

QHOTELS

The Park Royal

Stretton, Cheshire

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...

## Elemis Advanced Anti-Ageing Facials

### Tri-Enzyme Resurfacing Facial

70 mins

Mid-week  
Price

£50

Weekend  
Price

£55

Clinically proven to visibly resurface the skin by up to 75% and increase smoothness by up to 32%\* after just one treatment. Targets blemishes, uneven skin tone, superficial scarring and fine lines, for younger looking skin. \*Independent Clinical Trials 2006

### Visible Brilliance Facial

70 mins

£50

£55

With revolutionary results, this anti-ageing treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisture levels of the skin are clinically proven to increase by up to 61%\* and elasticity by 40%\* after just one treatment. \*Independent Clinical Trials 2004

### Pro-Collagen Quartz Lift Facial

70 mins

£50

£55

Clinically proven, after just one treatment, to reduce the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*. Uses professional strength formulations for maximum efficacy, leaving a firmer, uplifted and more youthful looking appearance. \*Independent Clinical Trials 2007



## Elemis Skin Solutions Facials

		Mid-week Price	Weekend Price
<b>Elemis Oxygen SkinCalm Facial</b>	<b>70 mins</b>	<b>£50</b>	<b>£55</b>

Calming actives and a restructuring Japanese Silk Mask infused with Absolute SkinCalm Booster Serum, rebalances delicate and sensitive complexions. Relieves redness and comforts stressed and irritated skin.

<b>Elemis S.O.S Purifying Facial</b>	<b>70 mins</b>	<b>£50</b>	<b>£55</b>
--------------------------------------	----------------	------------	------------

Regulates and balances the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum, absorbs sebum, calms irritated skin and rebalances oil-rich pores.

## Elemis Skin Specific Facials

<b>Elemis Fruit Active Glow</b>	<b>55 mins</b>	<b>£42</b>	<b>£46</b>
---------------------------------	----------------	------------	------------

Brings back the glow to a dull and lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.



## **Elemis Exotic Moisture Dew**

**55 mins**

Mid-week  
Price

**£42**

Weekend  
Price

**£46**

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

## **Elemis Herbal Lavender Repair**

**55 mins**

**£42**

**£46**

For perfect restoration of skin balance. Following deep cleansing to draw out the skin impurities, this facial will help reduce unwanted shine, refine pores and treat skin breakouts.

## **Elemis Taster Facial**

**25 mins**

**£27**

**£30**

This introductory facial provides a quick and instant pick-me-up for any occasion.



## Guinot Beauty Treatments

### Guinot Hydradermie

**70 mins**

Mid-week  
Price

**£50**

Weekend  
Price

**£55**

In just over an hour of sheer relaxation, gentle galvanic and high frequency massage releases the active principles found in our specialised preparations, giving a healthy, balanced and fresh complexion.

### Guinot Hydradermie Plus

**100 mins**

**£62**

**£69**

Created especially to solve the specific ageing problems associated with the face, eyes and neck, Hydradermie plus is a luxurious three in one treatment for these delicate areas.

### Guinot Beaute Neuve

**55 mins**

**£42**

**£46**

Is a scientifically researched fruit acid and enzyme treatment, which combines a double peeling action. Combining exfoliation of the skin together with a regenerative effect, it is suitable for oily to normal skin types and all age groups.

### Guinot Liftosome

**70 mins**

**£50**

**£55**

Enjoy the benefits of a modelling-lifting mask containing firming agents that will leave your skin feeling firmer, softer and toned. Sheer relaxation with visible results.



# Body text...

...whether it's a 25 minute massage or 70 minutes of pure aromatic indulgence, all of our body treatments will have a positive effect on you...

		Mid-week Price	Weekend Price
<b>The Q Experience - Full Body Massage</b>	<b>55 mins</b>	<b>£42</b>	<b>£48</b>
<b>The Q Experience - Back, Neck and Shoulder Massage</b>	<b>25 mins</b>	<b>£27</b>	<b>£30</b>
<b>Indian Head Massage</b>	<b>40 mins</b>	<b>£35</b>	<b>£38</b>

Relieve stress and tension with this soothing scalp therapy, leaving you with a complete feeling of wellbeing.

<b>Thai Style Back, Neck and Shoulder Massage</b>	<b>25 mins</b>	<b>£28</b>	<b>£31</b>
---	----------------	------------	------------

<b>Thai Style Full Body Massage</b>	<b>55 mins</b>	<b>£45</b>	<b>£50</b>
-------------------------------------	----------------	------------	------------

These specialised treatments use Thai style massage techniques to help you fully relax, re-charge and restore body and mind.

<b>Reflexology</b>	<b>55 mins</b>	<b>£42</b>	<b>£46</b>
--------------------	----------------	------------	------------

Soothe all your senses with this specialised foot massage, leaving you feeling comforted and calm.



		Mid-week Price	Weekend Price
<b>Deep Tissue Full Body Massage</b>	<b>55 mins</b>	<b>£48</b>	<b>£53</b>

<b>Hopi Ear Candles</b>	<b>40 mins</b>	<b>£35</b>	<b>£38</b>
-------------------------	----------------	------------	------------

Hopi Ear Candles is a wonderfully relaxing and beneficial non-invasive treatment of the ears, used to treat a variety of conditions. The ear candles induce a revitalising heat upon the head and ears, which soothes, relieves and relaxes. The luxury treatment is finished with a lovely ear and facial massage.

<b>Hot Stone Back Massage</b>	<b>25 mins</b>	<b>£37</b>	<b>£40</b>
-------------------------------	----------------	------------	------------

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.

<b>Aroma Stone Therapy</b>	<b>70 mins</b>	<b>£50</b>	<b>£55</b>
----------------------------	----------------	------------	------------

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

### **Elemis Exotic Therapy**

<b>Exotic Lime and Ginger Salt Glow</b>	<b>45 mins</b>	<b>£35</b>	<b>£37</b>
---	----------------	------------	------------

A body exfoliation to invigorate and revitalise. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.





# Essential maintenance...

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

## Waxing

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

		Mid-week Price	Weekend Price
Full Leg Wax	<b>45 mins</b>	<b>£21</b>	<b>£23</b>
Half Leg Wax	<b>25 mins</b>	<b>£16.50</b>	<b>£18</b>
Bikini Line Wax	<b>15 mins</b>	<b>£10</b>	<b>£11</b>
Underarm or Forearm Wax	<b>15 mins</b>	<b>£10</b>	<b>£11</b>
Top Lip Wax	<b>15 mins</b>	<b>£8</b>	<b>£8.80</b>
Chin Wax	<b>15 mins</b>	<b>£8</b>	<b>£8.80</b>
Eyebrow Wax/Shape	<b>15 mins</b>	<b>£9</b>	<b>£9</b>
Brazilian Wax	<b>25 mins</b>	<b>£16.50</b>	<b>£18</b>
Hollywood Wax	<b>45 mins</b>	<b>£21</b>	<b>£23</b>
Half Leg and Bikini Wax	<b>45 mins</b>	<b>£19</b>	<b>£21</b>

# Nails

		Mid-week Price	Weekend Price
<b>Jessica Luxury Pedicure</b>	<b>55 mins</b>	<b>£26</b>	<b>£28</b>
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.			
<b>Jessica Luxury Manicure</b>	<b>55 mins</b>	<b>£26</b>	<b>£28</b>
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.			
<b>Jessica Express</b>	<b>25 mins</b>	<b>£15</b>	<b>£16.50</b>
Revive your nails with a shape and file followed by an application of a custom nail colour.			
<b>Re-Varnish</b>	<b>15 mins</b>	<b>£9.50</b>	<b>£10.50</b>
<b>French Polish Add-on</b>	<b>15 mins</b>	<b>£5</b>	<b>£5</b>





# Eyes

		Mid-week Price	Weekend Price
<b>Eyelash Tint</b>	<b>25 mins</b>	<b>£12</b>	<b>£13.50</b>
<b>Eyebrow Tint</b>	<b>15 mins</b>	<b>£9</b>	<b>£10</b>
<b>Eyebrow Wax and Tint</b>	<b>25 mins</b>	<b>£15</b>	<b>£16.50</b>
<b>Eyelash and Brow Tint</b>	<b>25 mins</b>	<b>£16.50</b>	<b>£18</b>

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

# Make-up

Using the professional Anthony Braden mineral based make up range.

## Special Occasion Make-up

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

## 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.

Special Occasion Make-up	<b>45 mins</b>	<b>£45</b>
Make-up Lesson	<b>55 mins</b>	<b>£30</b>



# Tanning

## St. Tropez

A St. Tropez spray tan treatment gives you a fast, flawless tan in a controlled environment. The tan is applied and tailored to you by an expert, taking no more than 15 minutes. You will need to allow time to prepare the skin and to let the spray tan dry following application.

**St. Tropez Spray Tan**

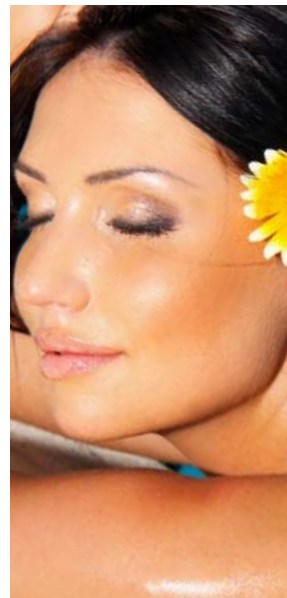
**25 mins**

Mid-week  
Price

**£25**

Weekend  
Price

**£27.50**





# Men only...

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

		Mid-week Price	Weekend Price
<b>Express Relaxer</b>	<b>25 mins</b>	<b>£27</b>	<b>£30</b>

This massage concentrates on relieving pain and discomfort from your back, neck and shoulders leaving you refreshed and re-charged.

<b>The Facial</b>	<b>70 mins</b>	<b>£50</b>	<b>£55</b>
-------------------	----------------	------------	------------

This deep cleansing facial will detoxify and nourish your skin. To help you relax we carry out a soothing face and scalp massage leaving you fully invigorated.

<b>The Ultimate Stress Buster</b>	<b>55 mins</b>	<b>£48</b>	<b>£53</b>
-----------------------------------	----------------	------------	------------

Surrender to this deeply relaxing treatment, which will release both physical and mental stress. Your back, shoulders, face and scalp are treated to a deep cleanse and luxurious massage with oils created specifically for your needs.

<b>The Active De-Stress</b>	<b>40 mins</b>	<b>£35</b>	<b>£38</b>
-----------------------------	----------------	------------	------------

This treatment concentrates on relieving pain and discomfort from your back, soles of feet and backs of legs leaving you fully re-charged.



Mid-week  
Price

Weekend  
Price

## Just for Men

1 hr 25 mins

£60

£66

Created just for men, this exclusive treatment will restore and re-charge your batteries. You begin with a full body exfoliation to deeply cleanse the skin and the application of warm, muscle easing oils to de-stress. Whilst these aromatic oils soothe your mind and body, you will enjoy a deep cleanse and nourishing massage of the face, neck and scalp, followed by a full body massage

## Nails

### Gentleman's Grooming

55 mins

£35

£38

This gentleman's hand or foot treatment buffs and trims nails, removes dry, hard skin and completes with a comforting massage.

## Waxing

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

### Back or Chest Wax

25 mins

£16.50

£18





## 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

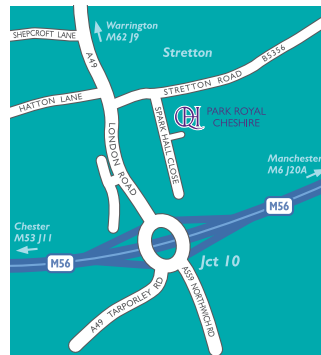
The Hampshire Court Hotel  
Basingstoke, Hampshire  
Tel: 01256 319777

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](http://www.QHotels.co.uk)



## The Park Royal Stretton, Cheshire

The Park Royal  
Stretton Road  
Stretton  
Cheshire  
WA4 4NS

Tel: 01925 730073  
Fax: 01925 730740

[parkroyalbeauty@qhotels.co.uk](mailto:parkroyalbeauty@qhotels.co.uk)  
[www.QHotels.co.uk](http://www.QHotels.co.uk)

QHOTELS

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  
2009 - 2009