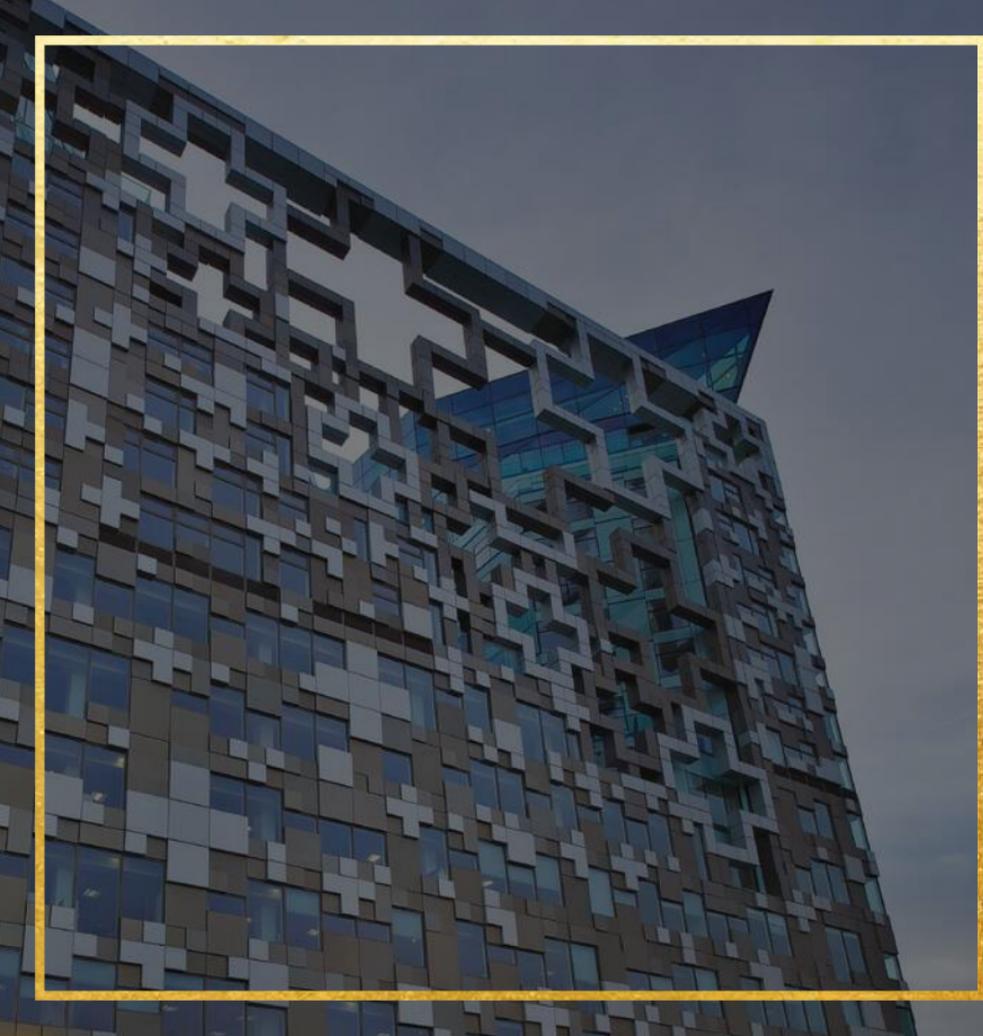




SPA TREATMENTS

www.theclubandspabirmingham.co.uk



WELCOME

A restful sanctuary where time stands still. **the spa** is an oasis of tranquility, nestling within Birmingham's most prestigious landmark, along the picturesque canal side. With luxury and indulgence at its core; this is Birmingham's best kept secret.

Whether you are joining us for one treatment, a day or a weekend of indulgence, let us take you on a sensory journey you will never forget. From our uplifting wet and dry thermal rooms and our vitality pool, complete with massage jets and a waterfall, to our 300-year-old Finnish Sauna, you can immerse yourself in quiet and harmony. And, with **the club and spa** spanning one entire floor, opportunities abound to stretch out and settle in.

OUR PRODUCT RANGE

ELEMIS is the leading luxury British spa and skincare brand favoured by as many as 6.5 million spa-goers per year. The successful combination of natural active ingredients with cutting-edge technology has enabled ELEMIS to bring to market some of the most influential anti-ageing products and professional spa-therapies the beauty industry has ever seen.

Natural Spa Factory use the most natural sourced ingredients and have managed to provide signature treatments for body scrubs and wraps that not only smell divine, but also leave the skin and the body feeling completely treated.

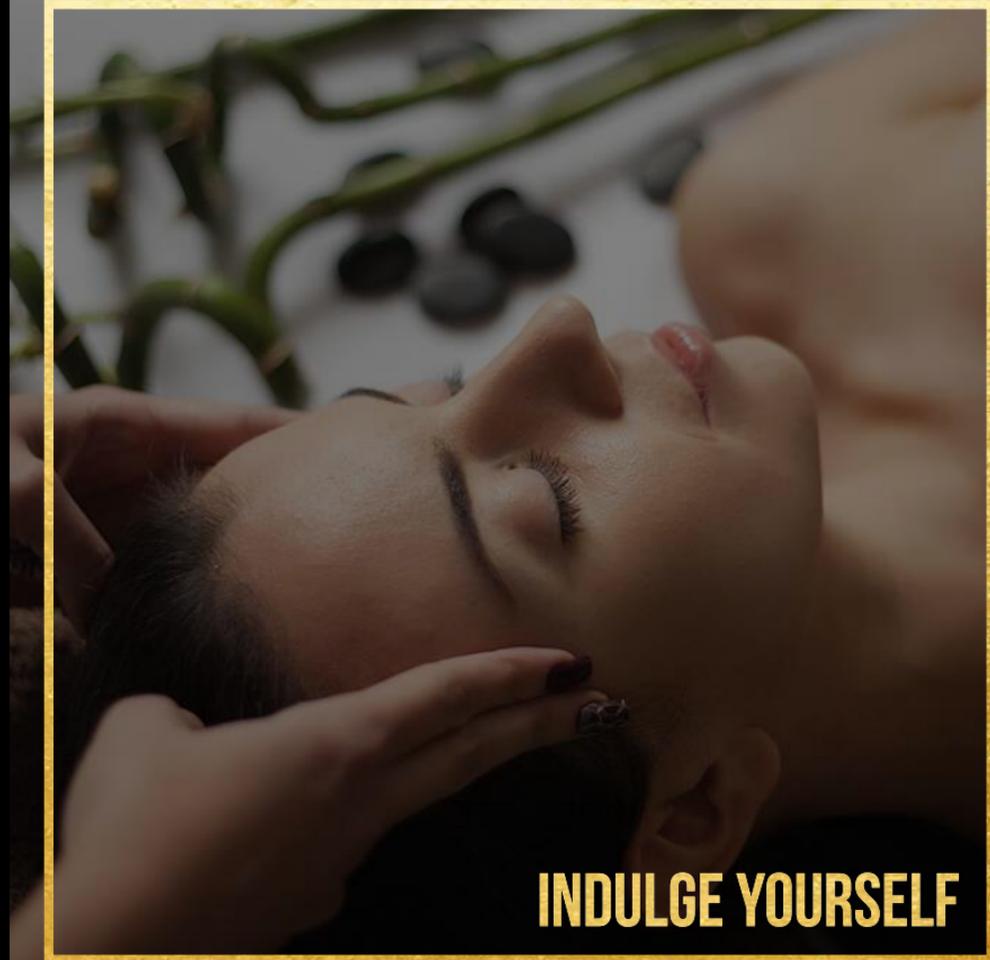
St Tropez With one St.Tropez spray tan performed every minute and one product sold every fifteen seconds, St.Tropez is proud to be the leading tanning brand chosen globally by professionals, celebrities and beauty editors alike.

Leighton Denny Expert Nails is based on 3 key principles:

Expert – we use advanced technologies and carefully chosen ingredients to create results driven formulations.

Professional – we offer effective, luxurious and memorable salon treatments that transform even the most neglected hands, feet and nails.

Glamorous – we always follow fashion and colour trends to reflect consumer demand whilst providing salon quality products.



INDULGE YOURSELF



MIND & BODY

OUR SPACES

Allow the **spa's** body and beauty therapies, mind and body balancing remedies, vitality pool and thermal experiences to slow you down for that all important 'me' time.

Thermal Suite

Our thermal suite offers a complete sensory journey, from uplifting wet and dry thermal rooms, vitality pool, showers and ice cold drench. the **club's** executive changing rooms feature large lockers, swimsuit dryers, changing areas and showers.

Bardolino Pizzeria, Bellini and Espresso Bar.

We have a Marco Pierre White restaurant located within the **spa**. Inspired by the Italian town of Bardolino, where Marco's mother was born, the restaurant is an ultra-casual setting that offers all day dining. Bardolino is all about authentic, simple and uncompromised dishes, just how Italian food should be.

Treatment Rooms

Our 10 luxury spacious treatment rooms are kitted out to the max – think soothing hues, comfy beds and relaxing sounds. Treat yourself to a treatment today and see what all the fuss is about.

Gym & Group Exercise Classes

The **club and spa** Birmingham offers an unprecedented gym experience. From the quality of our machines to the cleanliness of our facilities, we provide the ideal work out environment. Should you want to work out or join in one of our classes then check with the reception team to help you get booked in.

ELEMIS FACE AND BODY TREATMENTS

ELEMIS Pro-collagen Age-Defy

£70 / 60 minutes

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and red coral. This targeted massage encourages optimum cellular function for nourished younger looking skin.

ELEMIS White Brightening Pigment Perfector

£65 / 60 minutes

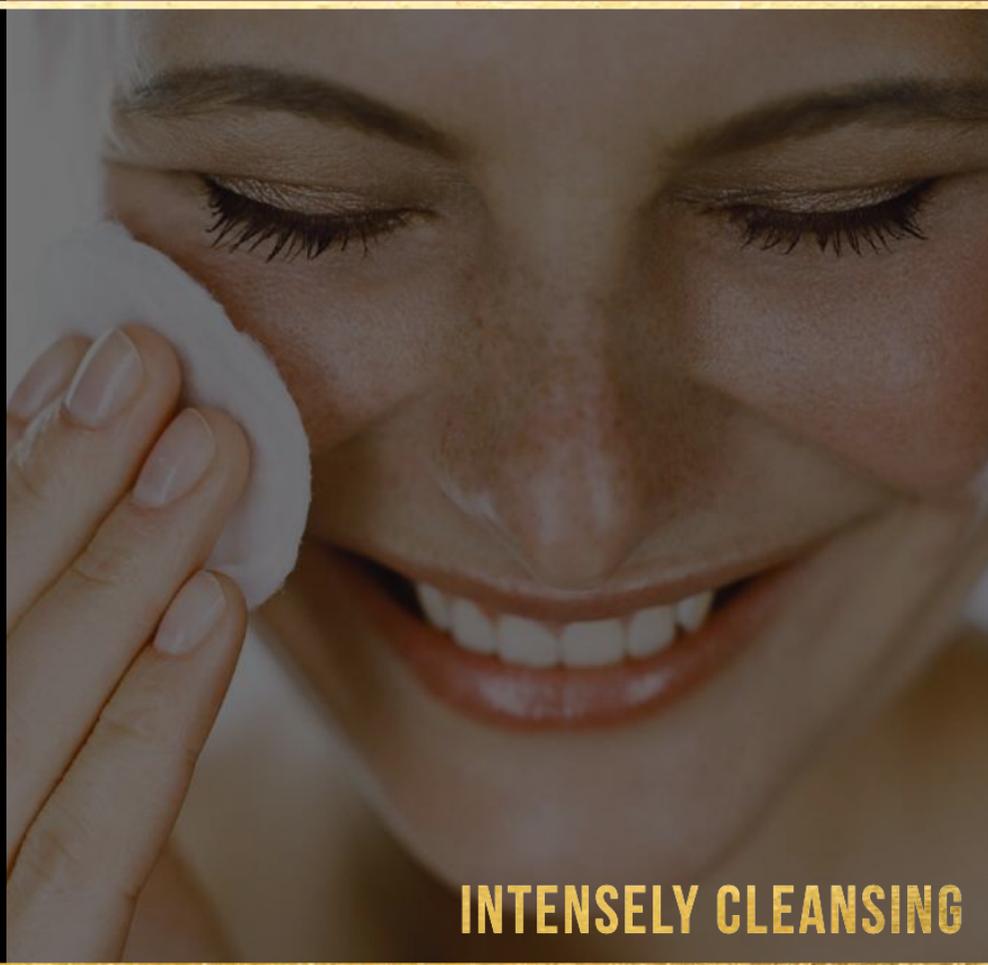
Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even colour corrected and illuminated complexion.

ELEMIS Dynamic Resurfacing Precision Peel

£65 / 60 minutes

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger looking skin.

ELEMIS



INTENSELY CLEANSING

ELEMIS Biotec

A unique fusion of technology and touch. Delivered in 60 minutes, each Biotec facial combines a unique high potency activator and specially designed ELEMIS Skin Lift Touch. Using the power of hands-on therapy, the Skin Lift Touch softens and prepares the skin. Significantly improving skin function, it enables it to convert energy from each technology and “receive” the actives more effectively, whilst rebalancing the skin’s microflora.

ELEMIS Biotec Line Eraser*

£80 / 60 minutes

The ultimate wrinkle smoothing facial to rejuvenate ageing skin.

ELEMIS Biotec Firm-a-Lift*

£80 / 60 minutes

Super lifting facial to help firm and tighten cheeks, neck and jawline.

ELEMIS Biotec Anti Pigment Brightener*

£80 / 60 minutes

The ultimate performance facial for a more even, white, bright complexion.

ELEMIS Biotec Skin Resurfacer*

£80 / 60 minutes

Revolutionary resurfacing facial to even skin tone, reduce blemish marks and smooth fine lines.

ELEMIS Biotec Radiance Renew*

£80 / 60 minutes

Radiance boosting, bio-electric facial to energise tired, dull and stressed skin.

ELEMIS Biotec LED Blemish Control*

£80 / 60 minutes

Deep cleansing, light therapy facial to visibly clear and rebalance oily, blemish prone skin.

ELEMIS Biotec Sensitive Skin Soother*

£80 / 60 minutes

Desensitising anti-redness facial, to soothe and calm delicate skin.

ELEMIS Biotec Super-charge Facial For Men*

£70 / 60 minutes

High performance facial for men to de-grease, de-age and calm stressed, dehydrated skin.

* Packages available

ELEMIS

ELEMIS



LUXURIOUS TREATMENTS

ELEMIS Face and Body Sensation *£70 / 55 minutes*

The perfect duo when time is of the essence. A sensational massage, combined with an anti-ageing booster facial. Choose from the re-energising, ice-cool thermal massage or the tranquillity thermal soothing massage, whilst your facial helps smooth wrinkles and restore youthful radiance.

ELEMIS Body Nectar Nourishing Wrap £70 / 60 minutes

Aromatic Tahitian coconut and frangipani flowers are soaked together to produce the monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

ELEMIS FREESTYLE Deep Tissue Muscle Massage

£70 / 60 minutes or £45 / 30 minutes
Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension encouraging optimum circulation.

ELEMIS Absolute Spa Ritual *£110 / 120 minutes*

thespa no.1 treatment. Condition your skin and muscles with this all embracing experience. Combine any ELEMIS facial and a 60 minute ELEMIS freestyle massage and personalise your treatment to what you want. Upgrade to an ELEMIS Biotec facial for £40.

ELEMIS

THE SPA SIGNATURE TREATMENTS

the spa Signature Wrap and Pamper

£110 / 120 minutes

A complete relaxation of the mind and body, you will be cocooned in one of our Signature body wraps, Choose from Chocolate to relive tension and warm aching muscles, Seaweed to enable the breakdown of lactic acid and detox or Gold to tone and firm the skin. Receive a stress relieving scalp massage whilst wrapped in your chosen treatment. Once removed you will completely float away during your Signature warm oil full body massage.

the spa Combination Massage

£65 / 60 minutes

Massage oils are selected to suit your mood and requirements. The treatment starts by tackling muscular stress in the back, neck and shoulders before we continue to work on the taster facial and scalp. Great for somebody who can't decide between a massage or facial.

the spa Signature Aroma Stone Therapy

£70 / 60 minutes

Ward basalt stones to melt away tension. Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation. Recommended: 1 treatment every 2 weeks.

the spa Signature Massage

£40 / 30 minutes or £60 / 60 minutes

Tailored to suit your needs this massage is based on traditional Swedish techniques and will soothe stiffness and relieve tension in aching muscles.

the spa Signature Seasonal Body Scrub

£35 / 20 minutes

An application of warm oils are applied before we rub onto the skin with our salt based seasonal scrub – depending on the season this may be lime and lemongrass, mulled wine, green tea or chocolate.

the spa Signature Wrap

£50 / 45 minutes

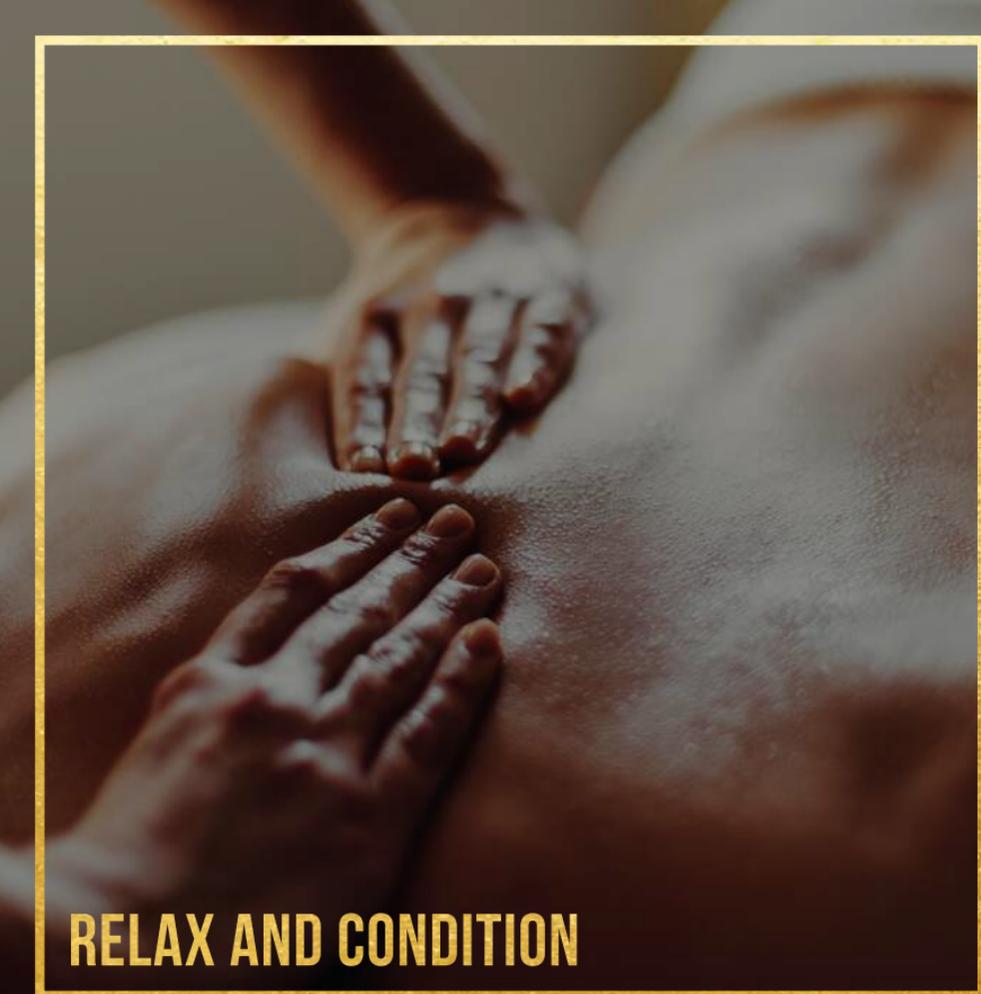
A relaxing warm wrap, to help detoxify and smooth the skin. Whilst you're wrapped up you will receive our signature scalp massage, you have a choice of either:

- Green tea
- Chocolate
- Seaweed
- Our Anti-Ageing grape leaf extract gold wrap

Signature Coconut Intense Body Therapy

£85 / 85 minutes

This luxury hydrating body treatment will relax you from tip to toe. Unwind with our Signature Treatment, starting with a foot cleanse followed by our Full Body Massage including face and scalp, using raw pure coconut balm. The perfect answer for dehydrated/dull skin and hair. Your therapist will ensure you are left feeling totally relaxed at the end of this ultimate top to toe experience.



RELAX AND CONDITION

MAN SPA

Executive Hand Groom

£35 / 45 minutes

Your hands will be massaged with treatment creams to soothe and nourish. Cuticles are then conditioned and groomed whilst the nails are trimmed and perfectly shaped.

Aroma Stone Therapy

£70 / 60 minutes

Ward basalt stones to melt away tension. Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation. Recommended: 1 treatment every 2 weeks.

WillowBee Back

£65 / 45 minutes

Can you ever reach your back? Let us do it for you. Willowbee back will clear debris and purify your skin.

Sports Foot Groom

£35 / 45 minutes

Your cuticles are conditioned and groomed, your nails will be trimmed and shaped, whilst your feet are moisturised and massaged with specific rejuvenating cream.

Adam and Eve Gents Waxing

from £25

OUR NAIL COLLECTION

theSpa Signature Luxury Manicure

£55 / 60 minutes

Pure indulgence for the hands. Our Signature Manicure is a nourishing, hydrating treatment which helps your hands to look youthful with the use of our 100% natural vegan friendly melted oil candle, which also intensifies hydration. Your therapist will ask you to your senses to choose the right scrub to buff away dull tired skin. This full luxury manicure will include nail shape, soak and cuticle tidy and hand and arm massage and our heated mitts with your choice of nail colour. This hour long treatment will leave your hands and arms rejuvenated, and refreshed (upgrade to gel polish for an extra £5).

theSpa Signature Luxury Pedicure

£55 / 60 minutes

Pure indulgence for the feet. Our Signature Pedicure is a nourishing, hydrating treatment which helps your feet to look refreshed and revived with the use of our 100% natural, vegan friendly melted oil candle which also intensifies hydration. Your Therapist will also ask you to use your senses to choose the right scrub to buff away any hard/dry skin. This full luxury pedicure will include nail shape, soak, rasp and cuticle tidy with foot & ankle massage, the use of our heated mitts and your choice of nail colour. This hour long treatment will leave you and your feet feeling as if you are floating on air.



HEALTHY HANDS & NAILS

Prescriptive Manicure or Pedicure

£40 / 40 minutes

Maintenance for the hands or feet. Everything you need in a shorter amount of time for those of you on the go. Treatment includes file and shape, soak and cuticle tidy with your choice of nail colour.

Cucumber heel therapy callus smoother £10*

*Callus smoother available as an add on to prescriptive treatments only.

Gel application £35

Gel polish removal and re-shape £15

Gel polish removal £5

(if having re-application at the same time)



PRIMED & POLISHED



ALL THE ESSENTIALS

ESSENTIALS COLLECTION

In the **spa** Birmingham we use Lycon Waxing: The worlds number one in waxing technologies.

Eyebrow shape £15

Half leg wax £20

Full leg wax £28

Hollywood wax £38

Brazilian Wax £35

Classic bikini wax £20

Underarm wax £16

Lip wax £12

Chin wax £12

Lip and chin wax £18

Forearm £25

Gents waxing (back or chest) £25

Wax pack half leg,
underarm and bikini line £45

Lycojet £5

This is an add on wax to your intimate, underarm and facial waxing. Shrink wraps the shortest most stubborn hairs from 1mm ensuring a completely smooth wax finish.

St Tropez Tan £30

We use the most forward thinking spray tan to keep that golden glow all year round.

Express £30

Tan- for those who don't have the luxury of time, development time between 1-3 hours

Choose your desired colour:
Classic / Dark

SPA JOURNEY

Booking

the**spa** can get very busy, so please give as much notice as possible when scheduling your spa days or treatments with us. Our spa reservation team will assist you in planning your spa day. Please call them on 0121 643 2200 or email spareception@theclubandspabirmingham.co.uk

Advisory medical information

the**spa** at The Cube is an adult facility, for persons aged 18 and over. In order for us to advise you on the correct treatments, please inform us of any pre-existing medical conditions that may affect your treatment options at the time of booking. We advise that the heat and hydrotherapy experiences cannot be used by guests who are pregnant or under medical supervision of any kind.

Arrival time

To ensure you receive your full treatment benefits, please arrive at the**spa** reception at least 20 minutes early to check in prior to your appointment. Due to our strict booking system, in the event that you may turn up late for your treatment, we will only be able to offer the remaining treatment time, but will still charge the full price of the treatments. Please hand in any vouchers that are being used for payment at the time of arrival.

How to spa

We recommend that you bring two swimsuits and money to buy drinks and any additional products you may like to purchase. Please bring as few valuables as possible. the**spa** is not liable for any loss or damage to such items.

Gift vouchers

Our team will be delighted to assist you in purchasing the perfect gift. Spa gift vouchers can be ordered by telephone, in person or via the website. Gift vouchers are valid for six months from the date of purchase. They are non-refundable and non-transferable. Lost or stolen vouchers cannot be replaced. Vouchers are redeemable against any spa package, treatment or product and cannot be extended or exchanged for cash.

Spa days information

For all day spa bookings a 50% deposit will be required when booking, with full payment required five days before the reservation date. A valid credit / debit card number will be required at the time of booking to guarantee the reservation until full payment has been taken. Please allow 72 hours for cancellation or re-scheduling to avoid a fee of 100% of your service. Where spa days and group packages are booked within the 72 hours cancellation period, we assume there will be no cancellation and you will be expected to pay the full amount.

Spa treatment information

All treatments are inclusive of consultation and aftercare. A deposit may be required on treatments over the value of £30. A valid credit / debit card number will be required at the time of booking to guarantee the remaining amount of the reservation until full payment has been taken on the day of treatment. Please allow 48 hours notice for cancellation or rescheduling of treatments to avoid a fee of 100% of your service. Where treatments are booked within the 48 hour cancellation period, we assume there will be no cancellation and you are expected to be able to attend on the date that you have reserved. Failure to arrive will result in a 100% charge.

Spa tranquility

We politely request that you respect other guests and the ethos of the **spa**, by switching all mobile phones to silent during your visit.

Gratuity

Service charge is not included in your treatments, the best compliment you could give to your therapist is a gratuity, it is customary to give 10% if happy with your treatment.

Parking and access

Parking is available in the Mailbox, follow the signs for The Cube. When visiting the **club and spa**, access is via level 5 the **club and spa** main reception.

Robe, towel and flip flop hire is charged at £5 pp on arrival, non refundable



TRANQUIL & RELAXING



the**club**and**spa**, The Cube, Mailbox District Birmingham, B1 1RN
0121 643 2200 (select option 1)
www.theclubandspabirmingham.co.uk