

The Spa & Gym

The Edwardian Manchester

Welcome to The Spa & Gym
at The Edvardian Manchester





Experience redefined wellbeing in the heart of Manchester

A place where unique environments and specialised treatments create a truly mind-resetting experience. Natural, tactile oak walls are contrasted by exposed ceilings and crittall glass dividers, reinterpreting the city's industrial look with a softer glow. Here, tranquillity is found by the 12-metre aquamarine pool, as well as in the adjoining sauna, steam room and relaxation room.

Highly-trained therapists address your individual needs, nourishing body and mind through a number of specialised treatments and massages. With insight from personal trainers and in collaboration with Technogym, we have designed a state-of-the-art gym that offers space and opportunity to energise and enhance personal growth.

Radiance-boosting, age-defying,
skin-soothing beauty.





Facials

Discover a curated range of deeply revitalising facial treatments that will leave your skin with a healthy glow. Using innovative techniques, our treatments give instant visible results whilst encouraging long-lasting benefits both inside and out, helping your skin look youthful and radiant for longer.

ESPA Inner Beauty Facial (60 mins)	£90
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Deeply cleanse, hydrate and renew with this instant result facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched and naturally beautiful.

Treatment includes: Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, steam and extraction (if required), facial massage, personalised mask and scalp massage.

ESPA Intense Regenerating Facial (60 mins)	£90
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Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

Treatment includes: Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, steam and extraction (if required), age-defying facial massage, mask and scalp massage.

Put a hold on time and
listen to your body



Massages

Leave the stresses of normal life behind and rediscover inner calm and physical wellbeing. Ranging from 30 to 90 minutes, our massages aim to release tension and revitalise body and mind.

ESPA Swedish Massage (30 mins)	£50
ESPA Swedish Massage (60 mins)	£80

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Treatment includes: Full body Swedish massage and scalp massage.

ESPA Deep Muscle Massage (30 mins)	£60
ESPA Deep Muscle Massage (60 mins)	£90

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Treatment includes: Targeted massage, focusing on areas of concern.

ESPA Hot Stone Massage (30 mins)	£80
ESPA Hot Stone Massage (60 mins)	£100

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Treatment includes: Full body aromatherapy massage with hot stones and scalp massage.

ESPA Pregnancy Treatment (30 mins)	£50
ESPA Pregnancy Treatment (60 mins)	£80
ESPA Pregnancy Treatment (90 mins)	£120

ESPA Pre And Post-Natal Treatment (P) Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

Treatment includes: Back exfoliation (if required) and a personalised body massage and scalp massage.

Depending on your preference, you can indulge in anything from traditional head-to-toe massages to an aromatherapeutic hot stone massage – all having both a profound and physical improvement on your welfare.

ESPA Mindful Massage (90 mins)	£150
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Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Treatment includes: Breathwork and visualisation, massage to metamorphic zones of the feet, full body massage and scalp massage with warm rose quartz crystals.

ESPA Inner Calm Massage (90 mins)	£150
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Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Treatment includes: Breathwork, full body aromatherapy massage and scalp massage with rose quartz crystals.

Add stones to your massage	30 mins £10
Add stones to your massage	60 mins £20
Add stones to your massage	90 mins £30

Discover lasting relaxation for mind and body with this aroma therapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Body Treatments

Using nature’s most powerful and effective actives and oils, our body treatments enhance your complexion and naturally detoxifies the skin. Relax and let our highly-trained therapists guide you through these renewing rituals, helping you look and feel restored and rebalanced.

ESPA Back, Face & Scalp Treatment (90 mins)	£150
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Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Treatment includes: Back exfoliation, back massage with or without hot stones, Inner Beauty Facial and scalp massage.

ESPA Body Wrap (60 mins)	£70
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Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying algae or nourishing marine mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Treatment includes: Skin brush, body exfoliation, algae or mud wrap and scalp massage.

ESPA Body Ritual (120 mins)	£170
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Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a nourishing wrap, personalised aromatherapy massage and reviving scalp massage. Skin feels refreshed, smooth and intensely nourished. Toxins are eliminated, tension alleviated and your body and mind re-energised.

Treatment includes: Body exfoliation, marine or algae wrap, aromatherapy massage and scalp massage.





Express Treatments

Looking and feeling great doesn't have to take long, which is why we have designed 30 and 40-minute express treatments for the time conscious.

ESPA Express Facial (30 mins)	£50
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Reveal a clear, refreshed, naturally beautiful complexion with this ESPA Express Facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Treatment includes: Skin analysis with SkinVision™ lamp, double cleanse, exfoliation, personalised mask and scalp massage.

ESPA Invigorating Foot Treatment (40 mins)	£45
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Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and lower legs, then treat them to a rejuvenating and intensely reviving massage – restoring cool comfort and leaving you ready for another active day.

Treatment includes: lower leg and foot exfoliation and massage.

ESPA Salt & Oil Scrub (30 mins)	£45
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Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy. For a lighter application, exfoliating body polish is applied instead of salt & oil scrub.

Treatment includes: Salt & oil full body exfoliation.

A unique space to fulfil your goals
and reach your potential



The Gym

A specially designed space has been developed in partnership with Technogym to offer guests a market-leading, up-to-date gym experience. Here, improvements in stamina can be achieved through high-intensity cardio machines and treadmills, whilst a private mat area and a designated weights room with a bespoke TRX rig and punch bag provide the necessary means to enhance strength. The space has been created with insight from personal trainers to maximise performance and energy, from the equipment to the atmospheric mood-lighting and concrete-rendered walls.

Grooming

Eyebrow Wax (15 mins)	£15
Eyebrow Tint (15mins)	£15
Eyelash Tint (30 mins)	£25
Eyebrow Package (1 hour)	£50
Lip Wax (15mins)	£15
Chin Wax (15mins)	£15
Underarm (15mins)	£15
Bikini Wax (20 mins)	£20
Arm Wax (20 mins)	£20
Half Leg (30 mins)	£25
Full Leg (45 mins)	£35
Chest Wax (30 mins)	£25
Back Wax (30 mins)	£25



THE
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A RADISSON COLLECTION HOTEL

The Spa & Gym

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