

HOTELS
Bridgewood Manor
Chatham, Kent

43

ways to make your mind
wander and your toes tingle

Treatment Tariff



Face facts...

...no one gets younger but with a little bit of time and pampering, you can look and feel healthy and refreshed. Revive yourself with our facial treatments...

DECLÉOR Relaxing Aromatic Facial

55 mins £40

DECLÉOR devotes its own special art of massage to your face. Your therapist will choose from Essential, Purify, Nourish, Soothe, Lift or Radiance products to relax the entire face using the treasures of aromatherapy.

DECLÉOR Classic Aromatic Facial

55 mins £50

This multi-active, 100% natural treatment is tailored to every skin type. Your therapist selects products to rebalance your skin's concerns. At the heart of this treatment is a mask that has a truly unique and surprising texture, with Linseed, Wheatgerm and Sunflower.

DECLÉOR Aroma Time Precious Facial

25 mins £30

A perfect way to try the world renowned DECLÉOR facials and enjoy all the benefits of one of the most powerful ingredients, Essential Oils. This introductory facial is perfect when time is of the essence and the skin needs a boost of radiance.



DECLÉOR Aroma Expert Essential

75 mins

£50

This precision treatment provides an instant and long-term response for thirsty skin.

DECLÉOR Aroma Expert Purify

75 mins

£50

An intensive balancing treatment for oily or combination skin.

DECLÉOR Aroma Expert Nourish

75 mins

£50

A deep nourishing treatment to replenish lost moisture and reinforce the skins barrier function.

DECLÉOR Aroma Expert Soothe

75 mins

£50

A wonderful calming treatment to comfort sensitive skin.

DECLÉOR Aroma Expert Radiance

75 mins

£50

An intensive facial rich in Vitamin C to brighten the entire complexion.

DECLÉOR Aroma Expert Lift – Evidence

75 mins

£50

Combat the first visible signs of ageing, this revitalising treatment restores radiance and softens the appearance of expression lines.



DECLÉOR Aroma Expert Lift – Experience

75 mins

£55

The ultimate holistic answer to facial firming and lifting to enhance the youthful appearance of rejuvenated skin.

DECLÉOR Aroma Expert Lift – Excellence

75 mins

£55

A complete anti-ageing solution using a sublime skincare formulation to regenerate, smooth and brighten the complexion using an innovative cocktail of Essential Oils to target all signs of ageing.

DECLÉOR Alpha – Refining Facial

75 mins

£55

Occasionally every skin type becomes needy. If, despite your regular treatment and skincare routine, your skin appears dull and lifeless, this treatment will restore a natural glow, and leave your skin softer, smoother and more radiant.



Body text...

...whether it's a 25 minute massage or 75 minutes of pure aromatic indulgence, all of our body treatments will have a positive effect on you...

The Q Experience - Full Body Massage 55 mins £45

The Q Experience - 25 mins £28

Back, Neck and Shoulder Massage

Massage for the body and relaxation for the mind. Begin a unique experience, pamper your body, nurture your mind back into profound wellness, and see your skin glow with renewed vitality and softness.

DECLÉOR Aromassage 75 mins £55

The Art of Absolute Wellbeing.

Choose from Relax, Detox, Flow or Tonic products. Every bit of tension is eased from your body with this heavenly massage. Your skin is treated to the incredibly soothing sensation of a warm aromatic balm selected to suit your needs whilst the expert touch of your therapist's hands melt away stresses, ease tense and tired muscles and leaves your body with renewed energy.



DECLÉOR Aroma Envelopments **a True Cocoon of Effectiveness.**

At the heart of these treatments is a rich, creamy mask full of Essential Oils and Plant Extracts, chosen according to your needs and applied all over the body. For a beneficial, comforting sensation, enjoy the pleasure of a heated blanket, whilst the products work their magic, your face or scalp will be relaxed with beautiful aromatic balms.

DECLÉOR Aroma Slim Envelopment **75 mins** **£55**

Essential Oils and Marine Algae rich in minerals breakdown fatty deposits, drain toxins and eliminate excess water retention.

DECLÉOR Aroma Relax Envelopment **75 mins** **£55**

After a gentle exfoliation, warm Aromatic Relax Balm is smoothed over the entire body followed by a sumptuous creamy mask leaving skin soft and silky.

DECLÉOR Aroma Flow Envelopment **75 mins** **£55**

A refreshing and energising treatment to eliminate toxins and remove excess fluids.

DECLÉOR Aroma Tonic Envelopment **75 mins** **£55**

Instantly increases skins radiance with a unique blend of toning, firming and anti-ageing ingredients.

DECLÉOR Aroma Body Silk Glistener **45 mins** **£35**

Radiant, bright and petal soft – your skin will glisten with health and vitality after this natural exfoliation treatment. Leaving you perfectly prepared for any occasion, this is the ultimate skin enhancer.



DECLÉOR Tranquility Scalp Massage

25 mins

£28

Drift into a deep relaxation with this sublimely calming massage. All traces of tension are gently eased from scalp, décolleté, neck and shoulders and the soothing Essential Oils enhance the calming experience.

DECLÉOR Perfect Firming Treatment

45 mins

£40

Perfect for the bust, stomach or any localised area in need of firming, zesty butter with extracts of lemon and mango will tone, strengthen and condition slack skin and also skin suffering from stretchmarks. This incredible firming treatment includes the exclusive cocktail of Essential Oils that are proven to stimulate collagen and elastin to give a firming and plumping effect on the delicate areas affected by ageing.

DECLÉOR Perfect Legs Treatment

55 mins

£40

The perfect antidote for tired, aching legs, this instantly refreshing and invigorating treatment will put the bounce back in your step.



DECLÉOR Cleansing Back Treatment

45 mins £40

The back is often a neglected area, this complete treatment acts like a facial. A unique diagnostic massage combined with deep cleansing, purifying and balancing Essential Oils will decongest, hydrate and restore clarity leaving the skin clearer, brighter and healthier.

DECLÉOR Aroma Back Relief

25 mins £28

When stresses and strains are at their peak, this treatment offers a quick release. Vulnerable areas of the back, neck and shoulders, where tension immediately accumulates are instantly relaxed. Stresses are dissolved with deep massage and a stimulating aromatic mask with Essential Oils, for ultimate relief.

DECLÉOR Perfect Anti-Cellulite Treatment

55 mins £45

Blitz cellulite with this ultra-smoothing targeted treatment. Thighs, hips and bottom are noticeably refined even after one treatment. Using the exclusive cocktail of Essential Oils, proven to breakdown fat in 28 days, you will be delighted with the results.



DECLÉOR Aroma Foot Relief

25 mins £25

Hot towels infused with Essential Oils relax the feet and lower legs before a stimulating warm massage balm is applied with a unique reflex point massage. Feet and lower legs are immediately relaxed, circulation is stimulated and excess fluids are dispersed, leaving your feet feeling fresh and light.

DECLÉOR Sumptuous Mother-To-Be Treatment

75 mins £55

When you are about to become a mother you have many concerns, let DECLÉOR take complete care of your skin throughout your pregnancy and for the first few months as a new mum. This nurturing treatment will help to preserve the tone of your skin, reducing the risk of stretchmarks, alleviate tension in your legs and brighten your complexion to ensure you look as radiant as you feel.

Madagascan Red Island Ritual

55 mins £55

Recover radiance, vitality and soft silky skin with this professional exfoliating treatment using Spicy Fruit Seeds which stimulate and soften the skin. Then relax and enjoy the benefits of a full body massage using the unique Acacia Wooden accessory which helps to release all tension.

Hot Stone Massage

75 mins £55

A massage treatment using warm oil and smooth heated basalt stones, to help detox the body, promote deep relaxation and relieve both mental and physical fatigue.



Essential maintenance...

...like a well preserved garden, car or home the efforts of regular TLC can have a dramatic effect on how you feel...

Tanning

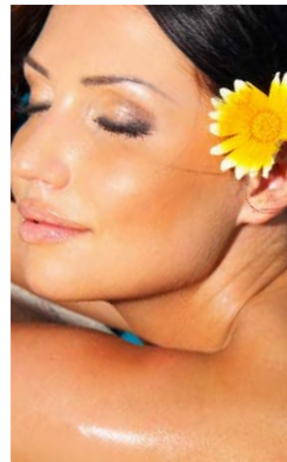
Fake Bake Tanning **55 mins** **£45**

Book in for this celebrity loved tan. After a professional exfoliation treatment, a dark rich colour will be applied; this is then left on for 6 hours to reveal a golden sun kissed look that is natural to your own skin tone. We advise you make the most of our late night appointments so you can get bronzed and shower it off in the morning.

Waxing

The latest in waxing technology using disposable applicators to ensure maximum hygiene.

Full Leg Wax	45 mins	£20
Half Leg Wax	25 mins	£15
Bikini Line Wax	15 mins	£10
Underarm or Forearm Wax	15 mins	£10
Top Lip Wax	15 mins	£10
Chin Wax	15 mins	£10
Eyebrow Wax/Shape	15 mins	£10



Nails

Jessica File and Polish

15 mins

£20

Revive your nails with a shape and file followed by an application of a custom nail colour.

Jessica Prescriptive Manicure

45 mins

£30

Your nails will be analysed and treated for their specific nail type. The manicure will include exfoliation, massage and cuticle care. Your nails will be beautifully shaped and treated with a prescriptive basecoat and finished with the perfect polish.

Deluxe Manicure with LeRemedi Hand Treatment

55 mins

£35

The ultimate in hand and nail care with all the benefits of the LeRemedi Hand Treatment and the Jessica Prescriptive Manicure.



Jessica Prescriptive Manicure with Thermal Heated Mittens

55 mins £35

The Jessica Prescriptive Manicure with the luxurious added benefit of Thermal Heated Mittens for deeper penetration of the oils and creams. Excellent for increasing circulation and relieving stiff and painful joints.

ZenSpa Pedicure

25 mins £25

Choose between energising Ginger, calming Green Tea or Revitalising Citrus products for this luxury foot and leg treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

ZenSpa Pedicure Deluxe

55 mins £35

The ZenSpa pedicure with the luxurious added benefit of Thermal Heated Booties, for deeper penetration of the oils and creams. Excellent for increasing circulation and relieving stiff and painful joints.



Eyes

DECLÉOR Vital Eyes

45 mins **£40**

Keep eyes sparkling and slow the signs of time, stress and fatigue with this incredibly relaxing and targeted treatment. Eyes become clearer, fine lines and wrinkles are smoothed, shadows and puffiness are eliminated.

Eyelash Tint

25 mins **£15**

Eyebrow Tint

15 mins **£10**

A minimum of 24 hours will be required for a patch test prior to the first tinting treatment. Only available Monday - Thursday.





Men only...

...after golf, before a holiday or after a stressful week at work,
let us help you look and feel fantastic...

DECLÉOR Relaxing Aromatic Facial

55 mins

£40

DECLÉOR devotes its own special art of massage to your face. From your hairline to neckline, your therapist will soothe and relax you, filling your skin with renewed energy.

DECLÉOR Express Cleansing Facial Treatment

25 mins

£28

This holistic treatment is essential for improving the skin's tone and appearance. Incorporating the relaxing back diagnostic massage it offers deep cleansing and exfoliation and combats daily aggressions such as shaving. It includes the application of 'Le Soir' aromatic products and our exclusive multi-vitamin mask to hydrate and revitalise the skin, leaving the complexion refined and totally refreshed.

DECLÉOR Deeply Energising Facial Treatment

75 mins

£55

More than just a facial, this tension relieving aromatherapy treatment can be individually tailored to meet the needs of all skin types. Combining the unique DECLÉOR massages to the back, face and shoulders with the specialised, high performance 'Le Soir' products and application of DECLÉOR's specific face masks, selected to suit your personal skincare needs, the results are immediately visible. The complexion is bright, supple and energised.



DECLÉOR Body Aromassage

75 mins

£55

A deeply relaxing massage treatment to de-stress, release built-in tension and coax skin into better condition. Pure aromatic balms diffuse their relaxing, stimulating, detoxifying or toning benefits deep into your skin whilst expert massage techniques soothe away muscular tension and stiffness.

DECLÉOR Re-Mineralising Detox Treatment

85 mins

£55

Stress, a poor diet and a lack of exercise can all contribute to a build up of toxins in the skin. This intensely relaxing treatment has the added benefits of a re-mineralising spice powder and a heated blanket to encourage the skin to eliminate impurities, leaving the skin more refined and energised.

Madagascan Red Island Ritual

55 mins

£55

Recover radiance, vitality and soft silky skin with this professional exfoliating treatment using Spicy Fruit Seeds which stimulate and soften the skin. Then relax and enjoy the benefits of a full body massage using the unique Acacia Wooden accessory which helps to release all tension.



Nails

Gentleman's Club Hand and Nail Care

25 mins

£30

Your hands are exfoliated to remove any dryness and massaged with treatment creams, cuticles are conditioned and groomed and nails are trimmed and perfectly shaped.

Waxing

The latest in waxing technology using disposable applicators to ensure maximum hygiene.

Back or Chest Wax

25 mins

£20



Spa Bookings

We advise you to book your Spa treatments in advance to avoid disappointment and to ensure that your chosen day and time is available. Please contact your Spa direct on the number listed on the reverse to book your treatments or for more information. You are encouraged to arrive at least 15 minutes before your treatment commences.

Medical Information

Please notify our Spa receptionist if you are pregnant or have any health concerns at the time of booking as some treatments may not be suitable or require adjusting accordingly.

Late Arrivals

Arriving late will limit the time of your treatment, lessening its effectiveness and your enjoyment. Your treatment will end on time so that the next guest is not delayed. If your appointment is missed, we cannot offer a replacement time or refund.

Cancellations

Clients who wish to cancel or change their appointment are kindly requested to provide 48 hours notice or 50% of the appointment fee will be charged.

Treatment Times

Unfortunately we are unable to guarantee the requested booking times on Spa appointments. Occasionally appointment times may be changed due to unforeseen circumstances. If this occurs it will be confirmed during your visit.

Terms and Conditions

All treatments are subject to availability.

All rates at current VAT rate.

These prices are correct at the time of going to press and may be subject to annual fluctuations. If there are any price changes we will advise you at the point of enquiry.



**The gorgeousness doesn't have to end here...
there are 17 QHotel Spas to visit across the country**

**The Westerwood
Hotel & Golf Resort**
nr Glasgow
Tel: 01236 860701

**Aldwark Manor
Golf & Spa Hotel**
York
Tel: 01347 833940

**Forest Pines
Hotel & Golf Resort**
North Lincolnshire
Tel: 01652 655678

Tankersley Manor
Tankersley, nr Sheffield
Tel: 01226 352700

The Park Royal
Stretton, Cheshire
Tel: 01925 730073

Crewe Hall
Cheshire
Tel: 01270 259301

The Nottingham Belfry
Nottingham
Tel: 0115 9739405

Telford Hotel & Golf Resort
Telford, Shropshire
Tel: 01952 422964

Chesford Grange
Kenilworth, Warwickshire
Tel: 01926 515115

**Hellidon Lakes
Golf & Spa Hotel**
Northamptonshire
Tel: 01327 265656

The Cheltenham Chase
Gloucestershire
Tel: 01452 519901

The Cambridge Belfry
Cambourne, Cambridge
Tel: 01954 714620

The Oxford Belfry
Thame, Oxford
Tel: 01844 277555

The Hampshire Court Hotel
Basingstoke, Hampshire
Tel: 01256 319777

Norton Park
Winchester, Hampshire
Tel: 01962 763323

Bridgewood Manor
Chatham, Kent
Tel: 01634 662610

Ashford International Hotel
Ashford, Kent
Tel: 01233 218403

For further information & offers visit www.QHotels.co.uk



Bridgewood Manor
Chatham, Kent

Bridgewood Manor
Bridgewood Roundabout
Walderslade Woods
Chatham
Kent
ME5 9AX

Tel: 01634 662610
Fax: 01634 201330

bridgewoodmanorleisure@qhotels.co.uk
www.QHotels.co.uk



You can take advantage of all we have to offer secure in the knowledge that everything we do at QHotels ensures a positive approach to our staff, our community and the environment.



Hotel Group of the Year
2008 - 2009