

MIDLAND SPA

***A relaxing and calming place
providing tranquillity for
both women and men.***

***We offer a wonderful
range of luxury treatments
for you to choose from,
and delightful packages
to suit all occasions.***

***The Midland Spa welcomes
non residents and residents
of the Midland Hotel.***

Hand therapies

Your Journey with JESSICA is about to begin,
enhancing the well being of your natural nails...

Jessica manicure 1 hr / £27.00

A relaxing treatment for the hands, skin and
nails, tailored to suit your individual needs.
The combination of exfoliation, shaping cuticle
work, massage and the addition of thermal
mittens, enhanced by your chosen nail enamel.

Spa manicure 45 mins / £22.00

Hand and nail treatment combining filing,
cuticles, and massage with your chosen nail
enamel to complete.

File and polish 15 mins / £10.00

Miss Manicure (under 14) 20 mins / £12.50

File, cream and a touch of colour.

Foot therapies

Luxury pedicure 1 hr / £36.00

A pedicure not to be missed - the combination of a luxurious foot treatment using exfoliation, cuticle treatment, and a soothing massage with luxurious creams, whilst relaxing in the pedicure spa chair - a vibrating massage system that adjusts to suit your individual needs. Whilst your feet are pampered you will feel comfortable and relaxed.

Zenspa pedicure 1 hr / £28.00

The option of either calming green tea or energising ginger, this is a luxury treatment resulting in softer smoother legs and feet finished with perfectly polished toes.

Spa pedicure 45 mins / £22.00

Foot and nail treatment combining filing, cuticles, and massage, with your chosen nail enamel to complete.

Paraffin wax £4.00

Enhance your Spa Manicure or Pedicure.

Gel overlays £25.00

Essential maintenance

Waxing

Full leg	£27.00
Full leg and bikini	from £33.00
Half leg	£16.00
Half leg and bikini	from £22.00
Underarm	£10.00
Bikini line	from £10.00
Lip wax	£7.00
Chin wax	£7.00
Back wax	from £20.00
Chest wax	from £20.00

It is advisable not to have any heat treatments, use perfumed products or self tanning lotions after your waxing treatment.

Eye enhancers

Eyelash tint	30 mins / £13.00
Eyebrow tint	15 mins / £7.00
Eyelash and eyebrow tint	30 mins / £17.00
Eyebrow shaping	from £7.00

If you have not had a tinting treatment previously at Midland Spa a patch test is required at least 24 hours prior to your treatment.

Electrolysis and red vein removal

Please enquire at reception.

Holistic therapies

Body massage 1 hr / £37.00

Total relaxation and stress relief tailored to work on areas of tension and to assist with eliminating aches and pains.

Back, neck and shoulder massage

30 mins / £24.00

A touch of relaxation tailored for those stressed and tense areas.

Aromatherapy massage 1 hr 15 mins / £40.00

A tailor made specialist treatment incorporating specific blends of essential oils to suit your individual needs. A luxury treatment combined with the ideal blend of oils to complete this calming and soothing treatment.

Aromatherapy back, neck and shoulder massage

30 mins / £26.00

Stone therapy massage 1 hr 15 mins / £48.00

An amazing experience combining a relaxing massage with the use of hot stones. To increase the circulation, alleviate muscle aches and pains, and to assist with the feeling of general well being and relaxation. A treatment not to be missed.

Body exfoliation and massage

1 hr 15 mins / £45.00

A combination of exfoliation and application of cream or oil to leave the skin feeling soft and smooth. Stimulating the skin giving a boost to that sluggish circulation.

Reflexology 1 hr / £30.00

A relaxing pampering treatment working on the feet, stimulating the bodies natural healing process and balancing the mind spirit and energy levels. A superb treatment to work on the body's systems to assist with stress relief, relaxation and any individual concerns.

Indian head massage 45 mins / £26.00

A unique head, shoulder, back and scalp massage, calming and soothing, working on tension and knotted muscles, providing a sense of calm and general well being.



Clarins treatments are totally unique.

They combine the power of the Clarins touch - a specialised and skilful massage developed over fifty years - with the purest plant extracts and aromatic essential oils.

The result is a blissful sensory experience that addresses the way you look and feel.

Taking time out to treat your face and body is no longer a luxury but a necessity of modern living. At Midland Spa our aim is to maintain your sense of well being and boost your inner strength and outer beauty.

A sensory treatment experience...

Facial treatments

Youth Booster 1 hr 20 mins / £45.00

Richly replenishes mature skin facing hormonal changes, leaving it velvety-smooth and youthfully radiant, with less noticeable lines. Our natural beauty secret... Japanese Pueraria Lobata, 'the forever young' plant, which boosts vital cell metabolism.

Skin Firmer 1 hr 20 mins / £45.00

Restores deep-down youthful firmness and luminosity to skin that's starting to look less supple, smooth and fresh as the years go by. Our natural beauty secret... the vitamin D-rich Hop from Bavaria, which has energizing and firming properties.

Thirsty Skin Soother 1 hr 20 mins / £45.00

Delivers a moisture rush to dehydrated or sensitive skin, to counteract the effects of pollution, air-conditioning and stress. Taut skin feels silky-soft, comfortable and glowing again. Our natural beauty secret... Himanthalia Elongata, a mineral-rich algae with intensive moisture- retaining powers, harvested off the west coast of France.

Radiance Ritual 1 hr 20 mins / £45.00

An immediate radiance and vitality boost for dull, tired-looking skin that's lost its sparkle. Our natural beauty secret... the vitamin C and E-rich Kiwi, the New Zealand super-fruit with the highest content of skin-protective antioxidants.

Oily Skin Rescuer 1 hr 20 mins / £45.00

Pure genius at regulating excess oiliness and rescuing oily or combination skin from breakouts, shine and open pores. Our natural beauty secret... the powdered bark of the Burmese Tanaka Tree, renowned for its softening and purifying properties.

Aromatic Balancer 1 hr / £36.50

Oily and congested, dry and dull, dehydrated or sensitive... Whatever your skin condition, this customised treatment will rebalance and coax it back to blooming. Our natural beauty secret... the potency of Clarins renowned 100% pure plant facial oils, which are prescribed according to your skin type and contain, amongst others, essential oils of Sandalwood, Lotus and Blue Orchid.



Exfoliating treatments

Gentle Skin Smoother 40 mins / £26.00

Visibly brighter, super-soft skin is the main benefit of this highly efficient body treatment. Enriched with fruit enzymes, it also refines, refreshes and detoxifies. Body products applied afterwards are perfectly absorbed. Our natural beauty secrets... exfoliating and firming powdered Bamboo from India and detoxifying African Moringa Seed extract.

Aromatic Polisher 40 mins / £26.00

More than a body scrub, this is a total well-being treatment that incorporates aroma therapeutic oils to delight the senses and warm the body. And while your mind is rebalanced, dulling dead skin is polished away, circulation is boosted and smooth, nourished, fragrant skin is revealed.

Choose from:

- Relaxing
Our natural beauty secrets... soothing essential oils of Petit Grain, Camomile and Basil.
- Revitalizing
Our natural beauty secrets... stimulating essential oils of Rosemary, Geranium and Mint.

Body treatments

Figure Shaper 1 hr 30 mins / £45.00

Intensive stimulating treatment refines the appearance of skin, perking up overall tone and helping your body to look smoother and more streamlined. Circulation is boosted, reducing fluid retention. Our natural beauty secret... Peruvian Uncaria Tomentosa, which helps to prevent the body from storing excess fats.

Super Hydrator 1 hr 30 mins / £45.00

Drenches dry or dehydrated skin in moisture, dramatically transforming its texture. Suddenly your body feels smooth and silky-soft to the touch. Our natural beauty secret... Hawaiian Candlenut Oil, which has excellent skin-nourishing properties.

Intensive Body Firmer 1 hr 30 mins / £45.00

Restores youthful firmness and deep-down luxurious softness to skin that's starting to lose condition. Your body looks and feels more supple, toned and revitalized, your skin is nourished and satin-smooth and stretch marks are less noticeable. Our natural beauty secret... Bocoa, an ancient Amazonian tree known for its firming properties.

Anti-Ageing Special 1 hr 30 mins / £45.00

A youth-boost for skin that looks dry, dull and lined, this makes a real impact on smoothness, softness and luminosity. It's particularly good for skin that's showing signs of ageing and sun damage (like age spots on the chest) or simply neglect. Our natural beauty secret... Indian Cashew Nut Oil, which helps to nourish and smooth skin tone.



Body treatments (continued)

Aromatic Body Balancer 1 hr / £35.00

Pure pleasure and a real must for out-of-condition skin. Aromatherapy massage helps the absorption of custom-blended oils and creams, which deeply replenish as they firm, detoxify and relax the body. Our natural beauty secret... the potency of Clarins 100% pure plant body treatment oils.

So Natural Self Tanner 1 hr 15 mins / £35.00

This crème de la crème of self tanning treatments for face and body includes a deeply pampering massage and gives skin a gorgeous, long-lasting, glowing, golden colour that looks as natural in winter as it does in summer - and you can even get dressed immediately.

To achieve the very best results with Clarins Body Treatments, top-to-toe exfoliation is highly recommended.

Treatments for men

Skin Blitz Facial 1 hr / £35.00

Shaving bumps and irritation, stress and tiredness, greyness and congestion... Whatever life has hit your skin with, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

Mother-to-be and new Mum treatment

Pampering Face & Body Treatment

1 hr 10 mins / £35.00

Pure indulgence for face and body, adapted to your pre and post-natal stage of pregnancy and how you look and feel. Eases backache, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity. Afterwards, you'll feel energized and wonderfully relaxed, with baby-soft skin. Our natural beauty secret... Clarins universally acclaimed Tonic Body Treatment Oil, which helps to prevent the appearance of stretch marks.

Make-up

Make-up One-to-One, master class 1 hr / £33.00

Trying different colours and application techniques under expert guidance will help you achieve a fresh and flattering new look. Whether you want a whole new make-up look or ideas for a special occasion, prepare to be inspired.





Oe facial treatments were developed by a team of dermatologists to treat all skin conditions from very oily acne prone skin to very dry ageing skin with deep lines, poor elasticity and dull lifeless tone. All treatments begin with a sensory journey using specially blended Oe Oil Cocktails to enhance the mood and promote a balanced and relaxed emotional state in readiness to receive the most appropriate Oe treatment. Depending on one of four oil cocktails chosen, hands, head, shoulders or feet are treated during the relaxing mask phase and also all of the Oe facial treatments include treatment of the very delicate eye and lip area.

Thanks to the microencapsulated active ingredients and the specially formulated freshly prepared concept, Oe products used in treatments are only activated at the moment of use providing a completely fresh active application on every occasion.

Complete Oe treatment programmes are prescribed ensuring a psychophysical balance, and a real result driven philosophy provides the motivation to maintain treatment regimes.

Facial treatments

Enjoy Your Face 45 mins / £30.00 **(a detoxifying balancing treatment for all skin types)**

A wonderful introduction to the Oe treatment line, 'Enjoy Your Face' detoxifies, purifies and balances the skin, leaving oily skin feeling fresh and looking more even, sensitive skin is re-hydrated helping to de-sensitise leaving the skin looking and feeling more relaxed and dry skin is generally nourished helping to diminish the signs of ageing and improving skin tone.

Easy Pureness 1 hr / £38.00 **(an extremely gentle purifying treatment for oily skin)**

A skin that is excessively oily can be extremely de-hydrated and really requires the kind of treatment that will cleanse and exfoliate deeply with products that have anti-bacterial qualities but that do not over stimulate sebaceous glands and also products and treatment procedures need to re-hydrate, replenish and protect improving water reserves without adding oil to the skin. From this treatment an oily skin can expect the complexion to look brighter, less shiny and more evenly balanced, pores are less visible and blemishes are less apparent.

Emotional Balance 1 hr 15 mins / £35.00 **(a very effective treatment for acne skin types)**

Acne can feel very debilitating for young sufferers and this treatment is designed to really regulate sebum production with very gentle cleansing but offers deep exfoliation with glycolic acid eliminating the signs of acne scarring and then a purifying action also prevents the spread of infection. 'Emotional Balance' will leave an acne skin type looking far brighter and less angry, the complexion will feel more comfortable and blemishes and blackheads will be less noticeable.

Emotions Away 1 hr 15 mins / £45.00 **(a de-sensitising treatment for sensitive skin)**

'Emotions Away' treats sensitive skin really delicately, providing really gentle cleansing and exfoliation and intensive re-hydrating and nourishing qualities along with calming and soothing applications of appropriate products and ingredients including a seaweed mask and a de-stressing energy mask. This treatment really calms down sensitivity by re-hydrating at the very deepest layers of the skin and redness is really reduced leaving the complexion looking and feeling more comfortable.

Exceptional Menu 1 hr 15 mins / £45.00

(a treatment for dry skin)

A dry skin is normally very dull, possibly flaky and is usually very uncomfortably tight due to a loss of sebum and water in deep layers of the skin. 'Exceptional Menu' addresses these issues with good nourishing products and ingredients like, vegetable collagen, ginseng, wheat germ and rice intensively moisturise and re-hydrate and stimulate affording an anti-ageing action and offering a far more radiant look and feel to the complexion.

Embracing Waters 1 hr 15 mins / £45.00

(an intensive re-hydration treatment for all skin types)

All skins and age groups experience de-hydration from time to time. Modern living with air conditioning and central heating accentuate this condition along with smoking, drinking excessive alcohol and not enough water and of course day-to-day stress. 'Embracing Waters' offers all clients an opportunity to really re-hydrate the skin leaving it plump, smooth and dewy looking.

Eluding Time 1 hr 15 mins / £45.00

(a preventive treatment for the first signs of ageing)

Prevention in most cases is always much better than cure and clients just beginning to notice the first signs of ageing around the eye area and the décolleté will really benefit from this treatment. Excellent ingredients like hops, green tea, fenugreek, vegetable collagen and a lifting complex all help to hold back visible ageing. 'Eluding Time' promotes gentle cleansing with enzyme exfoliation, and intensive nourishing offers cell regeneration improving elasticity and giving the complexion a youthful glow and an improved one, small lines will look less visible.

Experience New Vitality 1 hr 15 mins / £50.00

(a deep anti-ageing treatment)

'Experience New Vitality' is an extremely stimulating treatment for dull lifeless skin that has deep lines and pigmentation problems. As we mature everything slows down not least skin cell renewal. The complexion becomes less turgid and the tone is less luminous creating problems with elasticity and pigmentation. This treatment utilises products with ingredients that are really stimulating like glycolic acid, fresh vitamin C oat and millet, seaweed and vitamin E, improving cell renewal and microcirculation. This treatment ensures that the complexion appears more radiant and youthful and lines, age spots, elasticity and uneven skin tone and texture are all visibly improved.

Spa packages

Midland Spa is the perfect setting for that special occasion or for you to prepare and celebrate with your bridal party. A corporate event or simply to enjoy a treatment package for yourself, or a gift for a friend or special person.

Relax spa day 4 hrs treatment time / £99.99

- Body massage
- Indian head massage
- Spa pedicure
- Spa manicure

The perfect combination for a treat to soothe and relax. A relaxation package to totally unwind and enjoy the peace and tranquillity of the spa. Work on stress and tension areas and soothe aches and pains. Includes refreshments on arrival and light lunch presented by the Midland Hotel restaurant.

Luxury spa day 4 hrs treatment time / £129.99

- Luxury manicure
- Luxury pedicure
- Stone therapy body massage
- Relaxing facial

For that touch of luxury, total relaxation, pampering and time to completely unwind. Includes refreshments on arrival and a light lunch presented by the Midland Hotel restaurant.

Detox spa session 2.5 hrs / £70.00

- Aromatic body polish and body massage
- Hydrating facial

Treatments tailored to revive, detox, refresh and stimulate that sluggish system.

Time for him or her 3 hrs / £90.00

- Indian head massage
- Body massage
- Cleansing facial

A relaxation package to totally unwind and enjoy the peace and tranquillity of the spa. Work on stress and tension areas and soothe aches and pains.

Party make over £30.00

- Make-up
- Nail shape and paint with a touch sparkle

Why not...

Complete your tailor made day with the addition of a light lunch or afternoon tea? Details on request.

Why not...

For that special occasion book the spa for your exclusive use, combining a celebration champagne greeting, luxury treatments and a delicious lunch? Details on request.

Bridal party treatment packages

Our Bride-to-be packages can be custom made to suit the needs and concerns of the bride, or chosen from our selection of treatments designed to suit a busy bride in the preparation for her special day. Specialised treatments to provide a sense of well being, relaxation and rejuvenation with products and treatments tailored for your individual needs.

Luxury Bride-to-be £135.00

A glass of champagne to start your touch of luxury.

- Body massage
- Luxury manicure
- Zenspa pedicure
- Make up rehearsal
- Make up on the day

Bride and Mother-of-the-bride £189.99

A glass of champagne to start your spa session, that special time leading to your perfect day, total relaxation in preparation for your wedding day.

- Body exfoliation and relaxing massage
- Luxury pedicure
- Luxury manicure

Price is the total price for both mother and daughter.

Bridal make over packages

Choose shades from the Clarins latest colour collections. Colour and application techniques to achieve a flattering and fresh look.

Bride £75.00

- Make-up rehearsal
- Make-up on the wedding day
- Jessica manicure

Mother-of-the-bride £65.00

- Make-up rehearsal
- Make-up on the wedding day
- Spa manicure

Bridesmaids £30.00

- Make-up on the wedding day
- File and polish

Make-up collection

Cleanse tone and make over £25.00

Wedding make-up (includes trial) £55.00

For this special day preparation and selection of your ideal wedding make-up.

Miss Make-up (under 14) £15.00

Mens therapy

Gentlemen, keep your skin healthy, fresh, smooth and soft to the touch with our range of treatments using the Australian Body Care products.

Treatments to help soothe and condition the skin hygienically whilst restoring the skins natural pH balance.

Hand and nail treatment	£18.50
Foot care	£25.00
Eyebrow wax	£10.00
Body massage	1 hr / £40.00

Midland Spa information

Midland Spa is open to residents and non residents of the Midland Hotel.

Appointments

For your first visit please arrive ten minutes before your appointment time to complete a client record card.

Late arrivals

We strive to ensure all our treatments run on time, if you do arrive late for your treatment then we regret that your treatment time may be reduced.

Late cancellations

We request that at least 24 hours notification is given when cancellations occur, otherwise there will be a 50% charge.

Duration of treatments

These are approximate due to consultation timings.

Bookings

A 50% deposit is required for appointments that are over two hours.

Treatments courses

These are to be pre-paid and are valid for six months.

Gift vouchers

Why not treat someone special with the Midland Spa gift voucher. These can be to any value and gift wrapped for your convenience. Perfect for birthdays, anniversaries, Mothers Day or just to say thank you.

Mobile phones

We would ask that all mobile phones are on silent when in the spa.

SPA DAY AND TREATMENT PACKAGE INFORMATION

Reservations

Following a spa day booking, treatment package or group booking, a 20% deposit is required in advance with the balance payable on arrival.

What to wear

Robes are provided for your spa day with lockers to store your clothing. Please note that you are required to dress for lunch in the restaurant. Open toe shoes essential for your journey home if having a pedicure treatment.

Spa day cancellation policy

Please allow a full seven days for cancellation of a spa day or package, cancellations made less than seven days will result in loss of full deposit.

Valuables

No responsibility can be accepted by the management for the safety of money and valuables of any kind brought to the spa. The company will not be liable in any circumstances whatsoever for damage, injury or consequential loss however caused to our clients their property and belongings.

