

SPA

Le Sirenuse

## 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 and two "Megaformer". 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.

## SUITE SPA

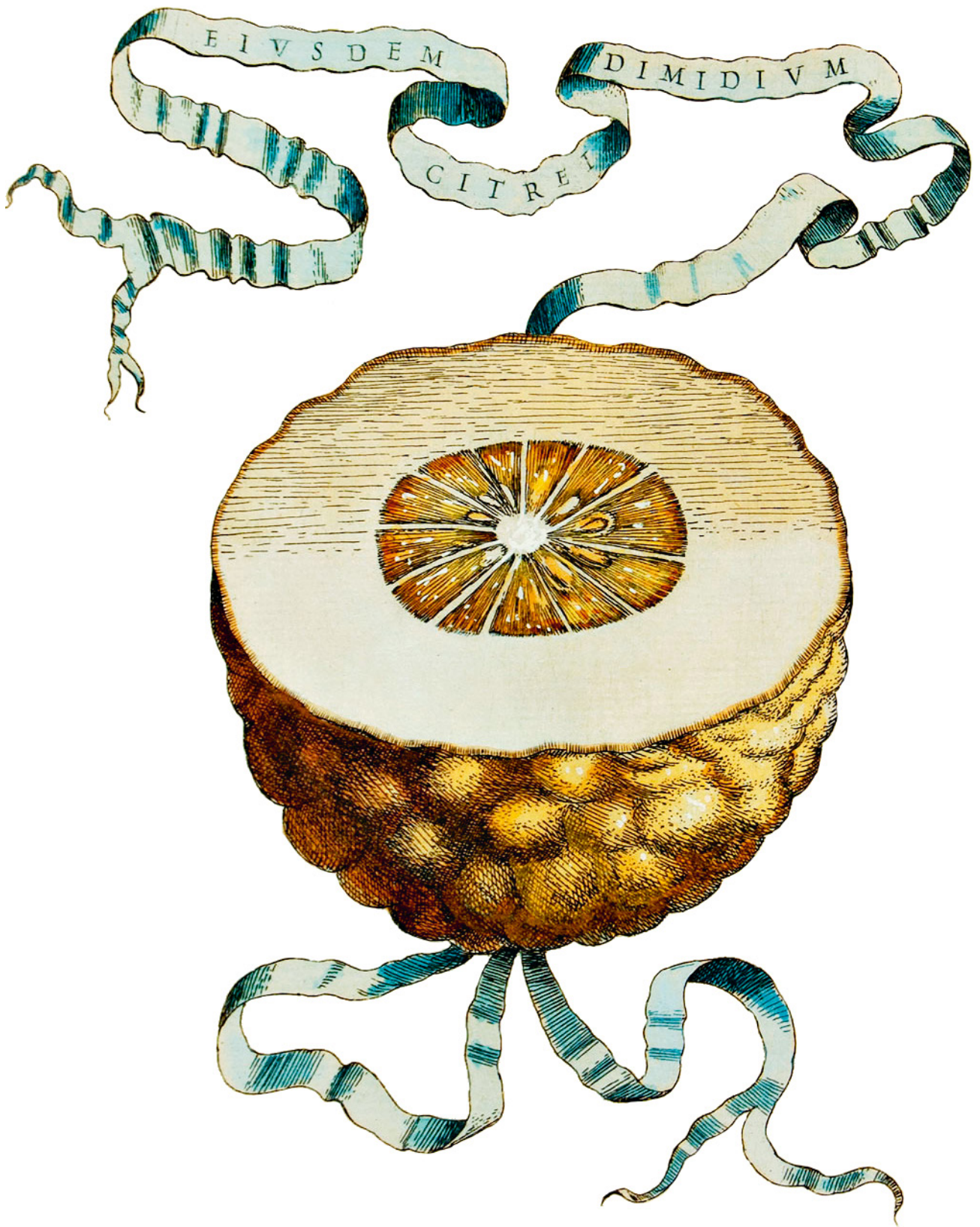
A suite for couples is available to enjoy simultaneous treatments. A private steam bath in sand color granite and an emotional shower further enhance this pleasant experience. All our face and body therapies using essential and aromatic oils are carried out by our qualified staff, exclusively with natural 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 as well as a selection of treatments from Augustinus Bader.

## IL METODO AUGUSTINUS BADER A LE SIRENUSE

Based on over 30 years of groundbreaking research, Professor Augustinus Bader, a pioneer in stem cell research and regenerative medicine, has unlocked a new era in professional skincare. His award-winning approach harnesses the body's intrinsic wisdom to promote natural rejuvenation through TFC8® (Trigger Factor Complex), a proprietary cell renewal complex that supports exceptional skin transformation.

The Method Augustinus Bader at La Sirenuse combines the proven power of TFC8® with world-class luxury and science-backed techniques, for next-level benefits.

Tailored treatments deliver the ultimate in indulgence while targeting specific concerns, from fine lines to hyperpigmentation to cellulite, for a one-of-a-kind experience that leave you looking and feeling radiant.



# **FACIALS**

## **THE JET LAG FACIAL**

**50 min. | 300**

This revitalizing treatment leverages Augustinus Bader's hero formulas to melt away fatigue and instantly rescue tired skin. After a thorough double cleansing routine to sweep away the journey's impurities, a bespoke contouring fascia massage helps activate tissue metabolism and promote drainage, followed by a hydrating, brightening mask ritual to de-puff skin and restore radiance. Fully adaptable to your preferences and needs, The Jet Lag Facial leaves you refreshed and ready to embrace your next adventure.

## **AWAKEN FACIAL**

**70 min. | 400**

This highly personalized, hands-on facial combines Augustinus Bader's proprietary cell renewing technology with advanced LED light therapy to help boost cellular communication with your specific skin concerns in mind. After a thorough skin analysis and triple cleansing ritual, experience a bespoke contouring fascia massage with hero formulas, and a high-performance mask ritual with targeted LED treatment to firm, tone and refresh the skin at a deep level. Fully adaptable to your preferences and needs, this treatment instantly wakes up the complexion, for a fresh, healthy glow.

## **THE SPARKLING EYES**

**35 min. | 170**

This gentle treatment helps to renew one of the most delicate, damage-prone areas of skin, combining Augustinus Bader's proprietary cell renewing technology with techniques to refresh, de-puff, firm and brighten the look of the eyes.

# BODY TREATMENTS

## THE AB FULL BODY EXPERIENCE

60 min. | 400

Experience next-level rejuvenation with a personalized treatment to cleanse, hydrate, firm and renew from neck to toe, thanks to the cell renewing powers of Augustinus Bader formulas. Enjoy a full-body scrub with special mittens soaked in Augustinus Bader The Body Wash, followed by a bespoke body massage with Augustinus Bader The Body Cream and invigorating techniques known to stimulate circulation, promote detoxification, and instantly revitalize skin's look and feel.

## LOWER BODY MASSAGE

35 min. | 170

Pamper tired legs and promote youthful vitality with our targeted lower body massage, featuring luxurious Augustinus Bader formulas. As expert therapists melt away deep tension and enhance circulation, Professor Bader's innovative TFC8® technology helps nourish and revitalize the skin, for legs that look and feel lighter, smoother and more youthful.



## **MASSAGES AND TREATMENTS IN THE SPA SUITES FOR COUPLES**

The Spa Suite is located at floor -1. For any treatment, please go to 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.

### **LE SIRENUSE SIGNATURE MASSAGE**

**50 min. | 395 | 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.

### **LE SIRENUSE COUPLES MASSAGE**

**60 min. | 420 | 2 people**

**90 min. | 580 | 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.

## MOM AND DAUGHTER/DAD AND SON

50 min. | 390 | 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.

## THE GATEWAY TO RELAXATION

120 min. | 800 | 2 people

The ultimate head-to-toe experience, meant to be shared with someone you love. After a refreshing shower and invigorating steam, sink into the relaxing indulgence of a tension-dissolving, full-body Couples Massage, followed by a highly sensorial, transformative 30-minute facial, all powered by Augustinus Bader's cell renewing skincare. Fully adaptable to you and your partner's preferences, guaranteed to leave you both relaxed, refreshed and glowing.



## COMPLETE REJUVENATING EXPERIENCE

120 min | 750 | 2 people

Full body scrub rich in mineral salts, which completely deans 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.

## WELLNESS EXTRAVAGANCE

### ROMANTIC EXPERIENCE

90 min. | 500

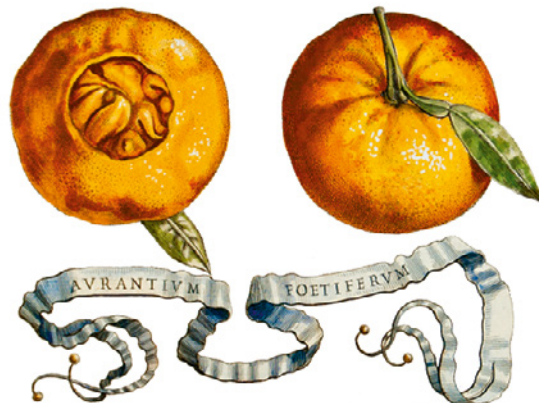
including a 50 minute massage and refreshments

120 min. | 650

including a 75 minute massage and refreshments

The ultimate indulgence in relaxation and rejuvenation for you and your partner! Unwind and de-stress in our exquisite Spa Suite, where you will be pampered with an array of top-quality services and amenities. Our expert therapists will provide a customized couples massage experience that will leave you feeling completely revitalized and refreshed. After your massage, take advantage of our private Spa Suite amenities, a steam room and a Gessi power shower.

As part of our Wellness Extravagance package, we also provide a selection of healthy refreshments and snacks, including a vegetable crudité and herbal tea.





## **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.

### **AVEDA AROMA MASSAGE**

**90 min. | 280**

**60 min. | 200**

**40 min. | 150**

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

### **LE SIRENUSE SIGNATURE MASSAGE**

**50 min. | 190**

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.

## **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.

## **HYDROTHERM MASSAGE**

**50 min. | 190**

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.

## **STRESS FIX**

**75 min. | 240**

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.

## **THE FOUR HANDED MASSAGE**

**50 min. | 380**

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

## PURE FOCUS: THE BACK MASSAGE

25 min. | 85

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

## PURE FOCUS: SHOULDER, NECK, HEAD MASSAGE

25 min. | 85

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

## 30 MINUTE MASSAGE FOR THE UNDER 12

30 min. | 120

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

## AVEDA AROMA BODY POLISH TREATMENT

75 min. | 240

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.



## **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 laluronic 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 rejuvenated, younger looking and more elastic skin.

### **SIGNATURE FACIALS**

#### **MARGY'S INITIATION FACIAL**

**30 min. | 150**

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.

#### **MONTE CARLO FACIAL**

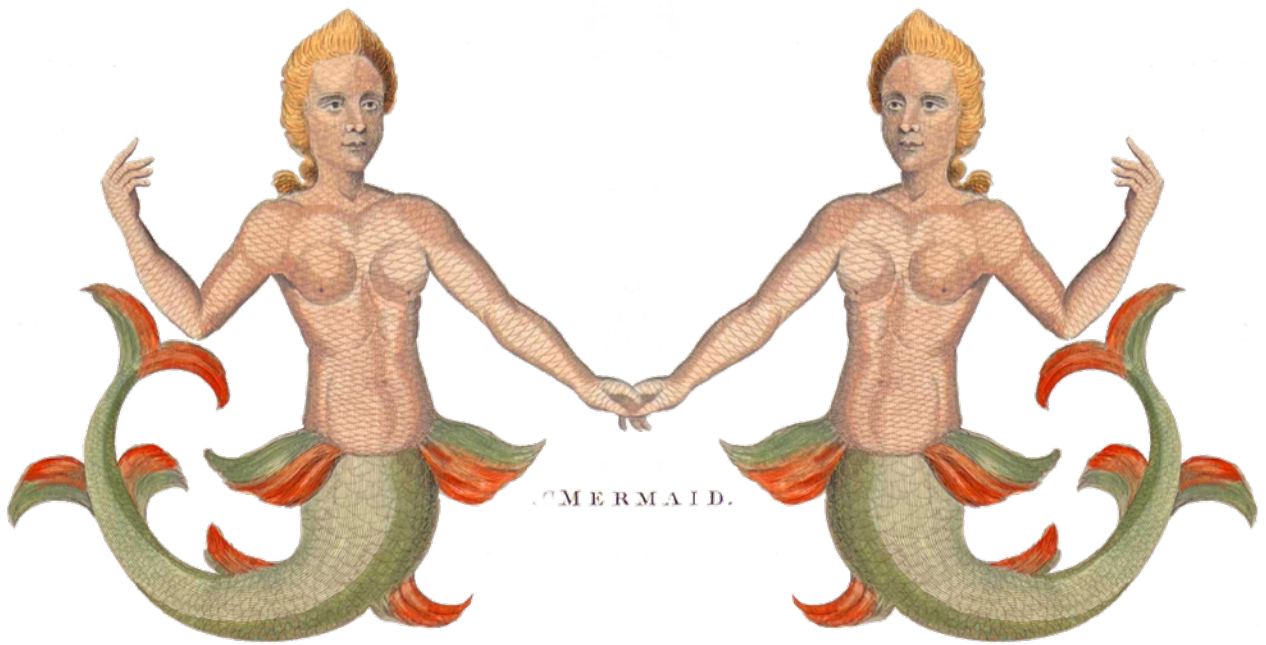
**60 min. | 250**

Discovery care with moisturizing, firming and lifting effects. Using high quality ingredients to transform the appearance of the skin, with 2 Mask massages. It leaves the skin smooth and toned with an immediate effect.

#### **ANTI-AGING LIFTING FACIAL**

**90 min. | 320**

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.



## BEAUTY TREATMENTS

### 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.

### LE SIRENUSE AVEDA LUXURY PEDICURE

50/60 min. | 130

A feet exfoliation, nail and cuticle care, filing and buffering/nail polish, with moisturizing massage.

### MANICURE EXPRESS

30/40 min. | 100

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

### PEDICURE EXPRESS

30/40 min. | 100

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

### CHANGE OF POLISH

approx. 20 min. | 50

### GEL POLISH REMOVAL

approx. 20 min. | 40

### 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.

### 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

### PACKAGE 1

400

THE JET LAG FACIAL 50 min.  
LOWER BODY MASSAGE 35 min.

### PACKAGE 2

374

AVEDA AROMA BODY POLISH TREATMENT 75 min.  
AVEDA AROMA MASSAGE 60 min.

### PACKAGE 3

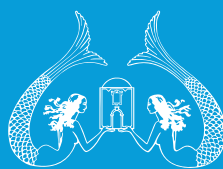
323

MARGY'S MONTECARLO FACIAL 60 min.  
LE SIRENUSE LUXURY PEDICURE 50/60 min.

### PACKAGE 4

340

AVEDA AROMA MASSAGE 60 min.  
LE SIRENUSE AVEDA EXPRESS MANICURE 30/40 min.  
LE SIRENUSE AVEDA EXPRESS PEDICURE 30/40 min.



Le Sirenuse

Via Cristoforo Colombo, 30 - 84017 Positano (SA) - Italia

+39 089 875066 • [info@sirenuse.it](mailto:info@sirenuse.it)

[www.sirenuse.it](http://www.sirenuse.it)



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