

**QHOTELS**  
Aldwark Manor  
GOLF AND SPA HOTEL  
York

**43**

ways to make your mind  
wander and your toes tingle

## Spa experiences





**10** soothing fingers to  
iron out your troubles



## 36 reasons to make the most of our luxurious Spa

Elaborate indulgence and the simple life go hand in hand at the picturesque Aldwark Manor Golf and Spa Hotel in York. Sample the subtly styled spa rooms alongside our lavish surroundings and you'll very quickly end up lost in that special space called 'me'.

Many of our guests find a real spiritual home here as they discover that the trials and tribulations of the day easily drift away within minutes of arriving. They simply press their own reset button by doing nothing at all.

Last but not least, our fabulous country estate setting, allows you to simply sit back, relax and think about mañana...



**Aldwark Manor Golf & Spa Hotel**  
York

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



**17** opportunities to put  
your feet up and chill



## A selection of essential oils, blended for that renowned Aldwark Manor 'oohh!'

No hot stone has been left unturned in our quest for ultimate wellbeing. By Jove, we think we've found it, and it's waiting for you in our Spa here at Aldwark Manor.

It lingers in the sauna and steam rooms, easing the knots in your shoulders as you simply sit. It rests in the stillness of the treatment rooms, cocooning you in tranquillity. And it flows through the fingers of our beauty therapists as they massage, ease, soothe, primp, preen and pamper you into a state of wonderfulness that goes way beyond relaxation.

With all this to indulge in, how will you ever want to leave?





**15** metres of plunge-worthy pool



## Treat yourself to a Spa break that is guaranteed to make your senses go ‘mmmm’...

A QHotels Spa break (go on you know it’s naughty and you know you want to) is quite simply the ultimate way to re-charge your batteries and restore your balance. A one or two night break at a QHotel, with a choice of exclusive, one of a kind QSpa treatments included. Life really doesn’t and shouldn’t get any better than this.

Our range of treatments is just phenomenal, in more ways than one. To start with, there’s an amazing array to choose from; invigorating massages, soothing facials, pampering manicures and pedicures, the list goes on and on. And they’re all designed for total wellbeing; to restore energy, relax muscles, ease tension, balance mind and body and generally leave you in a drifting, floating state of gorgeousness.

Take a look at our treatment menu for your endless choice, or simply give us a call.

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**45** melodious massages,  
fabulous facials and  
heavenly hot stones



# 1001 reasons why you deserve a special Spa day treat

You should feel tension start to flow out of your body just by walking towards a QHotels Spa for one of our tension teasing Spa days.

At Aldwark Manor this little haven of gorgeousness is dedicated to your physical and emotional wellbeing. If the body is a temple, then this is the place to go to worship.

Our mission is to de-stress, revive – and dare we say inspire you. Once here our 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 home on a cloud of sweet-smelling loveliness.



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**180**  
minutes of unadulterated bliss

**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 833941

**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)**



**Aldwark Manor  
Golf & Spa Hotel  
York**

Aldwark Manor  
A166  
Near York  
North Yorkshire  
YO61 1UF

Tel: 01347 838146  
Fax: 01347 838950

[aldwarkmanorleisure@qhoteles.co.uk](mailto:aldwarkmanorleisure@qhoteles.co.uk)  
[www.QHotels.co.uk](http://www.QHotels.co.uk)



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