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SISLEY AT  
LE RICHEMOND



# LE SPA BY SISLEY

Welcome to a world of wellbeing at Le Spa by Sisley.

Relax in a luxurious oasis as you indulge in pampering spa treatments from acclaimed French skincare experts Sisley. Their renowned face and body treatments are based on aromacology – the science of relaxing body and mind through the use of fragrance.

Sisley's skincare products are made from the finest plant extracts and essential oils, applied to the skin using a variety of different massage rituals from around the world, to create impressive results and a deep sense of calm.

For further relaxation, take time out in our sauna and steam room then settle into one of our reclining chairs, surrounded by soothing chromotherapy lights. Sip a cup of herbal tea as you indulge in some well-deserved downtime in this peaceful environment.

If you want a workout, visit our fitness studio equipped with the latest TechnoGym equipment for cardio and fitness-training

including a Kinesis machine for a complete body workout. Our personal trainers are also available to tailor-make one-to-one training sessions to suit your individual needs.

We look forward to welcoming you!



Phyto-Aromatique Purifying Facial  
*60 minutes*

Created to combat oily, combination and problem skin, this purifying facial gently cleanses and helps to rebalance the complexion. Pores are tightened to appear less noticeable, giving a fresh and youthful glow.

Phyto-Aromatique Hydrating Facial  
*60 minutes*

Suited to young and sensitive skin, this hydrating facial is extremely gentle yet highly-effective in nourishing the skin to restore optimum hydration and radiance.

Phyto-Aromatique  
Comfort Extreme Facial  
*60 minutes*

Rich and moisturising, this specialist facial has been created to treat particularly dry and sensitive skin, using rich nourishing ingredients such as Mallow, Linden Blossom and Shea Butter to hydrate and strengthen the skin.

Phyto-Aromatique Radiance Facial  
*60 minutes*

This is the perfect pre-party facial to instantly boost dull, tired-looking skin, in favour of a brighter and more radiant complexion.

Phyto-Aromatique Restorative Facial  
*60 minutes*

Aimed at soothing irritated or sun-damaged skin, this restorative facial utilises the healing power of natural plant extracts to calm, hydrate and repair the skin, leaving it feeling soft and silky smooth.

Phyto-Aromatique Brightening Facial  
*60 minutes*

Using the advanced technology behind Sisley's Phyto-Blanc skincare range, this deep cleansing facial uses lavender oil to purify the skin and white mulberry to help even out the skin tone and brighten the complexion.

## PHYTO-AROMATIQUE ANTI-AGEING FACIALS

Phyto-Aromatique Intensive Hydrating  
Anti-Ageing Facial  
*90 minutes*

If your skin is in need of intensive nourishment this is the facial for you. Even very dry skin is restored to its natural level of hydration in just one treatment, for soft and supple skin that's more resilient to ageing.

## Sisleÿa Global Anti-Age Facial *90 minutes*

This relaxing facial offers all the benefits of the ten years of research it took to create. This deep-acting treatment transforms the tone of the skin, smoothing out fine lines and wrinkles for a younger and healthier look.

*Available for three different skin types:*

Normal skin

Dry to very dry skin

Combination and oily skin

## PRESTIGE SELECTION

### Supreme Anti-Ageing Facial *90 minutes*

This anti-ageing facial uses Sisley's popular Expert Face Balm, applied using specialist facial massage techniques. Visible results include a reduction in fine lines and increased elasticity after just a single session.

## FOR MEN

### Phyto-Aromatique Facial for Men *60 minutes*

Formulated exclusively for men, this effective facial uses the finest plant ingredients to hydrate and tone the skin for a noticeably fresher and more youthful appearance.

### Phyto-Aromatique Energising Invigorating Treatment

*60 / 90 minutes*

This energising body massage uses a revitalising blend of the finest essential oils to hydrate the skin and balance the body's energy, giving you renewed vitality.

### Phyto-Aromatique Energising Slimming Treatment

*60 / 90 minutes*

Using the advanced technology and expertise of Sisley's slimming products, this effective body treatment uses deep tissue massage to boost circulation and aid lymphatic drainage. It also helps to tone the skin and reduce the appearance of cellulite.

### Phyto-Aromatique Exfoliating Invigorating Treatment

*30 minutes*

This unique exfoliating treatment combines the natural healing and beauty boosting powers of aromatherapy with an invigorating body scrub. Skin is gently exfoliated for a smoother look and feel, making this an ideal choice before indulging in an energising body treatment.

### Phyto-Aromatique Zen Harmony Treatment

*60 / 90 minutes*

This relaxing and aromatic massage uses the Californian massage technique to offer different intensity levels and a variety of different fragrances to relax and revitalise.

## Wellbeing Escape

*120 minutes*

Our therapist will listen to your skincare needs and using Sisley's finest essentials oils select the most suitable facial and body massage for your skin type.

Facial 60 minutes.

Body treatment 60 minutes.

## Romance Treatment for Two

*60 & 120 minutes*

A treatment for two to relax with the loved one.

Private hammam.

Two Phyto-Aromatique Zen Harmony body treatments.

Hammam 20 minutes.

Tea break 10 minutes.

Body treatment 60 or 90 minutes.

## Le Richemond Escape

*120 minutes*

Exfoliation 30 minutes.

Body treatment 30 minutes.

Facial 30 minutes.

Relaxing back massage 30 minutes.

## Tranquil Escape

*180 minutes*

Sisleÿa Anti-Ageing Phyto-Aromatique.

Facial 90 minutes.

Exfoliation 30 minutes.

Body treatment 60 minutes.

## A Moment of Calm

*180 minutes*

Intense Hydration Facial 90 minutes.

Body treatment 90 minutes.



## Deep Tissue Massage

*30 / 60 / 90 minutes*

This intense massage is an effective way to release tension in tight and aching muscles. It is also an ideal post-workout treatment.

## Reflexology Massage

*30 / 60 minutes*

Based on the idea that different areas of the feet relate to specific areas of the body, reflexology helps relieve fatigue, anxiety, insomnia and generally promotes better health.

## Slimming Massage

*60 minutes*

This invigorating massage is designed to help boost the circulation and to tone and

sculpt the silhouette, to make you look and feel fantastic.

## Muscular Massage

*30 / 60 / 90 minutes*

This de-stressing massage is ideal for combating an aching back, neck or shoulders. The tension releasing techniques can be concentrated on specific areas of discomfort to suit individual requirements.

## Lymphatic Drainage

*60 minutes*

This therapeutic massage is aimed at gently boosting the body's lymphatic system and helps to visibly reduce the appearance of cellulite.

## PRESTIGE SELECTION

### Thai Massage

*60 / 90 minutes*

This unusual massage is carried out using the therapist's feet to help give a really strong deep tissue massage, which is particularly effective for relaxing tight areas of tension in the back and shoulders.

### Four hand Massage

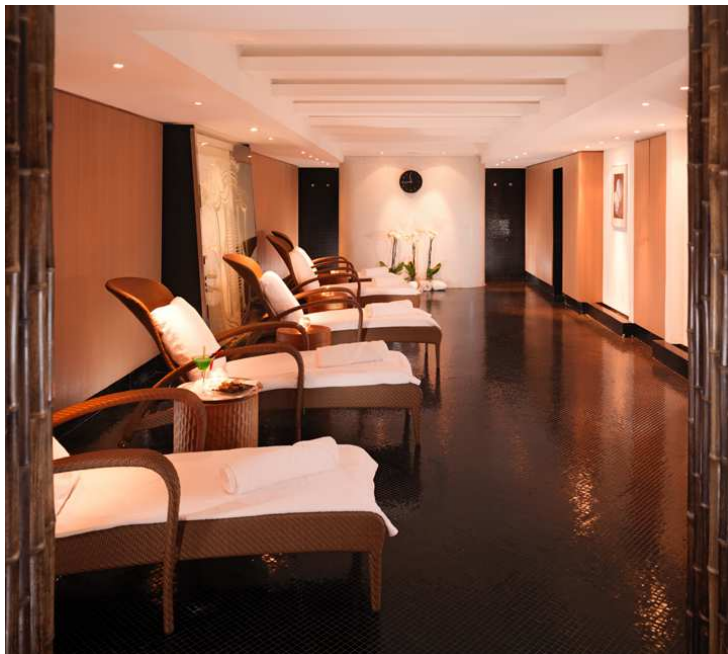
*60 or 90 minutes*

An extremely relaxing body massage using warm aromatherapy oil chosen to suit your mood.

Private hammam 20 minutes

Body massage 60 minutes.





Le Spa by Sisley is open daily from 7am to 10pm.

Treatments are available, by appointment only, between 10am and 8pm. The spa has five treatment rooms including one double with private hammam and a unique Thai themed treatment room, a fitness centre and relaxation area with a sauna and steam room.

For your convenience, we ask that you arrive 15 minutes before your appointment. You are also most welcome to take full advantage of our facilities before and after your scheduled appointment.

Cancellation policy is 24 hours prior to your treatment time, otherwise the treatment will be charged in full.