amala

Spa and Club Treatments

Luxury urban spa within Hyatt Regency Birmingham
Face

**Individually Tailored Facial**

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 either Comfort Zone or ESPA products to cater to your skin.

- **30 minutes £40**
- **60 minutes £70**

**Comfort Zone Sublime Skin Double Peel**

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.

- **45 minutes £55**

**Comfort Zone Sublime Deluxe Lift**

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.

- **75 minutes £90**

*All clients who have an Amala face treatment on a weekday receive 10% off ESPA and Comfort Zone skin ranges on same day purchases. Speak with your therapist about after care following your face treatment and find out what products are most suited to your skin type.*
Offering respite from the daily hustle and bustle of city life

Spa Days

All spa days include robes, slippers, towels and use of the pool and gym facilities. Arrival for spa days is 9:30 am, with use of the facilities until 6:00 pm.

Luxury Day For Two
£300 per two persons
90 minute ESPA Back, Face and Scalp Treatment with hot stones. Includes back exfoliation, back massage, personalised facial and scalp massage. Two course lunch or dinner in Aria restaurant.

Pamper and Party
£65 per person
30 minute back massage or leg massage, ESPA Express facial, body scrub or Classic Orly manicure. Followed by a one hour cocktail masterclass. Available for groups of four to six people. Larger groups on request.

Pamper Day
£140 per person
30 minute body massage and 30 minute personalised prescriptive facial. Deluxe Orly manicure or pedicure. Optional £10 gel upgrade.
Two course lunch or dinner in Aria restaurant.

City Escape
1 treatment £55
2 treatments £85
Choose from the following 30 minute treatments: ESPA Express facial, salt and oil scrub, Classic Orly manicure or back massage. Afternoon tea in Aria restaurant. Available Monday, Tuesday, Thursday and Friday.

Weekday Revive
£90 per person
30 minute salt and oil scrub plus 45 minute Amala Ultimate back, neck and shoulder massage. Available Monday, Tuesday, Thursday and Friday.
Massage

Amala Ultimate Back, Neck and Shoulder  45 minutes £55
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.

ESPA Back, Face and Scalp Treatment  90 minutes £110
Advanced total body experience, delivering triple results by targeting the back, face and scalp. Includes back exfoliation, back massage, personalised facial and scalp massage.
Add hot stones to your massage for £10.

Comfort Zone New Life Maternity Treatment  60 minutes £80
Face and body massage to relieve muscular tension and reduce sensations of swelling and heaviness.
Not suitable during first 12 weeks of pregnancy.

Orli Candle Massage  75 minutes £90
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.

ESPA Aromatherapy Massage  60 minutes £75
Using ESPA aromatherapy oils, this massage helps to reduce stress, tension and fatigue, giving you a total sense of relaxation and wellbeing.

Swedish Massage  60 minutes £70, 30 minutes £40
A classic western massage, that uses pressure to help you feel relaxed and calm.

Deep Tissue Massage  60 minutes £80, 30 minutes £45
A strong therapeutic massage that targets ailments and areas of concern using firm pressure.

Sports Massage  60 minutes £90, 30 minutes £50
Ideal for those who are physically active, this firm massage helps to reduce swelling and decrease muscle stiffness.

ESPA Hot Stone Massage  60 minutes £75, 30 minutes £45
A therapeutic massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension and soothe aches and pains.
5 Treatment Rooms
Private Turkish Hammam
16m Swimming Pool
Sauna and Steamroom

Hammam

Signature Thousand and One Nights  75 minutes £95
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 £85
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.

Signature Royal Hammam  90 minutes £105
Truly royal pleasure for Orient connoisseurs. A traditional Hammam ritual supplemented with a nourishing effect of honey, royal jelly and Argan oil.
Nail Bar

File and Polish £15
Classic Manicure £30
Classic Pedicure £35
Deluxe Manicure £45
Deluxe Pedicure £50
Gel Upgrade £10
Gel Polish Soak Off £15
Gel Polish Soak Off and Refresh £45

Express Treatments

ESPA Lift and Firm Eye Treatment 30 minutes £35
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 Lift & Firm eye serum.

ESPA Exfoliating Body Polish or Salt and Oil Scrub 30 minutes £40
This skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

ESPA Shoulder, Neck and Scalp Massage 30 minutes £40
This massage focuses on the key areas of tension using an ESPA body oil chosen for your specific needs. Hot stones can also be used to help ease aches and pains.

Invigorating Foot Massage 30 minutes £40
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.

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.