

QHOTELS

Ashford International Hotel

Ashford, Kent

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

At Ashford International it's like coming home – to luxury.

Friendly and welcoming staff makes us more than just a place to lay your head for a while, we're part of the family. Our gorgeous interior décor makes an excellent first impression and will connect you to your inner Olympian – or Goddess.

We understand that everyone's idea of holistic heaven is a little bit different - variety is the spice of Spa life. So, from floating away your troubles to pummelling out the excesses of the weekend, we think we've got what you're looking for.

By the time you leave, you'll have made such a connection with the place you'll want to come back again and again. See you soon.



**Ashford International Hotel**  
Ashford, Kent

[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 Ashford International Hotel '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 Ashford International Hotel.

It ripples through the spa bath that's just the right temperature to bubble your cares away. It lingers in the sauna and steam rooms, easing the knots in your shoulders as you simply sit. It zings out of the ice chips that revive and invigorate. It lazes on the heated loungers, so comfortable and so warming. 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?





20 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, heavenly hot stones, 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 Ashford International Hotel 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)**



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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