

*Malmaison*  
Eats. Drinks. Sleeps.

le  
PETIT  
spa

THE LITTLE BOOK OF



INNER CITY PEACE

TRANQUIL ESCAPES AND TREATMENTS FOR THE URBAN SOUL

Find your inner city peace with le petit spa at:

**Malmaison Birmingham**  
One Wharfside Street,  
Birmingham B1 1RD.  
Telephone 0121 246 5000

**Malmaison Manchester**  
Piccadilly, Manchester  
M1 1LZ.  
Telephone 0161 278 1010

**Malmaison Newcastle**  
Quayside, Newcastle upon Tyne  
NE1 1DQ.  
Telephone 0191 245 5000


*P.S. le petit spa arrives in Aberdeen 2008.*

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TRANQUIL ESCAPES AND TREATMENTS FOR THE URBAN SOUL

When the big city gets too big and the bright lights too blinding, there is a small solution. Thank heavens for le petit spa at Malmaison. We call it inner city peace. Shhh...a deeply soulful day spa for those who need time to unwind and recharge before bravely heading out into the retail jungle or the corporate front line. From the quick fixer to the all day escapee, we have treatments and packages to suit all. We even sell a little of that inner city peace for you to take home too. Suddenly that big city doesn't seem so big afterall. Pssst...let's keep this petit secret to ourselves. Wise words indeed.

Inner city peace is a man thing too. Look out for this symbol  for suggested treatments for you gents.





T R U L Y G I F T E D

#### GIVE LE PETIT SPA GIFT VOUCHERS

Whether its a total indulgence day, much needed massage or an express pedicure, give le petit spa vouchers. Available in spa or over the phone. Go on make someone truly gifted.

#### Ultimate indulgence day - £225.00

Salt scrub | Full body massage with hot stones | Deluxe facial with firming eye treatment | Deluxe manicure  
Deluxe Pedicure | includes ESPA gift to take home | lunch

#### Total indulgence full day - Weekend rate - £160.00 | Weekday rate - £145.00

Includes aromatherapy full body massage | Aromatherapy facial | Manicure or pedicure | Lunch

#### Half day holistic - £120.00

Luxury back massage | Aromatherapy facial | Manicure or pedicure

#### Deluxe facial with firming eye treatment - £65.00

Concentrating on reviving the skin's natural moisture with particular attention to the delicate eye area, helping to minimise the appearance of fine lines. Intensive acupressure point massage and lymph drainage is deeply relaxing. An oriental massage to the scalp and eye area brings peace and harmony.

#### Total holistic body care with hot stones - £90.00

Includes full body skin brushing and exfoliation to prepare the skin followed by a deep body face and scalp massage using hot volcanic stones. A total holistic experience bringing harmony to both body and mind.

#### De-toxifying algae wrap - £70.00 (1 hr)

This full body wrap boosts the metabolism and speeds up the elimination of toxins. This therapeutic, balancing and detoxifying treatment includes skin brushing, gentle exfoliation and an application of warm algae to cleanse, stimulate and uplift the body.



## FOR MEN

### **M Skin tonic for the face - £55.00 (1 hr)**

Using the ESPA mens range, this treatment incorporates a triple cleanse to balance and hydrate. Steaming hot towels are wrapped around the face and neck to soothe and aid the drainage that can lead to congestion and blocked pores. Following a relaxing face massage with acupressure points, a deep shoulder and scalp massage is performed to release tight muscles and tension.

### **M ESPA aromatherapy fitness massage - £60.00 (1 hr)**

A full body massage using a blend of essential oils that help increase circulation and warm muscles. An ideal treatment before or after exercise or for those involved in heavy physical work, relieving aches and pains.

### **M Stress reliever - £70.00 (1hr 30 mins)**

A complete body, face and scalp massage with exfoliation and skin brushing to improve the tone of the skin, rebalance energy levels and relieve stress. Using blends of essential oils to suit individual needs.

### **M Luxury back, face & scalp massage - £80.00 (1 hr 30 mins)**

Using skin brushing, exfoliation, lymph drainage and pressure point massage combined with Oriental scalp treatment deep cleansing refiners and masks. This treatment includes a revitalising facial and relaxing back treatment to ease away stress and tension.

### **M Jessica executive hand groom - £30.00 (45 mins)**

Le Remedi hand treatment programme to condition and smooth hands. Nails perfectly shaped. Cuticles conditioned and gently pushed back.

### **M Jessica executive foot groom - £35.00 (45 mins)**

A luxurious foot treatment preventing the build up of hard skin and calluses. Toenails perfectly trimmed and filed and cuticles softened and eased back. Complete with foot and leg massage.

**M Chest wax - £25.00**

**M Back wax - £25.00**

**M Shoulder wax - £15.00**

**M Back and shoulder wax - £30.00**



# WHILE YOU STAY

## Love Suite Love in Le Petit Spa - £355.00

Why not indulge in one of our double treatment rooms.

Suite | Champagne breakfast | Chocolate dipped strawberries | Aromatic oil and candle  
Mal CD | Salt Scrub & Back Massage or Skin brightening facial

## Girlie Friday nights in - £99.00pp

Ideal for ladies nights or for girls who want to have fun.

Room | Breakfast | Mal munchies and vino | Chick flicks available on request

Spa Treatments available from 5.00pm  
Polish & Tan or Salt Scrub & Back Massage

Based on twin share. £45.00 supplement for single occupancy subject to availability.  
As an extra cost you can add any other treatments listed in this brochure.

## Resident's package - £265.00pp

As if Mal life couldn't get any better. The full works Malmaison style.

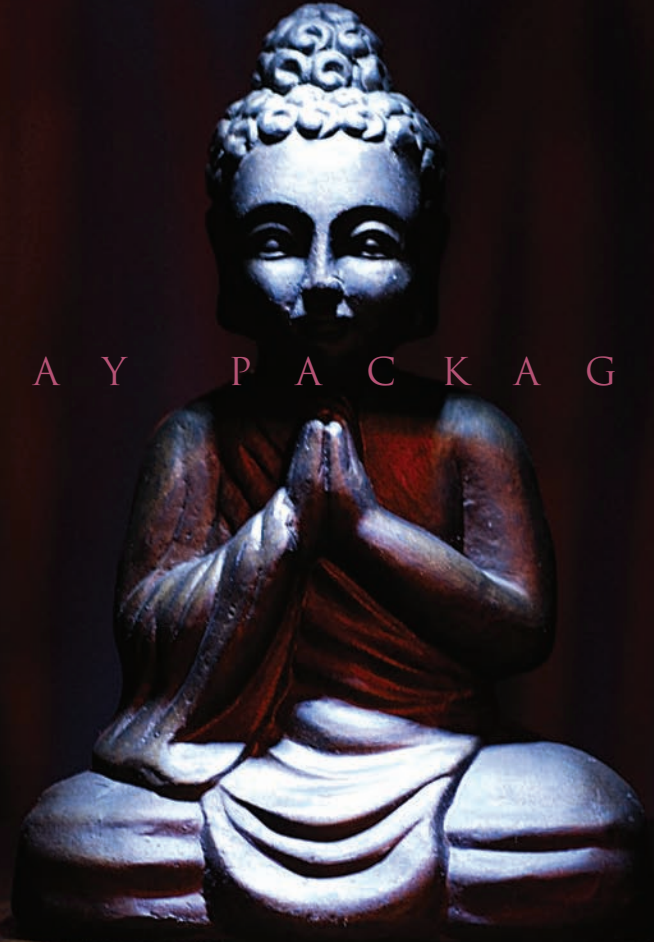
Room | Dinner | Lunch | Breakfast

Full body massage | Aromatherapy facial | manicure or pedicure

Supplement of £65.00 for single occupant.

TRADITIONAL SUITE | CINEMA SUITE  
MANCHESTER SUITE | SUPER SUITE

On booking ask for suite availability.



D A Y P A C K A G E S

**Ultimate indulgence - £225.00 (4 hrs 30 mins)**

Salt Scrub | Full body massage with hot stones | Deluxe facial with firming eye treatment | Deluxe manicure | Deluxe pedicure | includes ESPA gift to take home | Lunch

**Total indulgence full day (3 hrs)**

**Weekend rate - £160.00 | Weekday rate - £145.00**

Includes Aromatherapy Full Body Massage | Aromatherapy Facial | Manicure or Pedicure | Lunch

**Full day detox (2hrs 45mins)**

**Weekday rate - £145.00 | Weekend rate - £160.00**

ESPA prescriptive body wrap including body brushing, exfoliation and Oriental scalp massage | ESPA prescriptive facial | File and polish with Le Remedi mini hand treatment | Lunch

**Half day holistic - £120.00 (2 hrs 30 mins)**

Holistic facial including deep cleansing and exfoliation, aromatherapy back massage, aromatherapy facial, an Oriental scalp treatment | Jessica prescriptive manicure or Jessica Zen Spa pedicure | Lunch

**Yummy Mummy - £120.00 (2 hrs 30 mins)**

Pre or post natal treatment includes exfoliation, back massage and oriental scalp treatment  
Manicure or pedicure | Lunch

(This treatment avoids the essential oils advised by the Aromatherapy Organisation Council)

**Pre-wedding treatments - £120.00 (2 hrs 30 mins)**

Express skin brightening facial | Jessica prescriptive manicure | Jessica Zen Spa pedicure  
Champagne brunch in the brasserie

**Le Petit Spa bespoke package**

Back massage and oriental scalp treatment - **£75 (1 hr)**

Salt scrub and express facial - **£75 (1 hr)**

St.Tropez body polish and spray tan - **£40 (45 mins)**

Detoxifying algae wrap and soothing eye treatment - **£85 (1 hr 30 mins)**

Skin tonic for the face and back massage with hot stones - **£85 (1 hr 30 mins)**

Optional Lunch please add - **£15.50**

(All Packages include full use of our facilities and lunch. Weekends includes Friday, Saturday, Sunday and bank Holidays)





# THE BODY

## **ESPA Chakra balancing treatment with hot stones - £90.00 (2 hrs)**

This all-encompassing treatment starts with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a deep body face and scalp massage using hot volcanic stones on vital energy points. This truly holistic experience will bring harmony to mind and body.

## **Total holistic bodycare - £80.00 (1 hr 30 mins)**

This special treatment is designed to relax and de-stress. Beginning with skin brushing and a body polish to increase circulation, then followed by a full body, face and scalp massage.

## **Full body aromatherapy massage - £60.00 (1 hr)**

A full body massage using a special blend of ESPA aromatherapy oils to either relax, energise or balance body and mind.

Why not add **MAL HOT STONES** for an additional **£10**?

## **Lifesaving back treatment - £55.00 (1 hr)**

An ideal treatment for problematic skin, but also a fine treat for this neglected and hard to reach area. The back is deeply cleansed, body brushed and exfoliated to stimulate the circulation, then calmed with an aromatherapy massage and marine mud mask to relieve muscular tension and improve skin texture.

## **Aromatherapy back neck & shoulder massage**

**30 mins - £35 | 1 hr - £60**

Either before or after exercise or simply to unwind. The perfect solution to bring total balance and well-being to body and mind.

Why not add **MAL HOT STONES** for an additional **£10**?

## **Indian head and scalp massage - £30.00 (30 mins)**

A deeply relaxing treatment for those who hold tension in their shoulders and want to stimulate their minds. Focusing on the acupressure points through out the neck, shoulders and scalp helping to stimulate lymph drainage and increase the blood flow to this area.

## **ESPA salt scrub - £35.00 (30 mins)**

Salt scrubs invigorate, relax and detoxify, leaving you with smooth, revitalised skin. With an exfoliating salt scrub and finishing application of body silk spray, your body is refreshed and cleansed.

Includes complimentary salt scrub gift pack.

**Pre or post natal treatment - £75.00 (1 hr 30 mins)**

A total body treatment carefully designed for pregnant and nursing mums. Beginning with a relaxing back massage infused with Calendula oil and followed by an application of healing mud and creams, leaving the skin nourished and the body feeling cherished. (This treatment avoids the essential oils advised by the Aromatherapy Organisation Council)

**De-toxifying algae wrap - £70.00 (1 hr)**

This full body wrap boosts the metabolism and speeds up the elimination of toxins. This therapeutic, balancing and detoxifying treatment includes skin brushing, gentle exfoliation and an application of warm algae to cleanse, stimulate and uplift the body.

**Skin hydrator wrap - £70.00 (1 hr)**

This intensive body wrap will deeply nourish, hydrate and soothe even the driest or most dehydrated of skins. The treatment begins with body brushing and exfoliation, then finishes with an acupressure scalp massage to balance the mind.

**Oshadi wrap - £65.00 (1 hr)**

This warming blend of Ayurvedic herbs and spices rejuvenates and nourishes the skin, whilst relaxing muscles and reducing tension. Includes skin brushing, exfoliation and scalp massage.

**ESPA restorative mud envelopment - £70.00 (1 hr)**

A therapeutic marine mud, rich in minerals, soothes and leaves the skin soft and hydrated. Ideal for aches, pains and superficial skin problems. Includes a full body exfoliation and a deep scalp treatment to help ease tension.

**Stimulating hip & thigh treatment - £65.00 (1 hr)**

A specialised treatment to stimulate circulatory and lymphatic systems, concentrating on the areas of the body that are prone to 'blockages', cellulite, fluid retention, uneven skin tone and texture. After a deep exfoliation with a seaweed and salt rub there follows a detoxifying massage using stimulating essential oils and an application of warm marine algae.





THE FACE

**ESPA holistic facial - £65.00 (1 hr 30 mins)**

A full ESPA facial incorporating skin brushing exfoliation, lymph drainage and pressure point massage to the back and scalp to relieve any deep seated tension.

**Deluxe facial with firming eye treatment - £65.00 (1 hr 15 mins)**

Concentrating on reviving the skin's natural moisture with particular attention to the delicate eye area, helping to minimise the appearance of fine lines. Intensive acupressure point massage and lymph drainage is deeply relaxing. An oriental massage to the scalp and eye area brings peace and harmony.

**Skin brightening facial - £55.00 (1 hr)**

Perfect for rejuvenating dull, lifeless and sallow skin. Suitable for all skin types, this facial includes a special application of skin brightener, rich in natural extracts from Hawaiian Algae and Meadowsweet that smooth and soften the skin, visibly improving radiance, appearance and texture.

**Re-hydrator facial - £50.00 (1 hr)**

The re-hydrator facial is designed as an intensive boost and is superb for dry, dehydrated, stressed or tired complexions. This treatment includes a skin nourishing mask to drench your skin with moisture, whilst you enjoy an oriental scalp massage to bring harmony, balance and tranquillity.

**Concept age delay facial - £55.00 (1 hr)**

ESPA concept is a range of advanced, natural skin care products rich in vitamin C, green tea and spirulina known for their powerful anti-oxidants, free radical scavenger properties, which are combined with other regenerating, hydrating and skin protecting ingredients. Includes scalp massage.

**Aromatherapy facial - £50.00 (1 hr)**

Suitable for all skin types, this deep cleansing, relaxing aromatherapy facial, purifies, refines and hydrates. Combined with acupressure massage, lymph drainage and oriental head massage to leave the mind clear and the skin radiant and moisturised.

**Re-balancing facial - £50.00 (1 hr)**

A purifying deep cleansing facial using the appropriate aromatherapy products designed to balance blemished, oily and spot prone skin.

**Express facial - £35.00 (30 mins)**

This mini facial will cleanse, exfoliate and moisturise. Indulge with a massage that will leave you feeling refreshed and relaxed.

**Regenerating and firming eye treatment - £35.00 (30 mins)**

A firming hydrating treatment using specific products rich in seaweed extract, green tea and vitamin C help to reduce the appearance of fine lines and protect against environmental damage.

**THE LOBSTER POT**

**St. Tropez spray tan - £25 (Full body)**

This specially formulated UV Free treatment features a tan using a spray application in under 15 minutes. The tan is applied via a special spray tanning system, a trained St. Tropez professional sprays a fine mist of bronzing solution over your body resulting in an even, streakless, natural looking tan. One application will give the skin a healthy looking glow but if a deeper colour is required a second application can be applied. Perfect for a busy schedule or a lunch hour treat.

Why not add a **full body polish** for - **£15.00**

Why not **Top up within 7 days** for - **£15.00**

**BEAUTY**

**EYES**

|                   |        |
|-------------------|--------|
| Eye Lash Tint*    | £15.00 |
| Eye Brow Shape*   | £10.00 |
| Lash & Brow Tint  | £20.00 |
| Brow Shape & Tint | £15.00 |

**WAXING**

|               |        |
|---------------|--------|
| Half Leg Wax  | £20.00 |
| Full Leg Wax  | £30.00 |
| Bikini Wax    | £15.00 |
| Brazilian     | £20.00 |
| Hollywood     | £25.00 |
| Under Arm Wax | £15.00 |
| Upper Lip Wax | £8.00  |
| Chin Wax      | £8.00  |
| Lip & Chin    | £10.00 |
| Forearms      | £15.00 |



**Jessica deluxe manicure with hot mits Includes midi nail polish - £50 (1 hr)**

The Jessica prescriptive manicure with thermal mittens for deeper skin drenching of oils and creams applied, softening of cuticles and improved circulation.

**Jessica prescriptive manicure - £35.00 (45 mins)**

A treatment manicure which treats each nail for its specific nail type, complete with nail and cuticle tidy, hand massage and polish. Includes nail polish of your choice to take away.

**Jessica zen spa pedicure - £40.00 (1 hr)**

A luxury foot and leg treatment using Jessica's Zen Spa collection. Smoother, softer and revitalised feet will be yours. Includes application of a perfect pedicure polish. and nail polish of your choice to take home.

**Jessica zen spa deluxe pedicure with thermal booties - £50.00 (1 hr 15 mins)**

With a combination of Zen Spa salt scrubs, green tea and energising ginger massage creams soothe and rehydrate tired feet and legs. Jessica's finest thermal booties drench the feet with moisture. After pressure point massage and lymph drainage, a polish application will complete your pedicured toes. Includes nail polish of your choice to take home.

**Jessica file & polish with Le Remedi hand treatment - £30.00 (45 mins)**

Quick nail tidy and application of your chosen polish. Leaves hands feeling visibly softer and younger looking.

**Jessica file & polish - £15.00 (20 mins)**

Quick nail tidy and application of your chosen polish, for nails on the move.

H A N D S & F E E T



**Opening Times:**

Mon - Fri 9.00am - 9.00pm.

Sat & Sun 9.00am - 8.00pm.

All bookings are subject to availability we are happy to accommodate bookings outside of these times by prior arrangement. All treatment times include consultation and aftercare.

**Information & Advice:**

All treatments are subject to therapist availability.

Before having a body treatment you are welcome to use our gym, sauna and sanarium.

It should be noted and is advisable to relax and cool down at least 15 minutes before your specified treatment.

**Cancellation charges:**

Should you need to cancel a treatment with less than 24 hours notice, Le Petit Spa reserves the right to charge for the booked treatment if we are unable to resell the allocated time. *Sorry.*

