

A woman with her eyes closed is lying down, receiving a facial massage. Her hands are gently held on her forehead and cheeks. She is wearing a light-colored towel. In the background, there are white towels, a black container, and a small arrangement of white orchids with pink and yellow centers. The overall atmosphere is calm and relaxing.

The Spa
&
Gym

ESPA Facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

ESPA Inner Beauty Facial (60 mins) £90

Deeply cleanse, hydrate and renew with this instant result facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched and naturally beautiful.

Treatment includes: Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, steam and extraction (if required), facial massage, personalised mask and scalp massage.

ESPA Optimal Skin Health Facial (60 mins) £120

Visibly revive skin's natural beauty, balance and health. Achieving instant results with long-lasting benefits, this intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health.

Treatment includes: Skin analysis with SkinVision™ lamp, triple cleanse (including deep brush cleanse), exfoliation, steam and extraction (if required), facial massage, mask, hand & arm exfoliation and massage.

ESPA Intense Regenerating Facial (60 mins) £90

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

Treatment includes: Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, steam and extraction (if required), age-defying facial massage, mask and scalp massage.

ESPA Ultimate Lift & Firm Facial (90 mins) £150

Restore youthful vitality and improve skin tonicity and firmness with this advanced facial. Using Tri-Active™ ingredients combined with specialised facial massage lifting techniques, this facial helps combat the signs of ageing, stimulates collagen production and delivers intensive results; the benefits of which can be seen immediately.

Treatment includes: Skin analysis with SkinVision™ lamp, triple cleanse, steam and extraction (if required), specialised age-defying, contouring and lifting facial massage, Lift & Firm Mask and scalp massage.

ESPA Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

ESPA Swedish Massage (30 mins)	£50
ESPA Swedish Massage (60 mins)	£80

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Treatment includes: Full body Swedish massage and scalp massage.

ESPA Deep Muscle Massage (30 mins)	£60
ESPA Deep Muscle Massage (60 mins)	£90

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Treatment includes: Targeted massage, focusing on areas of concern.

ESPA Hot Stone Massage (30 mins)	£80
ESPA Hot Stone Massage (60 mins)	£100

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Treatment includes: Full body aromatherapy massage with hot stones and scalp massage.

ESPA Pregnancy Treatment (30 mins)	£50
ESPA Pregnancy Treatment (60 mins)	£80
ESPA Pregnancy Treatment (90 mins)	£120

ESPA Pre And Post-Natal Treatment (P) Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

Treatment includes: Back exfoliation (if required) and a personalised body massage and scalp massage.

Add stones to your massage	30 mins £10
Add stones to your massage	60 mins £20
Add stones to your massage	90 mins £30

Discover lasting relaxation for mind and body with this aroma therapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

ESPA Massage

ESPA Aroma massage (30 mins)	£60	ESPA Inner Calm Massage (90 mins)	£150
ESPA Aroma massage (60 mins)	£90		
ESPA Aroma massage (90 mins)	£120		

A relaxing massage using a blend of individually chosen oils.

Your therapist will select from: Detoxifier, De-stresser, Muscle Relaxer, Jet-Lag Eliminator, Immune Booster and Energiser.

ESPA Mindful Massage (90 mins)	£150
---------------------------------------	-------------

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Treatment includes: Breathwork and visualisation, massage to metamorphic zones of the feet, full body massage and scalp massage with warm rose quartz crystals.

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Treatment includes: Breathwork, full body aromatherapy massage and scalp massage with rose quartz crystals.

ESPA Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

ESPA Back, Face & Scalp Treatment (90 mins)	£150	ESPA Body Wrap (60 mins)	£70
--	-------------	---------------------------------	------------

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Treatment includes: Back exfoliation, back massage with or without hot stones, Inner Beauty Facial and scalp massage.

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying algae or nourishing marine mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Treatment includes: Skin brush, body exfoliation, algae or mud wrap and scalp massage.

ESPA Targeted Hip & Thigh Treatment (60 mins)	£80	ESPA Body Ritual (120 mins)	£170
--	------------	------------------------------------	-------------

Transform the appearance of your hips, thighs and legs with this revitalising, results-focused treatment. Working swiftly and effectively, powerfully detoxifying actives combine with targeted massage to instantly diminish cellulite and fluid retention, dispel toxins and boost circulation. Skin looks smooth, supple and beautifully toned.

Treatment includes: Skin brushing hip, thigh and abdominal areas, salt & oil scrub with iced mitt removal, detoxifying and lymphatic drainage massage techniques, deep cleansing abdomen massage and body moisturiser application.

Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a nourishing wrap, personalised aromatherapy massage and reviving scalp massage. Skin feels refreshed, smooth and intensely nourished. Toxins are eliminated, tension alleviated and your body and mind re-energised.

Treatment includes: Body exfoliation, marine or algae wrap, aromatherapy massage and scalp massage.

ESPA Express Treatments

If time is of the essence, why not try our Express Treatments?

ESPA Express Facial (30 mins)	£50
--------------------------------------	------------

Reveal a clear, refreshed, naturally beautiful complexion with this ESPA Express Facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Treatment includes: Skin analysis with SkinVision™ lamp, double cleanse, exfoliation, personalised mask and scalp massage.

ESPA Salt & Oil Scrub (30 mins)	£45
--	------------

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy. For a lighter application, exfoliating body polish is applied instead of salt & oil scrub.

Treatment includes: Salt & oil full body exfoliation.

ESPA Invigorating Foot Treatment (40 mins)	£45
---	------------

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and lower legs, then treat them to a rejuvenating and intensely reviving massage – restoring cool comfort and leaving you ready for another active day.

Treatment includes: lower leg and foot exfoliation and massage.

Grooming

Eyebrow Wax (15 mins)	£15
Eyebrow Tint (15mins)	£15
Eyelash Tint (30 mins)	£25
Eyebrow Package (1 hour)	£50
Lip Wax (15mins)	£15
Chin Wax (15mins)	£15
Underarm (15mins)	£15
Bikini Wax (20 mins)	£20
Arm Wax (20 mins)	£20
Half Leg (30 mins)	£25
Full Leg (45 mins)	£35
Chest Wax (30 mins)	£25
Back Wax (30 mins)	£25

The Spa & Gym

Radisson Blu Edwardian, Manchester
Peter Street, Manchester, M2 5GP

T +44 (0)161 835 8964

F +44 (0)161 835 9979

E info@thespaandgym.com

W thespaandgym.com