

One for QHotels signature rituals

The All Over Refresh and Revitalise 50 minutes	£45.00
Relaxing Face and Back Ritual 50 minutes	£45.00
Fit For Business Back Ritual 50 minutes	£45.00
The Head and Feet Wake Up Ritual 50 minutes	£45.00

One for fabulous facial rituals

The Age Defyer Facial with a Lifting and Firming Eye Treatment 1 hour 25 minutes	£80.00
ESPA Radiance Facial 55 minutes	£45.00
Mini Q Facial 25 minutes	£27.00
ESPA Re-Hydrator Facial 55 minutes	£45.00
ESPA Rebalance Facial 55 minutes	£45.00
ESPA Regenerating Facial 55 minutes	£49.00

Lifting and Firming Facial
55 minutes

£55.00

Lifting and Firming Eye Treatment
25 minutes

£27.00

Add a Lifting and Firming Eye Treatment to any Facial for only £20.00.

One for beautiful body rituals and envelopments

Luxury ESPA Back, Face and Scalp Treatment | 1 hour 25 minutes

£60.00

Signature ESPA Back, Face and Scalp Treatment with Hot Stones | 1 hour 40 minutes

£70.00

ESPA Holistic Total Body Care
1 hour 40 minutes

£70.00

ESPA Holistic Total Body Care with Hot Stones | 1 hour 55 minutes

£80.00

Relaxing Back Ritual
40 minutes

£45.00

Hip and Thigh Treatment
55 minutes

£50.00

ESPA Salt and Oil Scrub
25 minutes

£25.00

Spearmint Body Polish
35 minutes

£25.00

Add a Salt and Oil Scrub or Body Polish to any Massage and/or Facial treatment for only £20.00.

Relaxing Foot Ritual
25 minutes

£30.00

Algae Envelopment
55 minutes

£50.00

Marine Mud Envelopment
55 minutes

£50.00

Oshadi Wrap
55 minutes

£50.00

Full Body Massage
55 minutes

£45.00

Add Hot Stones for only £10.00 extra.

Back, Neck and Shoulder Massage
25 minutes

£30.00

Add Hot Stones for only £10.00 extra.

Reflexology
50 minutes

£45.00

Indian Head Massage
40 minutes

£40.00

Lava Shells Full Body Massage
60 minutes

£65.00

Lava Shells Back Massage
30 minutes

£40.00

The Hampshire Court Hotel Tel: 01256 319700 hampshirespa@qhotels.co.uk www.QHotels.co.uk



One to prepare and care

Pure Body Harmony £55.00
1 hour 25 minutes

The All Over refresh and Revitalise £45.00
50 minutes

Reflexology £45.00
50 minutes

One for the boys

Full Body Massage £45.00
55 minutes

Back, Neck and Shoulder Massage £30.00
25 minutes

ESPA Men's Purifying Facial, Shoulder
and Scalp Massage 1 hour 10 minutes £50.00

Fit for Business Back Ritual £45.00
50 minutes

Men's waxing

Back 20 minutes £20.00

Chest 20 minutes £20.00

Executive Hand and Nail Treatment for Men £15.00
25 minutes

Executive Foot Care for Men £30.00
40 minutes

One for the finishing touch

Full Leg & Bikini Wax 50 minutes £30.00

Full Leg Wax 40 minutes £25.00

Half Leg Wax 20 minutes £20.00

Bikini Line Wax 10 minutes £10.00

Underarm Wax 10 minutes £10.00

Forearm Wax 20 minutes £10.00

Upper Lip Wax 10 minutes £8.00

Lip & Chin Wax 20 minutes £12.00

Chin Wax 10 minutes £8.00

Eyebrow Wax/Shape 10 minutes £8.00

Eyeshadow & Eyebrow Tint 20 minutes £18.00

Eyeshadow Tint 20 minutes £10.00

Eyebrow Tint 10 minutes £10.00

Tanning

Full Spray Tan 40 minutes £30.00

Half Body Spray Tan 20 minutes £18.00

Make-Up

Special Occasion Make-Up 50 minutes £45.00

Bridal Make-Up 2 x 50 minutes £80.00

Make-Up Lesson 50 minutes £45.00

One for heavenly hands

File & Polish 20 minutes £20.00

Manicure 50 minutes £28.00

Deluxe Manicure 1 hour 10 minutes £35.00

Shellac Nails 20 minutes £20.00 extra

One to treat your feet

File & Polish 20 minutes £20.00

Pedicure 1 hour £30.00

Deluxe Pedicure 1 hour 10 minutes £35.00

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