

SPECIAL TREATMENT AT TANKERSLEY MANOR



QHOTELS

THE WESTERWOOD, NEAR GLASGOW. TEL: 01236 860 701
ALDWARK MANOR, YORK. TEL: 01347 833 940
FOREST PINES, NORTH LINCOLNSHIRE. TEL: 01652 655 678
TANKERSLEY MANOR, TANKERSLEY, NEAR SHEFFIELD. TEL: 01226 352 700
THE PARK ROYAL, STRETTON, CHESHIRE. TEL: 01925 730 073
THE NOTTINGHAM BELFRY, NOTTINGHAM. TEL: 0115 973 9405
TELFORD GOLF & SPA HOTEL, TELFORD, SHROPSHIRE. TEL: 01952 429 977
CHESFORD GRANGE, WARWICKSHIRE. TEL: 01926 515 115

HELLIDON LAKES, NORTHAMPTONSHIRE. TEL: 01327 265 656
THE CHELTENHAM CHASE, GLOUCESTER. TEL: 01452 519 901
THE CAMBRIDGE BELFRY, CAMBOURNE, CAMBRIDGE. TEL: 01954 714 620
THE OXFORD BELFRY, THAME, OXFORD. TEL: 01844 277 555
THE HAMPSHIRE COURT HOTEL, BASINGSTOKE. TEL: 01256 319 777
NORTON PARK, NEAR WINCHESTER. TEL: 01962 763 323
BRIDGEWOOD MANOR, CHATHAM, KENT. TEL: 01634 662 610
ASHFORD INTERNATIONAL, ASHFORD, KENT. TEL: 01233 624 439

Reflections
HEALTH, FITNESS & SPA



REFRESH

Welcome

Guests are welcome to visit Reflections Spa to familiarise themselves with the layout, seek advice about treatments and check availability for appointments. If you are arriving out of opening hours, please contact us on 01226 352 700. Spa opening hours are located at the back of the brochure.

Booking Treatments

Please book in advance to avoid disappointment. We do offer late availability but this may not always suit your schedule. Timings quoted in the brochure may vary and allowance should be made for consultation, preparation and relaxation.

What to Bring

It is advisable to bring swimwear and suitable footwear. Disposable paper underwear is also supplied for some treatments. Should you plan to visit the gym, please bring suitable clothing. Gentlemen will be required to wear swimwear or underwear during treatments. Light meals are available in the Onward Arms bar.

Questionnaire

Guests will be asked to complete a questionnaire on their health. If you are in any doubt as to your physical condition, are suffering from an illness or

undergoing any treatment please consult your doctor.

Packages

Spa Packages require a non-refundable 50% deposit per person to ensure confirmation.

Cancellation Policy

We require at least 24 hours notice when cancelling an appointment or the full cost of the treatment will be charged.

Choice of Treatments

Not all treatments complement each other and may conflict in terms of the benefits they are intended to produce. Please seek advice from our fully qualified therapists before confirming appointments.

Leisure Facilities

If you intend to use the wet leisure facilities, we recommend you do so prior to your treatments. Use of the steam room or sauna may prove beneficial in preparing your skin. However, following treatments we do not recommend you use these facilities for at least 12 hours as it may minimise the beneficial effects.

10% discount on all Spa Treatments for Reflections Leisure Club Members

SPA



REJUVENATE

All Face and Body products are from the ESPA range. Every treatment is a luxurious experience devised to combat the physical, emotional and environmental stresses of modern living.

Luxury Facial with Soothing Eye Treatment

Designed for mature, dry or dehydrated skin, concentrating on reviving the skin's natural moisture and pays particular attention to the delicate eye area.

Regenerating Facial

An intensive boost for your skin, using ESPA Concept products to protect and nourish, this treatment will leave the skin fresh, revitalised and toned.

Skin Brightening Facial

This rejuvenating facial is perfect for all skin types particularly when environmental stress, business pressure, illness or lack of sleep leaves you with dull, lifeless skin. Using ESPA's special Skin Brightener to improve the radiance and texture of the skin.

Re-Hydrator Facial

A 'must have' for emergency moisture replenishment, this is ideal for chapped, dry skin showing sign of environmental damage. Includes deep cleansing, intensive massage using ESPA's Botanical Rescue healing balm followed by a soothing face mask and oriental head massage.

Aromatherapy Facial

Suitable for all skin types, this deep cleansing and relaxing aromatherapy facial purifies, refines and hydrates using active aromatherapy products and acupressure massage, lymph drainage and oriental head massage to leave the mind clear and skin radiant.

Re-Balancing Facial

Specific massage techniques and aromatherapy products combine with a warm marine mud mask to cleanse and decongest skin, leaving it calm, clear and re-balanced.

Express Facial

This facial is suitable for all skin types and includes a deep cleansing, tone and mask to purify, refine and hydrate. Great for those with limited time or are just starting a skin care routine.

ADVANCED THERAPY

- Back, Face & Scalp Treatment with Hot Stones
- Total Bodycare with Hot Stones
- Luxury Hand & Arm Treatment with Hot Stones
- Luxury Leg & Foot Treatment with Hot Stones

Please ask for more information.

FACE



REVITALISE

Detoxifying Algae Wrap

This balancing treatment involves skin brushing, gentle exfoliation and algae envelopment to boost the metabolism plus a relaxing full scalp treatment.

Restorative Mud Envelopment

A restorative treatment for superficial skin problems, designed to leave the skin purified and smooth. Includes a full body exfoliation and scalp treatment.

Oshadi Envelopment

After a sea salt and oil exfoliation, plants and spices are infused to form a nourishing mask to warm and hydrate the skin and relieve aching muscles and joints.

Skin Hydrator Body Wrap

After exfoliation and the application of marine mud, blended with wild yam and soya bean extract, enjoy a heavenly scalp massage and a nourishing body cream to finish.

Life Saving Back Treatment

The back is deeply cleansed, exfoliated and then massaged with essential oils. Cleansing marine mud is applied whilst a lower leg massage helps relieve tension.

Holistic Total Bodycare

A full body skin brushing and exfoliation leaving the skin soft and smooth, followed by a body, face and scalp massage using a special blend of essential oils.

Holistic Back, Face & Scalp Treatment

A full aromatherapy facial with a back, face and scalp massage, using restorative essential oils for balance and harmony.

Body Exfoliation

Rid the body of dead skin cells and toxins leaving the skin smooth and hydrated. Choose between salt and oil scrub or body polish.

Massage

Designed to ease tension and promote a sense of wellbeing, using aromatherapy oils selected for the individual. Full Body or Back, Neck & Shoulders.

Indian Head Massage

Massage using Ayurvedic techniques helping to relieve tension headaches, stress and stiffness for overall wellbeing.

Reflexology

A pressure massage to the feet which relaxes and re-balances the entire body. Courses available.

Pre-Natal Treatment

Designed for pregnant and nursing mothers, this total body treatment aids relaxation and skin tonicity using luxurious oils, mud, creams and massage.

Stimulating Hip & Thigh Treatment

Designed to stimulate circulatory and lymphatic systems, concentrating on those areas prone to cellulite, fluid retention and uneven skin texture.

BODY



RESTORE

Luxury JESSICA products are used for all nail treatments.

File & Polish

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

Manicure

Nail and cuticle tidy, hand and arm massage and a custom nail colour leaving you with well-groomed hands and nails.

Luxury Manicure

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.

Pedicure

A foot soak, exfoliation, nail and cuticle tidy and foot massage. Includes a custom nail colour.

Luxury Pedicure

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

Soothing and Regenerating Eye Treatment

Designed to combat the effects of premature ageing

and stress to the eye area, this treatment also benefits those who suffer from irritable, puffy or sensitive eyes.

Tinting

A minimum of 24 hours is required for a patch test prior to the first tinting treatment. Choose from: Eyelash, Eyebrow or Eyelash & Eyebrow.

Make-Up with Anthony Braden

Whether you want to look natural or glamorous, this make-up treatment will suit all. Your face is prepared before the application of truly beautiful products selected especially for your needs.

St. Tropez Smooth and Bronze

A skin exfoliation will give the perfect base to apply this tanning treatment from face to feet.

St. Tropez Partial Tanning

Partial tanning application which includes a body polish prior to application.

Waxing

Using the latest waxing technology for your comfort and disposable applicators for optimum hygiene.

Choose from: Half Leg, Full Leg, Bikini Line, Underarm, Top Lip, Chin, Eyebrow, Forearm and Gent's Chest or Back.

ESSENTIAL



REVIVE

Aromatherapy Facial for Men

Specifically formulated for the male complexion, this treatment uses natural balms and oils to purify, hydrate and revitalise the skin. Ideal for city dwellers, frequent air travellers and those with a hectic or stressful lifestyle.

Holistic Back, Face and Scalp

A totally luxurious experience which incorporates a full aromatherapy facial with a back, face and scalp massage leaving the skin revitalised and the body and mind relaxed. Enjoy the therapeutic benefits of massage with deeply restorative essential oils to bring balance and harmony.

Life Saving Back Treatment

Ideal for problematic skin, the back is deeply cleansed and exfoliated to stimulate skin renewal then massaged with essential oils. A deep cleansing mud mask is then applied while a lower leg massage relieves tension.

Gent's Manicure

Nail and cuticle tidy, followed by a hand and arm massage leaving you with well groomed hands and nails.

Gent's Pedicure

A foot soak, exfoliation, nail and cuticle tidy with foot massage for excellent presentation.

Waxing

Choose from: Back Wax, Chest Wax or Eyebrow Shape.

MEN



RELAX

The Reflections Spa provides the perfect environment for those seeking refuge from the stresses of the outside world. You will be provided with a robe, slippers and a locker to secure your belongings.

All 'Day Packages' include a light lunch in The Onward Arms and full use of the extensive leisure facilities outlined below, normally only available to our leisure members and hotel guests.

Facilities: Swimming Pool, Spa Bath, Sauna & Steam Room, Lounge Area and Gymnasium.

Ultimate

Begin with a full body skin brushing and gentle exfoliation preparing the skin for a detoxifying Algae Wrap to boost the lymphatic system. Once the seaweed gel has been applied you will receive a full scalp massage followed by an Express Facial to deeply cleanse and balance your skin. After a light lunch you will receive a Jessica Manicure and Pedicure to leave you looking and feeling great.

Soothing

A full body massage using essential oils chosen to suit your individual requirements precedes a facial to deeply cleanse and balance your skin. Also includes a soothing Face and Scalp Massage.

Essential

A mini facial including a cleanse, tone and mask, which is complemented by a relaxing Back, Neck and Shoulder Massage.

On The Day

Ideal for the bride, bridesmaids and, of course, the mother of the bride. A Jessica Manicure, Pedicure and Anthony Braden Make-Up for that special day.

Relaxation

Enjoy a deeply relaxing Full Body Massage and an Aromatherapy Facial with this package.

Revitalising

Revitalise from top to toe with a Salt & Oil Scrub, Back, Neck & Shoulder Massage followed by an Express Facial.

For personalised packages please discuss your requirements with the Spa Manager.

We are always happy to tailor-make days to suit you and your party, with Champagne and chocolates if required.

For information on use of the Leisure Club facilities in addition to your Bridal Special Treatments, please contact the Leisure Club direct.

PACKAGES



THE PERFECT GIFT

A Spa Gift Voucher from Reflections truly is the most precious gift that will be gratefully received.

Let us look after you and make buying gifts an easy and pleasurable experience!

For Someone Special

When the time has come to buy a present for a friend or relative you truly care about, why not choose a QHotels Spa Gift Voucher? Completely flexible – you simply choose how much you want to spend and at the most convenient hotel and we'll do the rest!

The voucher can either be used to pay for a complete treatment or for part of a treatment, depending on its value.

No other present has the potential ability to revitalise, refresh or rejuvenate in quite the same way. From Indian Head Massage to Pedicure, we can help change your friend's wellbeing from top to toe!

Corporate Gifts

Looking to reward your clients or colleagues? A Spa gift is the perfect way to say 'thank you'. We can create gift boxes, or Spa vouchers for any budget, just leave it to us.

How to Buy a Spa Gift

We will create, prepare and gift wrap. All you need to do is call your Reflections Spa direct on 01226 352 700. Alternatively log on to www.qhotels.co.uk and you can purchase your Spa Gift Vouchers online.

Terms and Conditions

Vouchers are valid for 6 months from date of purchase. Vouchers are non refundable and cannot be used in conjunction with any other Spa offers or promotions.

Spa Opening Hours

Monday	9am – 6pm
Tuesday	9am – 8pm
Wednesday	9am – 8pm
Thursday	9am – 8pm
Friday	9am – 8pm
Saturday	9am – 6pm
Sunday	9am – 4.30pm

GIFTS