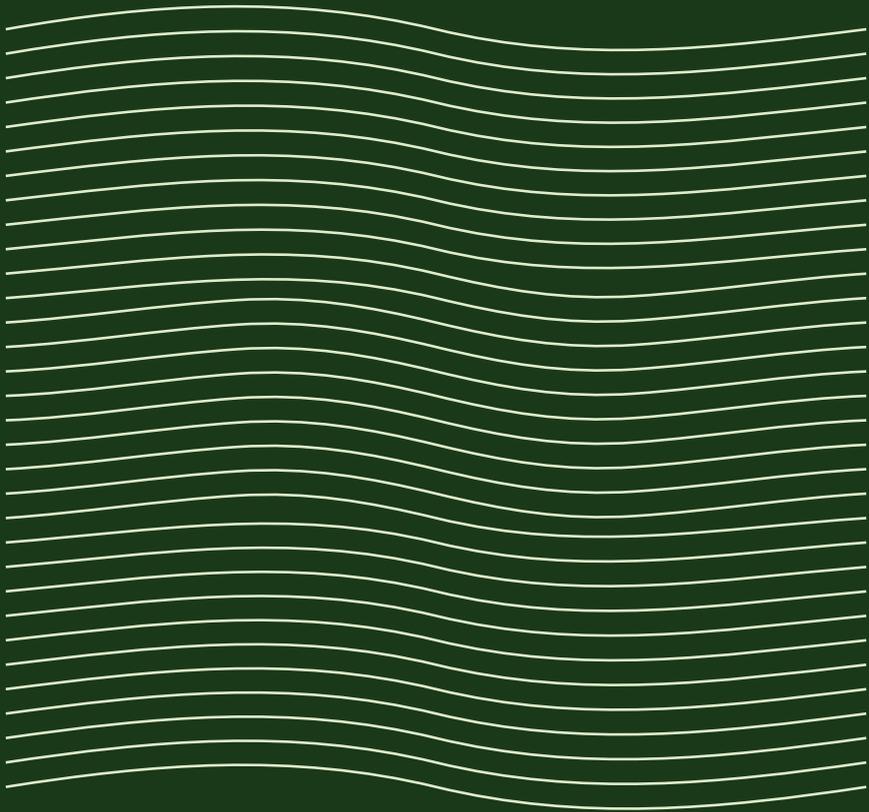


Rena

SPA



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

Our specialist Rena treatment rooms are the ideal place to enjoy some ultimate 'me time'.

We have a wonderful selection of specialist Caudalie treatments available including facials, massages, body treatments and deluxe pamper days.

Our Spa team are always on hand to offer their advice on the very best treatments to suit you.

During your visit, enjoy our heated

pool and our steam room too and explore our range of Caudalie products available to purchase and enjoy at home.

Whether you have a few stolen hours or a whole weekend to unwind in the city centre, a trip to Rena Spa is time well spent.

Give yourself the relaxation time you deserve and renew yourself at Rena Spa. Book your appointment today.



Contents

Crystal Clear COMCIT™ Facials	Page 2
Caudalie Advanced Anti-Aging Facial Treatments	Page 3
Caudalie Facials	Page 4
Caudalie Body Treatments and Massage.....	Page 6
Rena Signature Treatments	Page 8
Balance and Calm Wellness Treatments.....	Page 8
Rituals by Caudalie.....	Page 9
Treatments for Men.....	Page 10
Holistic Therapies	Page 11
Express Spa Treatments.....	Page 12
Manicure and Pedicures	Page 13
Finishing Touches.....	Page 14
Waxing.....	Page 15
Our Spa Guidelines.....	Page 16

Crystal Clear COMCIT™ Facials*

COMCIT treats ageing, dehydrated skin with results that are simply staggering and provides an instant, perfect dewy glow for that special occasion, wedding or red carpet event.

COMCIT is an effective skin rejuvenation and rehydration treatment, tailored to deliver exactly what your skin needs.

As chemical-intensive treatments such as muscle relaxants and fillers increasingly fall out of favour, some clients are now looking towards non-surgical treatments, or so called 'Notox' facials.

Heralding this move away from injections and fillers is Crystal Clear COMCIT™; the new age-defying alternative that is the first of its kind anywhere in the world.

Rena Spa Radiance Facial

Crystal Clear's most intense hydration treatment yet, giving red carpet ready results.

The radiance facial delivers freezing cold oxygen throughout the epidermis to nourish and invigorate skin cells, while the COMCIT roller allows hyaluronic acid to reach deeper dermal layers via micro-channels; plumping and re-balancing the skin from the inside out.

The result is brighter, fresher, hydrated skin that glows with a youthful radiance.

Rena Spa Frozen Facial

The most effective and advanced skin rejuvenation treatment yet, tackling lines, wrinkles and pigmentation. Enjoy a full cleanse and gentle exfoliation, followed by the ground-breaking COMCIT treatment, using cryo oxygen and micro rollers to infuse the skin with a potent Infusion, tailored to tackle your skins concerns and stimulate collagen production. Then lie back while your therapists applies a Crystal Clear face mask to suit your skin type, giving you an extra hit of hydration, firming and lifting.

Rena Spa Deluxe Face Polish

Crystal Clear microdermabrasion is a gentle skin resurfacing facial which helps with a variety of imperfections such as open pores, blackheads, pigmentation. Blemishes, acne scars, stretch marks and many more. Helps to increase new collagen and elastin fibres resulting in a firmer and more toned texture.

Rena Spa Pure Glow Facial

Perfect rejuvenation facial for aging skin. As we age oxygen levels in the skin decrease resulting in a loss of elasticity and the formation of lines and wrinkles. Replenishes lost oxygen by plumping out lines and wrinkles. Results are immediate so perfect for a party or a special occasion. Also treats acne or any impurities as it has amazing anti-bacterial properties. This is the perfect all round facial.

Caudalie Advanced Anti-Aging Facials

Renowned for their anti-aging and advanced skin care, Caudalie facial treatments are developed from the unique combination of patented grape and grapevine ingredients with the latest skincare techniques. In the hands of our therapists, you will experience a full regimen of results driven skincare treatments paired with relaxing massages for firmer, healthier, more beautiful skin.

Premier Cru Facial*

*Ultimate anti-aging
50 minutes*

This exceptional anti-aging facial will lift, moisturise, smooth, plump and even the skin with cutting edge innovative techniques and products from the Premier Cru Range.

This advanced facial includes a massage carried out using a roller with a micro-point system which improves the penetration of active ingredients, stimulating the natural production of collagen and elastin.

The application of an exclusive hydrogel mask will provide immediate tightening and lifting effects to the face and jaw areas.

The results are spectacular: wrinkles and fine lines are visibly reduced, the skin is smoother and firmer and a radiant glow enhances an even complexion.

Resveratrol Lift Facial

*Firming, lifting and anti-wrinkle
50 minutes*

Specially created for skin that lacks firmness, contour and vitality.

After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face.

The application of a warming mask enhances the lifting effect of Caudalie's resveratrol lift products.

The firming and lifting effects are immediate, your face is as if resculpted and radiant with youth.

Lifting and Firming Eye Treatment*

*Lifting and Firming
25 minutes*

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes.

It starts with a delicate massage followed by the application of a hydrogel patch concentrated in red vine, horse chestnut and ivy leaf that smooth features, substantially diminishing dark circles and instantly reducing puffiness.

The eye contour is lifted and the eyes are enhanced.

Caudalie Facials

Beauty Elixir Facial*

Radiance, Hydration, cult facial **50 minutes**

The Beauty Elixir Facial starts with therapeutic breathing techniques for deep relaxation and a sense of wellbeing. Caudalie's signature cleansing ritual follows.

The skin is then gently exfoliated so it is ready to receive the benefits of a relaxing Beauty Elixir massage.

Through the use of misting and gentle pressure, this massage boosts micro-circulation from the face to the décolleté for an instant healthy glow effect.

Application of the glycolic peel mask, covered with cool patches soaked in Beauty Elixir, enhances the skin's radiance and multiplies the effects of the facial treatment.

Vinoperfect Radiance Facial

Complexion correcting / anti-dark spot **50 minutes**

A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin.

Specifically created for tired, dull and uneven skin types, this is a must have facial treatment.

Exceptional massage techniques with essential oils and small hot and cold basalt stones, awaken the luminosity of the complexion, inducing a feeling of wellbeing.

A radiance peeling mask is applied for a gentle peeling action to restore your complexion's even tone.

The Vinoperfect Serum adds the finishing touch to this treatment, leaving you looking radiant, even and luminous.

Vineactiv Facial

Anti-pollution, recharge and glow **50 minutes**

A deeply energising vitamin cocktail. This facial treatment hydrates, renews, energises and protects the skin cells in the epidermis.

Combined with regenerating aromatherapy massage using essential oils, an anti-oxidant mask follows, highly concentrated in pink clays, grape marc and coffee, it deeply cleanses the skin while draining toxins.

This facial reduces the visual appearance of fine lines and wrinkles, smooths and protects the skin. Your skin looks plumper, youthful and your complexion is smooth. This is a perfect facial for those wishing to maintain and protect their skin from the environment and free radical damage.

Vinosource Hydrating and Nourishing Facial

*Hydrating, nourishing and
de-sensitising
50 minutes*

A skin-renewing treatment to deeply moisturise the skin.

This treatment starts with a gentle cleansing of the skin.

A massage with fresh grapes followed by a recovery essential oil massage soothes dryness.

The application of an intensely moisturising mask, and our Vinosource products restore moisture levels for a healthy, glowing appearance.

Vinopure Facial*

*Detoxifying and balancing
50 minutes*

This treatment purifies your skin, cleanses your complexion and helps regulate excess sebum.

A cleansing of the skin followed by a face massage with essential oils and a cryo-massager will help remove impurities and tighten pores.

The cryo-massager will have an anti-inflammatory action on the skin and anti-dark circles action on the eye contour.

Express D-Vine Facial

*Instant glow
25 minutes*

Specially designed for men and women who are short on time, yet still want results.

This express treatment is tailor made to meet the needs of every skin type.

This facial includes: eye and skin cleansing, deep exfoliation, the application of a customized mask, and a hand massage completes this moment of well-being.

The experience is completed with serums and moisturisers to meet your individual requirements.

Your skin's freshness, comfort and evenness are restored.

Body Treatments and Massage

CAUDALIE BODY TREATMENTS

Crushed Cabernet Body Treatment*

Stimulating and firming

50 minutes

This indulgent body treatment incorporates one of the most popular scrubs from Caudalie's Vinothérapie® Spas. This exfoliation technique regains your skin's radiance and softness, providing optimum opportunity for the skin to absorb all the hydrating ingredients to follow. The Caudalie signature sculpting massage follows, using the contouring concentrate, which stimulates the systems of the body and encourages natural elimination of toxins. An ideal treatment for relieving tension, invigorating your mind & body and as part of a slimming programme. Your skin will be left feeling clean, refined and perfectly smooth.

Contouring and Invigorating Body Wrap*

Stimulating, illuminating treatment

50 minutes

This balancing and detoxifying treatment involves gentle exfoliation with our crushed cabernet scrub, followed by application of our contouring concentrate, designed to help boost the metabolism and ease away tension it also speeds up the elimination of toxins. This is followed by an application of our vine body butter massaged onto the skin and then wrapped to cocoon the skin with hydration. The experience includes a full scalp treatment for total relaxation.

Relaxing & Nourishing Body Wrap*

Relaxing

50 minutes

A deep nourishing treatment for the body. We will start with a divine scrub to exfoliate the dead cells followed by an application of divine oil and vine body butter for a deep moisture treatment, massaged onto the skin and then wrapped to cocoon the skin with hydration. This treatment includes a full scalp treatment for total relaxation.

CAUDALIE MASSAGE THERAPY

Deep Tissue Massage*

Reduces Muscle Tension

25 minutes or 50 minutes

Deep tissue massage instigates a greater tension relieving response than a classic massage by concentrating on posterior (deeper) muscles. It uses a mix of classic massage strokes, with increased pressure, typically following the muscle from insertion to origin.

The aim is to reduce muscle tension by releasing knots and restoring elasticity. Deep tissue massage is also designed to increase blood flow to targeted muscles, kick-starting the body's natural healing process.

Wine Makers Massage

An Invigorating and

Deep Tissue Massage

50 minutes

This sculpting massage is Caudalie's signature treatment and recreates the ritualistic steps of the wine-making process on the body. This treatment alternates techniques using bare hands

and pressure on the energy paths.

No area of the skin is overlooked; your entire body is stimulated, from the tips of your fingers to the bottom of your feet. This sculpting massage activates blood circulation and muscle tone.

You will leave bursting with energy!

Divine Body Massage

Relaxing and Indulgent

50 minutes

This treatment incorporates the signature Caudalie massage, featuring the award-winning divine oil. Indulge in the floral, sun-kissed fragrance of divine oil, while compression techniques gently soothe tension and re-boost your energy. Your skin will be luxuriously softened, moisturised and wrapped in a delicate fragrant blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk. Truly divine!

The Des Vignes Body Massage

Soothing and Uplifting

25 or 50 minutes

This treatment incorporates the signature Caudalie massage, using techniques to suit your requirements, relax the muscles and uplift the mind. The Des Vignes oil captures the last dusk falling on the sweet grapevines, combining subtle notes of honeyed ginger, neroli, orange blossom, white musk and jasmine. The skin is left feeling soft, hydrated and shrouded in the subtle Des Vignes fragrance.

Fleur De Vigne Candle Massage*

Relaxing and Soothing

50 minutes

This massage is a signature Caudalie massage. Under the glow of the soft light of a massage candle that melts into a warm oil, delicately scented with fleur de vigne (grape blossom), enjoy a unique and relaxing experience where all your senses will be indulged.

Tension will be relieved and you will regain your energy.

MOTHER TO BE BODY MASSAGE AND TREATMENT

Pre Natal Massage

Soothing and relieving

25 minutes or 50 minutes

This gentle and enveloping massage with grape-seed oil soothes tension brought on by pregnancy, stimulates blood circulation and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be.

Pre Natal Nourishing Body Wrap*

Nourishing

50 minutes

A deeply nourishing treatment for the body. We will start with a scrub to exfoliate the dead cells followed by an application of Divine Oil and Vine Body Butter for a deep moisture treatment, massaged onto the skin and then wrapped to cocoon the skin with hydration. This treatment includes a full scalp treatment for total relaxation.

Signature Treatments

Ultimate Face and Body Experience*

100 minutes

This treatment starts with a full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth, followed by a luxurious Divine Body Massage.

This is followed by a Facial cleanse, exfoliation, massage and finishes with a Cranial Scalp Massage for ultimate tranquility.

D-Vine Back, Face and Scalp Treatment*

80 minutes

This luxurious back, face and scalp treatment starts with a cleansing of the back, followed by exfoliation and a Back Massage to ease away stress and tension. As your body is relaxed, we treat and hydrate your skin with a Caudalie Facial to suit your wishes, finishing with a Cranial Scalp Massage to calm your mind.

Balance & Calm Wellness by Germaine De Cappuccini*

A stunning range of therapies suitable for those undergoing treatment for Cancer

Calming Hand, Foot & Scalp Therapy

*Intense nourishment & hydration
50 minutes*

Chemical treatments can cause extreme dryness on hands and feet whilst stimulating hair loss. This therapy is designed to counteract these problems.

Aloe & Mint Cooling Body Therapy

*Light touch body & scalp massage
80 minutes*

This gentle therapy combines the power of semi-precious stones to restore harmony to the mind, with a gentle cooling massage to soothe the body.

Phytocare Baobab Body Ritual

*Full body exfoliation, body & scalp massage with Baobab Oil
80 minutes*

This ritual begins with a gentle full body exfoliation using baobab seed shells to remove dead cells. A soothing

lymphatic massage with baobab oil will then provide the skin with anti-inflammatory, nourishing, and hydrating benefits. To complete your totally stress-reducing experience, our relaxing baobab scalp therapy will help to revitalise the hair and soothe the scalp.

Rose & Honey Harmony Facial

*Soothing stressed & sensitive skin
50 minutes*

Soothing pure rose hip oil, known for its healing properties, is combined with our de-stressing royal jelly elixir to revitalise dull tone whilst helping the skin regain its natural immunity against daily aggression. Your facial is complete with our 5 rose petal mask which soothes skin prone to sensitivity brought on by emotional and physical stress from medication. A luxurious gentle touch and healing massage with obsidian and onyx stones will help to restore peace to the mind and soul.

**Available In select locations*

Rituals by Caudalie*

Caudalie City Lifestyle

50 minutes

This gorgeous body treatment incorporates one of the most popular scrubs from our Vinotherapie® Spas.

The Caudalie signature sculpting massage follows, using the contouring concentrate, which stimulates the systems of the body and encourages natural elimination of toxins.

An ideal treatment for relieving tension, invigorating your mind & body and as part of a slimming programme.

Your skin will be left feeling clean, refined and perfectly smooth.

Caudalie Time Out

50 minutes

Specially designed to make you feel and look relaxed and radiant in less than 1 hour. This facial includes full skin cleansing, deep exfoliation.

While you relax with a customised mask, a hand and cranial scalp massage is completed. This creates a moment of well-being by unblocking the energies of the nervous system.

The experience is completed with

serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

Caudalie Relax in the City

50 minutes

The perfect treatment for time out in the city.

Indulge in a divine body exfoliation, relaxing des vignes back massage, followed by a pressure point facial massage & cranial scalp treatment to melt away tension and leave skin radiant.

Caudalie City Living

50 minutes

After a busy day, calm your mind and body with a deeply relaxing leg and back treatment.

This ritual begins with a back cleanse, exfoliation and deep tissue massage to back and legs and incorporates a nourishing mask applied to the back.

This treatment will relieve tension and revitalise, leaving you feeling totally rejuvenated.

Treatments for Men

Vineactiv Facial

Anti-wrinkle, recharge and Glow
50 minutes

A deeply energising vitamin cocktail. This facial treatment hydrates, renews, energises and protects the skin cells in the epidermis.

Combined with regenerating aromatherapy massage using essential oils, an anti-oxidant mask follows, highly concentrated in pink clays, grape marc and coffee, it deeply cleanses the skin while draining toxins.

This facial reduces the visual appearance of fine lines & wrinkles, smooths and protects the skin.

Your skin looks plumper, youthful and your complexion smooth.

This is a perfect facial for those wishing to maintain and protect their skin from the environment and free radical damage.

Vinopure Facial*

Detoxifying
50 minutes

This treatment purifies your skin, cleanses your complexion and helps regulate excess sebum.

A skin cleansing and a face massage with essential oils and a cryo-massager will help remove impurities and tighten pores. The cryo-massager will have an anti-inflammatory action on the skin and anti-dark circles action on the eye contour.

Back, Chest or Stomach Wax

20 minutes

Deep Tissue Massage*

Reduces Muscle Tension
50 Minutes

Deep tissue massage instigates a greater tension relieving response than a classic massage by concentrating on posterior (deeper) muscles.

It uses a mix of classic massage strokes, with increased pressure, typically following the muscle from insertion to origin.

The aim is to reduce muscle tension by releasing knots and restoring elasticity.

Deep tissue massage is also designed to increase blood flow to targeted muscles, kick-starting the body's natural healing process.

Wine Makers Massage

An Invigorating and Deep Tissue Massage
50 minutes

This sculpting massage is Caudalie's signature treatment and recreates the ritualistic steps of the wine-making process on the body.

This treatment alternates techniques using bare hands and pressure on the energy paths.

No area of the skin is overlooked; your entire body is stimulated, from the tips of your fingers to the bottom of your feet.

This sculpting massage activates blood circulation and muscle tone. You will leave bursting with energy!

Eyebrow Shape

10 minutes

Holistic Therapies*

Reflexology

50 minutes

This gentle therapeutic pressure point massage is applied to the feet.

The pressure applied by our therapists' hands can detect crystalline deposits and blockages along the energy lines, which correspond to imbalances felt within the body.

Unblocking these lines restores the balance and promotes self-healing.

Indian Head Massage

50 minutes

Ideal for any head, neck or shoulder tension. Includes a neck and shoulder massage, followed by a reviving scalp massage to improve circulation and to relax the body.

Finishing with a soothing head massage using pressure points and drainage techniques to help ease headaches and sinus problems.

Hot Stone Massage

50 minutes

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind.

Hopi Ear Candle Therapy

50 minutes

This natural and relaxing therapy is completely painless and helps to rebalance the ear by drawing out impurities.

It is used as a method of relieving stress, removing excess wax and clearing the sinuses.

Express Spa Treatments

Lifting & Firming Eye treatment*

Lifting & Firming
25 minutes

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a hydrogel patch concentrated in red vine, horse chestnut and ivy leaf that smooth features, substantially diminishing dark circles and instantly reducing puffiness. The eye contour is lifted and the eyes enhanced.

Express D-Vine Facial

Instant glow
25 minutes

Specially designed for men and women who are short on time, yet still want results. This express treatment is tailor made to meet the needs of every skin type. This facial includes: eye and skin cleansing, deep exfoliation, the application of a customised mask, and a hand massage completes this moment of well-being. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

Crushed Cabernet Scrub*

Stimulating & Firming
25 minutes

For those seeking a strong exfoliation with a slimming action look no further than the Caudalie crushed cabernet scrub.

With an all natural formula this scrub smoothes out cellulite and has a draining

effect. The application of the des vignes body lotion combined with contouring concentrate finishes off this treatment and leaves your skin luminous and lightly scented.

Divine Back Neck & Shoulder Massage

Relaxing & Indulgent
25 minutes

This treatment incorporates our signature Caudalie massage, featuring our award-winning divine oil. Indulge in the floral, sun-kissed fragrance of divine oil, while compression techniques gently soothe tension and re-boost your energy. Your skin will be luxuriously softened, moisturised and wrapped in a delicate fragrance blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk.

Cranial Massage

Relaxing
25 minutes

Hand placement on the skull is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

Express Manicure or Pedicure

25 minutes

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

Gel Polish Application on hands or feet

25 minutes

Nails are shaped and prepared for your chosen long lasting Gel polish.

Manicure & Pedicure

Deluxe Manicure

50 minutes

A relaxing hand exfoliation, massage and moisturise including cuticle care and a nail shape.

Your fingers will be finished perfectly with the colour of your choice.

Deluxe Pedicure

50 minutes

A luxury foot and leg treatment including a relaxing massage.

Any hard skin is removed, your cuticles and nails are shaped before your toe nails are painted the colour of your choice.

Gel Polish Manicure

50 minutes

Cuticles are groomed and nails will be beautifully shaped and finished with Gel polish application.

Treatment is completed with a hand massage and application of cuticle oil.

Gel Polish Pedicure

50 minutes

Hard skin is removed, Cuticles are groomed, toe nails are shaped and finished with Gel polish application.

Treatment is completed with foot and leg massage with conditioning cream.

Finishing Touches

TANNING

Spray Tan*

25 minutes

EYE CARE

Eyebrow shape

10 minutes

Eyelash tint

15 minutes

EYE CARE

Eyebrow tint

15 minutes

Lash & brow tint

25 minutes

**Lash & brow tint & brow shape
(Monday-Friday)**

40 minutes

Make up*

Wedding Make Up Application

50 minutes

Evening Make Up Application

40 minutes

Ultimate Makeover Lesson

50 minutes

Waxing

HOT WAXING*

Bikini

10 minutes

Extended bikini

15 minutes

Brazilian

45 minutes

Hollywood

50 minutes

Lip and chin

15 minutes

Underarm

10 minutes

WARM WAXING

Full leg

25 minutes

Half leg

20 minutes

Half leg and bikini

25 minutes

Bikini

25 minutes

Full arm

20 minutes

Half arm

10 minutes

Lip and chin

15 minutes

Lip or chin

10 minutes

Underarm

10 minutes

Men's back, chest or stomach

20 minutes

Our Spa Guidelines

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 one hour. Access is also included for 'day spa' guests.

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. 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 less than 24 hours before your treatment time. No exceptions will be made to the cancellation policy under any circumstances.

Group packages

We welcome groups, corporate team days and special group celebrations.

Gift vouchers

Give the gift of relaxation and treat someone special to a spa experience.

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.



Rena
SPA

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