

## RENA SPA TREATMENTS

	Duration (mins)	M-T Price £	F-S Price £		Duration (mins)	M-T Price £	F-S Price £
<b>Electrical Facials by Crystal Clear</b>				<b>Holistic Treatments (continued)</b>			
Rena Spa Frozen Facial	50	135	145	Hot Stone Massage	50	85	95
Rena Spa Radiance Facial	50	105	115	80	110	125	
Rena Spa Deluxe Face Polish	50	80	90	Hopi Ear Candle	50	70	80
Rena Spa Pure Glow Facial	50	80	90	<b>Express Treatments</b>			
<b>Caudalie Advanced Anti-Aging Facials</b>				Lifting and Firming Eye	25	45	50
Premier Cru	50	95	105	Express D-Vine Facial	25	45	50
Resveratrol Lift	50	85	95	Crushed Cabernet Scrub	25	45	50
Lifting and Firming	25	45	50	Divine Back			
<b>Caudalie Facials</b>				Neck and Shoulder Massage	25	45	50
Beauty Elixir	50	80	90	Cranial Massage	25	45	50
Vinoperfect	50	80	90	Prenatal Massage	25	45	50
Vinactiv	50	80	90	Express Manicure	25	25	-
Vinosource	50	80	90	Express Pedicure	25	25	-
Vinopure	50	80	90	<b>Rituals by Caudalie</b>			
Express D-Vine	25	45	50		50	80	90
<b>Body Treatments by Caudalie</b>				<b>Nails</b>			
Crushed Cabernet Treatment	50	80	90	Express Manicure	25	25	-
Contouring and Invigorating Wrap	50	70	80	Express Pedicure	25	25	-
Relaxing and Nourishing Wrap	50	70	80	Deluxe Manicure	50	40	-
<b>Caudalie Massage Therapy</b>				Deluxe Pedicure	50	40	-
Deep Tissue	25	50	55	Gel Polish Manicure	50	45	-
	50	90	100	Gel Polish Pedicure	50	45	-
Wine Makers	50	85	95	<b>Make Up</b>			
Divine Body	50	80	90	Wedding	50	POA	POA
The Des Vigne	50	80	90	Evening	40	40	45
Fleur De Vigne	50	80	90	Ultimate Make Over	50	50	55
Pre Natal	25	45	50	<b>Finishing Touches</b>			
	50	80	90	Eyebrow Shape	10	15	-
Pre Natal Wrap	50	70	80	Eyelash Tint	15	15	-
<b>Signature Treatments</b>				Eyebrow Tint	15	10	-
Ultimate Face and Body	100	140	160	Lash and Brow Tint	25	20	-
D-vine Back Face Scalp	80	110	125	Lash and Brow Tint and Brow Shape	40	30	-
<b>Wellness Treatments</b>				<b>Hot Waxing</b>			
Calming	50	80	90	Bikini	10	20	-
Aloe and Mint	80	110	125	Extended Bikini	15	25	-
Phytocare	80	110	125	Brazilian	45	30	-
Rose and Honey	50	80	90	Hollywood	50	40	-
<b>Men's Treatments</b>				Lip and Chin	15	20	-
Vineactiv Facial	50	80	90	Underarm	10	15	-
Vinopure Facial	50	80	90	<b>Warm Waxing</b>			
Deep Tissue Massage	25	50	55	Full Leg	25	30	-
	50	90	100	Half Leg	20	20	-
Wine Makers Massage	50	85	95	Half Leg and Bikini	25	30	-
Eyebrow Shape	10	10	-	Full Arm	20	20	-
Back, Chest or Stomach Wax	20	30	-	Half Arm	10	15	-
<b>Holistic Treatments</b>				Lip and Chin	15	15	-
Reflexology	50	80	90	Lip or Chin	10	10	-
Indian Head Massage	50	70	80	Underarm	10	10	-
				Back, Chest or Stomach	20	30	-

# Rena

SPA

AT THE MIDLAND

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**Rena Spa at The Midland**

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TREATMENTS

# 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.

### 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**

#### 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 £259pp**  
**Friday to Sunday £279pp**

#### 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 £79**

#### 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 £99pp**  
**Friday to Sunday £119pp**

#### 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 £129pp**  
**Friday to Sunday £149pp**

#### Sunday Lunch and Spa

Indulge in an afternoon of pure bliss with this unique spa experience

##### Your Sunday Lunch and Spa Day will include:

- 50 minute Ritual Treatment
- A two-course Sunday Lunch
- £10 voucher to spend on spa products

*Treatment Duration 50 minutes*

**Sunday only £119pp**

#### 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 £135 for two**  
**Friday to Sunday £155 for two**