



SPA
MENU

Mahmaison

SPA USE FOR HOTEL GUESTS

Spa use is available for hotel guests at a charge of £15 per person for two hours use (includes robe and towel) additional laundry/towels are chargeable. Please bring your own slippers or flip flops and £1 coin for the lockers.

We cannot guarantee spa use for hotel guests; it is on a first come first serve basis on the day. It can be used from check in time (15:00) until check out time (11:00). Once you have checked into your room, we would advise guests wanting to use the spa to book your time slot. We do not take bookings for spa facilities in advance, unless it is part of a spa package with treatments included. **Spa use can only be guaranteed as part of a spa day package booking or overnight spa package.**

MEDICAL

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

BOOKING & CANCELLATION

Full payment is required at the time of booking for all treatments and 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 and 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 and Beauty treatments. Pamper yourself with our range of relaxing TEMPLESPA and Nimue face and body treatments and day spa packages. This is the inner-city escape you've been looking for.





TEMPLESPA FACIALS

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our TEMPLESPA 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.

TEMPLESPA ALL ABOUT THE GLOW

VIT C SKIN WORK OUT FACIAL

30/60 MINS £60/£90

GLOW & RADIANCE FACIAL. This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling and brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

TEMPLESPA REPOSE

INDULGENT WELLBEING AROMATHERAPY FACIAL

75 MINS £95

RELAX & RESTORE FACIAL. There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand and arm massage. Want to look and feel less tired? Then this is for you.

TEMPLESPA CHAMPAGNE & TRUFFLES

CRÈME DE LA CRÈME RADIANCE FACIAL

60/90 MINS £90/£105

SMOOTH & FIRM FACIAL. A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate. The 90 minute version includes an exquisite cooling alginate mask and rose quartz massage therapy. Add a glass of fizz and a delicious chocolate truffle to complete the luxury and help you relax.

TEMPLESPA MY KINDA SKIN

A BESPOKE PRESCRIPTION FACIAL

30/60 MINS £50/£80

PRESCRIPTION FACIAL. Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.

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

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

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

NIMUE THERAPEUTIC FACIAL TREATMENT

45 MINS £55

A customisable treatment that supports all skin conditions in particular, uneven skin tone, sun damage, oily and congested skin as well as sensitised skin conditions. This exfoliation, massage and masking treatment results in a revived, refreshed, smoother and softer skin.

NIMUE ACTIVE REJUVENATION FACIAL TREATMENT

60 MINS £80

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

NIMUE DEEP CLEANSE FACIAL TREATMENT

45 MINS £55

A treatment designed to deep cleanse problematic skin with pustules, oiliness and congestion. It effectively purifies and clarifies helping to refine the skin texture.



TEMPLESPA MEDITERRANEAN MESSAGES

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.

TEMPLESPA WORK IT OUT

DETOXIFYING/MUSCLE WORKOUT | 30/60 MINS £50/£77

REVIVING DEEP TISSUE MASSAGE. A detoxifying, deep tissue massage that works out tired, aching muscles and overworked limbs. Using the ingenious WORK IT OUT muscle-tox massage oil with Mediterranean essential oils of juniper, lavender and cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out – untangle knot and ease tension and tightness. Better all round!

TEMPLESPA ROCKS OF THE MEDITERRANEAN

HOT STONE MASSAGE | 75 MINS £99

RELAX & RESTORE HOT STONE MASSAGE. Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. Muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

TEMPLESPA NEW BEGINNINGS

MOTHER TO BE MASSAGE | 60 MINS £77

PREGNANCY MASSAGE. Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is topped off with a relaxing face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

TEMPLESPA DRIFT AWAY

RELAXING | 30/60 MINS £45/£72

RELAXING AROMATHERAPY MASSAGE. This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including frankincense, lavender and patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our award-winning aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away... stay awake if you can zzzzzzz!

Amethyst
Trust



TEMPLES PA 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.

TEMPLES PA THE BODY DETOX PURIFYING & HYDRATING BODY WRAP 60 MINS £70

PURIFY & BALANCE BODY TREATMENT. This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt soooo good!

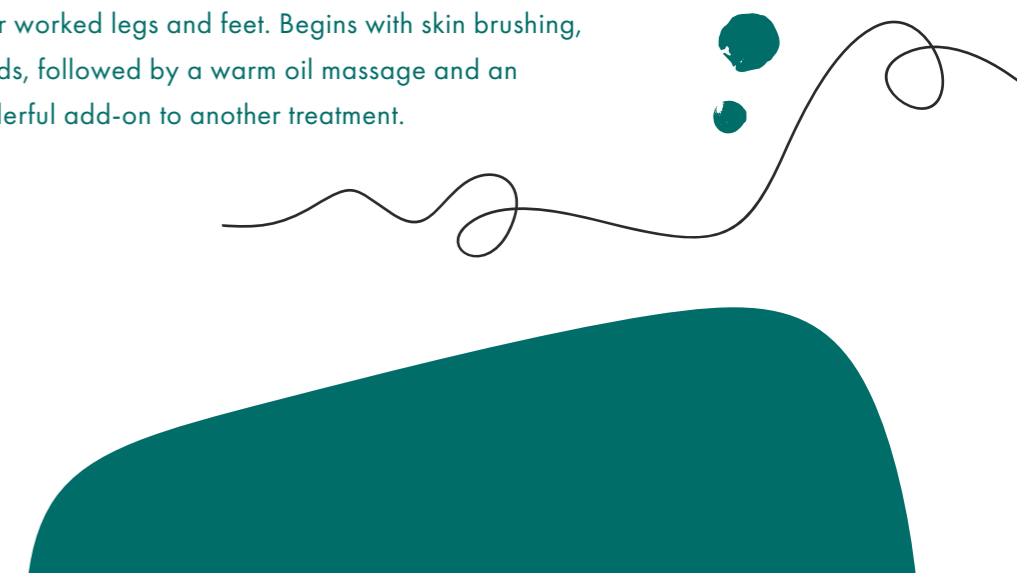
TEMPLES PA THE OUTER GLOW FACE & BODY EXFOLIATION 45 MINS £65

GLOW & RADIANCE BODY TREATMENT. An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or a special event. Off you glow!

TEMPLES PA AAAHHH LEG & FOOT ENERGISER 30 MINS £45

REVIVE & ENERGISE FOOT & LEG TREATMENT. This oh-so-good treatment is instant relief for tired, over worked legs and feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

Amethyst
Trust 



TEMPLESPA RITUALS

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

TEMPLESPA MY KINDA MOOD

FACIAL & BODY MASSAGE

120 MINS £130

PRESCRIPTION FACE & BODY EXPERIENCE. Not sure what you'd like? Then this is the ideal treatment for you. First, we'll help you choose the aromatherapy oil to match your mood. Then we'll take care of you with a tailored, results-driven full body massage, followed by a bespoke facial. Step off the bed feeling all the better for it.

TEMPLESPA YOUR BEST YOU

MENOPAUSE TREATMENT

60/90 MINS £75/£110

HYDRATE & SOOTHE MENOPAUSE BODY TREATMENT. This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan salt stones with TEMPLESPA Hydrating & Soothing Skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.

TEMPLESPA NEW BEGINNINGS TOTAL RETREAT

2 HOURS 30 MINS £175

PREGNANCY FACE & BODY EXPERIENCE. This is our specially designed treatment for expectant mummies to enable your full body to be massaged and treated without having to lie on your tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Finally, your legs will be revitalized with our leg energiser treatment that is perfect for swollen ankles and tired legs.

TEMPLESPA SIDE ORDERS

Have you ever had a treatment and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we offer a targeted selection of "add ons" to your main treatment. These can be added to any facial, massage or body treatment

REPLENISHING EYE RITUAL

15 MINS £20

TARGETED BODY EXFOLIATION

30 MINS £45

PURIFY & BALANCE FOOT RITUAL

15 MINS £20

HYDRATE & SOOTHE HAND RITUAL

15 MINS £20

RELAX & RESTORE HOT STONE NECK & SHOULDER MASSAGE

15 MINS £20

RELAX & RESTORE HOT OIL SCALP MASSAGE

15 MINS £20

AMETHYST TRUST

Working with Amethyst Trust, TEMPLESPA 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.

TEMPLESPA MY KINDA SKIN

A BESPOKE PRESCRIPTION FACIAL

30/60 MINS £50/£80

PRESCRIPTION FACIAL. Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.

TEMPLESPA AAAHHH!

LEG & FOOT ENERGISER

30 MINS £45

REVIVE & ENERGISE FOOT & LEG TREATMENT. This oh-so-good treatment is instant relief for tired, over worked legs and feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

TEMPLESPA INNER DRIFT AWAY RELAXING

30/60 MINS £45/£72

RELAXING AROMATHERAPY MASSAGE. This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including frankincense, lavender and patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our award-winning aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away... stay awake if you can zzzzzzz!

Amethyst
Trust



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

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.

SPA DAY PACKAGES

The perfect way to unwind and relax, any day of the week. Indulge and 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 our spa packages include 3 hours use of the spa facilities, towels and robes will be provided, please bring your own suitable flip flops or slippers.

A LITTLE PIECE OF HEAVEN

Choose one of the following 30 minute treatments: TEMPLESPA My Kinda Skin facial, TEMPLESPA AAAHHH! Leg & Foot Energiser, scalp massage, TEMPLESPA Drift Away Back Massage, file and polish hands or file and polish feet.

WEEKDAY £89 PER PERSON

WEEKEND £99 PER PERSON

Up to 3 hours use of the spa facilities | 2 course spa lunch in our restaurant
towel and robe

SPA USE & LUNCH

Wind down and enjoy up to 3 hours of spa use, making use of all the facilities, including sauna, steam room, Jacuzzi, experience showers, relaxation room and gym, as well as a 2 course lunch in our restaurant.

AVAILABLE MONDAY, WEDNESDAY
& THURSDAY £50 PER PERSON

SPA USE & DINNER

Wind down and enjoy up to 3 hours of spa use between 15:30-18:30 (Mondays 14:30-17:30) as well as a 2 course dinner in our restaurant at 19:00 (18:00 on Mondays).

AVAILABLE MONDAY, WEDNESDAY
& THURSDAY £55 PER PERSON



TRANQUILI-TEA

Choose two of the following 30 minute treatments: TEMPLESPA My Kinda Skin Facial, TEMPLESPA AAAHHH! Leg & Foot Energiser, scalp massage, TEMPLESPA Drift Away Back Massage, file and polish hands or file and polish feet

WEEKDAY £120 PER PERSON
WEEKEND £130 PER PERSON

Up to 3 hours use of the spa facilities

Classic afternoon tea each in our restaurant | towel and robe

MALMAISON SPA RETREAT

Choose one of the following 60 minute treatments: TEMPLESPA My Kinda skin Facial, TEMPLESPA Drift Away Full Body Massage, TEMPLESPA Face & Back Combo, TEMPLESPA Scalp & Back Combo, Vinylux manicure or Vinylux pedicure

WEEKDAY £115 PER PERSON
WEEKEND £125 PER PERSON

Up to 3 hours use of the spa facilities

2 course lunch, chocolates and glass of bubbles
in our restaurant | towel and robe



MUM TO BE RETREAT

Suitable for guests after the first trimester of their pregnancy, or as a postnatal pamper. We do not advise use of any of our spa facilities during any stage of pregnancy.

TEMPLESPA PREGNANCY FACE & BODY EXPERIENCE
2.5 HOURS

WEEKDAY £204 PER PERSON

WEEKEND £214 PER PERSON

Up to 3 hours use of spa facilities (spa use is only suitable for post-natal guests)
2 course lunch in our restaurant | towel and robe

IT'S ALL ABOUT ME

TEMPLESPA Targeted Full Body Exfoliation, TEMPLESPA Drift Away Full Body Massage and TEMPLESPA My Kinda Skin Bespoke Facial.

2.5 HOURS

WEEKDAY £204 PER PERSON

WEEKEND £214 PER PERSON

Up to 3 hours use of the spa facilities
2 course lunch, chocolates and glass of bubbles in our restaurant | towel and robe

SPA NIGHT IN

CALL OR EMAIL OUR CENTRAL SPA DESK FOR A QUOTE

Choose from the following, one 30 minute spa treatment per person: TEMPLESPA My Kinda Skin Facial, TEMPLESPA AAAHHH! Leg & Foot Energiser, scalp massage, TEMPLESPA Drift Away Back Massage, file and polish hands or file and polish feet.

Up to 3 hours use of the spa facilities – either on the day of check in or check out
Accommodation | 2 course meal | Full cooked breakfast | Cocktail per person

SUNDAY SLUMBER

CALL OR EMAIL OUR CENTRAL SPA DESK FOR A QUOTE

Choose from the following, one 30 minute spa treatment per person: TEMPLESPA My Kinda Skin Facial, TEMPLESPA AAAHHH! Leg & Foot Energiser, scalp massage, TEMPLESPA Drift Away Back Massage, file and polish hands or file and polish feet.

Up to 3 hours use of the spa facilities – either on the day of check in or check out
Accommodation | Full cooked breakfast



DON'T SEE A PACKAGE THAT SUITS YOUR NEEDS?

Please call us and 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



HANDS & FEET

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

VINYLUX PRESCRIPTIVE MANICURE 60 MINS £35

Nail and cuticle tidy, hand and arm massage and 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 and improving circulation.

VINYLUX PRESCRIPTIVE PEDICURE

60 MINS £40

Nail and cuticle tidy, foot and leg massage and 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 and improving circulation.

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

Vinylux file and polish hands 30 mins £20

Vinylux file and polish feet 30 mins £20

Shellac application only 30 mins £35

Shellac soak off only 30 mins £15

Shellac soak off and application 60 mins £37.50

French nails extra time 15 mins £5 additional charge

– can only be done in gel not polish

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 and 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 and 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.





Malmaison

malmaison.com

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

0121 794 3004

spa.birmingham@malmaison.com