

QHOTELS

The Cambridge Belfry
Cambourne, Cambridge

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...

ESPA Regenerating Facial with Firming Eye Treatment

55 mins £47

Specifically designed for mature, dry or dehydrated skin, this facial concentrates on reviving the skin's natural moisture and pays particular attention to the delicate eye area, helping to minimise the appearance of fine lines.

ESPA Skin Brightener Facial

55 mins £40

Perfect for all skin types and particularly when environmental stress, business pressure, or lack of sleep leaves you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener, rich in natural AHA's and BHA's from Hawaiian Algae Meadowsweet, to help improve the radiance, appearance and texture of the skin.

ESPA Re-Hydrator Facial

55 mins £45

A moisture drenching facial superb for dry, dehydrated and sun damaged skin. Gentle, deep cleansing and exfoliation prepare the skin for a rejuvenating massage with Botanical Rescue and Face Treatment Oil. Whilst the nourishing face mask treats your skin, enjoy a relaxing Oriental Head Massage.



ESPA Rebalancing Facial

55 mins

£45

This treatment is perfect for combination or irritated skin. Specific massage techniques and aromatherapy products combine with a warm Marine Mud mask to cleanse and decongest the skin leaving it clear and rebalanced.

ESPA Aromatherapy Facial

55 mins

£45

This deep cleansing and relaxing aromatherapy facial, purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymphatic drainage and Oriental Head Massage to leave the mind clear and the skin radiant and moisturised. Suitable for any skin type.

ESPA Refresh Facial

25 mins

£25

This facial is suitable for all skin types and includes deep cleansing, toning and a mask aimed to purify, refine and hydrate. Great for those with limited time or wanting to start a skin care routine.

ESPA Firming Eye Treatment

25 mins

£25

Designed to combat the effects of premature ageing and stress to the eye area and is also beneficial to those who suffer from irritable, puffy or sensitive eyes.



ESPA Advanced Facials

ESPA Holistic Back, Face and Scalp Treatment with Hot Stones

1 hr 55 mins

£85

A powerful stress releasing treatment using Hot Stones to work on deep seated tension and restore balance to vital energy points.

The initial, deep cleansing back exfoliation is followed by the Hot Stone Back Massage with Essential Oils restoring equilibrium to mind and body. Hot Stones are placed along the spine, shoulders and neck to soothe, relax and harmonise.

The facial includes massage with a deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the Oriental Head Massage takes place to help clear the mind, calm the spirit and ease tension. The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

ESPA The Age Defyer

1 hr 55 mins

£80

Suitable for anyone concerned with minimising and protecting against the visible signs of ageing; excellent for mature, dry or dehydrated skin.

A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing, and sun-damaged skin. The face, neck and décolleté are cleansed and massaged with Gentle Deep Cleansing Balm, rich in anti-oxidant Grapeseed Oil, Beeswax, Olive Fruit Oil with Spearmint Leaf, and skin firming Rose Damascena. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with the ESPA effective moisturising products, rich in natural anti-oxidants, and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalised and nourished.

Oriental Head Massage techniques are incorporated to stimulate and lift the skin around the hairline and into the scalp, to relieve tightness and tension.

Body text...

...whether it's a 25 minute massage or 90 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 £50

The Q Experience - Back, Neck and Shoulder Massage 25 mins £30

ESPA Holistic Total Body Care 1 hr 25 mins £65

This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it soft and smooth. This is then followed by a deep body, face and scalp massage using your chosen oils. This is a truly holistic experience that will bring harmony to both mind and body.

ESPA Hot Stone Full Body Massage 55 mins £65

ESPA Holistic Aromatherapy Back, Face and Scalp Massage 1 hr 25 mins £65

An initial, deep cleansing back exfoliation is followed by a deeply relaxing back massage using your personally chosen oils. This all-embracing treatment concludes with a full ESPA Intensive Facial with Acupressure Face Massage and Oriental Head Massage.



ESPA Mud Envelopment

55 mins £55

Full body skin brushing and exfoliation starts this treatment and prepares the skin for the application of a warm mineral rich Marine Mud. Helping to nourish and condition the skin and soothe muscular aches and pains.

ESPA Algae Envelopment

55 mins £55

Perfect for boosting the metabolism and speeding up the elimination of toxins by skin brushing and exfoliation. An application of warm Algae and Essential Oils leave your skin detoxified, toned and hydrated.

ESPA Salt and Oil Scrub

25 mins £25

Sea salts and Essential Oils are massaged over the skin leaving it velvety smooth.

ESPA Oshadi Envelopment

55 mins £55

Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices and therapies. After sea salt and oil exfoliation, plants and spices are infused to form a nourishing mask, which warms and hydrates the skin and helps to relieve aching muscles and joints.

ESPA Skin Hydrator Body Wrap

55 mins £55

A truly luxurious experience after your skin is prepared, an envelopment with oils rich in Palma Rosa, Myrrh and the Deeply Nourishing Body Cream with Wild Yam is applied with warm Marine Mud. Resulting in hydrated and soft skin, this treatment is perfect either before or after holidays.



ESPA Stimulating Hip and Thigh Treatment

55 mins

£45

A specialised treatment to stimulate the circulatory and lymphatic systems. Concentrating on the areas of the body prone to blockages and cellulite. A deep exfoliation with seaweed and salt rub is followed by a detoxifying massage and an application of Marine Algae.

ESPA Essential Tension Massage

25 mins

£30

A traditional deep muscle massage designed to relieve tension and release stress in the back, neck and shoulders.

ESPA Pre-Natal Treatment

1 hr 25 mins

£65

This total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contra-indications, aid in relaxation and improve tonicity of the skin during this very special time. The treatment avoids the use of Essential Oils and is a luxurious treat using Calendula infused oil, Marine Mud and nourishing creams with advanced massage techniques to safe areas. It leaves your skin toned and you totally relaxed.

ESPA Indian Head Massage

25 mins

£30

Indian Head Massage soothes, comforts and harmonises the body's natural balance, helping to promote physical and psychological wellbeing, which will leave you with a sense of focus, clarity and vision.



ESPA Aromatherapy Body Massage

55 mins £50

A personalised full body massage treatment which works on any areas of tension you may have and restores balance to body and mind.

Muscle Relaxing:

The body is massaged with Fitness Oil to soothe away aches and pains. A rich Essential Oil base consisting of Cloves, West Indian Bay, Rosemary and Peppermint helps to release joint pain, discomfort of stiffness and to relax and calm the muscles.

Stress Relieving:

Whatever the cause of your stress this full body massage is ideal to be taken towards the end of the day when the desire to relax can be fulfilled by sleep. Essential Oils of Frankincense, Myrrh and Ylang Ylang are used which have deeply relaxing and calming properties to soothe and de-stress.

Immune Boosting:

A powerful blend of Tea Tree Oil with three types of Eucalyptus oil well known for their anti-viral, anti-bacterial and soothing properties are used to help encourage the body's natural immune system.

Energising:

The re-energising feel good effects of Listea Cubeba and Eucalyptus coupled with the mind clearing benefits of English Peppermint and Rosemary can help you face the day.

Body Toning:

Restorative Body Oil is rich in Essential Oils of Palmerosa, Borage and Wheatgerm, which help improve skin tonicity and firmness.

Detoxifying:

Detoxifying Body Oil is a cleansing blend of citrus oils, uplifting Grapefruit and Eucalyptus combined with Cypress and Juniper Berry, which is known to have natural diuretic properties. The perfect treatment to support a weight loss programme.



ESPA Advanced Body Treatments

ESPA Total Holistic Body Care with Hot Stones 1 hr 55 mins £85

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony. Recognised in both Ayurvedic and Chinese philosophies, blocked and congested Chakras can affect the body and mind both emotionally and physically. Natural energies are stifled and the zest for life is lost or subdued.

After a full body exfoliation, this holistic treatment continues with the placing of Hot Stones along the spine, at vital energy points on hands and feet and on Chakras around the body. The body is massaged using individually tailored Essential Oils combined with the use of Hot Stones to release tension. Critical tension points are massaged around the eyes and ears, before an Acupressure Head Massage is given. This full body treatment ends with gentle stretching to help release deep-seated tension around the neck and shoulders, and leave your body feeling soothed and your spirit calm.

ESPA Holistic Hand and Nail Treatment with Hot Stones 1 hr 10 mins £55

The holistic arm, hand and nail treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil chosen for your individual needs. Hot Stone Massage techniques are incorporated into the treatment to enhance relaxation.

ESPA Holistic Foot and Nail Treatment with Hot Stones 1 hr 10 mins £55

The holistic foot and nail treatment includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil for your individual needs. Hot Stone Massage techniques are incorporated into the treatment to enhance relaxation.



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

St.Tropez is loved by celebrities all over the world. So if you want to achieve a natural golden brown tan with no streaks, then allow us to make you look like a goddess.

St.Tropez Smooth and Bronze

55 mins

£45

Our Smooth and Bronze treatment includes a full body exfoliation followed by a top to toe application of St.Tropez tan.

St.Tropez Partial Tan Application

25 mins

£30

This is an application only treatment. We do recommend you exfoliate before. You can choose to have the tan applied to either your face and neck, arms or legs.



Eyes

| | | |
|--------------------------------|----------------|------------|
| Eyelash and Eyebrow Tint | 25 mins | £18 |
| Eyelash Tint and Eyebrow Shape | 40 mins | £22 |
| Eyebrow Tint | 15 mins | £10 |

A minimum of 24 hours will be required for a patch test prior to the first tinting treatment.

Waxing

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

| | | | |
|-------------------------|------------|-----------------------------------|------------|
| Top Lip Wax | £8 | Hollywood Bikini Wax | £28 |
| Chin Wax | £8 | Brazilian Bikini Wax | £18 |
| Eyebrow Wax/Shape | £10 | 1/2 Leg, Bikini and Underarm Wax | £31 |
| Whole Arm Wax | £15 | 1/2 Leg and Bikini Wax | £23 |
| Underarm or Forearm Wax | £10 | 3/4 Leg, Bikini and Underarm Wax | £36 |
| Full Leg Wax | £25 | 3/4 Leg and Bikini Wax | £28 |
| Half Leg Wax | £15 | Full Leg, Bikini and Underarm Wax | £40 |
| 3/4 Leg Wax | £20 | Full Leg and Bikini Wax | £32 |
| Bikini Line Wax | £10 | | |

Nails

French Manicure 55 mins £25

Jessica Deluxe Pedicure 1hr 10 mins £33

In addition to your Jessica Pedicure the use of heated boots will enhance the properties within the products, leaving your feet feeling rejuvenated and refreshed.

Jessica Deluxe Manicure 1hr 10 mins £33

In addition to your Jessica Manicure the use of heated mitts will enhance the properties within the products, leaving your hands feeling rejuvenated and refreshed.

Jessica File and Polish 25 mins £15

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

Jessica Prescriptive Manicure 40 mins £22

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.

ZenSpa Pedicure 40 mins £26

Choose between energising Ginger, calming Green Tea or revitalising citrus 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.



Make-up

Using the professional Bodyography mineral based make-up range.

Special Occasion Make-up

Be it for your wedding day or a glamorous night out Bodyography offers a look to suit every occasion.

Special Occasion Make-up **55 mins** **£35**

Make-up Lesson

We will show you how to choose the right shades for your skin tone and the correct application for a subtle day make-up or a more glamorous evening look.

Make-up Lesson **55 mins** **£35**

Bridal Make-up with Trial **55 mins** **£55**

(This includes the trial make-up session and 25 minutes on the day of the event)





Men only...

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

ESPA Relaxing and Deep Cleansing Back Treatment

55 mins £40

An ideal treatment for muscular aches and pains, hard to reach areas and problematic skin. This deep cleansing treatment will clean and refine the skin to aid with the relaxing and healing properties of a deeply therapeutic massage. Followed by an application of warm Marine Mud to cleanse and heal any problematic areas leaving your back feeling relieved, conditioned and relaxed.

ESPA Aromatherapy Sports and Fitness Massage

55 mins £50

This full body treatment is appropriate before or after exercise as it uses Essential Oils of Lavender, Rosemary and Clove to increase circulation and warm muscles, preventing strains and relieving aches and pains. Ideal for anyone involved in sports, fitness or heavy physical work.



ESPA Men's Purifying Facial, Shoulder and Scalp Massage

55 mins £50

The Men's Purifying Facial, Shoulder and Scalp Massage is a deeply relaxing treatment, incorporating the new ESPA Men products, specifically designed to suit men's skin care needs - bringing a sense of peace, whilst revitalising the skin.

There is a simple triple cleanse procedure in this purifying, balancing and hydrating facial where steaming towels are wrapped around the face and neck to soothe and soften the skin, this also aids drainage to avoid congestion and blocked pores. Following the relaxing face massage with acupressure points and lymphatic drainage, a deep shoulder and scalp massage is performed to help release tight muscles and tension. You will leave feeling and looking totally relaxed and refreshed.

Nails

Gentleman's Manicure

25 mins £18

Gentleman's Pedicure

25 mins £20

Waxing

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

Back Wax

25 mins £22

Chest Wax

25 mins £22





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. The full charge is applied if less than 48 hours notice is received.

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

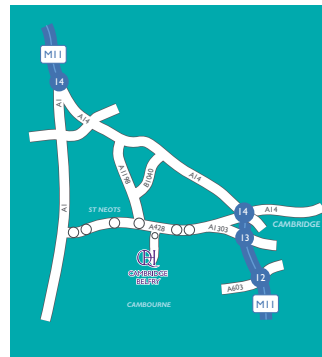
The Hampshire Court Hotel
Basingstoke, Hampshire
Tel: 01256 319777

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



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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