

Offering respite from the busy city life of Birmingham

The luxurious Amala Spa is a haven of serenity that is comprised of state-of-the-art facilities and services. The unique approach to achieving overall well-being of mind, body, and spirit lies in the spa's unique treatments that have been carefully created to enhance and aid clarity, rejuvenation, and relaxation.

Terms and Conditions

Subject to availability applies on all treatments, spa days and products. Debit or credit card details required upon booking. We reserve the right to charge for booked treatments if cancelled or amended outside of our cancellation policy, which is minimum 24h for appointments and 72h for spa day packages.

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Spa and Club Treatments

Opening Times

Amala Club (including pool)

Monday to Thursday: 07:00 - 20:00

Friday to Saturday 08:00 - 20:00

Sunday 09:00 - 17:00

Amala Spa Treatments

Friday to Sunday: 10:00 - 17:00

Weekdays: Closed

www.birmingham.regency.hyatt.com

Tel: 0121 632 1690 Email: amalaspa@hyatt.com

Luxury urban spa within Hyatt Regency Birmingham



Massage

Amala Ultimate Back, Neck and Shoulder massage Amala spa's signature treatment focuses on all areas of the body that hold tension, including a stress relieving scalp, lower leg and foot massage.	45 minutes £75
Back, Face and Scalp Treatment Advanced total body experience, delivering triple results by targeting the back, face and scalp. Includes back exfoliation, back massage, personalised facial and scalp massage. <i>Add hot stones to your massage for £10.</i>	90 minutes £120
Comfort Zone New Life Maternity Treatment Face and body massage to relieve muscular tension and reduce sensations of swelling and heaviness. <i>Not suitable during first 12 weeks of pregnancy.</i>	60 minutes £90
Orli Candle Massage The Orli massage candle melts into a warm oil which is drizzled over the skin to melt away tension and nourish in a head-to-toe treatment.	90 minutes £120
Aromatherapy Massage Using aromatherapy oils, this massage helps to reduce stress, tension and fatigue, giving you a total sense of relaxation and wellbeing.	60 minutes £90, 90 minutes £120
Swedish Massage A classic western massage, that uses pressure to help you feel relaxed and calm.	60 minutes £90, 90 minutes £120
Hot Stone Massage A therapeutic massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension and soothe aches and pains.	60 minutes £90, 90 minutes £120

Express Treatments

Lift and Firm Eye Treatment 30 minutes £75
An effective firming and hydrating cleanse, exfoliation and massage, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating the application of an intensive eye serum.

Invigorating Foot Massage 30 minutes £75
This revitalising treatment for tired feet and heavy legs which helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

Face

Comfort Zone Individually Tailored Facial 60 minutes £90
All faces and skin types are unique and have individual needs. Amala facials come with a personal consultation with one of our knowledgeable therapists who will analyse your face and advise on the best treatment and products to produce your desired effects with visible, lasting results. All face treatments use Comfort Zone products to cater to your skin.

Comfort Zone Sublime Skin Double Peel 45 minutes £75
A powerful combination of lactic acid with AHA and Vitamin C ideal for targeting uneven skin tones, fine lines, wrinkles and dullness. It safely removes the thickening layer of the epidermis, revealing an incredibly radiant and even complexion.

Comfort Zone Sublime Deluxe Lift 75 minutes £105
The ultimate anti-ageing facial combines new Archi-lift technology with the renewing effects of the double peel for an instant re-plumping effect. Ideal for mature skin with visible signs of aging, this firming facial stimulates cellular regeneration using the exclusive active lift massage technique to smooth and tone. The result is smoother, radiant, more youthful skin.

Continued...

Face

Comfort Zone Hydra Glow

60 minutes £90

A refreshing active treatment for immediate hydration, radiance and vitality. With a unique combination of lactic acid for immediate renewal and radiance, and a powerful concentration of hyaluronic acid, for both superficial and deep hydration. Skin is visibly hydrated and radiant.

Comfort Zone Insta Hydra

30 minutes £75

Applied on face, neck and décolleté, this deeply hydrating express treatment is the perfect solution for very thirsty skins, in need of a quick, yet effective recharge. It leaves the skin instantly hydrated, silky and radiant.

Comfort Zone Active Pureness

60 minutes £90

Active Pureness is a deep cleansing facial characterised by an innovative, mattifying peel-off Spirulina Algae mask and a massage inspired by the ancient techniques of Ayurvedic medicine. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned. Ideal for all skin conditions, including skins that are sensitive, dehydrated and mature. Particularly effective on impure, oily, scarred and acne-prone skins.

Comfort Zone Recover Touch

60 minutes £90

Nurture your skin and recover from the damage caused by sun, pollution and aging. Recover Touch is a nourishing, multi-vitamin antioxidant treatment for face, neck and décolleté. The antioxidant, nourishing combination of organic Goji Berry and Macadamia Oil leaves the skin soft and replenished. Ideal in case of stressed, dehydrated and dull skin.

Comfort Zone Remedy

60 minutes £90

An innovative, fortifying approach to sensitive, delicate skin. With a Prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defense. For skins which are sensitive, fragile, sensitized and prone to redness. Ideal after sun exposure.

Hammam Treatments

Signature Thousand and One Nights

75 minutes £110

A journey into the world of oriental fairy tale. This treatment uses a combination of soft steam exfoliation using alum stone, deep cleansing wrap with ghassoul clay and facial care with a white honey mask.

Signature Turkish Bath Ceremony

75 minutes £100

An invitation to fulfilment and serenity. The entire know-how of the Turkish baths is included in this unique ritual. Soft steam and scrub with black soap is followed by an application of a cloud of foam to help your skin to detoxify and regain its original texture.

Spa days

All spa days include use of the pool and gym facilities.

City Escape packages (available Friday only):

60 min treatment and afternoon tea in Aria Restaurant

£115

Choose from the following 60 min treatments:

Tailored facial or Full body Swedish massage

90 min treatment and afternoon tea in Aria Restaurant

£150

Choose one from the following 30 min treatments and

one from 60 min treatments: 30 min Express facial,

30 min Swedish back massage, 60 min tailored facial,

60 min Full Body Swedish massage