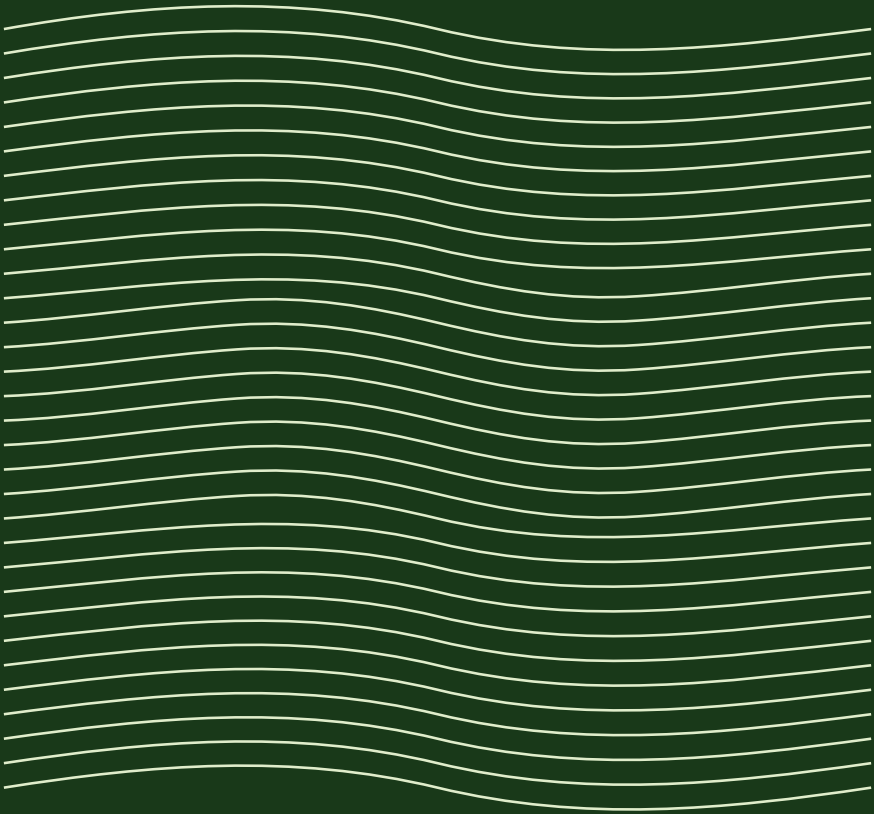


# Rena

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 £165, Friday to Sunday £176pp**

**Your Wellness Spa Day will include:**

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

### Indulgence

Indulge in bliss

**50 minutes. Monday to Thursday £139pp, Friday to Sunday £159pp**

**Your Indulgence Spa Day will include:**

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

### Rasul for Two

A traditional Arabian self-bathing ritual using mineral mud

**50 minutes. Monday to Thursday £165 for two people, Friday to Sunday £186 for two people**

**Your Rasul Spa Day will include:**

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

*Relaxation room not included*

### Midland Marine Spa Day

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

**Your Midland Marine Spa Day will include:**

- 1 x 75 minute ritual to include facial and massage
- A light lunch\*
- Glass of champagne
- £10 off retail

## 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 £95pp, Friday to Sunday £105pp**

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*

Nourish the skin with a rich Marine Cleansing Balm packed with hydrating fatty acids, combined with a delicate eye massage to tighten and tone.

The high content of seaweed extract is scientifically proven to preserve the skin's natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

#### 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 soothe 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 £95pp, Friday to Sunday £105pp**

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 £110pp, Friday to Sunday £120pp**

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 £110pp, Friday to Sunday £120pp**

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 £99pp, Friday to Sunday £110pp**

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 £95pp, Friday to Sunday £105pp**

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 £114pp, Friday to Sunday £125pp**

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 £114pp, Friday to Sunday £125pp**

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 £114pp, Friday to Sunday £125pp**

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 £95pp, Friday to Sunday £105pp**

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 £55pp, Friday to Sunday £59pp**

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 £55pp, Friday to Sunday £59pp**

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 £55pp, Friday to Sunday £59pp**

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 £55pp, Friday to Sunday £59pp**

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 £55pp, Friday to Sunday £59pp**

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 £55pp, Friday to Sunday £59pp**

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**

Nourish the skin with a rich Marine Cleansing Balm packed with hydrating fatty acids, combined with a delicate eye massage to tighten and tone. The high content of seaweed extract is scientifically proven to preserve the skin's natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

### 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.

#### Muscle Recovery

A stimulating blend of oils formulated to increase circulation and aid muscle recovery naturally. Anti-inflammatory benefits ease aching muscles and joints, whilst uplifting the mind to relieve fatigue and provide mental clarity.

#### 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 £55pp, Friday to Sunday £59pp**

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 £55pp, Friday to Sunday £59pp**

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 £55pp, Friday to Sunday £59pp**

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 £55pp, Friday to Sunday £59pp**

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 £59pp**

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

S P A

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