



**7** opportunities not to  
be taken lying down

720 minutes of totally holistic 'mmmm', 'aaah', 'oohh'  
646 muscles eased into total relaxation  
15 ways to awaken your mind  
9 to 5: not here – take your time for improved results  
One of a kind

# Spa Day's at QHotels

Leisure and Spa at  
QHotels

**QHOTELS**



Hotel Group of the Year  
2008 - 2009

# Relax & Unwind at QHotels...

You should feel tension start to flow out of your body just by walking towards a QHotels Spa and Leisure club. These little havens are dedicated to your physical and emotional wellbeing. If the body is a temple, then this is where to go to worship.

The mission to de-stress is not complete, however, without a trip to the spa itself; where well-versed therapists will massage you into a state of bliss. No knot will be left untangled under their careful ministrations, leaving you to float back to your room on a cloud of sweet-smelling loveliness.

## The Choice is yours

### Q Spa Taster Day

30mins

- File & Polish
- Back Massage
- Scalp massage
- Mini Facial

### Q Spa Evening Escape

1hr

Choose any two 25 minute treatments.

- Mini Facial
- Back, Neck & Shoulder Massage
- Leg and foot massage
- Scalp massage

### Q Spa Brides to be

1hr 30mins

- Full body massage
- Spa mini Manicure
- Champagne with your lunch

### Q Refresh & Revive

1hr 30mins

- An Aromatherapy facial to refresh & revive your complexion
- A deep cleansing back Exfoliation
- Therapeutic back, neck & shoulder massage with aromatic oils

### Q Spa Mother to be

2hrs

- Specially designed face and body massage techniques to treat muscular aches, fluid retention, stress and fatigue while improving skin tone and elasticity to prevent stretch marks
- Luxury pedicure tailored to specific needs

### Q Relax & Rewind

2hrs 30mins

- An intensive facial which includes face and scalp massage
- Therapeutic back, neck & shoulder massage with aromatic oils
- Luxury manicure which includes hand & arm massage

### Q Rejuvenate

3hrs 30mins

- Full body exfoliation enriched with essential oils to soften the skin
- Full body therapeutic massage to de-stress the body and revitalise the sense
- Advanced intensive facial to restore & rejuvenate your complexion
- Luxury manicure which includes hand & arm massage



## 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 of any health concerns at the time of booking as some treatments may not be suitable or require adjusting.

## 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 for packages or 50% of the appointment fee will be charged.

## Treatment Times

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

## Terms & Conditions

All packages subject to availability.  
Spas can change any treatment without notification to partner or guest.  
All rates at current VAT rate.  
Rates are valid from 5th January 2009 until 30th December 2009.  
All hotels listed on reverse has a QHotels Spa except The Midland

## All Packages Include:

Treatments as listed.  
Complimentary use of leisure facilities on day of package.  
Complimentary Robes & Slippers for the day.  
2 course lunch from spa menu.



## Scotland and North

The Westerwood Golf & Spa Hotel  
Cumbernauld  
Tel: 01236 860701

Aldwark Manor Golf & Spa Hotel  
York  
Tel: 01347 838146

Tankersley Manor  
Tankersley  
Tel: 01226 744700

The Midland  
Manchester  
Tel: 0161 236 3333

(For spa packages, please enquiry  
with the hotel direct.)

The Park Royal  
Warrington  
Tel: 01925 730 706

Crewe Hall  
Crewe  
Tel: 01270 253333

## Midlands and East Anglia

Forest Pines Golf & Spa Hotel  
North Lincolnshire  
Tel: 01652 650770

The Nottingham Belfry  
Nottingham  
Tel: 0115 9739393

Telford Golf & Spa Hotel  
Telford  
Tel: 01952 429977

Chesford Grange  
Nr Warwick,  
Tel: 01926 859331

Hellidon Lakes Golf & Spa Hotel  
Hellidon  
Tel: 01327 262550

The Cambridge Belfry  
Cambridge  
Tel: 01954 714600

## South

The Cheltenham Chase Hotel  
Gloucestershire  
Tel: 01452 519988

The Oxford Belfry  
Oxfordshire  
Tel: 01844 279381

The Hampshire Court Hotel  
Hampshire  
Tel: 01256 319700

Norton Park  
Hampshire  
Tel: 01962 763000

Bridgewood Manor  
Kent  
Tel: 01634 201333

Ashford International Hotel  
Ashford  
Tel: 01233 219988

