

QHOTELS

Telford
GOLF AND SPA HOTEL
Telford, Shropshire

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

Residing in a UNESCO World Heritage Site overlooking Ironbridge Gorge we're forever indebted to the coal-mining industry. However, we're pleased to say the views are now far more picturesque, with the rocky gorge and green surrounds punctuated by the majestic bridge.

In fact we're worth a visit purely for the views alone, but to us they are only the first step on your journey to that place called 'me time'. Take a stroll in our 170 acre grounds, or maybe relax with a great cappuccino and engrossing book before heading to our spa for a spot of indulgence.

We think you'll find it the most relaxing atmosphere to be found outside of a Tibetan temple.





17 opportunities to put
your feet up and chill



A selection of essential oils, blended for that renowned Telford 'oooh!'

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 Telford.

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?





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, heavenly hot stones, the list goes on and on. And they're all designed for total wellbeing; to rejuvenate 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.



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 Telford 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.



Telford Hotel & Golf Resort
Telford, Shropshire

www.QHotels.co.uk



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



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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