

**MANA SPA**  
at The Wave

## Your journey begins...

Mana Spa is delighted to partner with ELEMIS, the **#1 luxury British skincare brand.**

Your skin, your body and your wellness lie at the heart of ELEMIS. Every ground breaking formula is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skincare experts. Combined with the knowledge and expertise of our therapists we can deliver exceptional treatments.

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.

I look forward to welcoming you to Mana Spa soon.

**Rachel Brooks**  
Spa Manager

**ELEMIS**



## EXPRESS TREATMENTS

Make every minute count with our mini treatment list, perfect for when you are short of time or to upgrade an existing spa experience.



### Express Back Massage

30 mins - £32 p/p



### Indian Head Massage

30 mins - £35 p/p

## Make Up

Make Up Application £50.00

Wedding Trial & Make Up  
Application\*

\*Packages available, call for further information

## Tints

Eyebrow Tint £5.00

Eyebrow Lamination £45.00

Eyelash Tint £8.00

Lash & Brow Tint £12.00

Lash Lift £40.00

## Express Manicure

30 mins - £22 p/p

## Express Pedicure

30 mins - £28 p/p

## St Tropez Spray Tan

£28 p/p

## Wax Treatments

Eyebrow Wax	£9.00
Lip Wax	£8.00
Chin Wax	£7.00
1/2 Leg Wax	£19.00
3/4 Leg Wax	£22.00
Full Leg Wax	£25.00
Full Arm Wax	£21.00
Underarm Wax	£10.00
Bikini Wax	£12.00
Back Wax	£22.00
Chest Wax	£22.00
Lip & Chin Wax	£15.00
Full Leg & Bikini Wax	£32.00



## PRO-GLOW FACIAL MENU

Bespoke skin wellness powered by ELEMIS

### ELEMIS Pro-Glow Renewal Facial

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

30 mins - £47 p/p

50 mins - £78 p/p

---

### ELEMIS Pro-Glow Smooth

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

30 mins - £47 p/p

50 mins - £78 p/p

---

### ELEMIS Pro-Glow Genius Facial

Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking.

75 mins - £107 p/p

## ELEMIS Pro-Glow Resurface

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

30 mins - £47 p/p

50 mins - £78 p/p

---

### ELEMIS Pro-Glow Brilliance

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

30 mins - £47 p/p

50 mins - £78 p/p

---

### ELEMIS Pro-Glow Vegan Friendly Facial

Turn up the brightness with this vegan friendly facial. A triple cleanse to melt away make-up, daily pollutants, and grime.

50 mins - £78 p/p

## PRO-GLOW FACIAL MENU

Bespoke skin wellness powered by ELEMIS Biotec Technology

### ELEMIS Pro-Glow Smooth+

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

50 mins - £87 p/p

---

### ELEMIS Pro-Glow Genius Facial+

Harnessing the powerful benefits of all 6 ELEMIS BIOTEC technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration.

75 mins - £122 p/p

---

### ELEMIS Pro-Glow Vegan Friendly Facial +

Experience our vegan friendly facial using ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin.

50 mins - £87 p/p

### ELEMIS Pro-Glow Resurface+

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

50 mins - £87 p/p

---

### ELEMIS Pro-Glow Brilliance+

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing.

50 mins - £87 p/p



## BODY TREATMENTS

### ELEMIS Peaceful Pregnancy Massage

An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby. Mothers-to-be are left restored to optimum wellness.

75 mins - £70 p/p

---

### ELEMIS Deeper Than Deep Hot Stone Massage

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

30 mins - £48 p/p

50 mins - £82 p/p

75 mins - £99 p/p

---

### Oncology Massage

Oncology massage is specifically crafted to suit the needs of those living with or recovering from cancer. This treatment is carried out by specially qualified cancer trained therapists, and will help to reduce anxiety, pain and nausea you may be experiencing during this difficult time.

60mins - £70 p/p

### ELEMIS Freestyle Deep Tissue Massage

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.

30 mins - £45 p/p

50 mins - £80 p/p

75 mins - £98 p/p

---

### Garden of England Rose Restore

Take a walk in an English Rose garden with this lavishly hydrating massage. This unique trio of Rose, Camelina and Poppy Seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented. This is a light to medium massage pressure.

50 mins - £72 p/p

75 mins - £89 p/p



## ELEMIS Intensely Cleansing Salt Scrub

*Lime and Ginger or Frangipani*

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

30 mins - £28 p/p

---

## Frangipani Hair & Scalp Treatment

A deep cleansing scalp treatment which is massaged through your scalp and hair, and includes a shoulder and neck massage.

30 mins - £37 p/p

---

## Back, Face & Scalp Treatment

This deeply soothing massage of the back, neck, face and head will leave you feeling deeply relaxed. Using a medium massage pressure our therapists will expertly massage every ounce of tension from the body.

50 mins - £40 p/p

## ELEMIS Body Nectar Nourishing Wrap

*Sweet Orchid or Frangipani*

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

50 mins - £70 p/p







# O·P·I

#1 SALON BRAND WORLDWIDE

## 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 - £32 p/p

---

### 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 - £45 p/p

---

### 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 - £50 p/p

## 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 - £37 p/p

---

## Gel Application

For longer lasting, high shine and instantly dry fingers and toes try OPI gel. Includes file, cuticle tidy and gel application.

45 mins - £28 p/p

---

## Gel Removal

Let us safely remove your Gel and treat your nails with cuticle oil to help maintain healthy, happy nails.

30 mins - £10 p/p

## Gel Extensions

Nail extensions and overlays are a good way to add strength and length to your natural nails without damaging them with harsh chemicals.

From - £30 p/p

---

## Powder Perfection

This is a healthier nail alternative to Acrylic and Builder gel, and is ultra durable lasting 2+ weeks

30 mins - £30 p/p

---

## Add-on

Gel Infill	£24.00
Gel Polish	£10.00
Gel Removal*	£8

**\*When purchased with Gel Application**

Add a gel polish onto any existing manicure or pedicure for only £10

## MEMBERSHIPS



### Spa & Swim

For only **£37p/m** you get unlimited access to:

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

For more info call **024 7625 2565**  
or email **[enquiries@manaspa.co.uk](mailto:enquiries@manaspa.co.uk)**



### Lifestyles Fitness Bolt-On

Bolt-on Mana Spa membership to your existing fitness membership for only **£22p/m**.

Membership offers access to:

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

For more information visit

**[www.cvlifestyles.co.uk](http://www.cvlifestyles.co.uk)**

## SPA EXPERIENCES

### 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 30minute Treatment
- Refreshing Fruit Smoothie
- Robe, Towel and Slippers Included
- 2 hours use of Spa facilities

Mon - Thur	£45 p/p
Fri - Sun	£64 p/p

### Mum 2 Be Spa Day

#### This includes:

- Peaceful Pregnancy Massage (75 mins)
- Pamper Pedicure
- Robe & Slippers
- Fruit Smoothie
- Access to swimming facilities

£89 p/p



### Spa Siesta 2.00pm - 6.30pm

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

- One 50minute Treatment
- Tea/Coffee throughout the day
- Robes, Towel and Slippers Included
- 2 hours use of Spa facilities

Mon - Thur	£79 p/p
Fri - Sun	£88p/p



## 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.

- One 30minute Treatment
- Glass of Prosecco
- Robe, Towel and Slippers Included
- 2 hours use of Spa facilities

Mon - Thurs      £57 p/p



## Luxury Package for Two anytime, anyday!

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

- One 75minute Treatment
- Glass of Prosecco
- Robe Towel and Slippers Included
- 3 hours use of Spa facilities

Mon - Thur      £199

Fri - Sun      £240



## 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 contraindications mean that a treatment is not suitable for a person. For your safety we would require doctors clearance for certain medical conditions.

## 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 £5.00.

## 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.

## 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.

## 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.



## 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)

