



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

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

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

30 minutes for £30 / 40 minutes for £40 / 60 minutes for £50.

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

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 upto 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 improve 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 £45

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 £45

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 £45

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 £45

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 facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you. It will include cleansing, exfoliation, cleansing, and a specific treatment where appropriate. A specific treatment can be a massage, mask or an intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

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

Personalised facial

55 minutes for £70

This expert facial is specifically tailored to you, and will include deep cleansing, exfoliation and a treatment specific massage and mask.

Skin radiance facial

55 minutes for £70

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

Advanced radiance facial

85 minutes for £90

Restore your skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. Suitable for all skin types and ages.

A special application of ESPA skin radiance moisturiser; rich in natural AHAS and BHAS from Hawaiian algae and meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

Lifestage facial

55 minutes for £80

A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line. Incorporating special age-defying massage techniques and the technologically advanced Lifestage product range, this luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness. A mask will also be applied to firm and stimulate elasticity leaving the skin revitalised and radiant.

MASSAGE TREATMENTS BY ESPA

We offer a selection of massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

Hot stone massage

55 minutes for £80

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.

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 £95

Renowned as our 'hero' treatment and loved by all; this experience delivers triple results by targeting three key areas - back, face and scalp. **Includes:** Back exfoliation and hot stone back massage, plus a personalised facial and scalp massage.

Add hot stones to any of these treatments for just £10 extra.

Aromatherapy massage

55 minutes for £70

Our ESPA aromatherapy massage is professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose either a detoxifier, de-stresser, muscle relaxer, jet-lag reviver, immune booster, energiser or body toner.

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

Swedish massage

55 minutes for £70

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; to help soothe tired aching muscles to leave you relaxed and revived.

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

Deep muscle massage

55 minutes for £70

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

Bump beautiful:

Pre & post natal massage

55 minutes for £75

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.

A course of six treatments is recommended.



Body wrap

55 minutes for £70

This personalised body wrap is a tailor-made experience designed to comfortably raise your temperature, nourish the skin and increase the effects and absorption of the wrap.

Following skin brushing and exfoliation a complete body wrap of algae or marine mud combined with essential oils is blended and applied to your skin. Your mind is left totally relaxed after a soothing scalp massage.

SPECIALITY TREATMENTS

Signature serene sleep

55 minutes for £80

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

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 £65

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 £65

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 £65

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.

OUR TREATMENTS

BALANCE & CALM



In partnership with Wellness for Cancer™, we are proud to launch 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 £70

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 £70

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 £40

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



OUR TREATMENTS FOR MEN

Deep cleansing facial

55 minutes for £70

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 £95

Hot stones massage

55 minutes for £80

Swedish massage

55 minutes for £70

Deep muscle massage

55 minutes for £70

Add hot stones to any of these treatments for just £10.

Gentleman's grooming - feet

40 minutes for £37.50

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 £40

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment to reduce fine lines and relieve tension from eye-strain and headaches. Incorporating a cleanse, exfoliation, massage and application of our lift and firm intensive eye serum.

Salt & oil scrub

25 minutes for £40

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

Invigorating foot treatment

25 minutes for £40

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

Back, neck & shoulder massage

25 minutes for £40

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.

Personalised express facial

25 minutes for £40

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum.



HANDS & FEET BY JESSICA

Deluxe manicure with Jessica colour 50 minutes for £45

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 £45

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 £45

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 £45

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 £20 (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	£20

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.

Spa Café

Please make time to enjoy a relaxing coffee before or after your treatment – there's great Wi-Fi coverage too!

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

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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