

SPA

heaven

HEAVEN SPA

HILTON MANCHESTER DEANSGATE

TREATMENT GUIDE

heaven^{SPA}

| | |
|---------------------|---------|
| facial treatments | 04 / 05 |
| pamper packages | 06 / 07 |
| essential grooming | 08 / 09 |
| treatment courses | 08 / 09 |
| body care | 10 / 11 |
| body wraps | 10 / 11 |
| massage therapy | 12 / 13 |
| holistic therapies | 12 / 13 |
| hands | 14 / 15 |
| feet | 14 / 15 |
| men's treatments | 16 / 17 |
| booking information | 18 / 19 |
| corporate | 18 / 19 |
| gift vouchers | 18 / 19 |
| heavenly sounds | 18 / 19 |
| opening times | 18 / 19 |

Welcome to Heaven Spa at the Hilton Manchester Deansgate. We want your time with us to be absolutely wonderful. Attentive and individualised service is the hallmark of Heaven Spa and we pride ourselves on being Manchester's most glamorous pampering hot-spot. We offer an oasis of calm in the city and our expert therapist team are committed to making you look and feel fabulous.

We offer exceptional results-driven treatments and products by Pevonia Botanica. Pevonia is a botanical skincare line found in the most prestigious spas worldwide. Pevonia follows a holistic philosophy of combining nature with the latest scientific developments to create an exceptional range of spa treatments that deliver outstanding results.

facial treatments

We offer an extensive range of facials designed to deal with a variety of skincare concerns. All our facials will leave you feeling relaxed and refreshed, as well as delivering visible results to your skin.

Some products may contain nuts.

All our facial clients receive a detailed skin consultation with one of our highly trained skincare therapists. For first time visits we generally recommend a Prescriptive Facial. Following your skincare consultation, our therapist will devise a bespoke facial treatment suitable for you.

Pevonia Botanica products have a high percentage of active ingredients, so some of our facials are not suitable for first time Pevonia users. You will be advised of this on booking and we will be able to recommend a specific facial suitable for your needs.

Pevonia Prescriptive Facial 55 mins £50

Bespoke results-driven facial treatment to meet the needs of all skin types. Facial includes deep cleanse, two masks, massage, steam and extraction.

Pevonia Reviver Facial 30 mins £35

This is an oxygenating facial that stimulates blood and oxygen flow to the skin, leaving you with a radiant glow.

Pevonia Ultimate Deep Cleanse 55 mins £60

Excellent for oily, congested or acneic skins. This treatment includes thorough extraction – a must have deep cleansing treatment.

Pevonia Aromatherapy Facial 55 mins £50

Holistic facial using essential oils and deeply relaxing pressure point massage techniques.

Pevonia Lymph Aroma Facial 55 mins £50

Aromatherapy oils and a specialised massage technique combine in this facial to assist circulation and relieve fluid retention, improving skin tone and texture.

Pevonia Luminous C and Sea Lift Off Mask 55 mins £70

Contains Vitamin C to counteract pigmentation. Leaves the skin smooth, bright and glowing. Good for all skin types.

Pevonia Plantomer Lift-Off Mask 55 mins £65

Hydrating seaweed based facial to tone, heal and soothe the skin, leaving skin refreshed and hydrated.

Pevonia Anti-Free Radical Lift Off Mask 55 mins £70

To rejuvenate dehydrated, dry skin using a thermal clay mask containing lavender and peppermint.

Pevonia RS2 Rosacea Treatment 55 mins £70

Deep tissue facial with wonderful anti-inflammatory and anti-bacterial effects. Formulated especially for erythrose, couperose, rosacea, acne rosacea and reddened skin with broken capillaries.

Pevonia Elasto-Firm Mask 55 mins £60

The perfect enhancement to any anti-ageing regime, this facial uses elastin to promote deep hydration and radiance whilst helping to firm and tighten the skin.

Pevonia Caviar Treatment Mask 55 mins £160

An indulgent anti-ageing treatment with crushed pearls, marine caviar and escutox, a natural vegetable based alternative to botox. They are layered together for deep penetration and anti-ageing repair.

Express Facial 25 mins £30

Pressed for time but want your skin to look good - this is the treatment for you.

De Stress Eye Treatment for Wrinkles 30 mins £35

To hydrate and plump, thus reducing the appearance of fine lines.

De Stress Eye Puffiness Treatment 30 mins £35

To stimulate lymphatic vessels to drain more effectively, thus reducing puffiness and dark shadows.

De Stress Ultimate Eye Treatment 40 mins £60

Really treat your eyes and have both De Stress Eye Treatments. Your eyes will never have looked better!

pamper packages

Eternal Youth 2 hours £150

Who doesn't want to look and feel younger? Elasto-firm Facial, De Stress Eye Treatment, Aroma Salt Body Glow Scrub and LeRemedi Hand Treatment.

Face Lift 1 hour 40 mins £110

Our no-need-for-surgery boost for skin, lips and eyes. Back and Shoulder Massage, Pevonia Lymph Aroma Facial, De Stress Eye Treatment and Brow Shape.

Afterwork Revitaliser (After 6pm) 1 hour 30 mins £70

Soothe away the stresses and strains of your day. Includes a Prescriptive Facial and a Back and Shoulder Massage.

Recharge Your Batteries 4 hours 30 mins £190

Relax, revitalise and reawaken your senses with natural aromatherapy oils. Includes Aroma Salt Body Glow, Full Body Aromatherapy Massage, Pevonia Aromatherapy Facial and Jessica Deluxe Manicure or ZenSpa Deluxe Pedicure.

Treats For Two 3 hours £250

Share the experience with your best friend, Mum or partner. Includes (for each person), Pevonia Prescriptive Facial, Full Body Massage and choice of Zen Spa Pedicure or Jessica Prescriptive Manicure.

Treats For Two Express 1 hour 30 mins £180

Share the joy, quickly! Includes (for each person), Express Facial, Back and Shoulder Massage, Mini Mani and Mini Pedi.

Beauty Express 1 hour 20 mins £75

When you need to look gorgeous double-quick! Express Facial, Mini Mani and Mini Pedi.

Time Out 2 hours 20 mins £150

Hot Stone Massage, SkinFit Facial, De Stress Eye Treatment.

Sometimes just one treatment or service is not enough! We've combined our most popular treatments to create some fantastic packages. Perfect for when you need to treat yourself or when you are looking for a special gift.

Naked Truth 3 hours £140

Whether its pre bikini or pre-LBD, when looking your best (maybe in very little!) is an absolute must.

Includes Full Body Polish, Pevonia Prescriptive Facial, Jessica Prescriptive Manicure and Jessica ZenSpa Pedicure.

Naked Truth Men 2 hours 30 mins £130

Includes Full Body Polish, Pevonia SkinFit Facial, Man-i-cure and ZenSpa Pedicure.

Beach Gorgeous 3 hours 30 mins £160

Includes a Full Body Polish, Moroccan Cocoon with Rassoul Wrap, Prescriptive Facial, Mini Mani and Mini Pedi.

After Sun Soother 1 hour 40 mins £110

Super-hydrating treats for sun-ravaged skin. Includes Luminous C and Sea Facial and Water Lily After Sun Wrap.

Morning After 1 hours 10 mins £70

For party animals who want to feel human again! Includes Pevonia Reviver Facial, De Stress Eye Treatment and Leg and Foot Massage.

Flight Revival 1 hour 30 mins £100

Reverse the effects of too-long-in-the-air. Includes Jet Lag Massage, De Stress Eye Treatment and Pevonia Reviver Facial.

Detox 2 hours 45 mins £175

Includes Full Body Polish, Detox Aromatic Seaweed Wrap, Full Body Aromatherapy Massage and Pevonia Reviver Facial.

Yummy Mummies 3 hours £180

For when you get to have some time to yourself. Pevonia Lymph Aroma Facial, De Stress Eye Treatment, Desert Heat Body Wrap and Full Body Massage.

Comfort and Joy 2 hours £80

Essential pampering specifically designed for mums-to-be. Includes Leg and Foot Massage, ZenSpa Deluxe Pedicure and Pevonia Reviver Facial.

essential grooming

The devil is in the detail. Having regular essential grooming treatments will ensure you always look your best. And when you know you look good on the outside, you feel good on the inside!

Waxing

We ask that you ensure hair is at least 4mm long for best results. Waxing is not suitable for Retin-A or Accutane users, sunburned or recently laser-peeled skin.

We offer both warm and hot wax. Warm wax is the traditional wax that is removed with fabric strips. Hot wax is great for delicate areas as the wax adheres to the hair rather than the skin, no fabric strips are used – the wax sets and is flicked and removed.

If you are feeling brave, how about trying a Brazilian, Hollywood or Sicilian? A Brazilian leaves a small strip, Hollywood is all off and a Sicilian leaves a small triangle.

| Wax | Warm | Hot | Warm | Hot |
|-----------|------|-----|---------------------|---------|
| Half leg | £20 | £25 | Half leg and bikini | £30 £35 |
| Full leg | £30 | £37 | Full leg and bikini | £40 £50 |
| Bikini | £20 | £25 | Lip or chin | £8 £10 |
| Brazilian | n/a | £40 | Lip and chin | £12 £15 |
| Sicilian | n/a | £40 | Underarm | £15 £18 |
| Hollywood | n/a | £45 | Forearm | £22 £26 |

Eyes

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| Brow shape | £10 |
| Brow tint | £12 |
| Lash tint | £15 |
| Party lash extensions | From £10 |
| Lash and brow tint | £23 |
| Lash, brow tint and brow shape | £30 |

Tanning

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| Pevonia Self Tanning Treatment | £75 |
| (includes Aroma Therapy Salt Glow body scrub and product to take home) | |

Heaven Spa Couture

After a thorough consultation, our therapists will design a regular beauty appointment specifically catering for your needs. This can include any combination of our treatments you require regularly; for example self-tanning, waxing, facials and body treatments. We can make this into a streamlined package for you – which is as speedy or relaxing as you wish.

treatment courses

Sometimes a one off treatment is not enough. Real benefits can be gained following a course of treatments designed for maximum results.

Cellulite SOS

£500

As life progresses, imperfections begin to appear. This package is a corrective care programme to counteract loss of tone, toxicity, lack of circulation and cellulitic deposits. It will visibly counteract the evident signs of cellulite and skin imperfections – and to ensure you prolong the benefits we will provide you with a products for your daily ritual at home.

Six intensive one hour sessions over a period of six weeks. This course includes use of Vibrotone bed, hand held Vibrotone body massage, six Pevonia Green Coffee Body Wraps, lifestyle advice and a home care pack from Pevonia.

Facial Skin SOS

£250

If you really want to get your skin in order we recommend a course of six facials.

Special Detox SOS

£300

This includes six weekly treatments. Really designed to help you detox your body – ideal after a period of indulgence, as a spring clean or before a holiday.

| | |
|----------------------|---------------------------|
| Detox Thallaso Wrap | Home care pack of Pevonia |
| Aromatherapy Massage | Detox products |
| Gel and Bubble bath | |

body care

Uplifting, invigorating, exfoliating and nourishing treatments to stimulate the skin. They can be used as an individual treatment or as preparation for massage therapy and body wraps.

Full Body Polish 30 mins £30

An effective body scrub to refine and revitalise the skin, leaving the skin amazingly smooth and radiant.

Total Back Ritual 55 mins £50

To aid all back complaints, this specialised back facial cleanses, polishes and thoroughly massages the back muscles. Includes steam and extraction.

Aromatherapy Salt Glow 30 mins £30

Vigorous body scrub incorporating aromatic salts and essential oils to leave the skin smooth and silky.

Leg Polish 20 mins £20

Invigorating exfoliation leaving legs silky smooth. Ideal prior to a leg wax, or as preparation for a tan.

body wraps

An all over mask is applied to the body before being wrapped in a thermal blanket allowing the body's heat to activate the absorption of the natural ingredients. All wraps include a soothing scalp massage. Select your wrap from our extensive menu.

Aromatherapy Cocoon 45 mins £50

A warm aromatic treatment in which the body is cocooned in essential oils.

Green Coffee Anti Cellulite 55 mins £65

Revolutionary active wrap to treat cellulite. Releases and eliminates toxins leaving the skin feeling smooth and toned.

Moroccan Cocoon with Rassoul Wrap 55 mins £65

Minerals from the fertile valleys of Morocco help to moisturise, energise and refresh the body.

Detox Seaweed Thalasso Wrap 55 mins £65

A blend of the finest seaweed, harvested off the French coast of Brittany is used to activate circulation, cleanse and detoxify the body.

Detox Aromatic Seaweed Wrap 45 mins £50

Using a blend of seaweeds and aromatherapy essential oils to detoxify and purify.

Desert Heat 55 mins £65

Mineral rich earth of the Arizona desert leaves the skin hydrated and smooth. The thermal action counteracts muscle fatigue and stress. Excellent for eczema and psoriasis.

Fit for Life Aromatic Moor 55 mins £65

Aids fatigue and stress by boosting the body's immune system. Ideal for tired muscles and helping to ease the pain of arthritis.

Back Wrap with Aromatic Moor 45 mins £50

A luxury back treatment using pure Moor mud. Relieving muscular tension, aches and pains it will refine and leave the skin radiant. Ideally followed with a back massage for maximum results.

Water Lily After Sun Wrap 45 mins £55

This treatment combines the benefits of Water Lilies and Green Tea extract to offer a phenomenal wrap that helps decrease skin temperature and the sensation of discomfort resulting from sunburn and over sensitised skin.

massage therapy

Swedish Body Massage 55 mins £50

Based on the traditional Swedish technique, this massage is adaptable to your needs, whether it is deep and strong or lighter and more relaxing.

Back and Shoulder Swedish Massage 25 mins £30

Concentrating on the back, neck and shoulders, this massage works at helping to relieve tension and stress.

Back and Shoulder Aromatherapy Massage 25 mins £40

Concentrating on the back, neck, shoulders and scalp, this deeply relaxing massage with pre-blended aromatherapy oils works on the areas most prone to tension and stress.

Full Body Aromatherapy Massage 55 mins £60

Full body deep relaxation massage using pre-blended aromatherapy oils to melt away tension and stress. This treatment begins with a scalp massage.

Back and Legs Massage 35 mins £40

This massage helps to relieve aches, pains, tension and stress. A quick way to unwind or to invigorate yourself.

For thousands of years the ancient art of massage has been used to bring benefits to health and well-being. Select one of our traditional techniques or perhaps a more specific customised massage designed especially for your needs.

Leg and Foot Massage 25 mins £30

The perfect post-shopping respite! Helps to relieve aches and pains. Also great if you are pregnant.

Hot Stone Massage 75 mins £90

Combining stone placement and massage techniques using warm stones to melt away stress, tension, aches and pains. A complete head to toe treatment that you will never forget.

Hot Stone Back and Shoulder Massage 25 mins £40

Concentrating on the back, neck and shoulders, this deeply relaxing massage uses warm stones to melt away stress, tension, aches and pains.

Jet Lag Massage 55 mins £50

Perfect post-flight body tonic that promises to ground you by easing away bloating, muscle ache and fatigue.

Pre-massage Body Brushing 10 mins £10

To enhance your massage we recommend a pre-treatment dry body brushing. This will stimulate the circulation and lymph and remove dead skin cells, thus revealing healthier skin.

holistic therapies

Alternative techniques based on ancient traditions. The focus is on healing and rejuvenation of the mind, body and spirit.

Hopi Ear Candles 45 mins £40

Passed on from the ancient tribe of Red Indians this treatment has a record of success in treating stress, headaches, migraines, hearing impairment and hayfever. It is an extremely relaxing treatment and can achieve excellent results.

Indian Head Massage 50 mins £50

Designed to alleviate stress, this massage concentrates on the scalp and manipulates soft tissues in the shoulders and the neck. The calming movements of this massage assist circulation, lymphatic drainage and the removal of toxins. The massage eases tension and fatigue and balances energy levels leaving you deeply relaxed.

hands

Jessica Prescriptive Manicure 45 mins £35

Nails are not all alike...this treatment manicure analyses and treats each nail individually. Hands are exfoliated, cuticles are conditioned with creams and oils, the nail shape is perfected and treatment basecoats and your chosen colour are applied for the perfect finish.

Jessica Deluxe Manicure 60 mins £40

This includes the Jessica Prescriptive Manicure with the addition of heated mittens. The thermal mittens allow deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

Jessica Ultimate Manicure 70 mins £60

The ultimate in hand and nail care. This manicure includes the Jessica Prescriptive Manicure and the LeRemedi hand treatment. Your hands and nails will look immaculate and well groomed.

Jessica is a world renowned leader in all things hands and feet. Jessica nail paint is touch dry within the hour, however we recommend that heat and water are avoided for two hours.

LeRemedi Hand Treatment 25mins £28

This luxury hand treatment incorporates a HandCleanse, HandSilk Exfolaire, HandRestructure Masque and HandRenew Liposomes from the luxurious Jessica LeRemedi range. Hands will feel softer, smoother, firmer and they will look attractive and cared for.

Mini Manicure 20 mins £25

Ideal for when you need your hands to look good but you are tight on time.

File and Polish 20 mins £15

File and Polish French 25 mins £18

Sparkle (up to 10) £5

Add rhinestones to your fingernails for added sparkle.

feet

ZenSpa Pedicure 50 mins £40

With the option of Calming Green Tea, Energising Ginger or Refreshing Citrus, this is a luxury treatment that delivers softer, smoother feet with perfectly finished toes. The steps include: hard skin removal, foot scrub, foot mask, foot massage, cuticle work, nail shaping, filing and polish.

ZenSpa Deluxe Pedicure 60mins £50

If you really want to treat yourself to gorgeous looking legs and feet this is the treatment for you. It includes all the steps in the ZenSpa Regular Pedicure to the calves as well as the feet. Again there is a choice of Calming Green Tea, Energising Ginger or Refreshing Citrus.

Mini pedi 30 mins £27

For when your feet need to look good, quickly.

File and Polish 20 mins £17

File and Polish French 25 mins £20

Sparkle (up to 10) £5

Add rhinestones to your toenails for added sparkle.

There is nothing like perfectly groomed feet to help you feel in control and confident. We recommend that you bring open toe shoes to wear after your pedicure.

men's treatments

SkinFit Facial 55 mins £70

Healing and hydrating anti-ageing treatment to gently soothe and calm the skin. This facial includes a deep cleanse, two masks, exfoliation, steam and extraction, hydration and massage.

De Stress Eye Treatment for Wrinkles 30 mins £35

To hydrate and plump, thus reducing the appearance of fine lines.

De Stress Eye Puffiness Treatment 30 mins £35

To stimulate lymphatic vessels to drain more effectively, thus reducing puffiness and dark shadows.

De Stress Ultimate Eye Treatment 40 mins £60

Really treat your eyes and have both De Stress Eye Treatments. Your eyes will never have looked better!

Fit for Life Aromatic Moor Wrap 55 mins £65

Alleviates fatigue and stress by boosting the body's immune system. Excellent for tired muscles and arthritis.

Back Wrap with Aromatic Moor Wrap 45 mins £50

A luxury back treatment using pure moor mud. Relieving muscular tension aches and pains, this will leave the skin refined and radiant.

Hot Stone Back and Shoulder Massage 25 mins £40

Concentrating on the back, neck and shoulders, this deeply relaxing massage uses warm stones to melt away stress, tension, aches and pains.

Hot Stone Massage 75 mins £90

Combining stone placement and massage techniques using warm and cold stones to melt away stress, tension, aches and pains. Experience a complete head to toe treatment that you will never forget.

Whilst most of our treatments are suitable for both men and women, we have selected a number of treatments which we believe will have a particular appeal to men, especially those new to the spa environment.

Tension Release Massage 25 mins £45

Back, neck and shoulder massage targeting problem areas.

Jet Lag Massage 55 mins £50

Perfect post-flight body tonic that promises to ground you by easing away bloating, muscle ache and fatigue.

Pre-massage Body Brushing 10 mins £10

To enhance your massage we recommend a pre-treatment dry body brushing. This will stimulate the circulation and lymph and remove dead skin cells, thus revealing healthier skin.

Total Back Ritual 55 mins £50

Fantastic for making those hard to reach places silky smooth and beautiful! This is a specialised back facial that cleanses, polishes and massages the back. Steam and extraction are included.

Male Grooming

| | |
|--------------------|-----|
| Brow shape | £10 |
| Brow tint | £12 |
| Lash tint | £15 |
| Lash and brow tint | £23 |

| | Warm | Hot | Warm | Hot |
|------------------|------|-----|--------------|---------|
| Back wax | £40 | £45 | Full leg wax | £30 £35 |
| Chest wax | £40 | £45 | Forearm wax | £22 £26 |
| Back & chest wax | £70 | £75 | Underarm wax | £15 £18 |

| | |
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| Man-i-cure | £30 |
| ZenSpa Pedicure | £35 |
| Pevonia Self Tanning Treatment | £75 |

Executive Express 60 mins £130

Designed for busy people with hectic lives this package gives maximum results in the minimum time. Two of our therapists will work double quick to transform you. The package includes SkinFit Facial, Man-i-cure and ZenSpa Pedicure.

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Booking Information

To get the most out of your treatment or service with us we advise that you arrive 10 minutes prior to your appointment in order to check in and relax.

Should you need to cancel or change your appointment we ask for 24 hours notice or the full cost of the treatment will be charged.

For treatments or packages costing £100+ we will require a 50% deposit on booking.

To ensure maximum enjoyment and relaxation for all our guests we ask that mobile phones are not used in the spa.

Corporate

Pamper your colleagues, clients and employees with indulgent spa treatments to leave them happy and relaxed. They will love you for it!

We can cater for private events, so if you are looking for a great way to entertain clients or reward your employees please call us and we will be happy to work with you to create a unique event.

Gift Vouchers

A Heaven Spa voucher makes the perfect gift. The gift vouchers are available in monetary values and are beautifully presented – so treat someone you love to a truly relaxing experience.

0161 870 1789

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303 Deansgate Manchester M3 4LQ Phone 0161 870 1789
info@heaven-spa.co.uk www.heaven-spa.co.uk

Also:

Heaven Spa 115 Lapwing Lane Didsbury
Manchester M20 6UR Phone 0161 448 8786

Heavenly Sounds

All of our treatment rooms are equipped with iPods providing an eclectic mix of music for all tastes. Whether it's new age whale music during your massage, Hacienda classics during your pedicure or mojito grooves during your brazilian wax, we can supply the perfect soundtrack for every treatment!

Opening Times

| | |
|-----------|-----------------|
| Monday | 9.00am - 9.00pm |
| Tuesday | 9.00am - 9.00pm |
| Wednesday | 9.00am - 9.00pm |
| Thursday | 9.00am - 9.00pm |
| Friday | 9.00am - 9.00pm |
| Saturday | 9.00am - 9.00pm |
| Sunday | 9.00am - 9.00pm |

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Best Health and Beauty Outlet
Manchester Awards 2007

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