



SPA
MENU

Mahmaison

SPA USE FOR HOTEL GUESTS

Spa use is offered complimentary, however we cannot guarantee spa use for hotel guests, it is on a first come first served basis & can be used from check in time until check out (3pm - 11 am). Spa use can only be guaranteed as part of a spa day package booking or overnight spa package. All spa guests need to be over the age of 16, and all guests under 18 need to be accompanied by an adult.

MEDICAL

Please make our spa team aware of any medical conditions or allergies at the time of booking, this includes any recent surgery & pregnancy.

BOOKING & CANCELLATION

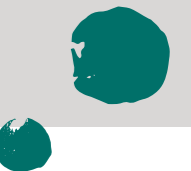
Full payment is required at the time of booking for all treatments & spa packages. Cancellations need to be received at least 48 hours before day of the booking to reschedule or refund. Failure to do so will incur a 100% cancellation charge.

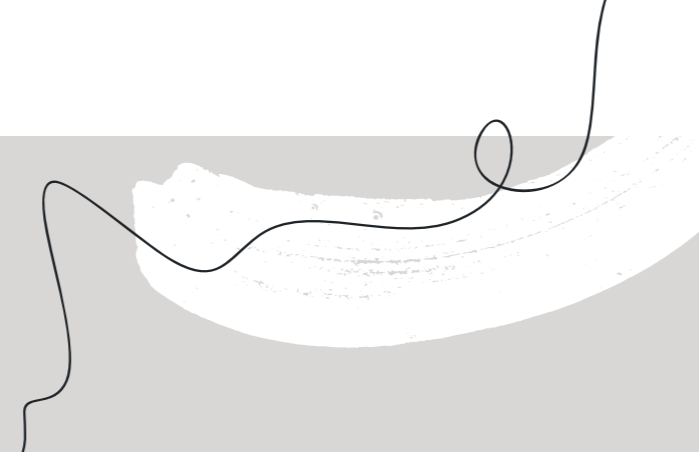
TREATMENT TIMES

All treatment time includes pre-treatment consultation & aftercare.



If you're looking for a quick fix, regular beauty maintenance, luxurious spa day or even the perfect place for that special occasion, Malmaison Spa is the place you have been searching for, offering the very best in luxury Spa & Beauty treatments. Pamper yourself with our range of relaxing ESPA & Nimue face & body treatments & day spa packages. This is the inner-city escape you've been looking for.





ESPA FACIALS

Reveal skin that glows each day with natural health & beauty. By assessing your skin, lifestyle & 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 & long-lasting – skin looks clear, radiant & inner calm is blissfully restored.

ESPA INNER BEAUTY FACIAL

55 MINS £70

Deeply cleanse, hydrate & renew with this instant results 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, naturally beautiful, & inner calm is blissfully restored.

ESPA OPTIMAL SKIN HEALTH FACIAL

55 MINS £70

Visibly revive skin's natural beauty, balance & 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 & hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health.

ESPA INTENSE REGENERATING FACIAL

55 MINS £70

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

ESPA EXPRESS FACIAL

25 MINS £45

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



ESPA BODY MASSAGE

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

ESPA INNER CALM MASSAGE

25 / 55 MINS £45 / £72

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

ESPA DEEP MUSCLE MASSAGE

25 / 55 MINS £50 / £77

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

ESPA HOT STONE MASSAGE

25 / 55 MINS £50 / £77

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





ESPA BODY TREATMENTS

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

ESPA BACK, FACE & SCALP TREATMENT 90 MINS £104

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

ESPA TOTAL HOLISTIC BODY CARE TREATMENT 90 MINS £100

An all-encompassing top to toe luxury treatment, full body skin brushing & exfoliation, full body massage, scalp massage & facial pressure point massage.

ESPA BODY WRAP 55 MINS £70

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 & beautifully radiant, while a soothing scalp massage restores inner calm.

ESPA FULL BODY SALT & OIL EXFOLIATION 25 MINS £45

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

ESPA LIFE SAVING BACK TREATMENT 45 MINS £65

A deep cleansing, smoothing & stress relieving treatment for both your back & the back of your legs. Your body will be brushed & polished for that next level of exfoliation followed by a massage to stimulate the circulatory system. The treatment will be complete after skin specific masks & moisturisers have been applied for optimally radiant results.

ESPA SCALP MASSAGE 25 MINS £36

A deeply relaxing massage for those who hold tension in their neck, shoulders or suffer from headaches. Focusing on acupressure points in the shoulders, neck & scalp, helping to stimulate & relieve tension.

ESPA RITUALS

Why not add on spa use, 3 hours for £15 per person only applicable with ESPA ritual treatments

ESPA FULL BODY RITUAL 2 HOURS £125

Unravel tension, instantly boost & restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils helping you to feel your very best – restored & de-stressed. Includes: full body exfoliation, full body massage with or without hot stones & scalp massage.

ESPA BACK, FACE & FOOT RITUAL 1 HOUR 45 MINS £115

Soothe away stress & return body & mind to the present moment with this holistic & blissfully re-balancing experience. Unique in every way, with deeply therapeutic massage to release physical & emotional anxieties, relax the mind & restore a positive spirit. Includes: inner calm back massage, inner beauty facial & foot massage.

ESPA TOP TO TOE RITUAL 90 MINS £100

Relax & revive body & mind with this multi-targeted body & facial treatment. Instantly alleviate tension with this powerful yet soothing treatment. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, & a positive mind-set is restored. Includes: inner calm back massage, express facial & full body exfoliation.

ESPA BACK, FEET & SCALP RITUAL 90 MINS £100

Revive your body & enliven your spirits with this invigorating treatment. Working swiftly & deeply where you need it most, traditional massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles & awakens the body from top to toe. Includes: inner calm back massage, scalp massage & foot massage.

ESPA ULTIMATE FACE & BODY 2 HOURS £125

Realise tension & nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical & emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure. Deeply cleanse, hydrate & renew with the inner beauty 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, naturally beautiful, & inner calm is blissfully restored. Includes: inner calm full body aromatherapy massage & inner beauty facial.

ESPA LIFE SAVING BACK & FACE RITUAL 1 HOUR 45 MINS £104

Exfoliate, detox & massage to reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned & beautifully radiant, while the inner beauty facial restores inner calm & radiant skin. Includes: Back massage, skin brush, back exfoliation, algae or mud wrap on the back & inner beauty facial.



NIMUE SKIN TECHNOLOGY

The leaders in scientific skincare.

Nimue Skin Technology is a derma-cosmeceutical brand that was developed in 1994 by leading skincare scientists aimed at the cosmetic surgery market for pre & postoperative application.

Nimue's advanced & powerful formulations effectively treat the majority of skin concerns including: fine lines, wrinkles, sagging, pigmentation, uneven skin tone, dryness, oiliness, acne, rosacea & eczema.

Nimue's world-class formulations are based on exceptional ingredients. Nimue is committed to cutting-edge research & development that ensures continuous creation of advanced skin treatment products & professional treatments.

The powerful advanced formulas of Nimue Skin Technology treatments & products are now available at Malmaison Spa.

NIMUE THERAPEUTIC FACIAL TREATMENT 45 MINS £45

This exfoliation, massage & masking treatment results in a revived, refreshed, smoother & softer skin, supporting all conditions including uneven skin tone, sun damage, oily & congested skin & sensitised skin.

NIMUE ACTIVE REJUVENATION FACIAL TREATMENT 60 MINS £65

A specialised, active, skin rejuvenation treatment that targets sun damage, wrinkles uneven skin tone & enlarged pores resulting in increased elasticity, renewed radiance & overall skin smoothness.

NIMUE DEEP CLEANSE FACIAL TREATMENT 45 MINS £39

Designed to deep cleanse problematic skin with pustules, oiliness & congestion. It effectively purifies & clarifies helping to refine the skin texture.

HANDS & FEET

Using Vinylux polish, a two-step, fast drying & long lasting 7 day wear & Shellac gel polish, a superior nail service with 14 day gel nail system.

VINYLUX PRESCRIPTIVE MANICURE 60 MINS £35

Nail & cuticle tidy, hand & arm massage & application of colour.

VINYLUX DELUXE MANICURE 75 MINS £40

Incorporating the prescriptive manicure, thermal mittens are then applied with a deeply nourishing hand mask, softening the skin & improving circulation.

VINYLUX PRESCRIPTIVE PEDICURE

60 MINS £40

Nail & cuticle tidy, foot & leg massage & application of colour.

VINYLUX DELUXE PEDICURE

75 MINS £45

Incorporating the prescriptive pedicure, thermal booties are then applied with a deeply nourishing foot mask, softening the skin & improving circulation.

Upgrade to shellac with any of the above for an additional £10 per service

Vinylux file & polish hands 30 mins £20

Vinylux file & polish feet 30 mins £20

Shellac application only 30 mins £35

Shellac soak off only 30 mins £15

Shellac soak off & application 60 mins £37.50

French nails extra time 15 mins £5 additional charge

– can only be done in gel not polish

NEW! The Gel bottle – Biab builder gel

Biab application only (no colour) £40

Biab application and colour £45

Add Biab to manicure/pedicure £15 (per service)

Add Biab and colour to manicure/pedicure

£20 (per service)

*Please note we cannot remove gel brands applied at other salons and spa's,
if you have a nails service booked with us please remove prior to your appointment.*



WAXING

Using only the finest resins, natural ingredients & aromatherapy oils, Lycon delivers superior performance, removing stubborn hair as short as 1mm. The elite Lycon brand offers a choice of waxes complemented by pre & post waxing lotions allowing the right combination to be tailored for your complete satisfaction.

	LYCON STRIP WAX	LYCON HOT WAX
FULL LEG	£40	-
HALF LEG	£30	-
FULL ARM	£24	-
FOREARM	£18	-
UNDERARM	£18	£20
EYEBROWS	£13	£15
LIP & CHIN	£15	£18
LIP OR CHIN	£11	£13
BIKINI	-	£24
EXTENDED BIKINI	-	£26
BRAZILIAN	-	£36
HOLLYWOOD	-	£42

BROW/LASH TINT

EYEBROW TINT* £10
EYEBROW TINT* & SHAPE £15
EYELASH TINT* £15
EYEBROW & EYELASH TINT* £20
EYEBROW SHAPE, EYEBROW TINT
& EYELASH TINT* £25

*24 hour patch test required

NEW! NOUVEAU
LVL LASH LIFT
£45 60 MINS

Exclusive to Nouveau Lashes, our LVL lash lift is the revolutionary lash treatment that creates masses of length, volume and lift with your own natural lashes.

No mascara. No extensions. No maintenance.



** treatment times may vary as they are customised to each guest*

AMETHYST TRUST

Working with Amethyst Trust, ESPA has developed a collection of nurturing face and body rituals. The following rituals have been carefully designed to soothe the guest and nourish their body, using specially selected products. These rituals are designed for guests who are undergoing or have recently undergone treatment for Cancer. All experiences begin with breath-work and visualisation to commence relaxation, with the emphasis on a holistic approach to each guest's well-being.

BE NURTURED BACK, FACE & SCALP

90 MINS £95

Soothe mind and body with this renowned experience. This relaxing and deeply effective ritual addresses the main areas of tension – the back, the face and the scalp. A soothing back massage addresses areas of tension before a personalised facial completes this totally indulgent experience.

Includes: Back Massage, Personalised Facial, Scalp Massage or Hand and Arm Massage.

BE NURTURED FACIAL

60 MINS £65

Leave skin nourished and radiant with this relaxing facial. Beginning with a detailed consultation and entirely tailored to your individual concerns, this facial expertly combines the most suitable selection of cleansing, massage, mask, serum and moisturiser. Includes: Skin Analysis, Breath Work, Cleanse, Facial Massage with Rose Quartz Crystals, Personalised Mask, Scalp Massage or Hand and Arm Massage.

BE NURTURED MASSAGE

60 MINS £67

Soothe, relax and rebalance the body with this personalised massage. Focusing on areas of concern and using a gentle but rich oil, this unique experience will deeply nourish and hydrate skin while calming the mind.

Includes: Breath Work and Visualisation, Full Body Massage.

NEW! HOLISTIC TREATMENTS

REFLEXOLOGY

55 MINS £65

Reflexology is a complementary health therapy that can be effective in promoting deep relaxation and wellbeing; reducing stress in people's lives can be key in optimising good health and building resilience. It is a touch therapy that is based on the theory that different points on the feet correspond with different areas of the body.

REIKI

55 MINS £65

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.

It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us. **Treatment times may vary as they are customised to each guest.*

HOPI EAR CANDLES

25 MINS £40

Hopi ear candles can offer relief from a variety of issues such as **sinus problems, compacted ear wax, tinnitus, and headaches**. They can also help to **reduce inflammation in the ears and sinuses, relieve the symptoms of hay fever, rebalance the body's natural flow, and promote relaxation.**

ESPA PRE-NATAL RELAX & RESTORE

Nurture your changing body & calm your mind with this beautifully comforting treatment. Personalised to your needs & stage of pregnancy, the purest, most gentle formulas smooth & nourish skin while expert massage soothes tight, tender muscles & invokes a state of blissful relaxation. Guests must be past their first trimester to have any body treatments

BACK MASSAGE 30 MINS £51

FULL BODY MASSAGE 60 MINS £78

PRE/POST-NATAL BODY
TREATMENT 90 MINS £100

SPA DAY PACKAGES

The perfect way to unwind & relax, any day of the week. Indulge & pamper yourself with one of our luxury spa day packages. From little spa treats to ultimate top to toe experiences we have something for everyone. All packages include up to 3 hours use of the spa, towels & robe.

MUM TO BE

Pre/Post Natal Treatment includes: Full Body Exfoliation, Back Massage, ESPA Scalp Massage, Prescriptive Manicure or Pedicure. Lunch & chocolates. Guests must be past their first trimester.

WEEKDAY £160 PER PERSON

WEEKEND £170 PER PERSON

2½ hours plus lunch

MALMAISON SPA TREAT

Choose from one of the following 55 minute treatments: ESPA Inner Calm Full Body Massage, ESPA Inner Beauty Facial, Express Facial & Back Massage, Exfoliating Salt Scrub & Back Massage, Deluxe Manicure or Deluxe Pedicure. Lunch with a glass of fizz & chocolates.

WEEKDAY £100 PER PERSON

WEEKEND £110 PER PERSON

55 minute treatment plus lunch

MINI SPA THERAPY

Choose from one of the following 25 minute treatments: ESPA Inner Calm Back Massage, Express Facial, ESPA Scalp Massage, Salt & Oil Scrub, Gel Application on Hands or Feet. Includes lunch.

WEEKDAY £74 PER PERSON

WEEKEND £84 PER PERSON

25 minute treatment plus lunch

AFTERNOON TEA SPA

2 x 25 minute treatments each – choose from Back Massage, Scalp Massage, Express Facial, Salt Scrub or File & Polish on hands or feet. Afternoon tea.

WEEKDAY £105 PER PERSON

WEEKEND £115 PER PERSON

IT'S ALL ABOUT ME

ESPA intense regenerating facial, ESPA hot stone full body massage, salt scrub & scalp massage. Lunch with a glass of fizz & chocolates.

2.5 HOURS

WEEKDAY £194 PER PERSON

WEEKEND £204 PER PERSON





OVERNIGHT SPA EXPERIENCES

Perfect for couples or hen parties, includes use of the spa.

SPA NIGHT IN

- 30 minute spa treatment
- Accommodation
- 2 course meal
- Full cooked breakfast
- Cocktail per person

SUNDAY SLUMBER

- 30 minute spa treatment
- Accommodation
- Full cooked breakfast

For pricing and availability please call 0330 016 0380
or email theteam@malmaison.com



DONT SEE A PACKAGE THAT SUITS YOUR NEEDS?

Please call us & we can happily make a bespoke package for you!

To book an overnight spa package
please call 0330 016 0380 or email theteam@malmaison.com



A large teal shape on the left side of the page, partially overlapping a vertical strip of a floral image. A thin, dark teal line loops from the bottom of the floral strip towards the teal shape.

Malmaison

malmaison.com

THE MAILBOX, 1 WHARFSIDE STREET, BIRMINGHAM, B1 2JR

0121 794 3004

spa.birmingham@malmaison.com