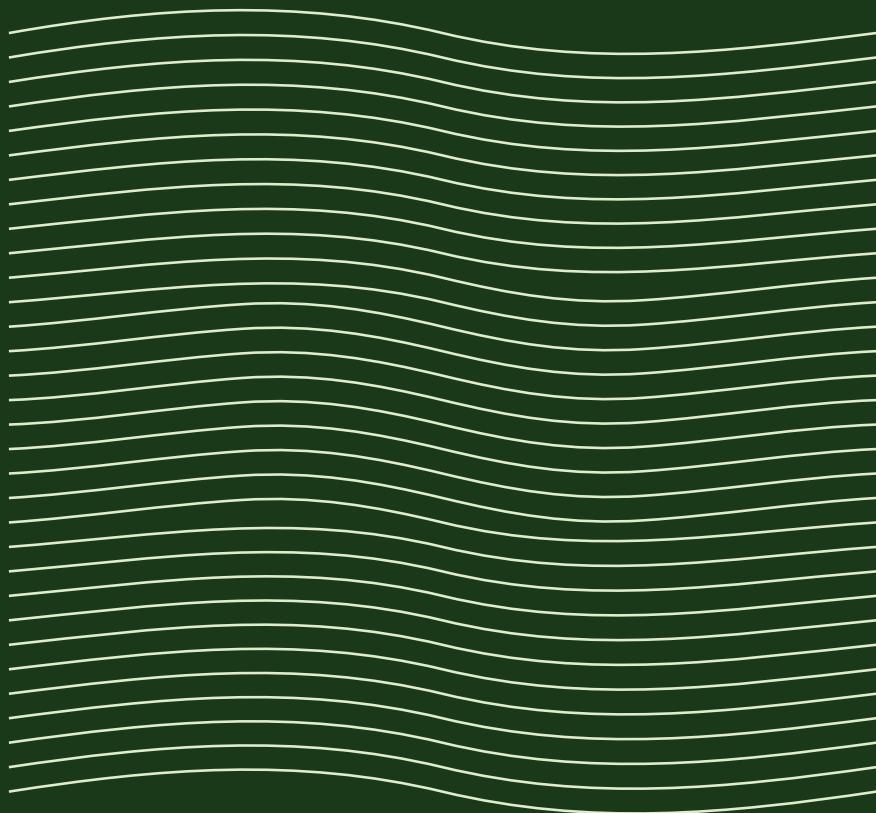


Rena

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.

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GERMAINE DE CAPUCCINI
YOUR SKIN IN EXPERT HANDS

Spa Day Packages

Wellness Spa Package

Indulge all of your senses with our soothing wellness experience

90 minutes. Monday to Thursday £180, Friday to Sunday £190pp

Your Wellness Spa Day will include:

- 1 x 90 minute Germaine de Capuccini Wellness Ritual
- A light lunch
- £10 off retail voucher

Choose from one of the following:

- Bliss Beneath the Baobab
- Soul of the Mediterranean
- Hydraluronic Facial
- Rose and Honey Facial

See wellness section for more details on these treatments

The Midland Signature Spa Day

Create a bespoke spa experience with your own dedicated therapist

100 minutes. Monday to Thursday £195pp, Friday to Sunday £215pp

Your Midland Signature Spa Day will include:

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

The Rolls Royce 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 Rolls Royce 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

The Midland Classic

Indulge in bliss

50 minutes. Monday to Thursday £145pp, Friday to Sunday £165pp

Your Midland Classic Spa Day will include:

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

The Midland Escape

Treat a friend or loved one to the ultimate spa experience

80 minutes. Monday to Thursday £160pp, Friday to Sunday £175pp

Your Midland Escape 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

A Midland Moment Together

A traditional Arabian self-bathing ritual using mineral mud

50 minutes. Monday to Thursday £175 for two people, Friday to Sunday £190 for two people

Your Midland Moment Together Spa Day will include:

- 50 minute Rasul experience for two
- Glass of Champagne
- A light lunch
- £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 £140pp, Friday to Sunday £150pp

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.

Soul of the Mediterranean

90 minutes. Monday to Thursday £135pp, Friday to Sunday £155pp

Immerse in a sensory Mediterranean escape with a full-body olive exfoliation, aromatic wrap and soothing sea-breeze rhythms that deeply moisturise, tone and refresh the skin.

Urban Rainforest

90 minutes. Monday to Thursday £135pp, Friday to Sunday £155pp

Take a journey through the holistic rainforest and immerse yourself in its textures, sounds, and aromas. This ritual features a full-body exfoliation, followed by a lomi-lomi-inspired massage with long, rhythmic movements to deeply relax and restore the body. The experience concludes with a soothing face and scalp treatment enhanced by the calming sound of a rain stick, leaving you grounded and revitalised

Bliss Beneath the Baobab

90 minutes. Monday to Thursday £135pp, Friday to Sunday £155pp

Your experience begins with a full-body exfoliation using baobab seed powder and raw cacao, gently smoothing and renewing the skin. A deeply relaxing full-body massage, inspired by traditional Hiloltra techniques, follows – releasing tension and restoring harmony.

The gentle sound of the Walnut Shell Shaker, echoing the African “juju” tradition, creates a cocoon of calming vibrational energy, while a nourishing baobab oil scalp massage brings the ritual to a peaceful close.

Facials

Germaine De Capuccini Prescriptive Facial

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

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:

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.

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.

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.

Facials

Timexpert C+ Radiance Facial

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

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*

Hydraluronic Facial

60 Minutes. Monday to Thursday £115pp, Friday to Sunday £135pp

Experience deep hydration and plumping with Timexpert Hydraluronic. This 60-minute treatment includes cleanse, exfoliation, massage, mask, scalp therapy, serum, and moisturizer.

Powered by Hyaluronic Acid and patented HLG nanopolymer, it boosts hydration, restores plumpness, and leaves skin visibly smoother, dewier, and radiant.

Destress

For skin that feels suffocated and dull in complexion

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

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 £105pp, Friday to Sunday £115pp

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

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

A soothing full body massage designed to relax the muscles, calm the mind, and elevate the senses. Your experience is personalised with one of four ACTIMOOD® aromatic essences:

Balance (Well-being): Warm, woody notes promoting harmony and lightness.

Zen (Relax): Soft, fruity aromas that soothe stress and encourage deep calm.

Power (Energy): Fresh citrus notes that awaken vitality and boost motivation.

Pure (Fresh): Floral-citrus scents that refresh, hydrate, and brighten the skin.

SPERIENCE Obsidian and Onyx semi-precious Stone Massage

A soothing full body massage using natural healing stones

50 minutes. Monday to Thursday £115pp, Friday to Sunday £125pp

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 £120pp, Friday to Sunday £130pp

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 £105pp, Friday to Sunday £110pp

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 £105pp, Friday to Sunday £115pp

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

90 minutes. Monday to Thursday £135pp, Friday to Sunday £155pp

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 while helping the skin regain its natural immunity against daily aggressors.

Your facial is complete with a soothing de-stress mask that calms sensitivity brought on by emotional and physical stress. A gentle, healing massage using Obsidian and Onyx stones restores peace to the mind and soul, with the option of a deeply relaxing hand or foot massage, tailored to your individual needs, for a truly restorative experience.

Hydraluronic Facial

90 minutes. Monday to Thursday £135pp, Friday to Sunday £155pp

Experience deep hydration and plumping with Timexpert Hydraluronic.

This luxurious 90-minute treatment includes a cleanse, exfoliation, facial massage, mask, scalp therapy, serum, and moisturizer, with the added indulgence of a soothing hand or foot massage tailored to your preference.

Powered by Hyaluronic Acid and patented HLG nanopolymer, it deeply boosts hydration, restores plumpness, and leaves skin visibly smoother, dewier, and radiant.

Bliss Beneath the Baobab

90 minutes. Monday to Thursday £135pp, Friday to Sunday £155pp

Your experience begins with a full-body exfoliation using baobab seed powder and raw cacao, gently smoothing and renewing the skin. A deeply relaxing full-body massage, inspired by traditional Hilotra techniques, follows — releasing tension and restoring harmony.

The gentle sound of the Walnut Shell Shaker, echoing the African “juju” tradition, creates a cocoon of calming vibrational energy, while a nourishing baobab oil scalp massage brings the ritual to a peaceful close.

Soul of the Mediterranean

90 minutes. Monday to Thursday £135pp, Friday to Sunday £155pp

Immerse in a sensory Mediterranean escape with a full-body olive exfoliation, aromatic wrap and soothing sea-breeze rhythms that deeply moisturise, tone and refresh the skin.

Express Treatments

Rose Quartz Collagen Eye Treatment

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

25 minutes. Monday to Thursday £59pp, Friday to Sunday £64pp

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 £59pp, Friday to Sunday £64pp

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

A targeted massage focusing on the back, neck and shoulders.

25 minutes. Monday to Thursday £59pp, Friday to Sunday £64pp

This treatment works to relieve built-up tension, encouraging relaxation and a sense of ease through the upper body.

Baobab Seed Exfoliation

A luxurious exfoliation to nourish and protect the skin

25 minutes. Monday to Thursday £59pp, Friday to Sunday £64pp

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!

Tired Legs

Luxury leg and foot therapy with Baobab

25 minutes. Monday to Thursday £59pp, Friday to Sunday £64pp

Inspired by African wellness traditions, this revitalising ritual restores lightness and comfort to tired legs. It begins with a baobab- and cocoa-enriched exfoliation, followed by a rhythmic massage that boosts circulation and eases tension. A final application of cooling comfort gel leaves legs feeling refreshed, relieved, and re-energised.

Rena

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