

SPECIAL TREATMENT AT TELFORD



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
THE HYPHE IMPERIAL, HYPHE, KENT. TEL: 01303 233 724

Reflections
HEALTH, FITNESS & SPA



REFRESH

How to Spa with Reflections Spa Day Packages

We offer a selection of pampering days or alternatively you can create your own. Your day includes a light lunch, full use of our leisure and fitness facilities and complimentary use of luxury robe, slippers and towels.

Arrival

To enjoy the ultimate in relaxation we advise that you arrive 20 minutes prior to your treatments in order to check in, change and unwind in our Spa relaxation room.

Treatment Times

Your Spa Therapist will include a consultation, treatment prescription and post relaxation in the treatment times listed.

Aftercare

We advise you to prolong the benefits of your Spa Treatments. Our Spa offers a full range of luxury skincare products for home use.

Your Spa Therapist will advise you on the correct face and body care to maintain your results.

Medical Information

Some treatments may not be suitable or require adjusting. As your wellbeing is our priority please give us any relevant information at the time of booking.

Booking Your Spa Treatments

We advise you book your treatments and Spa day packages in advance to avoid disappointment. On booking we require credit or debit card details to secure your appointment. If you require any advice on treatments or packages then please do not hesitate to contact us and one of our experts will be happy to help.

Cancellations

If for any reason you cannot make your Spa appointment please call us on 01952 429 977. We require 48 hours notice on all treatments and packages to avoid a full cancellation charge.

SPA



REJUVENATE

Our Face Therapy range tends to your individual needs. After consultation your expert therapist will carefully select and apply the finest ingredients to meet your every need.

Facial Programmes:

Essential – Dull, dehydrated skin?

This radiance-boosting treatment leaves your skin perfectly moisturised and infinitely velvet-soft.

Purify – Longing for matte, balanced skin?

This purifying treatment improves the appearance of your skin and leaves it beautifully clear and matte.

Nourish – In need of some comfort?

This nourishing treatment is a rich and complete 'meal' that deeply replenishes your skin and leaves it supple and rejuvenated.

Soothe – Are you a sensitive soul?

This soothing treatment gives your skin some tenderness. Even the most delicate skin is left calm and incredibly soft.

Lift – Lacking tone, vitality and firmness?

This smoothing treatment strengthens your skin's defences against time. It leaves your skin revitalised, smooth and visibly toned.

Radiance – Dark spots? Dull complexion?

This radiance treatment promises you a luminous complexion. With regular use it will improve the appearance of dark spots.

Express

This express treatment invigorates and relaxes the skin. You leave with instant radiance.

Face Therapy Add-Ons

Why not complement your facial treatment with one of the following: **Indian Head Taster, Aroma Foot Reflex, Aroma Bronzer, Hand or Foot Mask, Nourishing Leg & Foot Scrub or Eye Reviver.** Please ask your therapist to add this on to your treatment for £10.

**EXCLUSIVE REFLECTIONS
FACE THERAPY**

This relaxing Facial Therapy uses warm, luxurious crystals to invigorate and re-balance leaving your skin rejuvenated and exceptionally smooth.

FACE



REVITALISE

Massage with Reflections – Soothe and relax, ease aching muscles or enjoy an uplifting massage.

The massage is tailored to suit your individual needs. Choose from: **Back, Neck and Shoulder, Full Body, Advanced Full Body or Reiki.**

Salt 'n' Oil Therapy

This luxury treatment uses fresh sea salt to brighten and moisturise your body leaving your skin silky smooth. Choose from:

Relaxing or Invigorating.

Aromatic Body Therapy

These body treatments use aromatic oils and masks to make you feel truly comforted. Choose from: Relaxing, Energising, Detoxifying or Toning.

Pregnancy Pamper

The ultimate relaxer; perfect during pregnancy to restore, comfort and soothe aches and pains. Includes a gentle body exfoliation, a massage using warm aromatic oils specifically blended for mums-to-be and a balancing facial to keep your pregnancy glow...Heaven!

Reflections Stimulating Hip and Thigh Therapy

This treatment has been created by our experts using only the finest high performance firming

and cellulite busting ingredients, to help break down fatty deposits, combat sluggish circulation and remove excess fluid! Courses available.

Reflections Reflexology

Relax mind, body and soul with this healing treatment. You will feel restored with an overall improvement on your own physical, mental and emotional being through the ancient art of reflexology. Courses available.

Body Therapy Add-Ons

Why not complement your Body Therapy or massage with one of the following: **Black Volcanic Stones or Hot Oil Blend.** Please ask your therapist to add this to your treatment for £10.

**EXCLUSIVE REFLECTIONS
BODY THERAPY**

Surrender to 'You' time! After a consultation with your expert therapist your very own specialised therapy will be created to meet your individual needs. Whether you desire a warming, relaxing treatment or an energy boost you are sure to feel indulged with this truly blissful experience.

BODY



RESTORE

Spa with Essentials to make sure you look fantastic every day!

The Spa Manicure

This luxurious hand and nail treatment includes a gentle exfoliation, heated nourishing mask, soothing massage, nail treatment and nail polish to make you feel truly glamorous.

The Spa Pedicure

This comforting foot treatment includes a skin smoothing scrub, warm towel treatment and a massage to give instant relief, finished off with perfectly polished nails.

Express Manicure

This express hand and nail treatment will give you an immaculate finish. Includes nail tidy, cuticle care and polish.

Express Pedicure

This express foot treatment will give you an immaculate finish. Includes nail tidy, cuticle care, foot smoother and polish.

Fake Bake Treatment

This truly amazing treatment begins with a passion fruit body smoother, followed by an application

of this celebrity favoured tanning treatment. Some hours later you will shower to reveal a beautifully bronzed body.

Make-Up with Anthony Braden

Whether you desire to be natural or glamorous this make-up treatment will suit all. Your face is pre-treated and prepared before an application of truly beautiful products selected especially for your needs. Bridal make-up trial included.

Waxing*

Using a unique waxing system for your comfort:

Full leg, half leg, bikini line, brazilian bikini, underarm, chin, lip, eyebrow, back, chest.

*Use of our thermal suite or other heated treatments is not recommended 24 hours before or after waxing.

Tinting**

This gentle tint will leave your eyes bright and beautiful:

Eyelash, Eyebrow, Eyelash/Eyebrow.

**Tint test is required 24 hours prior to treatment.

ESSENTIAL



REVIVE

This range of specialised treatments has been designed exclusively for men to leave you relaxed and stress free.

Express Relaxer

This massage concentrates on relieving pain and discomfort from your back, neck and shoulders leaving you refreshed and re-charged.

Just for Men

This exclusive treatment will restore and re-charge your batteries. You begin with a full body exfoliation to deeply cleanse the skin and the application of warm, muscle easing oils to de-stress. Whilst these aromatic oils soothe your mind and body, you will enjoy a deep cleanse and nourishing massage of the face, neck and scalp, followed by a full body massage.

The Ultimate Stress Buster

Surrender to this deeply relaxing treatment which is the ultimate stress buster. Your treatment includes an advanced body massage using essential oils to release both physical and mental stress.

The Facial

Prescribed just for men, this face therapy deeply cleanses, repairs and soothes irritation leaving the face fully revitalised

Gent's Grooming

This hand and foot treatment buffs and trims nails, removes dry, hard skin and completes with a comforting massage.

Golfer's Re-Charge

This is the perfect relaxer to soothe all your aches and pains. The treatment uses warm volcanic stones to give instant pain relief and to finish, a cooling body gel to invigorate tired muscles.

MEN



RELAX

Spa Packages

Choose from our selection of pamper days, designed exclusively for Reflections. During all our pampering packages you can relax by the pool, indulge in our hot and cold sensation thermal suite or simply unwind in the comfort of our relaxation room.

Reflective Spa

This Spa experience gives you a choice of two luxury Spa taster treatments and a tasty Spa lunch to leave you refreshed and re-charged.

Choose two of the following Spa Therapies:

- Warm Stone Back Massage
- Aromatic Foot Relief
- Oriental Facial Massage
- Serenity Scalp Therapy
- Nourishing Body Treatment

Ultimate Spa

Pure indulgence; the Ultimate Spa offers complete rest and relaxation. Your personal therapist will begin with a soothing foot ritual while carrying out a consultation. Your day then includes a comforting salt and oil therapy followed by a tailor made body massage.

After a light Spa lunch, you will enjoy a prescriptive facial and scalp therapy. You will then enjoy afternoon tea before completing your day with a file and polish, leaving you in a state of wellbeing that you truly deserve.

Pamper Party

Whether it's a hen party or just girls together, enjoy a day at Reflections. You will be treated to top-to-toe pampering to leave you feeling completely re-energised. Your day begins with a luxurious moisture melt body therapy. Take a break for a tasty lunch followed by champagne and chocolates, after which you will relax in expert hands for an Essential facial treatment leaving you invigorated and radiant.

Golfer's Partner Retreat

If you would rather surround yourself in complete comfort rather than the golfing greens, then this is the treatment for you. Relax with this luxurious Spa retreat which includes a massage using natural volcanic stones to leave you feeling fully restored, a light tasty lunch followed by soothing scalp and foot therapy.

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

Indulge a friend or loved one with a Spa Gift Voucher. Choose individual treatments, Spa days or simply create your very own package just for them.

Alternatively we can create Spa Gift boxes with a selection of luxurious face and body products to really give the gift of beauty.

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 01952 429 977.

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.

GIFTS