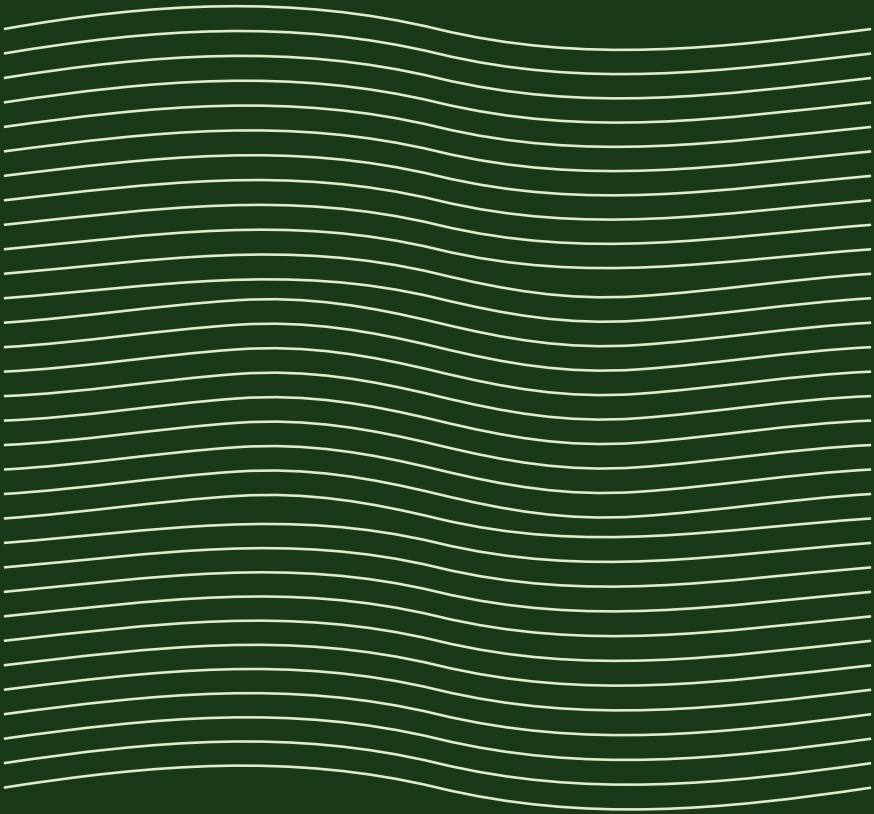


Rena

SPA



WELCOME TO RENA SPA AT THE MIDLAND HOTEL

Our Spa is an oasis of tranquility that blends health and wellness.

Whether you desire a therapeutic treatment or just wish to indulge in bliss, we invite you to relax and rejuvenate in the comfort of our spa with our highly trained team.

All our therapies have been carefully selected. They harmonise the power of natural ingredients with science and techniques from around the world to provide you with ultimate relaxation benefits whilst working to treat all skin concerns.

Our therapists are highly trained and will indulge all your senses with aromatherapy inhalations, warm stone pindas and specialised techniques to deliver the very best experience.

We are proud to offer Germaine de Capuccini therapies at Rena Spa.

Germaine de Capuccini's philosophy revolves heavily around research, development, innovation and has been a leader in its field for 50 years.

Specialising in anti-ageing, all treatments have the 'wow factor' and always deliver very real, visual results.



GERMAINE^{DE} CAPUCCINI
YOUR SKIN IN EXPERT HANDS

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Spa Day Packages

Wellness

Indulge all of your senses with our soothing wellness experience

80 minutes. Monday to Thursday £150, Friday to Sunday £165pp

Your Wellness Spa Day will include:

- 1 x 80 minute Germaine de Capuccini Wellness Ritual
- A light lunch or afternoon tea
- £10 off retail voucher

Choose from one of the following:

- Rosehip and honey harmony stone facial and scalp massage
- Calming hand, foot and scalp therapy
- Aloe and mint cooling body therapy
- Phytocare Baobab body ritual

See wellness section for more details on these treatments

Time

Create a bespoke spa experience with your own dedicated therapist

100 minutes. Monday to Thursday £189pp, Friday to Sunday £209pp

Your Time Spa Day will include:

- 100 minutes of spa treatments
- Glass of Champagne
- A light lunch or afternoon tea
- £10 off retail voucher

The Ultimate Tranquil Spa Day

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

150 minutes. Monday to Thursday £285pp, Friday to Sunday £310pp

Your Ultimate Tranquil Spa Day will include:

- Full body oil and baobab seed exfoliation
- Full body warm candle massage
- Facial and scalp massage
- Glass of Champagne
- A light lunch or afternoon tea
- £10 off retail voucher

Twilight

Unwind with this early evening spa treat

25 minutes. Monday to Thursday only £99pp

Your Twilight Spa Day will include:

- 25 minute treatment of your choice
- Glass of Champagne
- An Evening Meal
- £10 off retail voucher

Indulgence

Indulge in bliss

50 minutes. Monday to Thursday £129pp, Friday to Sunday £149pp

Your Indulgence Spa Day will include:

- 50 minute treatment from a selected list
- Glass of Champagne
- A light lunch or afternoon tea
- £10 off retail voucher

Double Up

Treat a friend or loved one to the ultimate spa experience

80 minutes. Monday to Thursday £155pp, Friday to Sunday £170pp

Your Double Up Spa Day will include:

- 30 minute Rasul treatment for two
- 50 minute spa treatment from a selected list
- Glass of Champagne
- A light lunch or afternoon tea
- £10 off retail voucher

Rasul for Two

A traditional Arabian self-bathing ritual using mineral mud

50 minutes. Monday to Thursday £159 for two people, Friday to Sunday £179 for two people

Your Rasul Spa Day will include:

- 50 minute Rasul experience for two
- Glass of Champagne
- A light lunch or afternoon tea
- £10 off retail voucher

Relaxation room not included

Signature Therapies At Rena Spa

Serenity

Inner Calm Therapy: Lavender, Rose and Honey Face and Body Ritual

Perfect for stress, lack of sleep and dehydrated skin, this therapy includes a back massage and facial

80 minutes. Monday to Thursday £130pp, Friday to Sunday £140pp

Your therapy commences with our warm oil lavender candle back massage and is completed with our rose & honey elixir calming facial.

Excellent to restore oils and moisture to dry and dehydrated skin, the restorative benefit using the natural Obsidian (hot) and Onyx (cold) stones in this ritual helps to release negative emotions and bring about a sense of peace and calm.

This facial is designed to alleviate symptoms of dry, flaky and sensitive skin. Soothing pure rosehip oil, known for its healing properties is combined with our de-stressing royal jelly elixir to revitalise dull tone whilst helping the skin to 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.

A luxurious gentle touch and healing massage with Obsidian and Onyx stones will help to restore peace and tranquility to the mind and soul.

Energy

Inner Glow Therapy: Vitamin C Radiance Facial and Aqua Hydration Massage with Deep Heat Back Therapy.

An energising full body massage and signature facial

100 minutes. Monday to Thursday £160pp, Friday to Sunday £170pp

Indulge in our inner glow signature therapy, providing deep hydration and luminosity, this treatment commences with a hydrating full body massage with essential oil and an energising deep heat back gel to relieve tension zones.

This is followed by our radiance vitamin C facial to provide your skin with luminosity and hydration leaving you glowing from head to toe.

This innovative facial combats the first signs of ageing, increasing firmness and generating new collagen whilst reducing dark spots and uneven pigmentation.

Facials

Germaine De Capuccini Prescriptive Facial

**50 Minutes. Monday to Thursday £89pp,
Friday to Sunday £99pp**

We will provide you with a prescriptive treatment designed especially for your skin.

Regardless of your skin type, age or concerns, this facial will specifically cater to your skin's needs.

Your facial includes a highly relaxing anti-ageing facial massage, together with a warm pinda scalp massage, leaving your skin fresh, clear and radiant.

Choose from one of the following:

Deep Hydration

Deeply hydrating facial for dehydrated skin

A facial to target skin dehydration.

Working with deeply hydrating products with hyaluronic acid, which is naturally found within the skin to increase hydration and moisture levels.

Ageless

Deeply nourishing and hydrating facial

A soothing, hydrating and nourishing facial using plant extracts, vitamins and minerals to target age concerns, such as dryness, fine lines and wrinkles and skin effected by menopausal changes.

Skin Purifying

Purifying facial to reduce and control oiliness and skin imbalances that cause breakouts

This purifying facial regulates oil production for a clear, healthy and mattified complexion.

A deep cleansing facial complete with a red clay mask to sooth the skin and reduce the size of the pores. The treatment concludes with a mattifying moisturiser to leave the skin smooth & hydrated.

So Delicate

Natural plant facial to calm and correct sensitivity

A blend of natural plant extracts and oils combine with exclusive technologies to restore the stratum corneum; the outermost layer of the skin which creates sensitivity when damaged. The natural defense mechanisms of the skin cells are stimulated, increasing the skin's tolerance level and providing a comforting and soothing sensation.

Timexpert C+ Radiance Facial

Provides intense hydration, treating sun damage and first signs of ageing with a radiant and nourishing glow

Vitamin C is a powerful ingredient highly effective in stimulating collagen renewal and synthesis.

This treatment delivers exceptional results and re-energises lifeless skin.

An innovative facial to increase firmness and generate new collagen whilst working to reduce dark spots and pigmentation.

These products incorporate a patented formulation, HLG complex, that increases the benefits of Pure Vitamin C by six times.

To complement the hands-on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for the increased glow.*

**Self-assessment test on 63 individuals after one session*

Destress

For skin that feels suffocated and dull in complexion

Packed with antioxidants and essential nutrients, royal jelly is ideal for tired and stressed skin.

Poria cocos and royal jelly extract help the skin regain its natural immunity against daily aggressions for a radiant and healthy complexion.

Body Massages

Mediterranean Candle Massage

A warming full body massage

**50 minutes. Monday to Thursday
£95pp, Friday to Sunday £105pp**

Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body using deep and soothing movements.

This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

SPERIENCE World of Aromas

An aromatherapy Feng Shui inspired full body massage

**50 minutes. Monday to Thursday
£90pp, Friday to Sunday £100pp**

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign.

During this aromatherapy massage, your therapist will relieve tension and negative energy throughout your body.

Oil blend choices:

- Relax
- Detox
- Energize
- Hydrate
- Active

SPERIENCE Obsidian and Onyx semi-precious Stone Massage

A soothing full body massage using natural healing stones

**50 minutes. Monday to Thursday
£100pp, Friday to Sunday £110pp**

A soothing massage using Obsidian and Onyx ritual stones, known for their natural healing properties.

Taken from the volcanic lands of Mexico, Obsidian Stones create negative ions which help to rebalance the positive ions caused by pollution, poor diet and stress.

Negative ions are an essential element to health. They increase oxygen flow to the brain giving increased mental and physical energy.

White Onyx is a naturally dense stone which is cooling on the body and has an anti-inflammatory effect.

This massage combines warm pindas and the ritual stones to soothe and relax the mind, body and soul, whilst boosting the blood flow and improving oxygenation to the skin tissues.

Deep Tissue Massage

Firm massage targeting deeper layers of muscle

**50 minutes. Monday to Thursday
£100pp, Friday to Sunday £110pp**

A traditional deep tissue massage for relief of stress and tension, this massage is tailored to suit your needs and areas of tension.

Body Wraps

Radiance C+ Body Wrap

Toning and hydrating body exfoliating and wrap

50 minutes. Monday to Thursday £99pp, Friday to Sunday £105pp

This energising body treatment begins with an enzyme body exfoliation enriched with Vitamin C, lemon and papaya extract. A collagen-boosting vitamin-enriched body wrap is then applied to nourish and tone the skin with an increased glow to fight against damage to the elastin and collagen fibres in the skin. The skin will awaken feeling firmer, hydrated and with a radiant glow.

Maternity Treatments

Our maternity treatments are only suitable after the first trimester of pregnancy. As per our terms and conditions, if you have any contraindications, please notify us at time of booking.

New Life Massage

A firming massage suitable after the first trimester of pregnancy.

50 minutes. Monday to Thursday £89pp, Friday to Sunday £99pp

Our collagen body cream which firms, hydrates and tones the skin is combined with relaxing massage movements and warm pindas to soothe tension in the muscles whilst firming and toning the skin.

Natural Glow: Radiance C+ Face and Body Ritual

Radiance illuminating facial, exfoliation, and toning and firming hydrating body wrap

110 minutes. Monday to Thursday £165pp, Friday to Sunday £ 175pp

This energising face and body treatment begins with an enzyme body exfoliation enriched with Vitamin C, lemon and papaya extract.

A collagen boosting vitamin enriched body wrap is then applied whilst you are treated with an advanced Radiance C+ facial.

An innovative facial treatment that increases firmness and generates new collagen whilst reducing dark spots and evening pigmentation. Incorporating a patented formulation which increases the benefits of Pure Vitamin C by 6 times.

To complement the hands-on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for the increased glow. nourish your skin with a cocktail of vitamin-enriched products combined with a de-stress and energising massage with a unique ball. The skin will awaken feeling firmer with a radiant glow.

Wellness Recovery Treatments

This range of treatments by Germaine de Capuccini is specifically designed for cancer patients, those on intensive medication or anyone in need of a completely soothing and de-stressing experience. Carefully selected products target skin related side effects caused by chemotherapy, radiation treatments and other strong medication.

As per our terms and conditions, if you have any contraindications, please notify us at time of booking.

Natural Healing Stones

Our wellness therapies include the use of our exclusive Obsidian and Onyx ritual stones, known for their natural healing properties.

Taken from the volcanic lands of Mexico, Obsidian stones create negative ions which help to rebalance the positive ions caused by pollution, poor diet and stress. Negative ions are an essential element to health. They increase oxygen flow to the brain giving increased mental and physical energy.

White Onyx is a naturally dense stone which is cooling on the body and has an anti-inflammatory effect. On the face, Onyx can aid the relief of headaches, nausea and sensitive or irritated skin. On the body with hot Obsidian, it boosts blood flow and improves oxygenation of the tissues.

Rose and Honey Harmony Stone Facial

Soothing strained and sensitive skin

50 minutes. Monday to Thursday £89pp, Friday to Sunday £99pp

This facial is designed to help alleviate symptoms of dry, flaky and sensitive skin.

Pure Rosehip 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 soothing de-stress mask which soothes sensitivity brought on by emotional and physical stress. A gentle and healing massage with Obsidian and Onyx stones helps to restore peace to the mind and soul.

Calming Hand, Foot and Scalp Therapy

Intense nourishment and hydration

80 minutes. Monday to Thursday £109pp, Friday to Sunday £119pp

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

Your therapy begins with a gentle exfoliation on the hands, feet and nail beds, without the use of water baths to help maintain a healthy pH level.

A deeply hydrating mask is then applied to relieve extreme dryness and dehydration. Finally, completely relax and unwind with our revitalising scalp massage – using Baobab hair oil to revitalise the hair and soothe the scalp.

Aloe and Mint Cooling Body Therapy

Light touch body and scalp massage

80 minutes. Monday to Thursday £109pp, Friday to Sunday £119pp

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.

Your light touch massage uses Aloe Vera to deeply hydrate the skin, lemon oil to purify and mint to refresh the body. Rosehip oil soothes, nourishes and reduces irritation. Your therapy is completed with a de-stressing scalp pressure massage to aid relaxation. Ideal after Radiation therapy.

Phytocare Baobab Body Ritual

Full body exfoliation, body and scalp massage

80 minutes. Monday to Thursday £109pp, Friday to Sunday £119pp

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your 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.

Holistic Treatments

Reflexology

50 minutes. Monday to Thursday £89pp, Friday to Sunday £99pp

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.

Hopi ear candle therapy

50 minutes. Monday to Thursday £70pp, Friday to Sunday £80pp

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 Treatments

Rose Quartz Collagen Eye Treatment

Add on therapy which targets lines and wrinkles on the eye area

**25 minutes. Monday to Thursday
£50pp, Friday to Sunday £55pp**

This revolutionary experience provides substantial results in smoothing lines and wrinkles and reducing dark circles whilst providing immediate luminosity to the eye contour.

Using cupping and a rose quartz gua-sha massage. In just one session, wrinkles are reduced with less visible dark circles & puffiness.

Tranquil Scalp Massage

Stress relieving neck and scalp massage

**25 minutes. Monday to Thursday
£50pp, Friday to Sunday £55pp**

A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced Baobab seed oil.

A highly effective stress relieving experience, ideal to add to any face or body treatment.

Back, Neck and Shoulder Massage

Stress relieving back, neck and shoulder massage

**25 minutes. Monday to Thursday
£50pp, Friday to Sunday £55pp**

An aromatherapy massage for relief of stress and tension in the back area.

Baobab Seed Exfoliation

A luxurious exfoliation to nourish and protect the skin

**25 minutes. Monday to Thursday
£50pp, Friday to Sunday £55pp**

Using the seed of the baobab combined with the nourishing oil to gently exfoliate and hydrate the skin. Our best-selling exfoliator for the body!

Walkers Leg Therapy

Luxury leg and foot therapy with Baobab

**25 minutes. Monday to Thursday
£50pp, Friday to Sunday £55pp**

Perfect for tired, achy legs this energising therapy uses ethically sourced Baobab seed oil to nourish, repair and protect the skin.

Your therapy commences with an exfoliation, followed by a leg massage and a touch of dreamy legs gel, leaving you radiant and walking on air!

Express De-stress Facial

Strengthening facial for tired, stressed skin

**25 minutes. Monday to Thursday
£50pp, Friday to Sunday £55pp**

Packed with antioxidants and essential nutrients, our De-Stress facial is ideal for tired and stressed skin.

The skin regains its strength and natural immunity against daily aggressions.

The skin is left smoother, radiant with a healthy appearance.

Ishga Treatments

Signature Ishga Facial

50 minutes. Monday to Thursday £89pp, Friday to Sunday £99pp

Revitalise and repair skin through the collagen stimulating properties of Hebridean seaweed. Suitable for all skin types, the ishga Facial will brighten and balance skin tone whilst improving texture and protecting skin from environmental damage with its potent antioxidant properties

Aromatherapy Massage

Choose from a selection of unique oils, all with bases of sweet almond, jojoba and thistle oil to elevate your experience.

50 minutes Monday to Thursday £95pp Friday to Sunday £105pp

Each ishga massage can be tailored to your own needs. Choose from:

Invigorating

An uplifting Hebridean seaweed body oil with the signature ishga scent of lemongrass, juniper berry, lavender and rose geranium to energise and invigorate the body.

Nurturing

A comforting oil containing rose geranium to aid stress relief, reduce inflammation and soothe the mind and body.

Warming

A comforting, woody oil containing patchouli, bergamot and sandalwood. Ideal for muscular aches.

ishga

Organic Seaweed Skincare

Express Ishga Treatments

Back, Neck and Shoulder Massage

25 minutes. Monday to Thursday £50pp, Friday to Sunday £55pp

A medium pressure body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body.

Hand Recovery

25 minutes. Monday to Thursday £50pp, Friday to Sunday £55pp

This luxurious treatment begins with a soothing hand soak, filled with a blend of antioxidant rich seaweed and essential oils, followed by a hand scrub packed with minerals from pure sea salt. Relax during the hand and arm massage which is then followed by a regenerating seaweed gel mask.

Foot Recovery

25 minutes. Monday to Thursday £50pp, Friday to Sunday £55pp

This luxury foot experience begins with a soothing foot bath filled with antioxidant rich seaweed and essential oils, followed by a foot scrub packed with minerals from pure sea salt. Relax during the lower leg and foot massage which is then followed by a regenerating seaweed gel mask.

Scalp Massage

25 minutes. Monday to Thursday £50pp, Friday to Sunday £55pp

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power point massage includes essential oils to invigorate and calm, leaving a feeling of pure serenity.

Facial

25 minutes. Monday to Thursday £55pp, Friday to Sunday £60pp

Our express facial cleanses, tones and moisturises for essential skin maintenance. Suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage

Rena

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