



**SPA
TREATMENTS**

Step into a world of
RELAXATION

In partnership with

ELEMIS



DUNSTON HALL
HOTEL, SPA & GOLF RESORT

THE QHOTELS COLLECTION



Enjoy some time **JUST FOR YOU**
with our **SPA DAY EXPERIENCES**

Whether it's a pamper day with friends or an escape with a partner, we have a spa experience for you. Enjoy a delicious light lunch as part of our **Signature experience**. If you have chosen our **Indulgence** or **Ultimate Spa Day**, you will be treated to a glass of Prosecco to enjoy with your light lunch. All our packages include a complimentary robe to relax in plus full use of the hotel's Health Club facilities. To really push the boat out, savour the delights of Afternoon Tea – just ask a member of the Spa team who will add it onto your day.*

SIMPLY SPA

Mon - Thurs **£69pp**
30-minute spa experience

A welcome midweek treat. Enjoy a 25-minute ELEMIS treatment of your choice from: Express Facial, Deep Tissue Back Massage, Full Body Exfoliation, Frangipani Foot Treatment or Shoulder, Neck and Scalp Massage.

SIGNATURE SPA

Mon - Thurs **£89pp** | Fri - Sun **£119pp**
60-minute spa experience

Unwind with one of our therapeutic 50-minute Signature Spa Ritual treatments. Will you opt for Revitalising, Relaxing, Rebalancing, Fit for Business, Pro-Glow Smooth Facial or our Peaceful Pregnancy Massage? A light lunch is also included.

INDULGENCE SPA

Mon - Thurs **£130pp** | Fri - Sun **£160pp**
90-minute spa experience

Treat your mind, body and soul to a day of pure indulgence. Choose a 50-minute treatment from one of the following: an ELEMIS Freestyle Deep Tissue Massage, Wellbeing Massage, Personalised Facial or a Peaceful Pregnancy Massage, then add a soothing 25-minute treatment from a choice of: Express Facial, Express Manicure, Express Pedicure, Frangipani Foot Treatment, Back, Shoulder & Neck Massage or Shoulder, Neck and Scalp Massage. A glass of Prosecco and light lunch is also included.

ULTIMATE SPA

Mon - Thurs **£174pp** | Fri - Sun **£204pp**
120-minute spa experience

Give yourself the ultimate treat. Choose a 50-minute treatment from a choice of: ELEMIS BIOTEC Facial, ELEMIS Freestyle Deep Tissue Massage, Wellbeing Massage, ELEMIS Personalised Facial or a Peaceful Pregnancy Massage. Then select 2 x 25-minute Express treatments; Express Facial, Express Manicure, Express Pedicure, Frangipani Foot Treatment, Back, Shoulder and Neck Massage or Shoulder, Neck and Scalp Massage. A glass of Prosecco and light lunch is also included.

Terms and conditions apply.

Spa day experiences are limited to 4 hours. All Spa Experiences include consultation time. Please contact a member of the team for full details.

*We require a minimum 24 hours' notice to add Afternoon Tea onto your day.

ELEMIS FACIALS

50 mins - From £89

Pro-Glow Renewal Facial

Mon - Thurs £89pp | Fri - Sun £99pp

For gorgeous glowing skin. ELEMIS' signature deep-cleansing skin wellness facial. Showcasing prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced.

Pro-Glow Smooth Facial

Mon - Thurs £89pp | Fri - Sun £99pp

The Hiit workout for your skin. After just one treatment, the complexion looks firmer, smoother and rejuvenated, dead skin cells are lifted to give skin added luminosity and an infusion of hydration, delivers an immediate tightened effect.

ELEMIS BIOTEC FACIALS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. With clinically proven results, visibly healthy, nourished and energised skin.

Pro-Glow Resurface Facial+

Mon - Thurs £99pp | Fri - Sun £109pp

Reveal stunningly smooth skin. Super-charged, deep-cleansing and powerful ultrasonic peel technology eliminates impurities. Gentle resurfacing helps reduce dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin appears instantly renewed for a clearer, brighter complexion.

Pro-Glow Smooth Facial+

Mon - Thurs £99pp | Fri - Sun £109pp

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology. Targeting lines and wrinkles for more radiant, youthful looking skin that feels firmer with more elasticity.

BODY TREATMENTS

From £94

Wellbeing Massage

Mon - Thurs £94pp | Fri - Sun £104pp

50 mins

ELEMIS aromatherapy massage uses a blend of individually chosen oils.

Deeper Than Deep Hot Stone Massage

Mon - Thurs £104pp | Fri - Sun £114pp

50 mins

Balinese stones bathed in Frangipani Monoi Body Oil are worked deep into the muscles, targeting areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.

Freestyle Deep Tissue

Mon - Thurs £94pp | Fri - Sun £104pp

50 mins

Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

Peaceful Pregnancy Treatment

Mon - Thurs £94pp | Fri - Sun £104pp

50 mins

This intuitive, restorative and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics are specially selected for optimum wellness and deep calm.

Couture Touch

Mon - Thurs £164pp | Fri - Sun £174pp

100 mins

Combine a 50-minute ELEMIS facial with a 50-minute Freestyle Deep Tissue Full Body Massage.

SPA GIFT VOUCHERS

Looking for a luxurious gift for someone who loves a bit of pampering? Give them the gift of self-care and indulgence at one of our 17 spa hotels dotted around the UK.

Purchase online at: qhotels.co.uk/gift-vouchers

SIGNATURE SPA RITUALS

50 mins - From £89

Revitalising Ritual with ELEMIS

Mon - Thurs £89pp | Fri - Sun £99pp

A refreshing full body exfoliation followed by a therapeutic back massage to soothe tension and leave you relaxed and revived.

Rebalancing Ritual with ELEMIS

Mon - Thurs £89pp | Fri - Sun £99pp

Restore equilibrium and peace of mind with this unique combination of a personalised facial, 5-minute scalp massage, lower leg and foot massage.

Fit For Business Back Ritual with ELEMIS

Mon - Thurs £89pp | Fri - Sun £99pp

After a stressful day relax with a back cleanse, exfoliation and deep massage followed by a purifying back mask, tension revitalising massage to the legs and feet to leave you fully rejuvenated.

Relaxing Face and Back Ritual with ELEMIS

Mon - Thurs £89pp | Fri - Sun £99pp

A gentle exfoliation and relaxing aromatherapy back massage, with a face and scalp massage, to melt away tension and leave skin radiant.

ADD A LITTLE SOMETHING SPECIAL

25 mins - From £50

Personalised Express Facial

Mon - Thurs £50pp | Fri - Sun £55pp

Shoulder, Neck and Scalp Massage

Mon - Thurs £50pp | Fri - Sun £55pp

Freestyle Deep Tissue Back Massage

Mon - Thurs £50pp | Fri - Sun £55pp

Frangipani Foot Treatment

Mon - Thurs £50pp | Fri - Sun £55pp

BIOTEC Eye Treatment

Mon - Thurs £50pp | Fri - Sun £55pp

WAXING

Waxing Package

25 mins Mon - Thurs £45
50 mins Mon - Thurs £85

Lip Wax

15 mins Mon - Thurs £20

LASHES AND BROWS

Expertly shaped and tinted by our experienced team. Please note a patch test is required 48hrs prior to any tinting treatment.

Eyelash Tint

20 mins Mon - Thurs £40

Eyebrow Tint

15 mins Mon - Thurs £30

Eyebrow Wax & Tint

20 mins Mon - Thurs £40

NAIL TREATMENTS

Express Manicure

Classic 25 mins Mon - Thurs £35

Essential Manicure

Classic 55 mins Mon - Thurs £50
French 55 mins Mon - Thurs £55

Gelcolor - Fingers

Classic 55 mins Mon - Thurs £60
French 55 mins Mon - Thurs £60

Gelcolor - Toes

Classic 55 mins Mon - Thurs £60
French 55 mins Mon - Thurs £60

Removal & Re-application - Fingers

Classic 55 mins Mon - Thurs £65
French 80 mins Mon - Thurs £70

Removal & Re-application - Toes

Classic 55 mins Mon - Thurs £65
French 80 mins Mon - Thurs £70

Gel Removal Only - Fingers or Toes

Classic 25 mins Mon - Thurs £30

Express Pedicure

Classic 25 mins Mon - Thurs £40

Essential Pedicure

Classic 55 mins Mon - Thurs £60
French 85 mins Mon - Thurs £85

Luxury Pedicure

Classic 85 mins Mon - Thurs £80
French 85 mins Mon - Thurs £95

ELEMIS

SPA ETIQUETTE

Arrival Time

We recommend that you arrive 30 minutes in advance of your treatments so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a loss of treatment time or in some cases the treatment may be unable to be carried out.

Medical Advice

Some of the treatments that are offered are not suitable for guests with certain medical ailments and conditions. In some instances a doctor's note may be required in order for us to be able to carry out the treatment.

Cancellation Policy

All of our spa treatments incur a 100% cancellation fee unless cancelled 48 hours prior to the booking. Bookings made in the 48 hour cancellation period must be pre-paid and are non-refundable.

We are a private Health Club facility which welcomes families and children around the poolside. The Health Club team will endeavour to keep the pool environment tidy and will remove towels or belongings left unattended for over 30 minutes, with that in mind, we kindly request that poolside loungers are not reserved. Our relaxation room is adult only and is an area of relaxation and tranquillity. Whilst enjoying the peace that this room offers, please also respect other spa guests' right to privacy and serenity.

*Unfortunately, we are unable to remove any other gel product other than Jessica, please ensure this is removed before arrival to avoid a non-refundable cancellation of your treatment.

Spa Restrictions

Our spa treatments are available for clients and guests aged 16 and over however, not all treatments are available for those under the age of 18, please check when making your booking to avoid disappointment.



DUNSTON HALL

HOTEL, SPA & GOLF RESORT

THE GHOTELS COLLECTION

Dunston Hall Hotel, Spa & Golf Resort, Ipswich Road, Norwich, NR14 8PQ

Tel: 0330 107 1599

Email: spa@theqhotelscollection.co.uk

Website: theqhotelscollection.co.uk