



MAYA BLUE WELLNESS

Stanley Dock



# MAYA BLUE WELLNESS

Embark on a journey of natural rejuvenation where the path to a more satisfying sense of wellbeing awaits you. Hidden in the underground of Stanley Dock lies Maya Blue Wellness our subterranean sanctuary.

Sink into pure relaxation amid the historic red brick arches where you can unwind in the hydrotherapy pool, or indulge yourself with one of our signature treatments performed by our highly skilled, professional therapists. We look forward to taking you on a journey of tranquillity and serenity.

## Opening times

Thermal Suite\* 08:00 – 20:00

Treatments\* 10:00 – 18:00

Gym 08:00 – 20:00

\*Thermal Suite and Treatments must be pre-booked, appointments only. Late treatment appointments are available subject to request and availability.

## To make an appointment:

Call: +44 (0)151 482 5767

Email: [info@mayabluewellness.com](mailto:info@mayabluewellness.com)

Visit: [titanichotelliverpool.com/mayabluewellness](http://titanichotelliverpool.com/mayabluewellness)

# THERMAL SUITE

Relax and unwind in the warmth of our unique Thermal Suite. Languish in the hydrotherapy pool, dissolve in the warmth of the sauna, steam room and sanarium, then relax in the luxury of the foot bath and experience shower.

On arrival to Maya Blue Wellness you will be provided with use of a locker, towel and robe. Flip flops are available at an additional cost of £2. To access the thermal suite (2hr limit), costs are as follows:

Residents – £20 per person

Pre-booking is required to access the thermal suite and are subject to availability. Please note that thermal suite access is for over 18's only, not advised during pregnancy and is not included when you book an express treatment.

## Opening times:

Monday – Sunday 08:00 – 20:00

Last appointment for thermal suite is 18:00

# ESPA ESSENTIAL FACIAL TREATMENTS

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Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focussed facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

## ESPA Inner Beauty Facial

55 Min

£79

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

## ESPA Active Nutrients Glow From Within Facial

55 Min

£79

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

## ESPA Intense Regenerating Facial

55 Min

£79

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

All treatments (except Express Treatments) include 1 hour thermal access.

# ESPA ADVANCED FACIALS

ESPA Instant Radiance Facial

85 Min

£95

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges and your natural glow is restored.



# ESPA BODY MASSAGE TREATMENTS

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

## ESPA Inner Calm Massage

55 Min

£79

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

## ESPA Deep Muscle Massage

55 Min

£89

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

## ESPA Strength & Resilience Massage

85 Min

£95

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

## ESPA Hot Stone Massage

55min

£89

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

## ESPA Mindful Massage

85 Min

£95

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

**All treatments (except Express Treatments) include 1 hour thermal access.**

# ESPA BODY TREATMENTS

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

## ESPA Back, Face & Scalp Treatment

85 Min **£95**

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

## ESPA Pre-Natal Relax & Restore

55 Min **£79**

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a

## ESPA Body Wrap

55 Min **£79**

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

All treatments (except Express Treatments) include 1 hour thermal access.





# ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

## ESPA Deep Cleansing Facial

55 Min

£79

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

## ESPA Deep Muscle Massage

55 Min

£89

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

## ESPA Strength & Resilience Massage

85 Min

£95

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

All treatments (except Express Treatments) include 1 hour thermal access.



# EXPRESS TREATMENTS

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## ESPA Eye Lift

25 Min

£40

Smooth, firm and hydrate with this instantly revitalising eye treatment.

Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

## ESPA Express Facial

25 Min

£42

Reveal a clear, refreshed, naturally beautiful complexion with this express facial.

Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

## ESPA Salt & Oil Scrub

25 Min

£42

Revive skin's natural softness and glow with this intensely exfoliating treatment.

An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

## ESPA Back, Neck & Shoulder Massage

25 Min

£42

Ease tension where you need it most with this fast-acting de-stressing treatment.

Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Please note express treatments do not include access into the thermal suite, use of lockers, towels, robes or flip flops. Access to the thermal facilities needs to be booked additionally and charges will apply.

# DAY PACKAGES

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## SIMPLY MAYA

£80 per person

Includes x 2 of the following 25 minute treatments:

- ESPA Lift & Firm eye treatment
- ESPA Personalised Express Facial
- ESPA Personalised Back, neck & shoulder massage
- ESPA Body Scrub

Plus 1 hour thermal access

## GOOD MORNING MAYA

(Available Monday to Thursday only)

£95 per person

Includes x 2 of the following 25 minute treatments:

- ESPA Lift & Firm eye treatment
- ESPA Personalised Express Facial
- ESPA Personalised Back, neck & shoulder massage
- ESPA Body Scrub

Plus 1 hour thermal access and 1 course lunch in Stanley's Bar & Grill

## MAYA TWILIGHT

(Available Monday to Thursday only)

£105 per person

Includes x 2 of the following 25 minute treatments:

- ESPA Lift & Firm eye treatment
- ESPA Personalised Express Facial
- ESPA Personalised Back, neck & shoulder massage
- ESPA Body Scrub

Plus 1 hour thermal access and 2 course dinner in Stanley's Bar & Grill

## ALL ABOUT YOU...

£140 per person

Includes the following treatments:

- ESPA Optimal Skin Health Facial (55minutes)
- ESPA Personalised Back, neck & shoulder massage (25 minutes)

Plus 1 hour thermal access and afternoon tea in Stanley's Bar & Grill

# ACCOMMODATION PACKAGES

## MAYA BLUE ESCAPE

From £350 for two!

- Overnight stay
- Three Course Dinner from our Docker's Menu
- Full English Breakfast
- 1 x 25min ESPA Essentials Facial & 1 x 25min ESPA Back, Neck & Shoulder Massage per person
- 1 hour Thermal Access per person

## Terms & Conditions

- Available Monday - Thursday
- Credit/ Debit Card to guarantee with cancellation required a minimum of 48hrs prior to arrival
- Treatments, Dinner and Thermal Access must be pre booked
- Treatments cannot be amended or exchanged.
- Any medical conditions or pregnancy must be stated at time of booking





# CARA

Our active wear collection delivers effortless chic; the range focuses on natural comfort, perfectly tailored for a dynamic lifestyle whilst still feeling luxurious on the skin and remaining highly fashionable.

Soul Cara is a socially responsible company committed to sustainability; modal fibres are used in the active wear range, which are of botanic origin and are fully compostable and biodegradable.

This fabric is ideal for active wear, being both strong and durable, whilst super soft, breathable and comfortable on the skin, plus incorporating antimicrobial properties and rapid moisture absorption.

Cara clothing available to purchase please speak to Maya Blue reception for more information.



# MAYA BLUE ETIQUETTE

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## MAYA BLUE WELLNESS THERMAL OPENING HOURS

Monday – Sunday 08:00 – 20:00

## TREATMENT TIMES

Monday – Friday 10:00 – 18:00

Late night appointments are available subject to request and subject to availability.

## SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Maya Blue reception team by telephone 0151 482 5767 or email [info@mayabluewellness.com](mailto:info@mayabluewellness.com) who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All treatments and packages will need to be guaranteed with a credit card.

## PAYMENT

Payment for all treatments is required upon booking.

## ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Consultation Form and/or Health Questionnaire. We recommend you arrive up to 15 minutes before your treatment so that you can change, relax and enjoy our facilities. Respectfully, if you arrive late for your treatment, this will go into your treatment time, in which case we may need to offer a shorter alternative.

Please note all treatment times stated in the brochure include the consultation period and aftercare advice. If you are late to your appointment this will result in a reduction of treatment time.

## FACILITIES AND ACCESS

The following facilities are available at Maya Blue Wellness: hydrotherapy pool, sauna, steam room, sanarium, experience shower, foot baths, relaxation and changing area.

Thermal access is restricted to hotel residents. Access is strictly by appointment only and in order to avoid any disappointment. Booking in advance is essential. Use of the thermal facilities is for a duration of two hours only which incurs an additional charge - £20 residents.

Due to time constraints, guests who have reserved an express treatment will be escorted directly to and from their treatment room and do not have access to the facilities, hydrotherapy pool or the gym.

Please note that treatments, thermal access and use of the gym is restricted for guests aged 18 and over.

Swimwear is obligatory when using the hydrotherapy pool, steam room, sauna or sanarium. Lockers, towels and robes are provided for thermal access, facials and massages only.

For express treatments, body scrubs and beauty treatments you will be required to bring your own. Shampoo, conditioner, shower gel and body lotion are available for you to use in our changing rooms.

It is advisable to leave your jewellery and valuables in your room or at home. We are unable to take responsibility for any personal items.

### **GYM**

Our gym is complimentary for hotel residents and open from 8am till 8pm, 7 days a week. Please note a Medical questionnaire must be completed upon entry.

### **CANCELLATION POLICY**

We would politely request if you are unable to attend your appointment please contact Maya Blue Wellness 48 hours prior to your treatment time. Should you wish to cancel less than 48 hours before your appointment or fail to attend, payment will be non-refundable.

### **VALUABLES**

Please secure your valuables in the lockers provided, we do not accept responsibility of loss or damage for any personal items.

### **ETIQUETTE**

Our environment is one of relaxation and tranquillity. Please respect all guests right to privacy and serenity. In light of this, Maya Blue Wellness is a mobile phone, camera and smoke free zone.

### **ALLERGIES/MEDICAL CONCERNS**

Please kindly advise us of any health conditions or allergies, such as Nut allergies ahead of your arrival to Maya Blue Wellness. Any allergies or medical conditions that could affect your treatment, a member of the team will be happy to discuss this with you ahead of booking.

### **PREGNANCY**

Pregnancy treatments are available when you are over 12 weeks. We have specifically designed treatments for expectant women or nursing mothers, please do contact a member of the team to discuss the most suitable treatment for you. Please note our thermal suite is not recommended during pregnancy.

### **GIFT VOUCHERS**

Treat someone to an amazing experience at Maya Blue Wellness. A gift voucher makes a perfect gift for any occasion.

Purchase yours today at Maya Blue Wellness reception, Titanic Hotel reception or online [www.titanichotelliverpool.com](http://www.titanichotelliverpool.com)

### **ESPA PRODUCT RANGE**

All of our products used on our treatments are available to take home with you. Should you wish to purchase any of these products please speak to a member of our reception team who will kindly assist you.



# ESPA

Natural Beauty  
Inner Calm

-  Stanley Dock, Regent Road, Liverpool L3 0AN
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