

Rena

SPA

AT THE MIDLAND

Rena Spa at The Midland

16 Peter Street, Manchester M60 2DS

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RENA SPA TREATMENTS

	Duration (mins)	M-T Price £	F-S Price £		Duration (mins)	M-T Price £	F-S Price £
Advanced Anti-Aging Facials				Wellness Treatments			
Premier Cru	50	95	105	Calming	50	88	99
Resveratrol Lift	50	85	95	Aloe and Mint	80	121	138
Lifting and Firming	25	45	50	Phytocare	80	110	125
				Rose and Honey	50	80	90
Facials				Men's Treatments			
Beauty Elixir	50	89	99	Vineactiv Facial	50	80	90
Vinoperfect	50	89	99	Vinopure Facial	50	80	90
Vinactiv	50	89	99	Deep Tissue Massage	25	50	55
Vinosource	50	89	99		50	90	100
Vinopure	50	89	99	Wine Makers Massage	50	85	95
Express D-Vine	25	45	50				
Body Treatments				Holistic Treatments			
Crushed Cabernet Treatment	50	88	99	Reflexology	50	89	99
Contouring and Invigorating Wrap	50	77	88	Indian Head Massage	50	78	88
Relaxing and Nourishing Wrap	50	77	88	Hot Stone Massage	50	95	105
					80	110	125
				Hopi Ear Candle	50	70	80
Massage Therapy				Express Treatments			
Deep Tissue	25	50	55	Lifting and Firming Eye	25	50	55
	50	99	110	Express D-Vine Facial	25	50	55
Wine Makers	50	85	95	Crushed Cabernet Scrub	25	50	55
Divine Body	50	88	99	Divine Back			
The Des Vigne	50	80	90	Neck and Shoulder Massage	25	50	55
Fleur De Vigne	50	80	90	Cranial Massage	25	50	55
Pre Natal	25	45	50	Prenatal Massage	25	50	55
	50	80	90				
Pre Natal Wrap	50	77	88				
Signature Treatments				Nails			
Ultimate Face and Body	100	154	176	Deluxe Manicure	50	40	-
D-vine Back Face Scalp	80	125	139	Deluxe Pedicure	50	40	-
				Gel Polish Manicure	50	45	-
				Gel Polish Pedicure	50	45	-

Ultimate

A luxury top to toe day of pure bliss

Your Ultimate Spa Day will include:

- 25 minute Full Body Scrub
- 50 minute Massage
- 50 minute Facial
- 50 minute Manicure
- 50 minute Pedicure
- A glass of Champagne
- A light lunch or afternoon tea
- £10 voucher to spend on spa products

Treatment Duration 225 minutes

Monday to Thursday £285pp

Friday to Sunday £310pp

Twilight

Monday to Thursday 4pm-8pm

Unwind with this early evening spa treat

Your Twilight Spa Day will include:

- 25 minute treatment of your choice
- A glass of Champagne
- An Evening Meal
- £10 voucher to spend on spa products

Treatment Duration 25 minutes

Monday to Thursday £89

Indulgence

A pampering spa journey to clear your mind and relax your body

Your Indulgence Spa Day will include:

- 50 minute treatment of your choice
- A glass of Champagne
- A light lunch or afternoon tea
- £10 voucher to spend on spa products

Treatment Duration 50 minutes

Monday to Thursday £119pp

Friday to Sunday £139pp

Double Up

Treat a friend or loved one to the ultimate spa experience

Your Double Up Spa Day will include:

- 30 minute Rasul treatment for two
- 50 minute spa treatment of your choice
- A glass of Champagne
- A light lunch or afternoon tea
- £10 voucher to spend on spa products

Treatment Duration 80 minutes

Monday to Thursday £145pp

Friday to Sunday £165pp

Rasul for Two

A traditional Arabian self-bathing ritual using mineral mud

Your Rasul Spa Day will include:

- 50 minute Rasul experience for two
- A glass of Champagne
- Afternoon tea
- £10 voucher to spend on spa products

Experience Duration 50 minutes

Relaxation Suite is not available with Rasul Spa Day

Monday to Thursday £149 for two

Friday to Sunday £175 for two

EXCLUSIVE TO RENA AT THE MIDLAND

Rasul

For up to two people

Our Rasul is a unique spa experience to be enjoyed 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.

Experience Duration 30 minutes

£35

Experience Duration 50 minutes

£55

RENA SPA DAYS

Wellness

Indulge all of your senses with our soothing wellness experience

Your Wellness Spa Day will include:

- 1 x 80 minute Wellness Ritual
- A light lunch or afternoon tea
- £10 voucher to spend on spa products

Treatment Duration 80 minutes

Monday to Thursday £135pp

Friday to Sunday £155pp

Time

Create a bespoke spa experience with your own dedicated therapist

Your Time Spa Day will include:

- 100 minutes of spa treatments or 150 minutes of spa treatments
- A glass of Champagne
- A light lunch or afternoon tea
- £10 voucher to spend on spa products

Treatment Duration 100 minutes

Monday to Thursday £179pp

Friday to Sunday £199pp

Treatment Duration 150 minutes

Monday to Thursday £209pp

Friday to Sunday £229pp

WELCOME TO RENA SPA. OUR URBAN SANCTUARY IS THE PERFECT ENVIRONMENT TO RENEW AND REJUVENATE YOUR BODY AND MIND.

ENJOY OUR FACILITIES DURING YOUR VISIT

THERMAL EXPERIENCE

Sauna

Our 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.

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.

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.

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

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

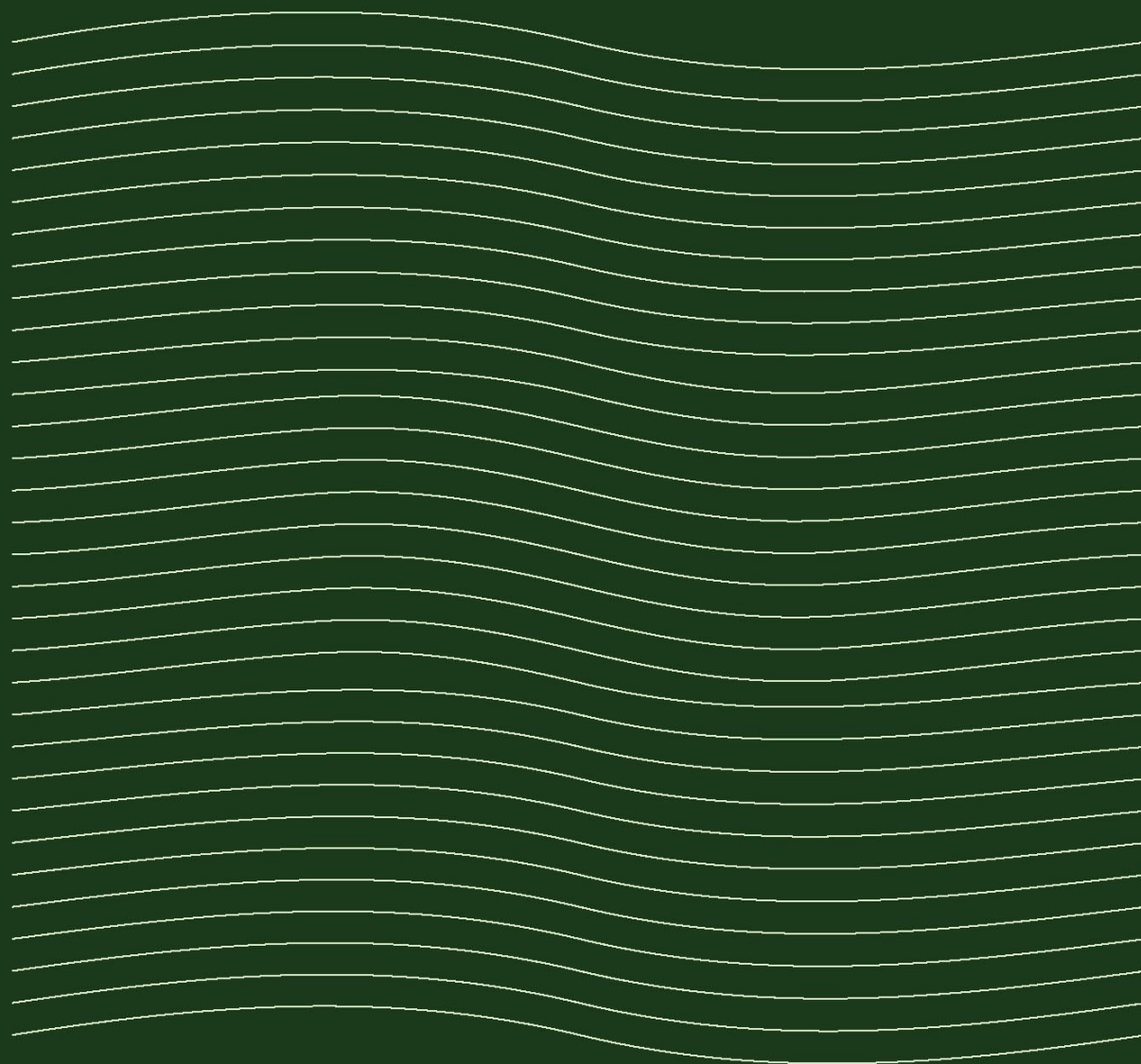
Deep seat

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.

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TREATMENTS