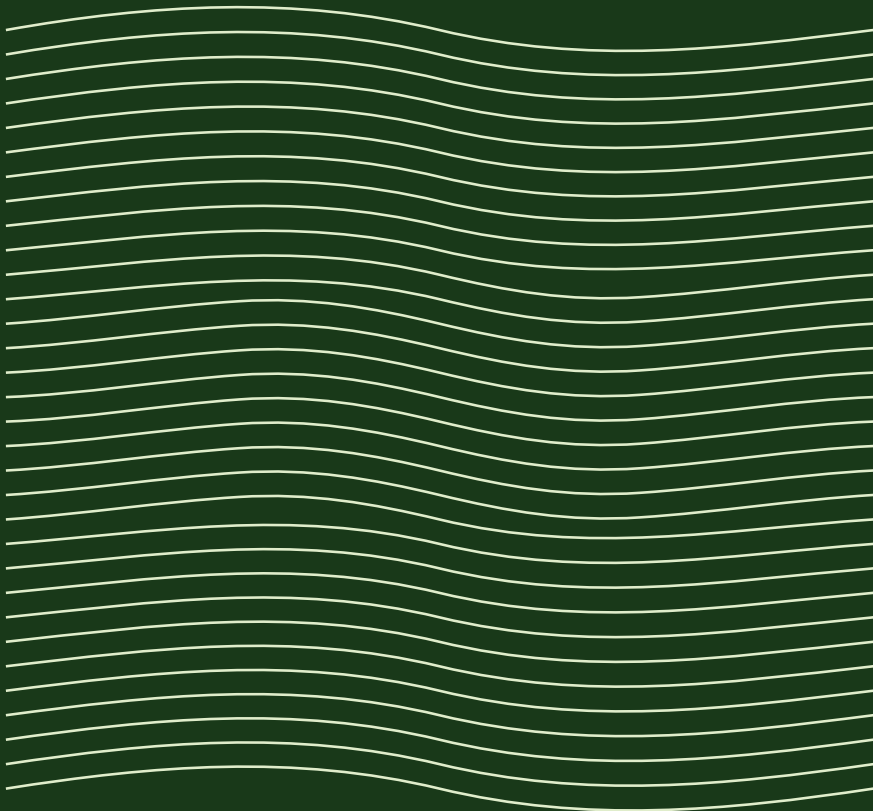


# Rena

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 ishga treatments available including facials, massages, body treatments and deluxe pamper days.

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.

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

Derived from the Gaelic word for water and using four types of sustainably

hand harvested seaweed, ishga is results-driven skincare derived from the ocean, and backed by science.

The pure, clean waters of the Hebridean Islands off the north west coast of Scotland are home to the high performing organic products of ishga. The ocean provides an abundant source of bioactive minerals, vitamins, trace elements and antioxidants which are transformative when applied to the skin.

Indulge in the restorative powers of the ocean and allow our Rena Spa team to connect your mind, body and soul back to nature.

Book your appointment today.

ishga

Organic Seaweed Skincare

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## Spa Day Packages

### Indulgence Spa Day

**50 minutes. Monday to Thursday £125pp, Friday to Sunday £135pp**

**Your Spa Day will include:**

- 1 x 50 minute treatment
- 3 hour spa access
- Robe and slippers
- £10 skin care retail voucher (*terms & conditions apply*)

### Wellness Spa Day

**50 minutes. Monday to Thursday £125pp, Friday to Sunday £135pp**

**Your Spa Day will include:**

- 1 x 50 minute touch therapy treatment
- 3 hour spa access
- Robe and slippers
- £10 skin care retail voucher (*terms & conditions apply*)

### Time For You Spa Day

**75 minutes. Monday to Thursday £179pp, Friday to Sunday £190pp**

**Your Spa Day will include:**

- 1 x 50 minute treatment
- 1 x 25 minute treatment
- Afternoon tea or light lunch
- Glass of Prosecco
- 3 hour spa access
- Robe and slippers
- £10 skin care retail voucher (*terms & conditions apply*)

### Ultimate Tranquil Spa Day

**100 minutes. Monday to Thursday £195pp, Friday to Sunday £209pp**

**Your Spa Day will include:**

- 2 x 50 minute treatments
- Afternoon tea or light lunch
- Glass of Prosecco
- 3 hour spa access
- Robe and slippers
- £10 skin care retail voucher (*terms & conditions apply*)

## Signature Therapies

### Marine Experience

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

Feel the power of the ocean with an ishga Marine Experience, combining a Hebridean salt and oil body scrub, tailored back massage and express facial. Please see individual listed treatments for more detailed information.

### City Living

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

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

This treatment begins with a back cleanse, exfoliation and 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.

### Relax in the City

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

The perfect treatment for time out in the city. Indulge in a divine back exfoliation, relaxing back massage, followed by a pressure point facial massage & cranial scalp treatment to melt away tension and leave skin radiant.

### Time Out

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

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

While you relax with a customised mask, a hand or 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.

### City Lifestyle

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

The signature back scrub and back massage followed by a 'For You' facial which includes a deep cleanse and mask. An ideal treatment for relieving tension and your skin will be left feeling clean, refined and perfectly smooth.

**A Spa Day Access Pass can be purchased for an additional £30 when you book one of our Signature Therapies.**

## Facials

### Signature ishga Facial

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

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.

### Anti-Ageing Facial

**50 minutes. Monday to Thursday £105pp, Friday to Sunday £115pp**

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.

## Body Massages

### 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 £105pp**

**Friday to Sunday £115pp**

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, nervous tension and insomnia.

### Hot Stone Massage

**50 minutes**

**Monday to Thursday £115pp**

**Friday to Sunday £125pp**

This full body massage incorporates heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level.

Hot stones are carefully placed along the chakras to open up energy pathways whilst soothing the mind, easing muscle tension, and reducing aches and pains.

### Hot Poultice Massage

**50 minutes**

**Monday to Thursday £115pp**

**Friday to Sunday £125pp**

A rebalancing, light massage using heated sea salt and seaweed granule filled poultices, which are applied to the body to relax the muscles, release tension and nourish the skin.

Combined with manual massage movements, the relaxing warm poultices are rhythmically stroked and kneaded over the body.

When the compress is heated it provides a detoxing effect to draw toxins from the body and add a host of vitamins and minerals deep within.

### Deep Tissue Massage

**50 minutes**

**Monday to Thursday £115pp**

**Friday to Sunday £125pp**

Powerful, deep and attentive techniques make this tailored massage perfect for relieving aching muscles.

It features a stimulating muscle recovery oil containing ishga's signature antioxidant packed Fucus serratus seaweed extract, a natural anti-inflammatory to relieve physical fatigue.

Combined with rosemary, peppermint, may chang and more to ease muscles and tension.

The Therapist will work on one to two body areas of your choice using remedial massage techniques.

## Body Wraps

### Detox Body Wrap

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

Allow the bioactive components of Hebridean seaweed to detoxify the body with this unique treatment which includes a sea salt and oil scrub and scalp massage. Antioxidant rich seaweed gel is combined with the collagen stimulating properties of the Hebridean sea salt scrub.

The treatment will help to eliminate toxins and congestion from the body whilst improving skin tone and texture.

### Nourishing Body Wrap

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

A hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to transform dull, tired skin, followed by a cocoon of a nourishing gel body mask which soothes, hydrates and tones.

This includes a warmed rose geranium oil scalp massage and application of body oil to complete the experience.

## Maternity Treatments

### Mum-To-Be Massage

**50 minutes. Monday to Thursday £110pp, Friday to Sunday £120pp**

Our Mum-to-be Massage has been specifically designed to safely pamper and relax you and is suitable after the first trimester of pregnancy.

This treatment focuses on comforting the changes in your body during pregnancy, helping to ease any aches and pains to enhance wellbeing and aid relaxation.

The treatment involves a nurturing full body massage to soothe aches, pains and general muscle fatigue often experienced during pregnancy.

Designed by experts to help relax and calm the mind and body, ease leg cramps, reduce water retention and puffiness.

Using ishga's comforting Nurturing Oil, it hydrates the skin and helps to improve elasticity and improve the look of stretch marks.

The massage begins seated allowing the therapist to fully work the upper and lower back. Then, lying comfortably and supported in an upright position a therapeutic massage is completed to release a sense of wellbeing.

All treatments can be carried out after 12 weeks up to and including 37 weeks.

## Wellness Recovery Treatments

### Touch Therapies

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

Relax and nurture the mind and body with our range of treatments suitable for anyone currently undergoing cancer treatment or in recovery.

Our expertly designed treatments combine the health benefits of Hebridean seaweed skincare, with a range of simple but effective facials and massages.

Let your therapist guide you through a bespoke 50 minute treatment by combining what is best for your current needs, or you may choose any two of the following spa treatments. Seaweed content dependant on chosen oil per treatment:

- Express facial
- Comforting foot & leg massage
- Head and scalp massage
- Face massage
- Seaweed foot or hand treatment
- Back massage

## Express Treatments

### Back, Neck and Shoulder Massage

**25 minutes. Monday to Thursday £65pp, Friday to Sunday £69pp**

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 £65pp, Friday to Sunday £69pp**

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 £65pp, Friday to Sunday £69pp**

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 £65pp, Friday to Sunday £69pp**

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 £65pp, Friday to Sunday £69pp**

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.

## Terms and Conditions

### Rena Spa Guidelines

We recommend you arrive 15 minutes prior to your treatment.

### 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 48 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 at the spa reception.

Please contact a member of the spa reception team for further information.

# Rena

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## **Rena Spa at Leonardo Royal Hotel London St Paul's**

10 Godliman Street, London EC4V 5AJ

**0207 074 1030** [rena-stpauls@leonardohotels.co.uk](mailto:rena-stpauls@leonardohotels.co.uk)

[renaspa.co.uk/st-pauls](https://renaspa.co.uk/st-pauls)

## **Rena Spa at Leonardo Royal Hotel Tower Bridge**

45 Prescott Street, London E1 8GP

**0207 959 5050** [rena-towerbridge@leonardohotels.co.uk](mailto:rena-towerbridge@leonardohotels.co.uk)

[renaspa.co.uk/tower-bridge](https://renaspa.co.uk/tower-bridge)

## **Rena Spa at Leonardo Royal Hotel London City**

8-14 Cooper's Row, London EC3N 2BQ

**0207 863 3999** [londoncityspa@leonardohotels.com](mailto:londoncityspa@leonardohotels.com)

[renaspa.co.uk/rena-london-city](https://renaspa.co.uk/rena-london-city)

## **Rena Spa at NYX Hotel London Holborn**

Southampton Row, London WC1B 4AR

**0207 611 5888** [holbornspa@leonardohotels.co.uk](mailto:holbornspa@leonardohotels.co.uk)

[renaspa.co.uk/nyx-hotel-london-holborn](https://renaspa.co.uk/nyx-hotel-london-holborn)

## **Rena Spa at Leonardo Royal Hotel Southampton Grand Harbour**

West Quay Road, Southampton SO15 1AG

**02380 633 033** [rena-grandharbour@leonardohotels.co.uk](mailto:rena-grandharbour@leonardohotels.co.uk)

[renaspa.co.uk/grand-harbour](https://renaspa.co.uk/grand-harbour)

## **Rena Spa at The Midland**

16 Peter Street, Manchester M60 2DS

**0161 932 4086** [spa@themidlandmanchester.co.uk](mailto:spa@themidlandmanchester.co.uk)

[renaspa.co.uk/the-midland](https://renaspa.co.uk/the-midland)