

A spa room with two hanging hammocks, blue lighting, and a central text box. The room features a blue carpet, a blue wall, and a blue ceiling. The hammocks are white and suspended by ropes. The text box is white with a thin black border and contains the text "THE SPA" in large, white, serif capital letters, and "AT THE MIDLAND" in smaller, white, sans-serif capital letters below it.

# THE SPA

AT THE MIDLAND



THE SPA AT THE MIDLAND

Leave the crowds, queues, hustle and bustle at street level, and head down the spiral staircase to an astonishingly calm space.

Manchester's award-winning spa has a luxurious space dedicated to helping you relax, unwind and enjoy top quality treatments.

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### THERMAL EXPERIENCE

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#### Sauna

Our beautiful Alder-wood sauna, gives heat around 85 degrees, and has a unique Himalayan salt block wall, giving a slight twist to your experience. Come in for a 10-15 minute session before your treatment, after your workout, or simply for relaxation.

#### Salt-infusion aromatherapy steam room

Our salt-infused aromatherapy steam room combines salt and steam to create a sea atmosphere, helping you breathe easier, relax and clear your mind.

#### Lifestyle shower

Immerse yourself in two unique showering experiences. A balance of heat, light and water create our Caribbean Storm and Arctic Rain shower experiences. The shower is designed to rapidly heat up or cool down your body depending on which option you choose. It will also help to stimulate your circulatory system.

#### Swan neck fountain

Found on the side of our relaxation pool, this jet of water will ease shoulder and neck tension. Hover below the surface for light pressure, or raise your shoulders just above the water line for a more invigorating experience.

### RELAXATION AREAS

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#### Big sleep

Our three sleep chambers are ergonomically created for comfort and tucked away to ensure privacy whilst you drift into a serene sleep.

#### Relaxation pods

Our four pods offer a unique experience. Each one can fit up to two people. Curl up and read, snooze or enjoy escapism from the busy city centre.

#### Time out

Settle in one of our two mini relax zones. They can be closed off for groups (prior booking required). The deep benched seats are perfect to kick back and relax.

#### Deep seat

Take in the ambiance of the relaxation suite in our sound canceling egg chairs with a deep set seating. Perfect for a much needed moment of peace.

### RASUL - TWO PEOPLE

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30 minutes for £35 / 40 minutes for £45 / 50 minutes for £55.

**Our Rasul is a unique spa experience to be taken alone or together with a friend or partner.**

Immerse your senses and prepare mind and body for an indulgent and relaxing spa day. Mineral muds are presented to smooth onto the body and face before you sit within the enfolding warmth of the Rasul. Steam, infused with relaxing aromas, is then gently introduced to help soothe tense muscles and open the pores allowing the enriched muds to condition your entire body. Towards the end of the experience the steam will disappear to be replaced by a warm rain shower, leaving your skin feeling deeply cleansed and beautifully soft when you emerge.

#### Choose your Rasul experience:

##### Relax

Choose our calming algae to apply after your steam experience. Shower off to leave your skin smooth and nourished.

##### Uplift

Enjoy the heat of the steam whilst the uplifting marine mud gets to work on your skin. Stimulates sluggish body systems making you ready for the pace of Manchester city life!

### JUST FOR YOU TWO: DUO SUITES

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Our duo suites allow you to enjoy your spa experience together with a friend or loved one.

Consisting of two individual treatment beds where two therapists perform your chosen treatments simultaneously.



### RAPID RESULT FACIAL TREATMENTS BY 3D SKINTECH

Using a combination of up to four different advanced machine concepts: micro dermabrasion, radio frequency, mesotherapy and LED treatment, we can provide skincare results on a single treatment or course basis.

#### Anti-ageing/mature time defence facial

80 minutes for £95

50 minutes for £80

Whether you are looking to reduce the appearance of fine lines and wrinkles promoting a more youthful appearance or to improve uneven skin tone and pigmentation. Let our expert therapists bespoke this treatment to your skins individual needs with this brightening and lightening facial.

80 minutes uses micro dermabrasion, mesotherapy, radio frequency and LED.

50 minutes omits one concept from either radio frequency, mesotherapy or LED.

#### Micro dermabrasion

25 minutes for £50

Micro dermabrasion helps encourage skin cell renewal, reduces pores and congestion and improves fine lines. The rotating tip of the hand piece exfoliates the top layers of dead skin cells while the gentle vacuum brings blood to the surface and helps stimulate cell growth leaving skin looking softer and brighter.

#### LED

25 minutes for £50

Choose from a range of colours each of which has a specific weight, temperature, wavelength and energy level to stimulate or minimise various metabolic functions. The different colours give off different frequencies which have varied effects on physical and psychological functions. We can provide treatments for anti-ageing, pigmentation, acne and detoxification. The treatment is completed with a moisturise boosting hyaluronic mask to leave your skin soft, plump and supple.

#### Mesotherapy

25 minutes for £50

Non-invasive mesotherapy breaks down the cell wall to ensure that the active ingredients are delivered where they are needed most without the need for needles.

#### Radio frequency

25 minutes for £50

Radio frequency penetrates the skin layers to selectively heat the skin tissue. The local heating causes an immediate contraction of collagen fibres, and accelerates the production of new collagen and elastin fibres. The concentration of collagen fibres and the regeneration of the elastin deposits tighten the skin layers creating smoother, healthier and younger looking skin.

Specific skin conditions can be treated. Please ask our friendly team.



### FACIAL TREATMENTS BY ESPA

Our results-driven ESPA facials are world-renowned to defy the effects of life lived on your skin. Reduce lines and wrinkles visibly and let your age remain a beautifully well-kept secret. Delivering what your skin really needs. All of our tailored facials include: An in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye, a detailed consultation, cleansing and exfoliation. A treatment specific massage, mask or intensive serum can be chosen to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

#### ESPA 'For You' Facial

55 minutes for £75

Deeply cleanse, exfoliate, purify and boost your complexion with this exclusively tailored facial from ESPA.

Includes: Triple cleanse, skin analysis with SkinVision™ lamp, facial massage, personalised mask & scalp massage.

### Advanced skin vitality facial

85 minutes for £95

Reawaken skin's vitality and reveal a smooth, supple and visibly youthful complexion.

**Includes:** Deep brush cleanse, unique ProCleanser; skin analysis with SkinVision™ lamp, Skin Radiance Mask, age defying rose quartz crystal massage, professional Lifting & Smoothing Mask & revolutionary Radiance Serum.

### Lifestage facial

55 minutes for £85

Targeted and rejuvenating, perfect for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line.

**Includes:** Deep cleanse, skin analysis with SkinVision™ lamp, specialised age-defying facial massage techniques, facial treatment mask, scalp massage & using the ultimate Lifestage products.

### MASSAGE THERAPY BY ESPA

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Luxurious, indulgent and entirely personalised to your needs. Following a personal consultation and sensory test, your expert therapist selects the most suitable combination of essential oils and targeted massage techniques to ensure you get the most out of this bespoke body treatment.

### Aromatic hot stone massage

55 minutes for £85

The ultimate massage booster. Volcanic stones give the therapist super powers to sort those muscles, relieving deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

**Includes:** Hot stone aromatherapy massage to back, legs, arms and a neck and shoulder massage.

### Back, face & scalp treatment with or without hot stones

85 minutes for £99

Restore calm to mind and body with this renowned 'hero' treatment. Loved by all, this relaxing and deeply effective ESPA experience delivers triple results by focusing on three key areas – the back, the face and the scalp – making it the ideal treatment for anyone.

**Includes:** Back exfoliation, Back massage with or without hot stones, Personalised Facial, Scalp massage.

Super charge your massage and add hot stones for just £10 extra.

### Inner calm massage

55 minutes for £75

Find your inner calm with this deeply relaxing and soothing, holistic treatment for mind and body, using a specially selected blend of oils, tailored to you. The addition of the heated neck and eye pillow creates a soothing tranquil sensation to allow a deeper feeling of relaxation. Rose Quartz Crystals encourage healing, circulation and reduce stress.

**Includes:** Warm neck and eye pillows, full body Aromatherapy massage, Rose Quartz Crystals.

### Swedish massage

55 minutes for £75

A truly traditional massage with firm, targeted pressure and stimulating movements. Excellent to effectively release knots and soothe tight muscles and joints, leaving you relaxed and revived.

**Includes:** Swedish massage to back, legs, arms and a neck and shoulder massage.

### Deep muscle massage

55 minutes for £80

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

**Includes:** Specialised massage to specific areas of concern.

### SPECIALIST TREATMENTS BY ESPA

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#### Bump beautiful:

#### Pre & post natal massage

55 minutes for £80

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. A gentle back exfoliation (if required), is followed by a body massage specifically focusing on the areas needed to alleviate muscular aches.

**Includes:** Back exfoliation (if required) and a body and scalp massage - this treatment is tailored to your specific needs.

A course of six treatments is recommended following the first trimester of pregnancy.

### Body beautiful:

#### Lift & firm, hip & thigh treatment

55 minutes for £70

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture.

Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised massage techniques this is ideal for people concerned by the appearance of cellulite.

**Includes:** Skin brush, detoxifying salt and oil scrub, detoxifying massage to a specific area using specialised massage techniques.

### Ocean and earth body wraps

55 minutes for £75

Purify the body or deeply nourish skin with this instantly effective body wrap. Detoxify or richly condition with this complete body wrap of Algae or Marine Mud combined with essential oils to rejuvenate skin, before a soothing scalp massage completely relaxes the mind.

**Includes:** Skin brush, Body exfoliation, Detox Algae or Nourishing Marine Mud wrap, Scalp massage.

## SPECIALITY TREATMENTS

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### Signature serene sleep

55 minutes for £85

Designed especially for The Spa At The Midland by the renowned skincare experts ESPA, this beautifully simple yet effective treatment delivers a deeply restful and unique experience. The serene sleep treatment relaxes your mind and body and helps lull guests into a truly serene sleep. Featuring an aromatherapy back massage with hot stones, facial massage using warmed rose quartz crystals and finishing with a soothing scalp massage.

For an extra touch of luxury your serene sleep treatment can be upgraded to include your hands and feet.

80 minutes for £25

## HOLISTIC THERAPIES

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Holistic therapies aim to help restore the balance of your immune system, thus allowing your body to heal itself naturally. Enjoy our selection of therapies and feel your stress melt away.

### Indian head massage

50 minutes for £75

This holistic therapy is a very effective method to help reduce fatigue, dispel stress, and relieve tension, increasing vitality and clarity of thought. Your therapist will concentrate on your neck and shoulders, working deeply over the muscles and pressure points, before moving onto your scalp where techniques are used to stimulate and revive.

### Reflexology

50 minutes for £75

Reflexology is based on the discovery that there are points on your feet and hands which correspond to organs or systems within your body. Gentle pressure is applied to your feet to bring about a state of deep relaxation to stimulate the body's own healing process.

### Hopi ear candle therapy

50 minutes for £75

This natural and relaxing therapy is completely painless and helps to rebalance your ear by drawing out impurities. It is used as a method of relieving stress, removing excess wax and clearing the sinuses.

A course of six treatments is recommended.



### BALANCE & CALM



In partnership with Wellness for Cancer™, we are proud to offer our collection of face and body treatments tailored for those touched by cancer. Our Balance and Calm treatments are designed to help relax, nurture and restore your body and mind to ease away stress and anxiety.

#### Signature treatment 85 minutes for £105

Our Balance and Calm experience combines a personalised consultation, mindful touch and breathing, tension releasing back massage, nourishing facial including skin analysis with a scalp and hand massage to leave you feeling refreshed and rejuvenated, enveloping you in calm.

#### Soothing facial 55 minutes for £80

A deeply relaxing facial to leave skin feeling nourished, soothed and radiant. Tailored to your individual needs, this facial includes a cleanse and exfoliation followed by an application of a hydrating mask. A scalp and hand massage completes the treatment whilst you relax and unwind.

#### Calming massage 55 minutes for £80

Your therapist will use varying levels of touch and pressure, so you can enjoy all the soothing and restful benefits of a therapeutic massage. Be safe in the knowledge that your treatment is entirely tailored to your own personal health needs and preferences.

#### Rebalancing hand & foot massage 25 minutes for £45

This revitalising and beautifully relaxing hand and foot ritual, includes gently warmed mitts and pure oils to nurture skin and release tension.



### RITUALS BY ESPA

#### City Lifestyle 50 minutes for £75

A refreshing full body exfoliation either combining sea salts with essential oils or body brushing and body polish to leave skin nourished, smooth and supple. This ritual is finished with a therapeutic back massage to soothe tension and leave you relaxed and revived.

#### Time off your Feet 50 minutes for £75

Restore balance and peace of mind with this unique combination of a personalised facial and soothing foot massage. An express facial will be tailor made to suit your skin's individual needs and is followed with a relaxing scalp massage working on pressure points to ease tension. Complete the experience with an uplifting foot and lower leg exfoliation and a deep massage to bring instant relief to tired feet.

#### Relax in Manchester 50 minutes for £75

The perfect treatment for time out in the city. Combining a gentle exfoliation and relaxing aromatherapy back massage, with a face and scalp massage to melt away tension and leave skin radiant.

#### City Living 50 minutes for £75

After a stressful day, relax with a back cleanse, exfoliation and deep massage followed by a purifying back mask. A tension relieving massage to the legs and feet to help revitalise will leave you feeling totally rejuvenated.



### OUR TREATMENTS FOR MEN

#### Deep cleansing facial

55 minutes for £75

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment. It combines a relaxing shoulder, neck, face and scalp massage with a tailored facial to your skin's needs. **Includes:** Double cleanse, exfoliation, face massage, mask and a scalp massage.

#### Back, face & scalp treatment (with hot stones)

85 minutes for £99

#### Hot stones massage

55 minutes for £85

#### Swedish massage

55 minutes for £75

#### Deep muscle massage

55 minutes for £80

Super charge your massage and add hot stones for just £10 extra.

#### Gentleman's grooming - feet

40 minutes for £45

A full overhaul of your feet, tidying and removing hard skin, whilst massaging and moisturising.

#### Gentleman's grooming - hands

30 minutes for £27.50

A skillful hand massage coupled with cuticle, nail work and moisturising the skin which will leave you ready for Manchester city life.



### OUR EXPRESS SPA TREATMENTS

Add a touch of luxury with one of the following treatments. They are available to book alongside any of our 55 minute spa treatments.

#### Lift & firm eye treatment

25 minutes for £45

Firm, hydrate and smooth the appearance of fine lines while relieving eye-strain and tension with this brightening and instantly effective treatment from ESPA.

**Includes:** A cleanse, exfoliation, massage, firming eye mask and application of our Lift & Firm Intensive Eye Serum.

#### Ocean glow

25 minutes for £45

Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

#### Therapeutic scalp massage

25 minutes for £45

Soothe away stress, re-energise the spirit and balance the mind with this deeply therapeutic and nourishing scalp massage.

**Includes:** Hot stone shoulder and scalp Massage.

#### Invigorating foot treatment

25 minutes for £45

Relax the mind and centre the body with this uplifting and grounding foot massage.

**Includes:** Refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

#### Back, neck & shoulder massage

25 minutes for £45

A massage for those who suffer with tension related headaches and neck strain.

If you have only a little time to spare, this deeply soothing back, neck and shoulder massage is an ideal way to melt away tension and relieve tight muscles.

#### Express 'For You' facial

25 minutes for £45

Your therapist will select the most suitable facial for your skin.

**Includes:** Consultation, cleanse and exfoliation, application of facial oils tailored to your skin, scalp massage and booster serums.

HANDS & FEET BY JESSICA

**Deluxe manicure with Jessica colour**

50 minutes for £50

A relaxing hand exfoliation, massage and moisturise including cuticle care and a nail shape. Your fingers will be finished perfectly with Jessica's great range of colour, or quick dry Phenom – the complete treatment to ensure your nails are looking ready to go!

**Deluxe pedicure with Jessica colour**

50 minutes for £50

A luxury foot and leg treatment including a relaxing massage and moisturise. Your feet are tendered to and any hard skin removed, your cuticles and nails are shaped before your toe nails experience Jessica's great range of colour or quick dry Phenom.

**Geleration manicure**

50 minutes for £55

This luxurious treatment begins with a gentle exfoliation. Cuticles are groomed and nails will be beautifully shaped and finished with Jessica's GELeration application. Treatment is completed with a hand massage and application of cuticle oil.

**GELeration pedicure**

50 minutes for £55

Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's GELeration polish.

**Express manicure or pedicure**

25 minutes for £25 (Monday-Friday)

Nails are shaped, cleaned, treated with a prescriptive base coat and finished with a Jessica custom nail colour.

For all Jessica nail treatments we recommend avoiding heat facilities after application.



TANNING

**Spray tan by St Tropez**

25 minutes for £25 (Monday-Friday)

Create that amazing feel-good effect with St Tropez's legendary spray tan.

**EYE CARE (MONDAY - FRIDAY)**

Eyebrow shape - 10 minutes	£10
Eyelash tint - 15 minutes	£15
Eyebrow tint - 15 minutes	£10
Lash and brow tint - 25 minutes	£25



**WAXING (MONDAY - FRIDAY)**

Full leg	£30
½ Leg	£20
Create that amazing feel-good effect with St Tropez's legendary spray tan.	£30
Bikini	£15
Extended bikini	£20
Full arm	£20
Half arm	£15
Underarm	£10
Lip and chin	£15
Lip or chin	£10
Men's back, chest or stomach	£30

**Specialised hot wax options**

Bikini	£20
Extended bikini	£25
Brazilian	£30
Hollywood	£40
Lip and chin	£20
Underarm	£15

Other waxing treatments are available on request.

### Finding The Spa At The Midland

Please find access to The Spa At The Midland from the entrance on Mount Street, on the Western side of the hotel. We recommend you arrive 15 minutes prior to your treatment. If you are taking a treatment of 50 minutes or more you will be offered a robe and slippers to change into, should you wish.

Access to our relaxation suite is included with 50 minutes of booked treatment time (does not include poolside or thermal areas). Time is limited to an hour. Access is also included for 'day spa' guests.

### Music

You will have the opportunity to select the music style you'd like during your treatment in our pre-treatment area before you meet your therapist.

### Treatments

All treatments are inclusive of client care and consultation time.

### Medical advice

Treatments, use of the relaxation pool and thermal areas are subject to completion of a health consultation form. Pregnancy, certain medical conditions or injuries may prevent the use of some facilities and treatments. Please seek medical advice from your doctor and notify us before your arrival. Please note that for some medical conditions, you will be required to bring a doctor's note advising that you can have your chosen treatment on the day.

### Lockers

Please take advantage of our spa lockers as we cannot accept responsibility for loss of belongings or jewellery.

### Mobile telephones

Mobiles phones are not permitted to be used in the poolside or changing areas. We have great Wi-Fi coverage, but please put your phone on silent and we politely request you do not speak on your phone in The Spa.

### Age

The Spa is open to those aged over 18 (over 16 under certain conditions please enquire with our spa team).

### Cancellation policy

Cancellations will be charged at 100% if made on the day of your booking or 50% if made the day prior. No exceptions will be made to the cancellation policy under any circumstances.

### Group packages (maximum 8)

We welcome groups, corporate team days and special group celebrations. We can set aside one of our relaxation zones for your own personal use with prior arrangement.

### Gift vouchers

Give the gift of relaxation and treat someone special to a spa experience at The Spa At The Midland. Gift cards can be purchased for any monetary amount and are valid for 12 months. Please contact a member of the spa reception team for further information.



### OPENING HOURS

Monday to Friday: 9am – 8pm

Saturday: 9am – 7pm

Sunday: 10am – 6pm

(Subject to change)

The Spa At The Midland, Peter Street, Manchester M60 2DS

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