

*Spa*  
*Sirène*

Treatment  
Portfolio

# Our Spa

In the heart of the busy town of St Helier lies the award-winning Spa Sirène, a haven of tranquillity, beautiful surroundings and true indulgence. Spa Sirène has been carefully designed to help you forget all your worries and immerse yourself in relaxation. Here, we advocate healthy selfishness so you can melt away your stress, clear your mind, and leave with a total sense of well-being.

Whether you spa alone or with a friend, let us take you on a journey to wellness. Join us for some “me, me, me” time.

Our spa facilities include heated vitality pool, Swedish sauna, aromatherapy steam room, salt steam therapy and experience showers. For the more energetic we have a fully equipped gym, or for those seeking tranquillity, simply relax in our luxury Jacuzzi with hydrotherapy and take some time out in our tranquil rest room with thermal couches.

Our expert staff are on hand to make sure your time with us is truly relaxing and rejuvenating.



# Spa Etiquette

We want you to have the best treatment experience possible, and to ensure that you do, we kindly ask that you take the following into consideration.

Please note that due to high demand, only packages and treatments over £75 per person, will be invited to use all the spa facilities. We will advise you of the time you may arrive at the time of booking.

Please plan to arrive at least 15 minutes before any treatment. Late arrival for treatments will shorten your treatment or we may be unable to honour your appointment.

For your ease, robes, slippers and towels will be provided for your use during your spa visit. Suitable swimwear must be worn in the pool and thermal areas at all times.

To ensure relaxation for yourself and other guests we ask that you keep noise to a minimum and switch off mobile phones in the pool and treatment areas.

If you are looking for that unique spa experience, some much needed pampering or simply a place to escape to, you will find it all here.



# Our Products

## Phytomer

In harmony with our coastal location, renowned marine brand Phytomer is the most used product in our treatments. Made in St Malo, Brittany, these natural formulas harness the healing properties of the sea to re-mineralise and re-balance the body. Safe, gentle and effective, Phytomer products are the perfect complement to any spa treatment. Our highly trained therapists will help you personalise your skin care plan to get the best results possible.

## Aromatherapy Associates

Harnessing the natural healing powers of plant extracts, Aromatherapy Associates has been at the forefront of Phyto-Aromatic skin care for the past 30 years. Their unique tailor-made treatments use the finest naturally sourced ingredients to give you a true Aromatherapy experience that is as effective as it is luxurious.

# Information

## Opening Hours – Spa

9 a.m. – 9 p.m. Monday to Thursday

9 a.m. – 7 p.m. Friday to Sunday

## Opening Hours – Gym and Pool

6.30 a.m. – 9 p.m. Monday to Thursday

6.30 a.m. – 7.30 p.m. Friday

8 a.m. – 7.30 p.m. Saturday, Sunday and Bank Holidays

## Lunch Menu

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

## Bookings

We recommend booking treatments and packages in advance to avoid disappointment. Special considerations for group booking rates are at the discretion of the manager and only available for off-peak times (Monday to Thursday).

## Courses

Courses of treatments are available for any treatment. Pay for 5 and get your 6th treatment for free. Please enquire with spa reception. Payment is required on 1st treatment and must be used within 12 months.

To book please e-mail [reception@spasirene.com](mailto:reception@spasirene.com) or telephone 01534 615425. All bookings are secured with a credit or debit card.

### **Children**

Unfortunately we cannot accommodate children under the age of 16 in any of the spa areas, pool or treatment rooms.

### **Cancellation Policy**

If you should need to cancel or reschedule an appointment we require 24 hours notice. Packages and group bookings require 72 hours notice. Failure to do this will incur a charge of 50% of the treatment price. Non-arrival to an appointment will incur a charge of 100% of the treatment price.

### **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, cheques and cash.

### **Prices**

We reserve the right to change prices and 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.

### **Special Considerations**

At the time of booking please inform us of any allergies, ailments, illness, disabilities, pregnancy, or any special requirements.

### **For Your Protection**

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

### **Note**

Our brochure is valid from April 2017 and supersedes any previous treatment brochure edition.

# Packages

Make the most of your spa experience with us by booking one of our specially designed treatment packages, all of which include full use of our spa facilities and a freshly prepared light lunch.

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

## Melt Away

1 hr 15 mins / Cost: £103

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

- Hot stone back, neck & shoulder massage
- Ayurvedic scalp and face massage

## Tonic Package

2 hrs / Cost: £144

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We kick start this experience with a sea salt body scrub to begin the cleansing process, followed by the “Get Fresh” body wrap. This thermal cocoon wrap is deep cleansing and detoxifying. Emerge feeling refreshed and ready for your final treat – an express facial to leave your skin glowing. The perfect indulgence!

- Body Exfoliation
- Get Fresh Body Wrap
- Express Facial

## Preen & Scheme

2 hrs / Cost: £140

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This is our complete grooming experience, which includes all the tools a woman needs to feel polished. We begin with a full body exfoliation to leave your skin soft and gleaming, followed by an express facial to rejuvenate and refresh your skin. Then finish with a mini treat for the hands and the feet, so you can walk out on air, feeling great. A great package for a special occasion or simply for some well deserved 'me' time!

- Body Exfoliation
- Express Facial
- Express Manicure
- Express Pedicure

## Pregnant Pause

2 hrs 15 mins / Cost: £156

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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 treats to your arms and tummy too. Then sit back and enjoy a mini pedicure to take care of your tired feet.

- Facial
- Back Massage
- Express Pedicure

## Couples Recharge

2 hrs / Cost: £265 per couple

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Enjoy your spa day with a friend or partner, where your collection of treatments begins with the body recharge massage. This great pick-me-up massage will boost circulation and leave you feeling revitalised and full of energy. Whilst our Bright eye treatment will refresh and nourish this delicate area and you will emerge feeling rejuvenated.

- Body Recharge Massage
- Bright Eyes

## The Perfect Package (For men)

2 hrs 15 mins / Cost: £175

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Our collection of treatments, designed for male skin, 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 a detoxifying marine facial, including a scalp and shoulder massage.

- Body Exfoliation
- Back Massage
- Marine Facial



# 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.

## Bright Eyes

30 mins / Cost: £45

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Close your eyes, relax and let us refresh and brighten your eyes with this revitalizing eye treatment. Using herbal extracts of black tea, cranberry and strawberry to delicately firm skin whilst working on dark circles and fine lines. Rose wax and shea butter keep the skin hydrated and nourished for a youthful, rejuvenated look.

## Express Glow Facial

30 mins / Cost: £45

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Give your skin a quick boost with this express facial which uses **Aromatherapy Associates** Enzyme Peel facial exfoliator to instantly even and brighten skin tone for a healthy glow.

## Smell the Roses

60 mins £80 / 90 mins £99

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Our Rose Renew facial, using **Aromatherapy Associates** products, works to restore and encourage the complexion's natural radiance. The active ingredients are combined with specialised aromatherapy pressure point massage techniques to balance and revitalise the skin, mind and emotions. A truly holistic experience for skin that needs a little TLC.

60 mins

Serious about skin care, then this will help you keep your skin looking fresh and glowing.

90 mins

The ultimate experience starting with a hand and foot ritual and including an Ayurvedic scalp massage.

## A Quickie

50 mins / Cost: £72

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This fast and fabulous **Phytomer** facial takes care of all your skincare needs in one go. Your therapist will carefully choose products to treat your skin type, ensuring you get the best results possible. We include exfoliation, treatment masque and facial massage, as well as our signature thermal mud on the spine. Perfect for anyone whose time is precious!

## Smooth Sailing

75 mins / Cost: £95

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The newest innovative pioneer youth revealing facial from **Phytomer**, uses marine ingredient “Extra Marine Filler”, to enable lines and wrinkles to be filled within 15 minutes. The use of a new and unique massage procedure stimulates micro-circulation to oxygenate and revitalise. Encouraging muscle relaxation to smooth lines and wrinkles and restore skin elasticity. The result – lines and wrinkles are diminished, the skin is softer, smoother and more radiant.

## Me, Me, Me

75 mins / Cost: £90 / Course of 6: £450

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This is much more than just a facial! Our signature treatment, using **Phytomer** skincare products, is customised to suit your skin type and designed to refine and brighten the complexion. This includes a relaxing back massage, bubbling thermal sea mud treatment and a deep cleansing marine based mud masque that will breathe life back into your skin and leave you looking radiant and healthy. After your initial consultation your therapist will choose the right products for your skin type and perform one of the following blissful facials.

### High & Dry

For dehydrated and dry skins. This treatment is like a bath for the skin, boosting hydration, leaving skin silky smooth.

### Calm Seas

Will instantly cool, calm, as well as reduce redness and irritation. The skin is strengthened and soothed.

### Island Life

A breath of oxygen to detoxify the skin, reduce shine and regain luminosity. Ideal for dull skins, smokers and neglected complexions.

# 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

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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: £102

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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

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Our hot and cold slimming or firming body masques contains a blend of marine active ingredients. Each start with body brushing to boost circulation, followed by an application of specially selected seaweeds 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.

## Sea Sculpting

75 mins / Cost: £85 / Course of 6 £426

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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

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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.





# 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: £60  
75 mins / Full Body / Cost: £89 / Course of 6 £456

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This customised 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.

## Some Like it Hot

45 mins / Back, Neck & Shoulder / Cost: £65  
75 mins / Full Body / Cost: £99 / Course of 6 £495

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Experience the wonderfully unique sensation of hot basalt stones and cooling marble in this full body massage. The heated stones are placed at key pressure points, improving circulation and easing tension, while the cool sensation of the marble energises the body. We then complement the effects of the stones with a deep hands-on massage, leaving you feeling totally rejuvenated.

## Breathe Easy

50 mins / Cost: £65

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This upper body treatment helps clear the mind and support the immune system, perfect for helping to fight off infections. The powerful essential oils of eucalyptus, tea-tree and peppermint will help you breathe easy, whilst the back, scalp and face massage will help relieve tension and free the mind of stressful thoughts.

## Inner Strength

90 mins / Cost: £104

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A gentle massage for clients under extreme stress or going through difficult times. A combination of hot oils, paraffin wax, hot stone placements and massage techniques designed to deeply comfort and nurture to deliver a deep sense of peace when it's needed most.

## Ultimate Sweet Smells

90 mins / Cost: £104

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This deeply indulgent aromatherapy experience combines carefully selected essential oils with Swedish, neuromuscular and lymphatic massage techniques. Your therapist will start with a consultation and carry out a smell test from the 12 amazing signature oils to choose the most suitable oil for your emotional and physical needs. This head to toe treatment will melt away all your stresses and strains and leave you smelling gorgeous too.

## Body Re-Charge

90 mins / Cost: £104

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A great pick-me-up massage for anyone feeling tired, sluggish or under the weather. Carefully selected essential oils of Pink Grapefruit, Rosemary, Juniper Berry & Pine will perk up your natural defences; boost your circulation and help to eliminate toxins. You will emerge feeling relaxed, revitalised and full of energy.



# Pregnancy

Ease away those aches and pains and feel blooming radiant again with one of our maternity treatments.

*Please note: We do not recommend any treatments in the first tri-mester of pregnancy but you can enjoy any treatment after this time. We do highly advocate reflexology especially if you need a helping hand towards the end.*

## Oh Baby Massage

75 mins / Cost: £89

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Our specialised pregnancy massage, on a customised pregnancy cushion, uses safe oils and gentle movements to ease away tension and discomfort in those problem areas.

## Mellow Mama

75 mins / Cost: £90

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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.

## Pregnant Pause

2 hrs 15 mins / Cost: £156

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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 treats to your arms and tummy too. Then sit back and enjoy a mini pedicure to take care of your tired feet. Includes use of spa facilities, a light lunch and:

- Facial
- Back Massage
- Express Pedicure

# Men's Treatments

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

## Rough Seas

30 mins / Cost: £45

Erase rough, dry skin with this invigorating exfoliating treatment. A purifying sea salt polish is massaged into the body before a refreshing shower removes all traces to reveal smoother skin. An application of light hydrating cream leaves your skin feeling renewed and healthy.

## The Captain's Choice

75 mins / Cost: £90

This bespoke treatment has been designed to provide deep relaxation by focusing on the back, eyes and scalp. Starting with a back scrub to remove dry skin we then nourish the back whilst the muscle release massage melts away tension and knots. This treatment finishes with a relaxing eye treatment and Ayurvedic scalp massage. Perfect for the man who doesn't know what he wants!

## Play it Cool (Phytomer Marine Facial)

75 mins / Cost: £90

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.

## The Perfect Package

2 hrs 15 mins / Cost: £175

Our collection of treatments, designed for male skin, 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 a detoxifying marine facial, including a scalp and shoulder massage. Includes use of spa facilities, a light lunch and:

- Body Exfoliation
- Back Massage
- Marine Facial

# Essie Treatments

Award-Winning Essie nail care is famous for its highly effective formulas and fabulous range of colours, to give you truly tempting hands and feet!

*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

60 mins / Cost: £48

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Hands 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. Once your nail shape is perfected we will apply your chosen colour for a faultless finish.

## Luxury Spa Pedicure

60 mins / Cost: £55

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The feet are pampered with exfoliation, warm thermal booties and a circulation-boosting massage. After your cuticles and nails have been tidied, we finish with a polish to leave your feet looking and feeling perfect! Please arrive 15 minutes early if you wish to soak your feet in our foot Jacuzzi before your pedicure.

## Express Nails

30 mins / Cost: Manicure or Pedicure £30

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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.

# CND Shellac

For longer lasting, high shine and instantly dry fingers and toes try shellac power polish.

*We do not perform any nail enhancements, gels or repairs.*

## Shellac Manicure or Pedicure

60 mins / Cost: £46

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Includes file, cuticle tidy and Shellac application.

## Shellac Removal

15 mins / Cost: £15

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Let us safely remove your Shellac and treat your nails with cuticle oil to help maintain healthy, happy nails. If you are returning for a re-application of Shellac, soak off is free of charge. Please inform the receptionist at the time of booking otherwise an additional charge is applied.

# Alternative Therapies

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

## Reflexology

50 mins / Cost: £65 / Course of 6 £327

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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

50 mins / Cost: £65

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

## Hopi Ear Candling Treatment

30 mins / Cost: £40

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A soothing and relaxing therapy used traditionally by the Hopi Indians. Helping to rebalance the inner ear by drawing out impurities, it is a natural alternative to syringing. This treatment can help those who suffer from sinusitis, headaches, head cold, hay fever or excessive ear wax.

# Additions

## Tinting

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Simple tricks to make your eyes look bigger.

Eyelash Tint	30 mins	£23
Eyebrow Tint	15 mins	£14
Eyelash & Eyebrow Tint	45 mins	£32

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

## Get Glowing Self Tan Treatment

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Full Body and Face / 60 mins / Cost: £60

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Add some colour to your complexion safely with our Vita Liberata self tanning treatment. After a full body exfoliation, a rich indulgent tanning product is expertly applied, ensuring an even all-over tan. For best results do not shower for the next 8 hours. The colour develops over the next few hours, so we advise that you bring loose clothing and flip flops to wear home.

## Lycon Precision Waxing

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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.

Intimate waxing <i>(depending on time required)</i>		£45
Half leg	30 mins	£23
Full leg	45 mins	£37
Under arm	15 mins	£16
Bikini	15 mins	£20
Eyebrow	15 mins	£15
Lip or chin	15 mins	£12
Arm	30 mins	£26
Back	30 mins	£33

*(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 and we hope you enjoyed your spa experience with us.

Every part of the spa and treatments have been designed with you in mind. It is very important to us that we know how you feel about your experience in the spa and so we welcome all guest feedback and suggestions for improvement. Please contact us with any relevant feedback by post or email to [caroline.lilley@spasirene.com](mailto:caroline.lilley@spasirene.com).

We look forward to welcoming you back.

Kind Regards

Your Spa Sirène Team









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