

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

ESPA Express Facial (30 mins)

£80

An express adaption of our personalised facial.

Treatment includes: Double cleanse, exfoliation, express personalised mask, with tailored serums and moisturisers to suit your skins needs.

ESPA Express Facial Inc Scalp (45 mins)

£95

An express adaption of our personalised facial.

Double cleanse, exfoliation, express personalised mask, scalp massage, tailored serums and moisturisers to suit your skins needs.

ESPA Personalised Facial (60 mins)

£110

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, triple cleanse, exfoliation, facial massage, personalised mask and a scalp massage, with tailored serums and moisturisers to suit your skin needs.

Pause and listen
to your body



Massages

Leave the stresses of normal life behind and rediscover inner calm and physical wellbeing. Ranging from 30 to 60 minutes, our massages aim to release tension and revitalise body and mind.

Massages include:

30 minute massages include: Back, neck & shoulders
 45 minute massages include: Back, neck, shoulders and back of legs
 60 minute massage include: Back, neck, shoulders, front & back of legs, arms and chest
 90 minutes massage include: Back, neck, shoulders, front & back of legs, feet, arms, chest and scalp

ESPA Swedish back, neck & shoulder massage (30 mins)	£80
ESPA Swedish back, neck, shoulder & leg massage (45 mins)	£100
ESPA Swedish full body massage (60 mins)	£120
ESPA Swedish top to toe massage (90 mins)	£140

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.

ESPA Pre-Natal back, neck & shoulder massage (30 mins)	£80
ESPA Pre-Natal back, neck, shoulder & leg massage (45 mins)	£100
ESPA Pregnancy full body massage (60 mins)	£120

Pre-Natal Treatment - Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment. Gentle 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. Must be over 12-weeks over pregnancy.

ESPA Deep Muscle back, neck & shoulder massage (30 mins)	£90
ESPA Deep Muscle back, neck, shoulder & leg massage (45 mins)	£110
ESPA Deep Muscle full body massage (60 mins)	£130
ESPA Deep Muscle top to toe massage (90 mins)	£150

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.

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 Aromatherapy back, neck & shoulder massage (30 mins)	£85
ESPA Aromatherapy back, neck, shoulder & leg massage (45 mins)	£105
ESPA Aromatherapy full body massage (60 mins)	£125
ESPA Aromatherapy top to toe massage (90 mins)	£145

Soothe away stress and return body and mind to the present moment. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends will relax, cleanse and energise, whilst advanced massage alleviates muscular pressure, soothes anxiety and promotes profound relaxation. Balancing mind and body, renewing energy and restoring inner calm.

ESPA Hot Stone back, neck & shoulder massage (30 mins)	£105
ESPA Hot Stone back, neck, shoulder & leg massage (45 mins)	£125
ESPA Hot Stone full body massage (60 mins)	£150
ESPA Hot Stone top to toe massage (90 mins)	£170

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.

Body Treatments

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

ESPA Body Polish (25 mins)

£80

A cooling and revitalising body scrub to refine, smooth and refresh the skin, while boosting hydration. Apricot seed kernels gently sweep away dry and dull skin, while spearmint cools and refreshes, and aloe vera hydrates and conditions - perfect for pre-natal and sensitive skin.

ESPA Salt & Oil Scrub (25 mins)

£80

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.

ESPA Body Wrap (60 mins)

£110

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: Body exfoliation, algae or mud wrap and scalp massage.

ESPA Back, Face & Scalp Treatment (90 mins)

£210

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, Swedish or Aromatherapy Back, Neck & Shoulder massage, Personalised Facial with scalp massage.



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.

THE
EDWARDIAN
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A RADISSON COLLECTION HOTEL

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