost: £115

Course of 6 £575

Our signature body massage improves the condition of your physical and emotional wellbeing with a combination of Swedish massage techniques to work out tight muscles and knots. Choose the length of time you require to let us help you unwind.

Oh Baby Massage (Pregnancy)

75 mins / Cost: £115

Our comforting pregnancy massage, on a specialised pregnancy cushion, uses safe oils and gentle movements to ease away tension and help you relax those tired, heavy limbs, leaving you feeling lighter and peaceful.

Please note we do not recommend any treatments within the first trimester of pregnancy.

Hot Stone

45 mins / Back, Neck & Shoulder / Cost: £85

75 mins / Full Body / Cost: £125

Using a combination of stone placements, hot and cold Basalt stones to massage with, this will help unravel persistent knots and muscular tightness. Deeply relaxing and restorative too.

Ultimate Aromatherapy Experience

90 mins / Cost: £135

This hero treatment starts with a consultation to find out what your emotional and physical needs are. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes and will dissolve away all of your stress and tension, leaving you in a state of total wellness.

Immune Support

60 mins / Cost: £97

Cleansing, clearing and decongesting, this body treatment helps to clear a congested body and mind while supporting the immune system. Guided breathing and massage soothe a heavy head, blocked sinuses, easing headaches and promoting gut health.

Inner Strength & Resilience

90 mins / Cost: £135

A truly nurturing massage to fortify and strengthen the mind and body through difficult times. Focus the mind and breathe deeply whilst warm, rich products are applied soothingly. Designed to deeply comfort and support to deliver a deep sense of peace when it's needed most.

Men's Treatments

Give your skin the time it deserves with our line of treatments specifically designed for men.

Salt Crystal Exfoliation

30 mins / Cost: £54

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.

The Back and Face Treatment

75 mins / Cost: £115

Starting with a deep cleansing back treatment and followed by an intensive back massage to ease muscular tension, we use a blend of oils to boost circulation and help soothe inflammation. Finished with a relaxing face and scalp massage to induce a relaxed state of mind.

Play it Cool (Phytomer Marine Facial)

75 mins / Cost: £115

This facial treatment is specifically designed to meet the needs of male skin. Beginning with a relaxing back massage and application of thermal sea mud to the spine, we then follow with deep pore cleansing and an oxygenating mask to leave your skin fresh and revitalised.

OPI Professional Nail Care

OPI are the number 1 salon brand for nail care and colour. Their exceptional formulas offer high shine and long wear in fashionable and super rich shades. We are committed to providing a premium service at all times.

Express Nails

30 mins / Cost: Manicure or Pedicure £44

In a hurry but need those fingers or toes to look cared for and polished, then let us give you a file, shape, cuticle tidy and polish.

Please be advised that a minimum spend policy is in place for use of the spa facilities. None of our nail treatments include use of the spa facilities unless accompanied by an additional treatment.

Luxury Spa Manicure or Pedicure

60 mins / Cost: £70

Add French Polish Extra 15 mins / Cost: £15

Hands or feet are exfoliated, cuticles are cared for with oils and your arms will be cocooned in foil to help our luxuriously rich hand cream soak in.

Feet will receive a treat with our thermal mud booties. Once your nail shape is perfected we will apply your chosen colour for a faultless finish.

Please note we only use regular nail polish, so please bring flip flops or open toed shoes and allow time for polish to dry.

Alternative Therapies

For a truly holistic spa experience, why not opt for one of our effective alternative therapies?



Reflexology

60 mins / Cost: £85 / Course of 6 £425

The ancient art of Reflexology has been practised in the Far East for thousands of years. The technique involves stimulating pressure points on the feet, releasing blocked energy in the corresponding areas of the body. Reflexology is a deeply relaxing treatment that brings harmony to the body, mind and spirit.

Indian Head Massage

45 mins / Cost: £75

Designed to alleviate stress, this massage concentrates on the scalp and manipulates the soft tissues in the arms, shoulders and neck.

Additions

Tinting

Simple tricks to make your eyes look bigger.

Eyelash Tint	30 mins	£32
Eyebrow Tint	15 mins	£24
Eyelash & Eyebrow Tint	45 mins	£52

Please note that a patch test is required
24 hrs before the treatment.

Lycon Precision Waxing

Lycon waxes enjoy a well-deserved reputation as a premium wax. The hot wax is formulated with the finest resin and can remove hair as short as 1mm. The unique pre-waxing oil used guarantees a smooth, comfortable and efficient removal to achieve hair-free results every time.

We will only use strip wax on leg and back areas. All other waxing is performed with hot wax.

Half leg	30 mins	£36
Full leg	45 mins	£56
Under arm	15 mins	£23
Eyebrow	15 mins	£23
Lip and chin	15 mins	£20
Arm	30 mins	£38
Back	30 mins	£56
Bikini	15 mins	£30

Please note that it is not advisable to have a self tan, body treatments or heat treatments within 24 hrs of waxing.



Dear Spa Guest,

Thank you for choosing Spa Sirène.

We hope you thoroughly enjoyed your spa experience with us.

Your feedback is incredibly important to us, as it helps us continue to provide the highest standard of care and relaxation for all our guests. We greatly value hearing about your experience and welcome any comments or suggestions you may have.

If you would like to share your feedback, please contact us by email at reception@spasirene.com.

We look forward to welcoming you back again soon.

Kind regards,

The Spa Sirène Team



Spa
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