

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.

I look forward to welcoming you to Mana Spa soon.

Rachel Brooks

Spa Manager



TEMPLESPA



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.

30 mins - £45

60 mins - £80

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 - £95

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.

60 mins - £85

90 mins - £105



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!

30 mins - £40

60 mins - £70

90 mins - £95

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!

75 mins - £90

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 - £45

60 mins - £75

90 mins - £100

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 - £75

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 - £38

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 - £55

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 - £45

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 - £70

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 - £55

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.

45 mins - £45

THE TEMPLESPA & AMYTHYST TRUST PARTNERSHIP

This specially adapted menu of wonderful TEMPLESPA treatments is suitable for clients who are medically frail, recovering from illness and are immunocompromised such as those with or recovering from cancer. These adaptable and customisable treatments allow the therapist to create bespoke treatments to suit the clients needs.



MY KINDA SKIN

A totally bespoke facial designed to suit your personal skin type and your concerns. Your therapist will analyse, prescribe and then tailor a gorgeous facial which will deliver amazing results. To begin with your skin will be cleansed and gently exfoliated followed by our signature face and decollete massage, and application of a bespoke facial mask and a prescribed moisture treat. Whilst you drift off, your treatment is completed with a choice of tension relieving hand and arm massage or a divine scalp massage.

60 mins - £80

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!

30 mins - £40

60 mins - £70

90 mins - £95

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 TEMPLESPA 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 - £75

90 mins - £110

Amethyst
Trust 



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.



O·P·I

#1 SALON BRAND WORLDWIDE

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

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

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

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

BIAB (BUILDER IN A BOTTLE)

Builder in a bottle – also known as builder gel is a range of strengthening gel products that are applied to the natural nail, much in the same way regular gel polishes are, but it has a thicker consistency that improves the nail's strength and condition. Meaning longer, stronger natural nails, lasting 3+ weeks.

45 mins - £37

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

GEL REMOVAL

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

30 mins - £10

POWDER PERFECTION

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

45 mins - £37

ADD-ON

BIAB Infill	£26.00
Gel Polish	£10.00
Gel Removal*	£8.00

*When purchased with Gel Application.

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

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 - £20

HYDRATE & SOOTHE HAND RITUAL

15 mins - £20

RELAX & RESTORE HOT OIL SCALP MASSAGE

15 mins - £20

RELAX & RESTORE HOT STONE NECK & SHOULDER MASSAGE

15 mins - £20

BEAUTY TREATMENTS

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

TINTS

Eyebrow Tint	£5.00
Eyebrow Lamination	£45.00
Eyelash Tint	£8.00
Lash & Brow Tint	£12.00
Lash Lift	£40.00

MAKE UP

Make Up Application £50.00

Wedding Trial & Make
Up Application*

*Packages available, call for further information.





MEMBERSHIPS



SPA & SWIM

For only **£38p/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



LIFESTYLES FITNESS BOLT-ON

Bolt-on Mana Spa membership to your existing fitness membership for only £23p/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

*Please note cancellations apply to members, please see terms and conditions.

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

Mon - Thur £55

Fri - Sun £69



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
- Robes, Towel and Slippers Included

Mon - Thur £85

Fri - Sun £99



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

Mon - Thurs

£69



VIP GOLDEN TRUFFLE EXPERIENCE

Full Day Spa Experience

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
- Glass of Prosecco
- Robe, Towel and Slippers Included
- Full day use of spa facilities

£260



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 and Slippers Included
- 3 hours use of Spa facilities

£189



NEW BEGINNINGS TOTAL RETREAT

2hrs 30 minutes

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 revitalised with our leg energiser treatment that is perfect for swollen ankles & tired legs.

- Refreshing Fruit Smoothie
- Robe and Slippers Included
- Access to swimming facilities

£175



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, call **024 7625 2565** or email **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 £7.00.

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
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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

