

MANA SPA  
at The Wave

# Your journey begins...

Mana Spa is delighted to partner with TEMPLE SPA, a British brand with a Mediterranean soul.

‘YOUR BODY IS A LIVING TEMPLE. HONOUR IT, ENJOY YOUR LIFE AND LIVE IT TO THE FULL’

Our luxurious, results-driven skincare and spa experiences help you live, breathe and love who you are. With an extensive range of face & body treatments for girls and guys, we guarantee you’ll leave feeling rested, revived and restored – skin, body and soul.

Mana Spa is a secret paradise located in the heart of Coventry City Centre. Featuring a Spa Pool, Aromatic Room, Herbal Steam Room and Sauna as well as three beautifully designed treatment rooms and a luxurious foot spa to soak away your worries.

We look forward to welcoming you to Mana Spa soon.

## Rachel Brooks

Spa Manager



## OUR PARTNERS



A British Brand with a Mediterranean Soul. Our luxurious, results driven skincare and spa experiences are a tool in the hand to “spa wherever you are” and most importantly to live, breathe and love who you are. We have an extensive menu of face & body treatments for girls and guys and we guarantee you’ll leave feeling rested, revived and restored – skin, body and soul!



Introducing OPI, a global leader in the professional nail care industry. Providing high-quality, highly-pigmented nail and gel polish that’s long-lasting and chip-resistant, it’s no surprise that OPI is a favourite with nail salon professionals and mobile nail technicians alike. Available in varieties of both nail and gel polish and a wide selection of colours and shades, OPI is just as famous for its iconic and quirky names as for its wide spectrum of colours.



A British cosmetics brand since 2014, Delilah is proud to be certified by PETA as a cruelty free brand, no animal testing is conducted or commissioned for any Delilah product. Vegan friendly and paraben free.



A charity established since 2010 to meet the needs of people who have experienced cancer and are seeking massage, relaxation, and pampering therapies in spas and salons throughout the UK. They teach therapists of all disciplines how to be able to provide professional massage therapy safely, with confidence and competence and ensure they are fully insured to do so.

## FACIAL TREATMENTS

### MY KINDA SKIN

#### 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.

Amethyst Trust approved.

30 mins - £56

60 mins - £86

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### REPOSE

#### 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 & arm massage. Want to look and feel less tired? Then this is for you.

75 mins - £100

### CHAMPAGNE & TRUFFLES

#### Crème de la Crème Radiance 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.

60 mins - £96

90 mins - £155



## MEDITERRANEAN MESSAGES

### DRIFT AWAY

#### 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 approved.

30 mins - £52  
60 mins - £76  
90 mins - £100

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### WORK IT OUT

#### 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!

30 mins - £55  
60 mins - £79  
90 mins - £105

## ROCKS OF THE MEDITERRANEAN

### 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!

30 mins - £58  
60 mins - £82  
75 mins - £107

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### NEW BEGINNINGS

#### 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!

60 mins - £76

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### INDIAN HEAD MASSAGE

Indian head massage focuses on the shoulders, neck, scalp and face. Different massage techniques and acupressure are used to ease muscular tension, helping to release stress and anxiety.

30 mins - £49

## **BODY SCRUBS, WRAPS & INFUSIONS**

### **BACK TO LIFE**

#### **Purify & Balance Back Treatment**

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you energised with a back to be proud of.

45 mins - £61

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### **AAAHHH!**

#### **Revive & Energise Foot & Leg Treatment**

This oh-so-good treatment is instant relief for tired, over worked legs & 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 approved.

30 mins - £51

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## **THE BODY DETOX**

### **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!

60 mins - £76

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## **THE OUTER GLOW**

### **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!

45 mins - £66

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## **MANA SPA 'SIGNATURE' TREATMENT**

### **Back, Face & Scalp Treatment**

Mana Spa's signature treatment specially crafted by our team of highly trained therapists to target the physical stress of your back, the skin stress of your face and the mental stress of your scalp. This treatment is the perfect way to ease away stress and tension.

40 mins - £50

60 mins - £70

## YOUR BEST YOU

### Hydrate & Soothe Menopause Body Treatment

This unique top-to-toe treatment is bespoke to you, supporting fully during your second spring, no matter the stage you are at. Give us your whole you for an hour and you'll leave energised yet nurtured, at ease. Choose from warm or cool but hey its okay to change your mind at any time, just say. This gentle, caring massage uses a combination of expert therapist hands and Himalayan salt stones with TEMPLE SPA nurturing skincare. These healing stones produce negative ions to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and tension and a gentle lymph draining facial reduces puffiness to leave skin feeling fresh and beautiful. Nutritious oils and our deeply hydrating & comforting body cream, DUVET gives your body a hug it deserves, You'll step off the bed feeling fresh, calm and content knowing that you have done something good for you. Your best once again.

60 mins - £91

90 mins - £116

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## NEW JAPANESE HEAD SPA

Experience the ultimate scalp and hair wellness treatment inspired by traditional Japanese techniques. Our Japanese Head Spa combines deep cleansing, scalp exfoliation, nourishing treatments, and therapeutic massage to promote a healthy scalp, support stronger hair growth, and provide complete relaxation.

Head Spa Ritual, 45mins - £59

Signature Head Spa, 60mins - £89

Luxury Head Spa, 90mins - £120



## HANDS AND FEET

OPI are the number 1 brand for nail care and colour. Their exceptional formulas offer high shine and long wear in fashionable and super rich shades.



## SIGNATURE MANICURE

Known as the “can’t live without” OPI ProSpa Signature Manicure service. You will experience the quintessential OPI ProSpa products combined with a relaxing massage and acupressure. This signature experience puts the “Ahhh” back in Spa.

40 mins - £35

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## PAMPER MANICURE

Soothe, relax and indulge with the ultimate OPI ProSpa Pamper Manicure. The crème de la crème of manicures, you will benefit from unparalleled exfoliation, moisture & protection, while reveling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension.

50 mins - £49

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## PAMPER PEDICURE

Soothe, relax and pamper with the ultimate pedicure experience. The OPI ProSpa Pamper Pedicure includes unparalleled callus softening, exfoliation and moisture & protection. An extended massage combined with acupressure to reduce stress, relieve tension will leave you feeling relaxed and renewed.

75 mins - £54

## SIGNATURE PEDICURE

Experience a new standard in pedicure services. The OPI ProSpa Signature Pedicure includes OPI ProSpa products to soak, exfoliate and smooth callused feet. The service is completed with a regimen of massage and acupressure techniques to reduce stress and relieve tension.

45 mins - £40

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## BUILDER GEL

£36

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## BUILDER GEL MAINTENANCE

£28

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## GELEVATE SOFT GEL TIPS

£45

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## GEL APPLICATION

45 mins - £30

## GEL REMOVAL

30 mins - £18

Upgrade gel polish to any existing manicure or pedicure for £12.



## SIDE ORDERS

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

### PURIFY & BALANCE FOOT RITUAL

15 mins - £26

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### HYDRATE & SOOTHE HAND RITUAL

15 mins - £26

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### RELAX & RESTORE HOT OIL SCALP MASSAGE

15 mins - £26

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### RELAX & RESTORE HOT STONE NECK & SHOULDER MASSAGE

15 mins - £26

## MASK UPGRADES

Having a massage or body treatment? Why not upgrade your treatment today with one of our results driven, skin transforming masks? The results will astound you.

### TEMPLE SPA QUENCH DEEP HYDRATION MASK

Creamy anti-ageing face mask that's intensely hydrating, soothing and skin brightening.

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£6

### TEMPLE SPA TRUFFLESQUE RADIANCE BOOSTING MASK

A power packed anti-ageing radiance mask clinically proven to boost hydration and improve skin after one application.

£6

## BEAUTY TREATMENTS

### WAX TREATMENTS

|                       |        |
|-----------------------|--------|
| Eyebrow Wax           | £11.00 |
| Lip Wax               | £10.00 |
| Chin Wax              | £9.00  |
| 1/2 Leg Wax           | £21.00 |
| 3/4 Leg Wax           | £24.00 |
| Full Leg Wax          | £26.00 |
| Full Arm Wax          | £23.00 |
| Underarm Wax          | £12.00 |
| Bikini Wax            | £14.00 |
| Back Wax              | £24.00 |
| Chest Wax             | £24.00 |
| Lip & Chin Wax        | £17.00 |
| Full Leg & Bikini Wax | £34.00 |

### TINTS

|                  |        |
|------------------|--------|
| Eyebrow Tint     | £7.00  |
| Eyelash Tint     | £10.00 |
| Lash & Brow Tint | £14.00 |
| Lash Lift        | £42.00 |



# WELLNESS MEMBERSHIPS

## SPA & SWIM

For only **£41p/m** you get unlimited access to:

- 25M Pool
- Spa Pool
- Aromatherapy Room
- Sauna
- Steam Room
- **PLUS** 10% off any pre-booked treatments

## SPA & SWIM WITH TREATMENT

For only **£52p/m** you get everything offered with the normal Spa & Swim membership plus access to the following benefits:

- One 25-minute treatment per month (must be booked in advance)
- 15% off any additional treatments and products



## LIFESTYLES FITNESS BOLT-ON

Bolt-on Mana Spa membership to your existing fitness membership for only **£26p/m**.

## SPA DAY PASS

Relax, unwind and enjoy 3 hours access to our pool, sauna, steam room and tranquil relaxation areas.

**Weekdays - £35**

**Weekends - £45**

# TREATMENT MEMBERSHIPS

Please note - our treatment memberships do not include full access to the spa facilities and this must be purchased separately.

## CLASSIC

For only **£39p/m** you get access to:

- 30 minutes of spa treatment time a month.
- 10% Discount on Services
- 10% Discount on Products
- Double Treat Card points

## LUXE

For only **£99p/m** you get access to:

- 90 minutes of spa treatment time a month.
- 15% Discount on Services
- 15% Discount on Products
- 50% OFF Treatment on your birthday
- Double Treat Card points
- Complimentary access to spa facilities once per month.

## SIGNATURE

For only **£59p/m** you get access to:

- 60 minutes of spa treatment time a month.
- 10% Discount on Services
- 15% Discount on Products
- Double Treat Card points
- Complimentary access to spa facilities on day of treatment booking.

**FIND OUT MORE ABOUT OUR  
WELLNESS OR TREATMENT  
MEMBERSHIPS & JOIN TODAY!**



***enquiries@manaspa.co.uk***



***024 7625 2565***



***www.manaspa.co.uk***

# SPA EXPERIENCES

Visit our website for our seasonal offers.



## SUNRISE EXPERIENCE

9.30AM - 1.30PM

Start your day off with tranquillity with our sunrise package, guaranteed to wake you up and leave you feeling refreshed!

- One 30 minute Treatment
- Refreshing Fruit Smoothie
- Robe, Towel and Slippers Included
- Spa access between 9:30AM - 1:30PM

Mon - Thur      £62

Fri - Sun        £80



## SPA SIESTA

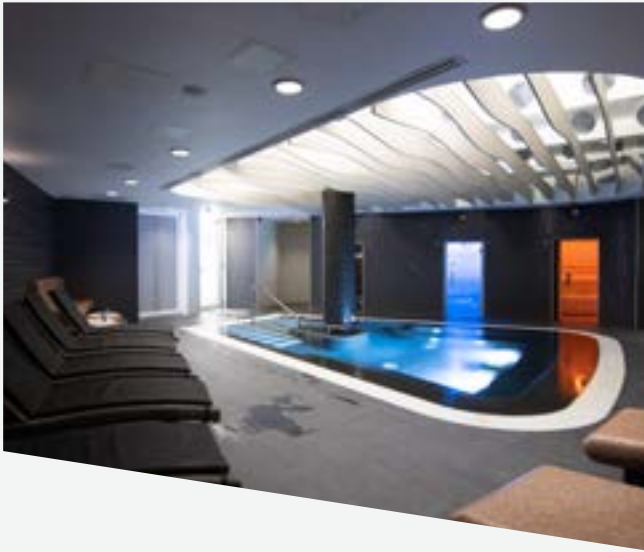
2.00PM - 6.30PM

Relax inside our secret paradise with this snoozy siesta package designed to help you unwind from everyday stresses.

- One 60 minute Treatment
- Tea/Coffee throughout the day
- Robe, Towel and Slippers Included
- Spa access between 2:00PM - 6:00PM

Mon - Thur      £95

Fri - Sun        £115



## **TWILIGHT EXPERIENCE**

**5.00PM - 8.30PM**

Treat yourself after a hard day at work, this spa experience will leave you feeling Rested ready for a good nights sleep.

- Glass of Prosecco
- Robe, Towel and Slippers Included
- Spa access between 5:00PM - 8:30PM

**Mon - Thurs**

**£49**



## **VIP GOLDEN TRUFFLE EXPERIENCE**

**Full Day Spa Experience For Two**

The Ultimate in total luxury – A 120 minute treatment which includes a leg energizer, body scrub and relaxing massage followed by a deluxe facial which will leave your skin glowing and brighter beyond expectation.

- One 120 Minute treatment each
- Glass of Prosecco
- Robe, Towel and Slippers Included
- Full day Spa access between 9AM - 6PM

**£287**



## MY KINDA MOOD

### Facial & Body Massage

Not sure what you'd like? Then this is the ideal treatment. First, we help you choose the aromatherapy fragrance to match your mood. Then we will take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. Products and techniques will be bespoke to your wants and needs. Look, feel and smell oh so good.

- One 120 minute spa treatment
- Refreshing Fruit Smoothie
- Robe, Towel and Slippers Included
- Spa access between 9:30AM - 1:30PM or 2:00PM - 6:00PM

£125



## NEW BEGINNINGS TOTAL RETREAT

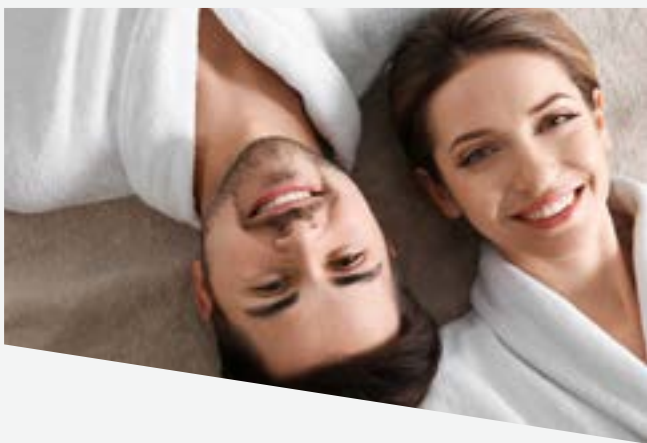
### For expectant Mums

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. Alternatively, choose from a delicious face treatment packed with wonderful natural ingredients and our leg energiser treatment that is perfect for swollen ankles & tired legs.

- 60 minute treatment - Choose from New Beginnings Pregnancy massage OR AAAHHH! Foot & Leg treatment & My Kinda Skin Facial.
- Refreshing Fruit Smoothie
- Robe, Towel and Slippers Included
- Access to swimming facilities

Mon - Thur £79

Fri - Sun £99



## LUXURY 'SPA' FOR TWO anytime, anyday!

Take some time out with a loved one and experience total relaxation and rejuvenation in our Dual Treatment Room.

- 75 minute treatment - Choose from Repose, Rocks of Mediterranean or Pamper Pedicure
- Glass of Prosecco
- Robe, Towel and Slippers Included
- Spa access between 9:00am - 6:00pm

£216



## TIME FOR YOU - TUESDAY SPA EXPERIENCE\*

Press pause on the week and take some well-deserved time for yourself. The ultimate midweek escape to relax, recharge and refocus.

- Access to the spa facilities from 9.30am - 1pm or 2pm - 6pm
- One 30 minute treatment of choice
- Detox smoothie
- Robe, Towel and Slippers Included
- Yoga class from 1pm - 2pm

\* Available on Tuesdays only

Tuesday

£69



## Spa Policies

At The Mana Spa we pride ourselves in offering the best level of care for our clients, and ensure that our clients journey is our main priority. Our policies have been designed to guarantee you have a truly enjoyable experience with us.

Please visit our website to review our full policies and faqs.

## Bookings & Payments

Mana Spa require a deposit of 50% of the booking to secure all appointments. All bookings are non refundable and non transferable.

To book an appointment please visit [www.manaspa.co.uk](http://www.manaspa.co.uk), call **024 7625 2565** or email [enquiries@manaspa.co.uk](mailto:enquiries@manaspa.co.uk). To ensure your preferred time and service is available we recommend to book in advance.

Payments can be made online through our online booking system, over the telephone, or at the spa reception. We accept cash or card only, sorry no cheques.

## General

Please note that The Mana Spa has the right to refuse any treatment if you are deemed to be under the influence of alcohol or drugs, or if any inappropriate behaviour occurs. Mana Spa has the right to adapt, or refuse any treatment if contra-indications mean that a treatment is not suitable for a person. For your safety we would require doctors clearance for certain medical conditions.

## Mobile Phones

To withhold the tranquillity of the spa, we do ask that mobile phones are not to be used in the spa, and are switched off at all times.

## Punctuality

We respectfully ask that you arrive 15 minutes prior to your scheduled appointment time. When booking treatments within The Mana Spa, your appointment is scheduled with a therapist, whose time is allocated exclusively for your treatment. If you are late for a scheduled appointment, our company policy offers you two options:

- You may choose to shorten your treatment, depending on the time of arrival and the treatment booked.
- You may prefer to reschedule your appointment; however, this will mean the loss of any payment made.

## Attire

Robes and towels are available within our experiences and packages. For treatment only guests, we advise guests to wear comfortable clothing. Appropriate swim wear is required at all times in the pool, spa and heat experience areas. Alternatively, you can hire a robe for £10.00.

## Mana Spa Younger Guest

No face or body treatments may be carried out on a guest under the age of 16. Guests under the age of 18 wishing to use the spa facilities must be accompanied by an adult with a minimum age of 16.

## Cancellations

We understand that occasionally due to unforeseen circumstances you may have to cancel an appointment with us. You will be contacted 48 hours before to confirm your appointment. As a courtesy to our other clients and staff, it is company policy for all clients to give 48 hour notice of cancellation. Failure to do so will result in the loss of any payment made for each of your scheduled treatments.

## Closing Policy

Mana Spa's Thermal Experience closes for cleaning at 8:30pm weekdays and 5:30pm weekends. Allowing you a 30 minute grace period before the facilities close its doors.

We do expect all users to have exited the facilities by 9pm weekdays and 6pm weekends. Please note - the spa closes at 8pm on Friday for deep cleaning.



## Contact us

### Rachel Brooks

Spa Manager  
rjbrooks@cvlife.co.uk

### Mana Spa at The Wave

The Wave, New Union Street, Coventry, CV1 2PS  
Telephone: 024 7625 2565  
Email: enquiries@manaspa.co.uk

## Mana Spa Opening Hours

|                   |                 |
|-------------------|-----------------|
| Monday - Friday   | 6:30am - 9:00pm |
| Saturday & Sunday | 9:00am - 6:00pm |
| Bank Holiday      | 9:00am - 6:00pm |

## Connect with us - anytime & anywhere

For the latest news, offers and programming information changes follow us at:

  @manaspacoventry

 @manaspacov

For treatment and pricing information visit us at:

 [www.manaspa.co.uk](http://www.manaspa.co.uk)

