

revive Spa...



revive

welcome to revive Spa...

Escape the pressures of modern day life, and relax in pure tranquillity.

With our relaxing atmosphere, high quality treatments and products, you will find it easy to unwind.

Please read on to find all the information about our treatments and spa days.

We look forward to seeing you soon,

A handwritten signature in white ink, appearing to read 'Lis Holmes', with a long horizontal flourish extending to the right.

Lis Holmes
Resident Manager

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opening hours...

Monday – Wednesday, Friday – Saturday	9.00am – 7.00pm
Thursdays	9.00am – 8:30pm
Sundays	10.00am – 4.00pm
Bank Holidays	closed

Please note that 24 hours notice is required to cancel an appointment, failure to provide this notice will result in a 50% charge of the booked treatments value. All prices listed are subject to review. We recommend that you confirm the price upon booking your treatment.



revive Spa is a special place...

...where guests and visitors alike can relax and unwind in tranquil surroundings, and in the safe hands of qualified and highly experienced therapists.

Our philosophy is simply to provide pampering luxury in a beautiful and peaceful environment. **revive** provides the perfect setting for a full range of treatments carried out by friendly and highly trained therapists, allowing you to wind down, unknot and de-stress completely.

We use some of the world's best skincare systems and products, including Guinot, Orly and Sienna x spray tan, to provide both contemporary and traditional treatments for men and women. With products harnessed from Mother Nature, you can be assured of a stimulating, delicate and pure treatment.

Enjoy a whole body aromatherapy massage with blended oils for total relaxation. A Guinot facial treatment to rejuvenate and oxygenate fatigued skin or a spa manicure including a luxurious hand and arm massage.

We can also provide beautiful, natural looking gel nail enhancements to complete your experience! Why not soothe away the stresses of the day in our steam room and sauna suites or sink into our warm bubbling spa bath for a real escape from the busy world.



revive Spa breaks at Holiday Inn Birmingham - Bromsgrove...

Everyone needs some “*me time*” once in a while and at revive Spa, we take chilling out as seriously as working out!

If you need to escape from everyday life or you are looking for somewhere to spend the weekend with your friends, we have the ultimate weekend of relaxation and pampering in store for you!

Check in, slip on your fluffy bathrobe and head for heaven! Enjoy a relaxing massage, taster facials, body glow treatments or manicures as your spa break begins.

Spend the afternoon swimming in the crystal clear waters of the pool, lazing in the bubbling spa or relaxing poolside, with a selection of glossy magazines.

The weekend includes a scrumptious three course meal in our traditional restaurant. The next day, choose from a healthy or hearty breakfast and enjoy a late check out – we guarantee you will return to normality feeling relaxed, refreshed and **revived!**

Weekend prices start from £90 per person based on 2 people sharing a twin or double room.

Visit hi-birminghambromsgrove.co.uk for more details.

face and eyes...

Essential Facial - 1 hour

£41.00

This is a perfect introduction to the professional salon skincare. Clients receive an in depth skincare consultation and skin type diagnosis, plus mini treatment with recommended products.

Hydradermie- the star of facial treatments - 1 hour 15 minutes £ 49.00

For skin that is stressed, tired or just needs to be recharged, nothing beats a hydradermie treatment for immediate and lasting results.

This high-tech facial uses the hydraderm machine (*unique to Guinot*), manual massage and a variety of plant-based active ingredients to deep cleanse, oxygenate and condition the skin. Regular treatments leave skin clear, balanced and re-hydrated; they also reduce signs of fatigue and ageing.

Hydradermie for the eyes - 1 hour

£36.00

Relieves signs of fatigue, helps reduce under-eye shadow and smoothes fine lines.

Beaute Neuve - 1 hour

£41.00

Tiredness, stress or passing time can contribute to a loss of radiance. This cell renewing, double peeling facial, with fruit acid and pure vitamin C, will leave skin feeling as good as new. A course of 3 treatments is recommended .

Aromatic - The magic of plants - 1 hour

£41.00

Nature has created remedies that have healed humanity for over 10,000 years. It is from this same source that Guinot has harnessed the plant concentrates and essential oils that make the skin more beautiful and radiant.

This customised treatment is rounded out by delicate facial massage, and enhanced by pressure point techniques.

Liftosome, The Lifting Effect - 1 hour 15 minutes

£46.00

With age or fatigue we notice a decrease in the skin's elasticity. Features have a tendency to look 'heavy' and skin lacks tone.

Based on the use of stimulating orange, ginseng and marine collagen, this thermal facial regenerates and energizes leaving skin firm and glowing.

Tre's Homme Hydradermie - 1 hour 15 minutes

£49.00

An enhanced version of the classic hydradermie facial created for men.

The machine-based treatment uses galvanic and high frequency, electrotherapy to deep cleanse, re-hydrate and rebalance the skin.

Created especially for men. The energising galvanic gel, containing burdock, regulates sebaceous secretions and soothes with allantoin.

face and body...

Guinot Aromatic Body Treatment - 1 hour 15 minutes

£46.00

This is a holistic anti-cellulite body treatment using essential oils, plant extracts and algae (seaweed) together with manual massage, and detoxifying and refining thermal peel-off mask.

This relaxing body treatment will stimulate circulation, encourage elimination of fatty deposits, firm the skin and improve body contours.

Guinot Aromatic Body Bien Etre - 1 hour 15 Minutes

£49.00

This invigorating body treatment tones and re-hydrates the skin using exfoliation and massage. The natural products used include an exfoliating sugar-kiwi body scrub and a blend of citrus-infused energising and toning essential oils. Specialised massage movements revive lethargic limbs, and kneading and effleurage movements on the back and shoulders release tension.

Sugar Kiwi Body Polisher - 30 minutes

£25.00

A complete body exfoliation treatment using Guinot's natural Sugar-Kiwi body scrub containing white and brown sugar, salt and kiwi seeds, plus nourishing and softening shea butter. This treatment eliminates dead surface skin cells and refines the skin's texture.

Hydrademie Back Facial - 45 minutes £41.00

Clears blocked pores, improves skin texture and relaxes tired muscles. Also purifies and re-hydrate the skin. Highly recommend after a work out or before hitting the beach.

Pregnacy Pamper Treatment - 1 hour 15 minutes £46.00

Especially created for expectant mums, this treatment includes a full body exfoliation and lots of luxurious massage, as well as cleansing, toning, exfoliating and moisturising for the face with relaxing and rejuvenating plant-based products.

Focusing on areas of the body that experience discomfort during pregnancy – such as ankles, feet, legs and lower back – the four-phase treatment leaves mums-to-be feeling rested and relaxed.

massage...

Swedish Back, Neck and Shoulder Massage - 30 minutes £25.00

Swedish Leg Massage - 30 minutes £25.00

Swedish Full Body Massage - 1 hour £41.00

Aroma Full Body Massage - 1 hour 15 minutes £46.00

Aroma Back, Neck and Shoulder Massage - 30 minutes £28.00

Aroma Face and Scalp Massage - 30 minutes £20.00

Indian Head Massage - 30 minutes £20.00



nails...

Upgrade any manicure or pedicure to French polish for	extra £2.00
Orly Spa Manicure (<i>Includes exfoliation and massage</i>) - 45 minutes	£21.00
Orly Luxury Manicure (<i>Includes heated mitts</i>) - 1 hour	£25.00
Orly Spa Pedicure (<i>Includes exfoliation and massage</i>) - 45 minutes	£25.00
Orly Luxury Pedicure (<i>Includes heated mitts</i>) - 1 hour	£29.00
Shape 'n' Polish - 15 minutes	£8.00
Ibd Gel Nails - Filed not Drilled	
Full Set of Nails - 1 hour 15 minutes	£38.00
Infill - 1 hour	£4.00
1 Replacement Tip - 15 minutes	£16.00
Removal - 30 minutes	£15.00
Overlay (<i>soak off gel, or hard gel over natural nail</i>) - 1 hour	£25.00
Gelac 14 Day Manicure (<i>UV Gel Polish</i>) - 45 minutes	£20.00

hair removal...

Half Leg - 30 minutes	£15.00
Full Leg - 45 minutes	£22.00
Bikini - 15 minutes	£9.50
Full Leg and Bikini - 1 hour	£25.00
Underarm - 15 minutes	£8.00
Lip - 10 minutes	£6.50
Chin - 10 minutes	£5.50
Lip and Chin - 15 minutes	£11.00
Forearm - 30 minutes	£12.50
Chest Wax - 30 minutes	£17.50
Back Wax - 30 minutes	£17.50

eyelash tinting...

Eyelash Tint - 15 minutes	£8.50
Eyebrow Tint - 15 minutes	£7.50
Lash and Brow Tint - 30 minutes	£12.50
Eyebrow Wax/Shape - 15 minutes	£7.50

tanning...

Sienna x spray tan - the quick way to an instant, healthy glow.

Full Body Spray Tan - 15 minutes	£20.50
Half Body Tan - 10 minutes	£10.50
Full Body Spray Tan and Exfoliation - 30 minutes	£25.00

spa packages...

revive Spa Days are the ideal gift for that special person in your life! Energise, unwind and simply relax in the comfortable surroundings here at revive Health Club and Spa.

Your day will consist of full use of all the health clubs four star facilities including our swimming pool, spa pool, sauna, steam room and gym. You will also have a light lunch from our café and a choice of a range of treatments to suit you.

You will also receive a bath robe and newspaper on your arrival to use throughout your day here at the club.

revive and relax!

utopia

Price per person £75.00

Treatments include:

Full Body Massage

Guinot Mini Facial

Scalp Massage

nirvana

Price per person £125.00

Treatments include:

Full Body Massage

Guinot Mini Facial

Spa Manicure

Spa Pedicure

Scalp Massage

create your own day...

Spa Manicure	Spa Pedicure	Guinot Mini Facial
Swedish Head Massage	Face, Scalp & Chest Massage	Indian Head Massage
Back & Shoulder Massage	Body Polisher	

Choose any 2 treatments for £70 per person

Choose any 3 treatments for £85 per person

Choose any 4 treatments for £100 per person

Choose any 5 treatments for £115 per person

kids spa packages...

Specially designed to treat your special little ones. Packages available morning and early evening, includes use of the pool for an hour.

little miss

Price per person £16.00

Treatments include:

Little Miss Manicure

Little Miss Pedicure

teen package...

Eyebrow Wax

Mini Manicure

Mini Pedicure

Mini Facial

Make-Up

Choose any 2 treatments for £21.00 per person

Choose any 3 treatments for £26.00 per person

A 50% non refundable deposit will be required on booking your Spa Day.

make-up and weddings...

Planning your wedding? Want to look your very best for a special day or event? Allow us to use our expertise to give you a professional make-up.

Bridal Make-Up <i>(includes free trial)</i>	£72.00
Plus	
Mother of Bride or Bridesmaid <i>(no trial)</i>	Free
Bridal Make-Up <i>(off site)</i>	On consultation
Bridesmaid Make-Up <i>(per person)</i>	£20.00
Mother of Bride	£20.00
Day or Night Time Make-Up	£20.00

In addition, pamper and relax for the big day with our comprehensive range of treatments that are included in this pack. There is 10% off all treatments for the wedding party. This offer is extended to all of your guests.

Relax and enjoy!

hen parties...

Morning 10.00am - 2.00pm

On arrival you will be presented with fresh orange juice and freshly baked pastries, followed by use of our gym, pool, spa pool, sauna and steam room. Choose 2 treatments from the list below.

Afternoon 2.00pm - 6.00pm

On arrival you will be presented with a pot of tea or coffee and cake, followed by use of our gym, pool, spa pool, sauna and steam room. Choose 2 treatments from the list below.

Spa Manicure

Spa Pedicure

Essential Facial

Back, Neck and Shoulder Massage

£59.00 per person



revive

revive **Spa** at Holiday Inn Birmingham - Bromsgrove
Kidderminster Road, Bromsgrove B61 9AB
T 01527 571957 E revive@hi-birminghambromsgrove.co.uk
W hi-birminghambromsgrove.co.uk