Spa AND wellness



GALLERY
HOTEL
COLLECTION

THE MUNICIPAL HOTEL AND SPA **MGALLERY** *Liverpool*

Life IS ALL ABOUT time

Where history, timeless beauty and elegance unite for your perfect journey to selfcare and relaxation.

At The Municipal Spa we encourage our guests to stop the clock and indulge in the purest form of self-care. Located within the first 5* Hotel in Liverpool City Centre, a haven of wellness awaits you.





Thermal Journey

The concept of a Thermal Journey has its roots in ancient traditions, guiding you through a series of alternating heat and cold experiences designed to promote recovery, deep relaxation, and invigoration. Typically structured as a circuit, these experiences are intended to deliver optimal results, helping to relieve stress and boost overall well-being.

At our spa, we go beyond simply sitting in a warm room or swimming lengths in the pool. We offer the ultimate health and wellness experience, designed to rejuvenate both body and mind.

LET'S WALK THE JOURNEY TOGETHER...

Rainfall Showers

The Thermal Journey begins as soon as you step out of the changing rooms.

Immersing yourself straight into a cool or warm shower removing any dirt/lotions/ product from the body so your skin is clean, ready to obtain all the benefits that the journey has to offer. The showers will also introduce your body to the altering of temperature and leave you feeling awakened and invigorated to immerse yourself in the thermal experience.

Eucalyptus & Menthol *Steam Room*

Inhale, take a deep breath and feel the steam detoxing your sinuses, throat and entire body, aiding with tight chests, promoting deeper breathing to calm the nervous system and opening your pores to detox your skin and body, this experience is wellness for the soul.

Jasmine & Honeysuckle *Laconicum*

Laconicum is a term used to describe the dry sweating room of the Roman Thermae. It has roman origins and is a room where the temperature rise is obtained through warming the benches.

The warmth from the benches gently increases the temperature of the body aiding to ease any joint or muscle aches and pains and promote a state of relaxation to the mind and body.





Monsoon Experience Shower

Experience the sensations of both tropical warmth and refreshing coolness with our Ceylon Mango Tropical Rain and Alaska Mint Cold Mist. You'll be transported through the seasons of the Caribbean, with soothing feature lights that make you feel like you could be anywhere in the world. The combination of tropical rain and invigorating cold mists is a revitalizing treat for your entire body, delivering a unique sensory journey.

Cold *Plunge* Bucket

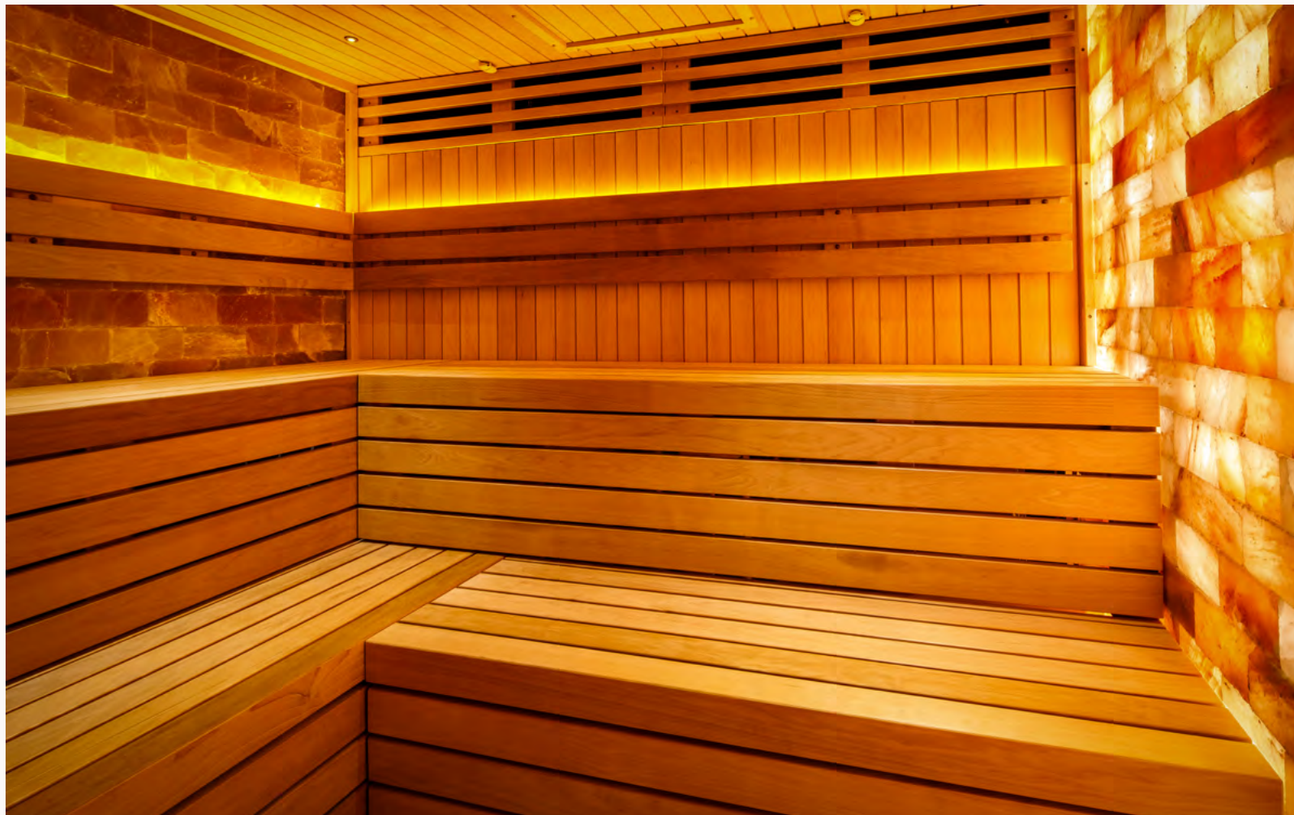
Dare to be brave? It's time to shock the senses whilst immersing your entire body underneath the bucket and releasing the cold plunge of water with a pull of the rope. Afterwards you will feel invigorated, a deep breath to relieve anxiety and instilling yourself into a deeper shock of muscle recovery. Perfect for stressed minds and body.

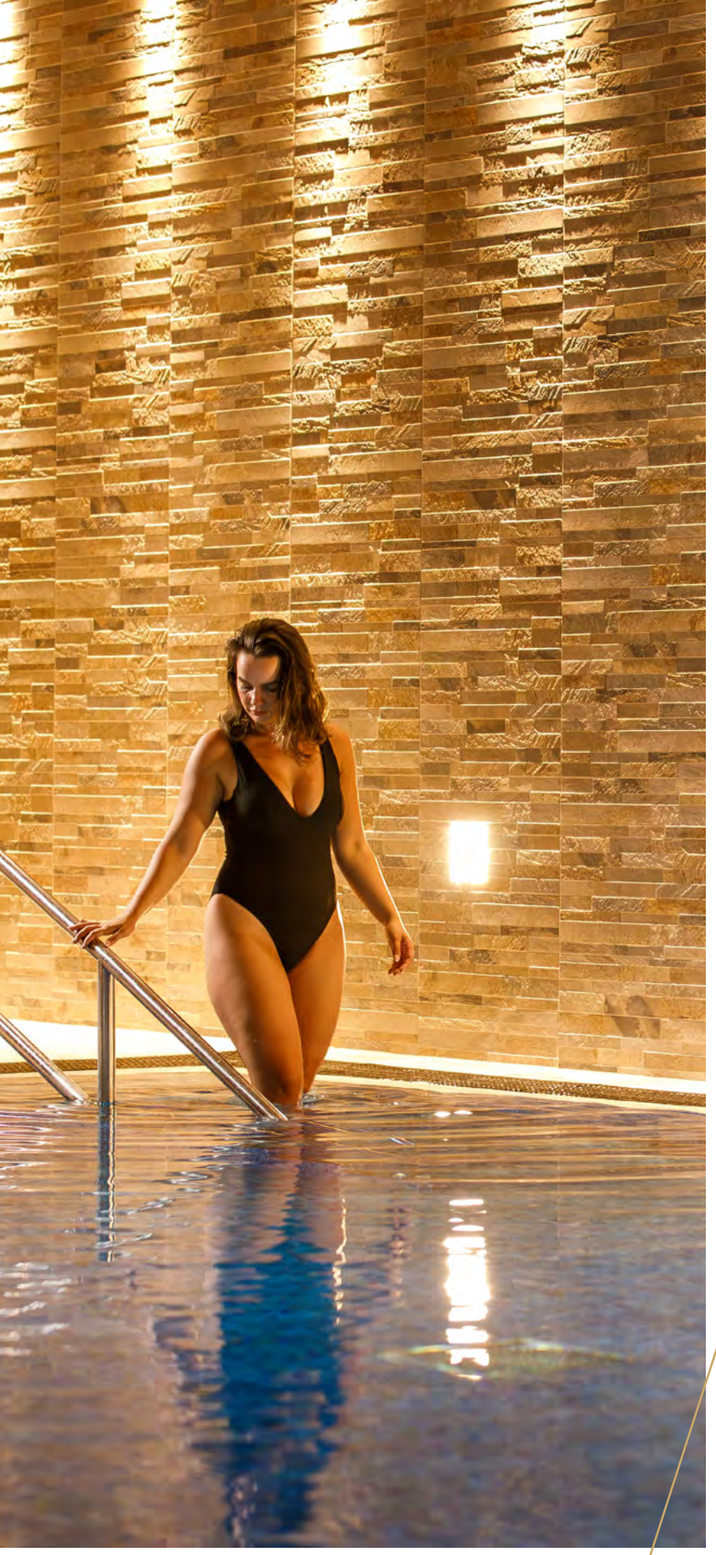
Ice Experience

Tight muscles, achy joints? By applying ice directly to areas of concern, this will help to promote elevated muscle recovery within the body, cooling down hot skin and restoring the body to a relaxed state.

Sandalwood & Himalayan *Salt Sauna*

Heated to 80degrees, the intense dry heat following cold experiences intensifies the healing benefits of your journey so far. Seated with your back to the warm wood benches instantly puts muscles at ease, improving your immune system, mood and skin. The pure Himalayan salt benefits your respiratory system and encourages better breathing.





Thermae Spa Swimming Pool

Heated to 30degrees, the 16m Thermae Swimming Pool is the perfect space to glide weightlessly for a few lengths, or unwind deep set shoulder and neck tension underneath the swan neck jets, featuring jacuzzi benches to the far side to relax and feel the jets destress your body.

Poolside Loungers & City View Seating

Time to snooze! Our plush poolside loungers and city view seats are the perfect way to slip into a moment of slumber! Keep yourself hydrated with an ice-cold glass of water or indulge in ordering a glass of fizz or cocktail from one of our spa attendants.

Fitness Centre

We home a gym equipped with Matrix branded equipment with a panoramic view of the city. Featuring a 3-tier dumbbell rack accompanied with adjustable bench, padded floor space and mirrored wall, Leg Press, Functional Trainer with a variety of changeable attachments & Cardiovascular equipment including rower, treadmill, upright cycle and elliptical machine.

The facility also features a wall mounted TV for you to enjoy during your workout, whether it be catching up on the world news, some daytime shows or simply select your preferred radio station.

The space provides an offering for everyone, whether you are currently in training for sport or competition or simply maintaining a daily workout routine.

Did you know... we also offer an exclusive spa & fitness membership featuring luxury benefits for you to embrace the entire Municipal experience, Spa and Wellness membership is by invitation only so please contact us for more information & a personal show round of our 5* facility. More information detailed below

Our Brand *Partners*

tRiBe517

Natural, yet sassy. tRiBe517 is an award-winning, modern artisan, professional spa collective with almost 40 years of industry experience. All of their products are handcrafted in a 300-year-old barn, providing the perfect space and environment for blending, creating and feeling at one with nature. The on-site beehives mean they have their own supply of ingredients for product, whilst supporting the planet with swarms totalling about 120,000 bees. They believe in wellness of the planet, therapist and guest, hence the experiences are created with love from sustainable and natural product, delivered by skilled therapists.

ELEMIS

ELEMIS is a British spa and skincare brand with more than 35 years of spa expertise. Our heritage is rooted in discovery, from sourcing exceptional ingredients and pioneering biotechnology to the sensorial power of touch, texture and scent. Blending the best of science, nature and skin wisdom, we craft cutting-edge skincare that delivers visible results, drawing on decades of formulation expertise and hands-on experience treating millions of clients across the globe in our spas.



Our *Treatments*

SIGNATURE TREATMENTS

Experience the art of wellness redefined. Our Signature Treatments embody the essence of The Municipal Spa with a harmonious blend of expert touch, timeless techniques and our own exclusive collection of TRIBE517 spa products. Each bespoke ritual is thoughtfully curated to rejuvenate the body, awaken the senses and restore inner balance. Indulge in an experience where sophistication meets serenity and every detail is designed to leave you radiant, renewed and utterly transformed.

TIME PIECE *(50 mins)* **£105.00**
Let time stand still as you succumb to a ritual fashioned to bring a new-found balance to your mind and body. The timeless elegance of a copper foot bath and moment of silence welcome you to your upper body and scalp deep release massage. Specialist stretching techniques, creamy salt scrub, and your preferred choices of natural and fragrant oils, balms and powders make this exquisite treatment your own. The back, shoulder, and arm massage works to stretch and realign the body, releasing deep-rooted tension and alleviating fatigue and discomfort. The treatment continues through to the scalp, easing tightness and relieving aches.

THE TIMELESS COLLAGEN RITUAL *(50 mins)* **£105.00**
A rejuvenating facial that lifts, plumps, and restores radiance. Using the Pro Vegan Collagen Cream infused with bakuchiol oil, cactus water, and pure honeysuckle absolute, this treatment stimulates collagen renewal while deeply hydrating the skin. Gentle sculpting massage enhances definition, leaving the complexion dewy, luminous, and beautifully renewed.

BEYOND THE HOUR – MGALLERY BODY AND FACE GROUNDING RITUAL *(100 mins)* **£200.00**
Experience the ultimate in bespoke wellbeing, exclusively at the MGallery Spa. This indulgent ritual begins with a reflex-inspired foot treatment, awakening energy pathways and grounding the senses. A flowing back-of-body stretching massage, enhanced with our signature adaptogenic oils and butters fragranced with 'lemon balm and white chocolate, deeply releases tension while nurturing and softening the skin.
The journey continues with a tailored prescriptive facial and a profoundly soothing scalp treatment, leaving the body exquisitely balanced, the mind serene, and the spirit beautifully restored. Beyond the HOUR is a sanctuary of luxury, where time slows and wellbeing is elevated to an art.

MASTER PEACE *(100 mins)* **£200.00**
The timeless elegance of a copper footbath begins an extraordinary journey, with a selection of natural scents to heighten the sensory experience. This superlative massage treatment is complemented by luxurious oils, powders, and balms, delivering a truly indulgent experience. A full back of body massage with rhythmic somatic stretching, hot Himalayan salt rocks, and unhurried manual massage skills make for an astonishing treatment. Feel your muscles unwind, and your body melt into the bed as every part of you is mesmerised. A spellbinding pulsing face and scalp massage with fragrant warm orange, vanilla and helichrysum for intense skin health. An exceptional interval of wellbeing through a journey of intricate techniques, delivering a state of ultimate harmony.



tRiBe517

PURE SALT GRAIN MASSAGE *(50mins)* **£105.00**
Purifying the skin whilst working deep set tension in the muscles and heightening the senses. Fantastically relaxing yet stimulating with nourishing warm shea butter balm and healing Himalayan Salts. This is a refreshing back of body massage with a gentle exfoliation leaving skin soft, healthy, and mind & body rebalanced. Includes showering to conclude the treatment.

PAUSE IN TIME *(50 mins)* **£105.00**
Step out of the everyday and into stillness with this indulgent wellbeing ritual. A soothing back massage melts away tension, followed by a rejuvenating facial massage to restore radiance, and a calming scalp massage to quiet the mind. Emerge refreshed, balanced, and beautifully renewed.

LIFE FORCE *(50mins)* **£105.00**
The back massage that thinks it's a reflex treatment. Spinal pressures aromatherapy style and our iconic reverse effleurage kneading for a muscle easing back massage, coupled with healing pressure point treatment for the feet, clearing body energy pathways, promoting natural self-healing and extreme relaxation.

HOT ROCKING RELAX *(50mins)* **£105.00**
Recalibration for rocking relaxed muscles and mind. Your choice of Heal & health oil or Hypnotic Sleep Balm combined with warm therapeutic Salt stones for a full body massage of intense pleasure for tired bodies, aching muscles and fraught minds. Relinquish control and rebalance your entire being.

*All our expert therapists are oncology trained, therefore if you are currently ongoing with treatment for illness or disease, please let us know so we can amend your treatment accordingly.



Our *Treatments*

ELEMIS

ELEMIS EXPERT™ TOUCH FACIALS

Our globally renowned, hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise. **Choose from:**

ELEMIS EXPERT™ TOUCH NOURISH FACIAL
(50mins) **£105.00**
Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

ELEMIS EXPERT™ TOUCH REVEAL FACIAL
(50mins) **£105.00**
Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

ELEMIS EXPERT™ TOUCH RENEW FACIAL
(50mins) **£105.00**
Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

ELEMIS EXPERT TECH™ FACIALS

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works in combination with the therapist to turbo-charge your facial results.
Choose from:

ELEMIS EXPERT™ TECH RADIANCE + REVIVE FACIAL
(50mins) **£115.00**
Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant.

ELEMIS EXPERT™ TECH SMOOTH + POLISH FACIAL
(50mins) **£115.00**
Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin.

ELEMIS EXPERT™ TECH LIFT + REJUVENATE FACIAL
(50mins) **£115.00**
Restore your skins vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.

EXPERT BODY

ABSOLUTE FACE + BODY RITUAL *(50mins)* **£105.00**
Immerse yourself in luxury with this deeply relaxing back, neck and shoulder massage paired with a perscriptive pick me up facial.

DEEP TISSUE TENSION-EASE MASSAGE
(50mins) **£115.00**
Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to easy tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

PEACEFUL PREGNANCY MASSAGE
(50mins) **£105.00**
This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Leaving you feeling nurtured, restored and calm.

We recommend booking in advance of your visit to ensure your preferred time and service is available.
Visit our spa packages on the website to book online or email spa.mgallery@rbhmanagement.com





ENHANCEMENTS *£10.00 Each*

Poolside self-care enhancements offer a luxurious blend of relaxation and revitalising treatment right beside the water. Guests can indulge in a variety of targeted masks, soothing face masks for hydration and glow, refreshing eye masks to reduce puffiness and brighten, nourishing hand masks for softness and rejuvenating foot masks that pamper tired soles. Surrounded by water reflections and a tranquil spa atmosphere, these treatments elevate a thermal spa experience into a full body wellness ritual. It's a serene escape where comfort meets skincare, leaving guests feeling replenished, radiant and completely cared for.

Choose from:

FACE

HYDRATING
To hydrate and calm your skin, with chamomile and wild rose

DETOXIFYING
Balancing and purifying, with activated charcoal and ginseng

SQUALANE
Revitalising and hydrating, with olive and passionfruit to encourage collagen production

RETINOL
Calming and detoxifying with anti-ageing benefits

VITAMIN C
Brightening and improving skin elasticity, with blueberry and Yuzu citrus

NIACINIMIDE
Targeting Blemish control and dryness, with Cica and chia seed

EYES

RETINOL & VITAMIN C
under eye mask to target fine lines and wrinkles

BODY

HANDS
With star anise and olive to hydrate and rejuvenate

FEET
With sweet almond and peppermint to nourish, hydrate and soothe

You will notice we don't have any express treatments featured on our menu, we believe you should prioritise time for you and indulge in a minimum of 50 if not 100minutes of treatment time to maximise the wellness of your mind and body. Build up of stress or aches and pains may feel relieved after one session, however we do recommend booking a course of treatments to achieve long lasting results.

Gift *Vouchers*

In folds of paper, a treasure untold,
A gateway to wonders, a story to unfold.
With each stroke of ink, a world takes flight,
In the realm of choices, gleaming bright.

Gift vouchers are fantastic presents for friends, family, or colleagues, offering them the freedom to choose what they want.

Our vouchers can be redeemed against accommodation, food & beverage and Spa treatments and use of Spa facilities.

Please scan the QR code to purchase



Exclusive Spa Experience

Pure Relaxation Awaits

EXCLUSIVE FLOATING SOUND BATH ESCAPE FOR UP TO 20 GUESTS

Immerse yourself in a truly elevated wellness experience with our Exclusive Floating Sound Bath Escape. Begin your journey with a refreshing ginger shot and prepare to unwind with your eye mask, tote, robe, and towel, all provided for your comfort, with flip-flops to take home.

Sip on your choice of Prosecco or a soft drink, served poolside, as you soak in the serene atmosphere.
Enjoy 2 hours of spa access complemented by 1 hour in our transformative floating sound bath, available at 9:00am or 8:00pm.

Throughout your visit, a personal drinks host will attend to your refreshments, ensuring every moment is effortless and indulgent. This is more than a spa day, it's a complete escape for the senses, leaving you relaxed, renewed, and utterly pampered.

EXCLUSIVE SPA MORNING OR EVENING ESCAPE FOR UP TO 20 GUESTS

Indulge in a serene retreat with 2 hours of full spa access, thoughtfully designed to relax and rejuvenate. Begin your experience with a tote and flip-flops to take home, along with robe and towel hire for your comfort.

Savor your choice of hot beverage, served poolside, as you unwind in a tranquil setting. A personal drinks host will attend to your refreshment needs throughout your visit, ensuring a seamless and luxurious escape.
Timings start from either 8am – 10am or 6pm – 8pm.

EXCLUSIVE AFTERNOON ESCAPE FOR UP TO 20 GUESTS

Delight in an indulgent 4½-hour spa experience, designed for ultimate relaxation and shared enjoyment. Each guest receives a tote and flip-flops to take home, with robe and towel hire provided for your comfort.

Enjoy 20 × 50-minute treatments, thoughtfully shared within your group, alongside your choice of a glass of Prosecco or soft drink, served poolside. A personal drinks host will attend to your refreshments throughout your visit, ensuring every moment is effortless and indulgent.

This is more than a spa day, it's a luxurious escape for the senses, perfect for reconnecting, relaxing, celebrating or resetting together.

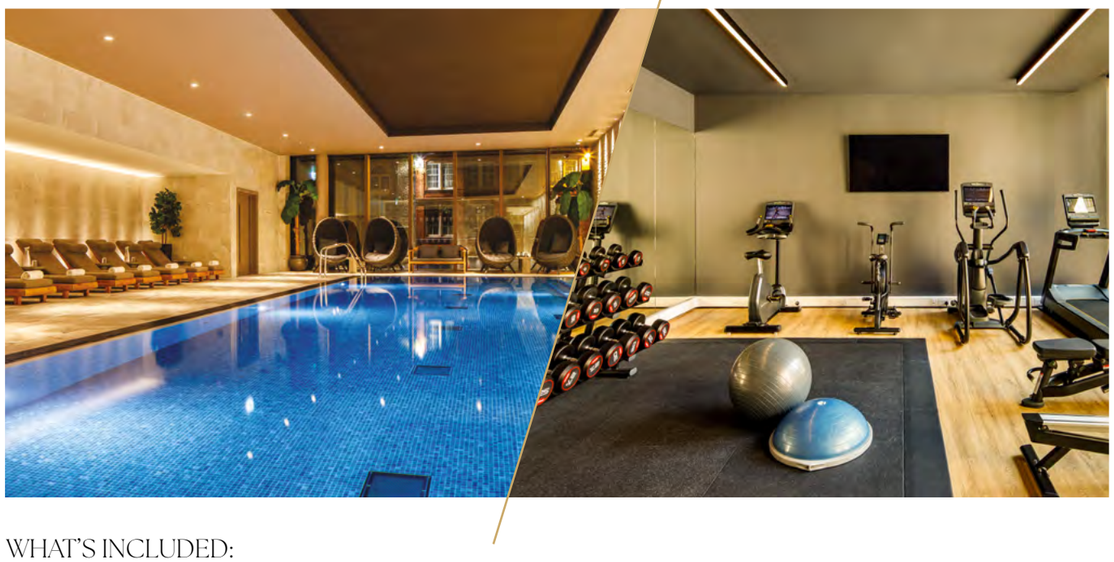


For Exclusive Use and Membership enquiries please contact:
Spa.manager@rbhmanagement.com or call 0151 332 3030

Exclusive Spa and Wellness Membership

The Municipal Spa provides an exclusive Spa and Wellness membership that offers clients consistent wellness treatments, relaxation, and personalized care in a luxurious setting. Becoming part of The Municipal Family means access to top-tier services and premium facilities, with an array of exclusive benefits that enhance every aspect of your wellness journey.

This Spa and Wellness membership at The Municipal Spa not only enhances your wellness journey but also provides added perks that make every visit memorable. Whether you're seeking relaxation, pampering, or fitness, you'll find everything you need for a holistic wellness experience.



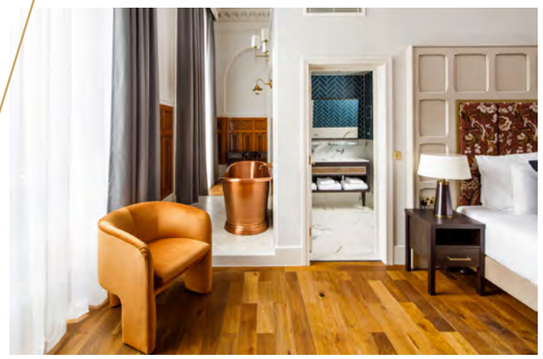
WHAT'S INCLUDED:

- 10% off all spa treatments: Enjoy discounted rates on massages, facials, body treatments, and more, ensuring your relaxation is always within reach.
- One complimentary 50-minute treatment every 6 months: Indulge in a free signature treatment twice a year, tailored to your wellness needs.
- 20% off Food and Beverage: Savor healthy and delicious cuisine at our on-site restaurant with exclusive member discounts.
- 10% off bedroom reservations: Subject to availability, members can enjoy a discount on overnight stays, perfect for a rejuvenating retreat.
- 6 single-use guest passes: Share the luxury experience with friends or family by treating them to a day at the spa.
- Exclusive invites to spa events: Attend member only events curated to enhance your lifestyle and wellbeing.
- Birthday gift: Receive a special gift from The Municipal Spa to celebrate your special day in style.
- Personalized robe upon joining: A luxurious robe embroidered with your initials, adding a personal touch to your spa experience.
- Unlimited gym access: Stay fit and energized with unlimited use of our state-of-the-art gym facilities, designed for your fitness and wellness goals.

Spa *Packages*

Combining food and spa experiences into seasonal packages can transform a simple spa visit into a full, rejuvenating retreat. These packages often blend luxury treatments, gourmet meals, and overnight stays, allowing guests to fully immerse themselves in a wellness-focused experience. At The Municipal Spa, our Seasonal Packages are designed to provide the ultimate in relaxation, pampering, and indulgence, perfect for a getaway at any time of the year. All Spa Packages are updated on our website on a seasonal basis.

Whether you're looking for a day of personal pampering or a romantic retreat with a loved one, combining food and spa experiences provides a luxurious way to unwind, rejuvenate, and indulge in a complete wellness experience.



BENEFITS OF FOOD AND SPA PACKAGES

HOLISTIC WELLNESS EXPERIENCE:
Nutritious Cuisine: Enjoy healthy and delicious meals prepared with fresh, local ingredients that complement your spa treatments and support overall wellness.

Balanced Approach: Combining nourishing food with rejuvenating spa treatments enhances both physical and mental relaxation, promoting a sense of well-being.

CONVENIENCE AND COMFORT:
All-inclusive Packages: Packages often include everything from spa treatments to meals, making it convenient to relax and enjoy without additional planning.

Luxurious Dining: Experience gourmet dining in a serene atmosphere, enhancing the overall luxury and relaxation of your spa day.

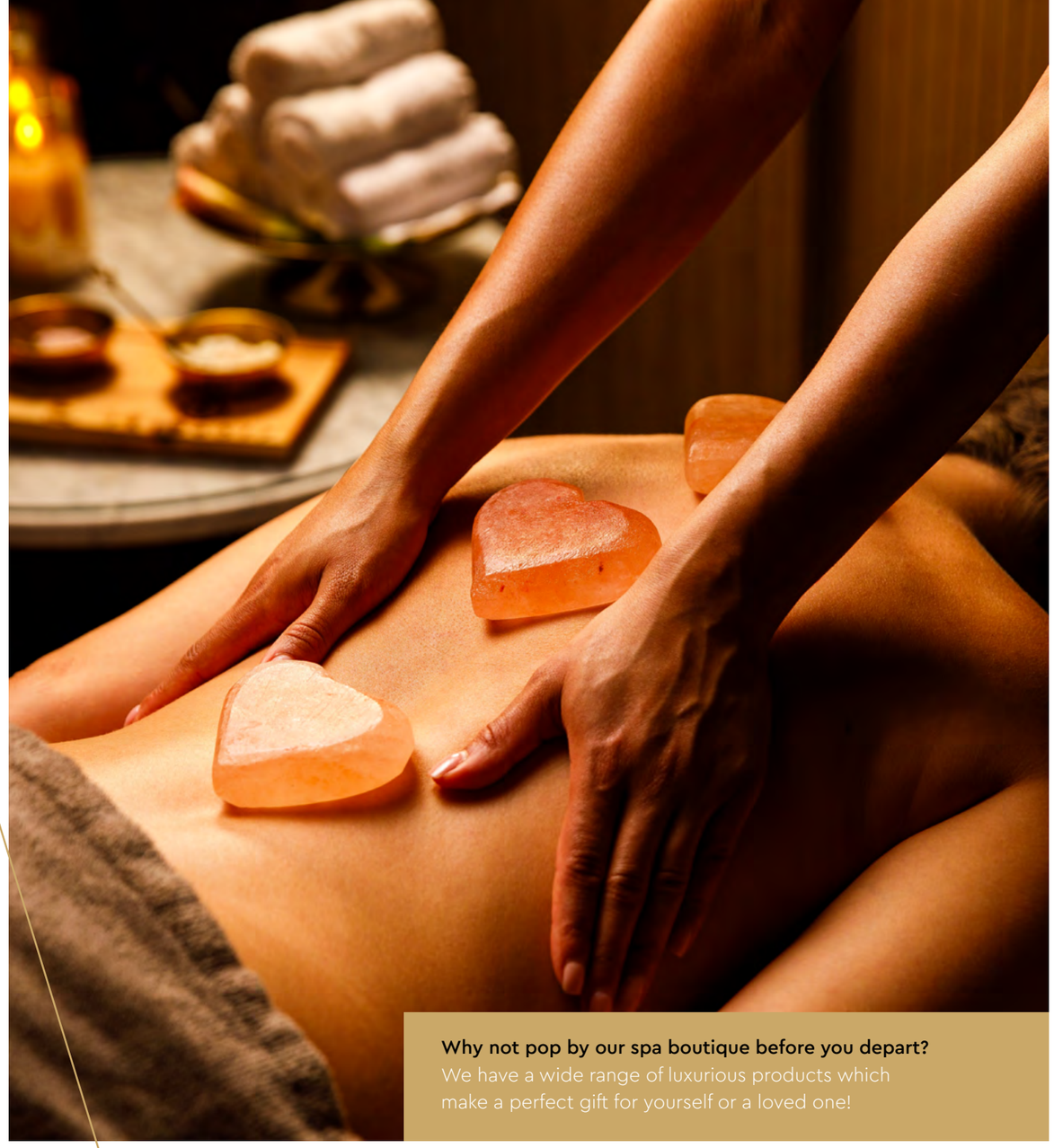
ENHANCED PAMPERING:
Extended Relaxation: After your spa treatment, continue to unwind with a leisurely meal, extending the relaxation benefits of your visit.

Customizable Experiences: Some packages allow you to personalize your experience with options for different types of treatments and dining preferences.

SPECIAL OCCASIONS AND TREATS:
Celebratory Experiences: Perfect for birthdays, anniversaries, or other special occasions, combining food and spa treatments creates a memorable and indulgent celebration.

Gift Options: Consider gifting a food and spa package to loved ones, offering them a luxurious experience that combines relaxation and gourmet delights.





Why not pop by our spa boutique before you depart?
We have a wide range of luxurious products which make a perfect gift for yourself or a loved one!

Time To Plan Your Next *Spa* Visit...

Here's Everything You Need To Know!

HOW TO BOOK

To avoid disappointment, we recommend booking in advance of your visit to ensure your preferred time and service is available. Treatment appointments or spa sessions may be bookable on the same day; however this is subject to availability.

Please visit our spa packages or treatments tab on the website to book online or email
spa.mgallery@rbhmanagement.com

CANCELLATION POLICY

If you are unable to attend, please contact us within a minimum of 24hrs of your arrival time. For overnight spa breaks cancellations must be made 48hrs before your check in date. Cancellations made after this time will incur a 100% charge
Late arrivals for spa treatments may find that your service is not possible to go ahead, or the duration of the treatment reduced.

ARRIVING TO THE SPA

We are located on the lower ground floor of the Hotel, as you exit the lift turn left and follow the lanterns to the spa entrance, one of our spa hosts will release the door for your entry. Please arrive 15minutes before your treatment time to complete your medical form and await your therapist, late arrivals will not receive an extension to their treatment time.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries when making your spa reservation so we can ensure your experience is tailored personally to your needs.

ONCOLOGY

At The Municipal we want all of our guests to receive the 5* service, we understand the importance of wellness and relaxation and we have a soft hug in a treatment waiting for everyone, therefore all our expert therapists are oncology trained within our tRiBe517 Signature & Body Treatments. If you are currently undergoing cancer treatment or experiencing illness these treatments can be tailored specifically to you so don't be afraid to speak to us, we are here to bespoke your experience and give you the pampering you deserve.

PREGNANCY

Please inform us if you are expecting or breastfeeding as we have treatments specifically tailored for you that we can recommend and advise on the suited thermal experience for you. Your comfort is our priority therefore some treatments may be adapted for a more suitable positioning for you and bump!

COUPLES TREATMENTS

One of our four luxury treatment rooms features two treatment beds available for couples or friends to enjoy the experience side by side. When booking your spa treatment you may request this, we do not take bookings for this room so this would be subject to availability on the day of your treatment.

USE OF SPA FACILITIES

Hotel Residents can book access to the spa (Various Timed Sessions Available) at an additional charge. We do operate at a limited capacity to ensure an enjoyable experience for all guests therefore we do recommend calling the spa from your bedroom to check how busy we are. Simply dial 2003 from your hotel bedroom or 0151 3323030 and folllow the options to Spa Reservation.

During opening hourse use of the fitness centre gym facilities is complimentary to hotel residents throughout the duration of their stay.

Please note that a bathing suit is required for use of the facilities.

Please note we are an adults only spa with an age requirement of 18+. This also applies when booking a spa treatment.

OPENING HOURS

GYM (Within the spa opening hour)
Monday-Friday 7.00am-8.00pm
Saturday-Sunday 8.00am-8.00pm

SPA & THERMAL JOURNEY
Monday-Friday 7.00am-8.00pm
Saturday-Sunday 8.00am-8.00pm

SPA TREATMENTS
10.00am-6.00pm Daily (Closed Christmas Day)

Evening and Twilight Treatments up to 8pm available, subject to avilability at the time of booking.

VALUABLES

Lockers are available in the changing rooms during your visit, however we advise you not to bring valuables into the spa and to remove jewellery before using the facilities. We accept no responsibility for loss of valuables or jewellery at any time.

PRICES

All prices are given in GBP and are subject to change at any time. Prices include VAT at the prevailing rate.

OPTIONAL SERVICE CHARGE

A 12.5% service charge will be automatically added to your cheque. This is optional and can be removed on request.

Contact US

The Municipal Hotel and Spa
MGallery Hotel Liverpool

The Municipal Building, Dale Street,
Liverpool, L2 2DH

Telephone: +44 (0) 151 332 3030

Email: spa.mgallery@rbhmanagement.com

Website: www.municipalhotelliverpool.com

GALLERY
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