


Norton Park
Winchester, Hampshire

One for the ultimate retreat.
One of a kind.



HIOTELS

21 Four Star, **Individual** Hotels

A still life composition for a spa treatment. In the foreground, a lit candle in a clear glass holder sits on a wooden surface. To its right are three smooth, light-colored stones. In the background, more lit candles are visible, along with a wooden bucket on the left and a pile of white towels on the right. The scene is warmly lit by the candle flames.

One for a luxurious spa treat.
One of a kind.

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One for fabulous facial rituals

The Age Defyer Facial with a lifting & firming eye treatment | hour 30 minutes

This regenerating facial treatment has been especially created to help combat the signs of ageing and sun damaged skin. Products rich in anti-oxidants are used to help hydrate and protect your skin. Particular focus is given to the delicate areas around the eyes, neck and lips which are prone to fine lines. The anti-ageing benefits of this treatment visibly improve the appearance of your skin, helping to minimise lines and wrinkles, leaving skin fresh, replenished and nourished.

ESPA Radiance Facial | hour

Exposure to pollution, a lack of sleep, living a stressful life can all result in dull, tired skin, lacking vitality and luminosity. This relaxing facial treatment helps revive tired skin giving a noticeably brighter and naturally radiant appearance. Hawaiian Algae and Meadowsweet are rich in natural AHA's and BHA's which assist in reducing irregular pigmentation and promote a radiant complexion.

ESPA Re-hydrator Facial | hour

Everybody needs a boost once in a while and this facial is designed for dry and dehydrated skin yet it is perfect for the most sensitive of skins. A gentle cleansing and soft exfoliation helps the skin to absorb nourishing and replenishing facial oils and masks. These products are specifically chosen for their deeply moisturising and soothing properties. This re-hydrating facial leaves skin calm, smooth, supple and nourished.

Mini Q Facial Experience 30 minutes

This facial is suitable for all skin types and includes deep cleansing, toning and a mask aimed to purify, refine and hydrate. Great for those with limited time or wanting to start a skin care routine.



One for fabulous facial rituals

ESPA Rebalance Facial 1 hour

Do you suffer from oily, problematic skin or even suffer from a hormonal imbalance? This deep-cleansing, oil-controlling facial helps to regulate oil secretions and refine open pores. Essential oils of Tea Tree and White Thyme, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin encouraging a more balanced and clearer complexion.

ESPA Regenerating Facial 1 hour

This fabulous facial is a luxurious and regenerating boost for maturing skin. Using a selection of products including Jasmine, Vitamin C and Green Tea this facial is designed to tone and firm areas prone to ageing such as eyes, lips and neck. This facial will leave your complexion toned, radiant and rejuvenated.

Lift and Firm Eye Treatment 30 minutes

An effective firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the impact of the environment. This regenerating eye treatment also helps relieve tension for those suffering from eye-strain and computer headaches.



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One for beautiful body rituals, envelopments and care

ESPA Holistic Total Body Care **1 hour 40 minutes**

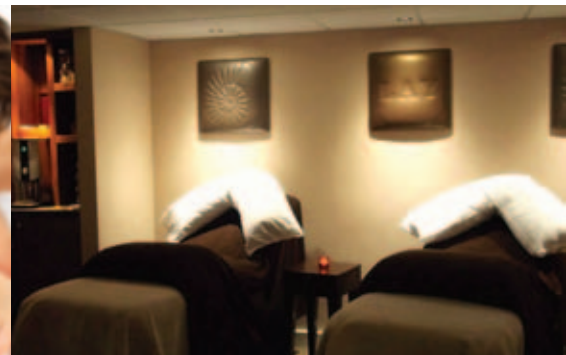
This deeply relaxing treatment focuses on rebalancing and harmonising the mind and body both physically and emotionally. The treatment begins with skin brushing, body exfoliation and a facial cleanse. A body massage ensues using individually chosen essential oils to release tension and restore energy and equilibrium. This full body treatment then focuses on easing pressure around the neck and shoulders with a calming acupressure head massage and gentle stretching to leave your body feeling soothed and your spirit calm.

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

This total body experience targets the classic areas of stress, from headaches, neck pain to shoulder tension. A stimulating deep-cleansing back exfoliation is followed by a powerful back massage using aromatic oils to melt away tension. A personalised ESPA facial tailored to your skincare needs and a stress relieving scalp massage completes this treatment. The body feels totally rejuvenated, skin revitalised and muscles soothed.

Signature ESPA Back, Face and Scalp Treatment with hot stones **1 hour 40 minutes**

Incorporating all of the benefits of the luxury ESPA total body experience, but with a powerful back massage using volcanic hot stones and aromatic oils to melt away any tension. Pure indulgence...



One for beautiful body rituals, envelopments and care

ESPA Chakra Balancing with hot stones 2 hours

This advanced treatment works with vital energy centres to relax tense muscles and restore clarity and focus to the mind. Skin brushing, exfoliation and an ESPA facial cleanse begin the treatment. Vital energy points and Chakras are then massaged with an individually tailored blend of oils and hot volcanic stones to release deep-seated tension and restore energy to the body. A de-stressing and deeply soothing head massage concludes this treatment to restore balance and equilibrium.

Relaxing Back Ritual 45 minutes

A tension releasing massage suitable for tight muscles and congested skin on the back, neck or shoulders. The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and refresh the skin. A marine mud mask is then smoothed onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away tension from the back with a calming aromatherapy massage.

Hip and Thigh Treatment 1 hour

An effective massage targeting areas which are prone to cellulite, fluid retention and uneven skin texture. The body is exfoliated using a special blend of seaweed, salt and oil and removed using iced mitts to tone and firm the skin. A brisk and powerful detoxifying massage follows, stimulating the lymphatic system to instantly improve the appearance of the skin. Relevant reflex zones and pressure points on the feet are activated to leave you feeling totally revitalised and refreshed. A course of treatments is recommended to maximise the effects. Please speak to your spa therapist for more information.



One for beautiful body rituals, envelopments and care

ESPA Salt and Oil Scrub 25 minutes

Choose from the below blends for the desired effect:

- Detoxifying • Relaxing • Invigorating

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft.

Spearmint Body Polish 25 minutes

A total body and skin smoothing treatment which can be used in isolation to leave skin smooth and nourished or as a preparation for a massage. This complete exfoliation will cleanse and invigorate the body.

Relaxing Foot Ritual 30 minutes

The feet are soaked in soothing warm water infused with Essential Oils. This is followed by exfoliation of the feet and lower legs and a deeply relaxing massage to complete the calming experience.



One for beautiful body rituals, envelopments and care

Algae Envelopment 55 minutes

The cleansing benefits of Marine Algae combine perfectly with a refreshing and uplifting essential oil blend to re-establish a sense of well-being and leave you energised and revitalised.

Marine and Mud Envelopment 55 minutes

The mud envelopment is pure luxury and brings true re-hydration to dry or sensitive skin, leaving it nourished and soft. Excellent after a holiday or a wonderful preparation for a special occasion.

Oshadi Wrap 55 minutes

A warming combination of Indian herbs and spices warms the muscles to relieve tension, fluid build up and ease the discomfort of arthritis and joint problems.



One to prepare and care

Pure Body Harmony 1 hour 30 minutes

A nurturing body treatment carefully designed for pregnant and nursing mothers to relax the body and tone the skin during this very special time. This treatment begins with gentle body exfoliation and uses a natural Calendula infused oil and advanced massage techniques to areas prone to tension and stress during pregnancy. A warm application of a deeply nourishing body mask to the whole body follows; then you are gently covered in warm linens as a relaxing scalp massage takes place. This indulgent treatment leaves you glowing, your spirit calm and the skin toned.

Reflexology 45 minutes

Based on the theory that pressure points in the hands and feet reflect parts of the body, reflexology is a natural therapy which is safe, gentle, deeply relaxing and can achieve a sense of well-being by controlled pressure on these zones.

A fabulous relaxing pregnancy massage is available after your first 14 weeks of pregnancy. We would recommend reflexology, manicures, pedicures or facials within your first 14 weeks of pregnancy.



One to prepare and care

Oriental Scalp, Neck and Shoulder Massage 30 minutes

Drift into a deep relaxation with this sublimely calming massage. All traces of tension are gently eased from the scalp, décolleté, neck and shoulders and the soothing essential oils enhance the calming experience.

Essential Tension Release Massage 30 minutes

A traditional deep muscle massage designed to relieve tension and release stress in the back, neck and shoulders.

Aromatherapy or Swedish Massage 60 minutes

A choice of massage techniques, using blends of essential oils personally selected to your individual needs. Your massage experience includes neck, shoulders and scalp as well as the back, legs, arms, hands and feet.



One for the boys

All body treatments are available to men with the use of our men's formulated skincare range and unisex body products. The following selection is designed to help address specific areas of stress and tension.

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

This facial works at a deep level to cleanse, purify, balance and hydrate the skin. An advanced triple cleansing technique and hot towels are used to soothe and soften the skin and facial hair and aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows releasing tight muscles and tension, leaving you feeling totally de-stressed.

ESPA Relaxing and Deep Cleansing Back Treatment 45 minutes

An ideal treatment for muscular aches, pains, hard to reach areas and problematic skin. This deep cleansing treatment will refine the skin to aid with the relaxing and healing properties of a deeply therapeutic massage and application of warm Marine Mud to cleanse and heal any problematic areas leaving your back feeling relieved, conditioned and relaxed.



One for the boys

Men's waxing (Monday - Thursday only)

Choose from:

Back 30 minutes

Chest 30 minutes

Executive Hand and Nail Treatment for Men 25 minutes

Hands are exfoliated to remove any dryness and massaged with nourishing creams. Cuticles are conditioned and groomed, and nails are trimmed and perfectly shaped.

Executive Foot Care for Men 45 minutes

A relaxing foot treatment. Involves removing hard skin and massaging feet and legs with deep conditioning creams. Cuticles are left clean and tidy, and nails will be perfectly shaped.



One for the finishing touch

Waxing

Full Leg & Bikini Wax	60 minutes
Full Leg Wax	45 minutes
Half Leg Wax	30 minutes
Bikini Line Wax	15 minutes
Underarm or Forearm Wax	15 minutes
Upper Lip Wax	15 minutes
Lip & Chin Wax	15 minutes
Eyebrow Wax/Shape	15 minutes

Please note, it is recommended that you do not use heat treatments, eg. sauna, steam room within 12 hours of your treatment.

Eye treatments

Eyelash & Eyebrow Tint	30 minutes
Eyelash Tint	15 minutes
Eyebrow Tint	15 minutes

Tinting only available Monday to Thursday and a minimum of 24 hours will be required for a patch test prior to the first tinting treatment.



One for the finishing touch

Fake Bake Tanning

Fake Bake gives an instant sun-kissed colour and develops into a long lasting sunless fake tan by combining naturally derived tanning agents DHA and Erythrose guaranteeing longer lasting (up to 50% longer), more natural-looking results. Includes exfoliation, moisturise and tan application. (Loose, dark coloured clothing recommended.)

Full Body tan	55 minutes
Half Body tan	30 minutes

Make-up

A mineral based make-up range is available – please just ask your therapist.

Make-up Lesson 1 hour (Monday to Thursday only)

We will show you how to choose the right shades for your skin tone and the correct application for a subtle day make-up or a more glamorous evening look.

Special Occasion Make-up 1 hour

Bridal Make-up 2hours

Including a pre-wedding trial and in room make-up application on your special day.



One for the finishing touch

Heavenly hands

File & Polish 30 minutes

Revive your nails with a shape and file, followed by an application of a custom nail colour.

Manicure 45 minutes

Beginning with a nail analysis to treat your nail type, the manicure includes exfoliation, massage and cuticle care. Your nails will be beautifully shaped and finished with the perfect polish.

Deluxe Manicure 1 hour

Incorporating all the benefits of a manicure enhanced by the use of thermal mittens to deep condition the skin leaving it soft and smooth.

Treats for the feet

File & Polish 30 minutes

Revive your nails with a shape and file, followed by an application of a custom nail colour.

Pedicure 1 hour

The feet are soaked and hard skin is removed. The feet and legs are then massaged with nourishing creams to leave them soft and smooth. Cuticles are groomed and toenails are beautifully shaped and polished.

Deluxe Pedicure 1 hour 15 minutes

Incorporating all the benefits of a pedicure enhanced by the use of thermal booties to deep condition the skin leaving it soft and smooth.



Your essential information:

Norton Park Spa Opening Hours:

Monday	10am to 8pm
Tuesday	10am to 8pm
Wednesday	10am to 8pm
Thursday	10am to 8pm
Friday	10am to 8pm
Saturday	10am to 8pm
Sunday	10am to 6pm

Arrival time:

You are encouraged to arrive 15 minutes prior to your appointment in order to change and check in. Please be advised that late arrivals will result in a reduction of treatment time.

Spa treatments:

A full range of specialised ESPA treatments are available. Any 2 hour treatment may be guaranteed with a credit card number.

Booking your appointment:

To schedule an appointment for the perfect treatment, please speak with our specialist Spa reception team who will guide you to the right choice.

To ensure your preferred time and service is available we recommend advanced booking.

Spa etiquette:

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' rights to privacy and serenity. In light of this, the Spa is a mobile phone, pager and smoke free zone.

The Spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

The minimum age of 16 is required for access and treatments in the Spa.



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Your essential information:

Health Conditions:

Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your Spa reservation.

Pregnancy:

We have specially designed treatments for expectant women and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

Cancellation Policy:

A 50% cancellation charge will be incurred for any treatment not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

Gift Cards:

Gift cards are available - an ideal present for someone special. Please contact the Spa for details or visit us online at www.QHotels.co.uk

Aftercare:

To maximise your Spa experience, the full range of products are available to purchase from the Spa.





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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.

