


Forest Pines Hotel & Golf Resort  
North Lincolnshire

One for the ultimate retreat.  
One of a kind.

The logo for IHOTELS, featuring a stylized 'I' and 'H' intertwined within a circle, followed by the word 'HOTELS' in a serif font.

21 Four Star, **Individual** Hotels

A still life composition for a spa treatment. In the foreground, three lit white candles in clear glass holders are arranged on a wooden surface. To the left, a portion of a wooden bucket with a brass band is visible. In the background, a stack of white towels is neatly folded. In the lower right foreground, three smooth, light-colored stones are scattered. The overall lighting is warm and soft, creating a relaxing atmosphere.

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

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## One for QHotels signature rituals

**Signature treatments designed by QHotels which are truly relaxing and will guarantee to leave you feeling completely re-energised and revitalised.**

### **The All Over Refresh and Revitalise 50 minutes**

- Foot soak and gentle exfoliation
- Nourishing mud is applied to the feet with warm boots
- A gentle neck, scalp and shoulder massage
- Warm boots are removed
- Hand and arm massage

### **The Head and Feet Wake Up Ritual 50 minutes**

- Foot soak and scrub with a lower leg and foot massage
- A neck, shoulder and scalp massage with pressure points to the head

### **Relaxing Face and Back Ritual 50 minutes**

- An exfoliation of the back
- An aroma back massage
- Cleanse and exfoliation of the face and décolleté followed by a relaxing massage

### **Fit For Business Back Ritual 50 minutes**

- A gentle exfoliation of the back followed by a back, neck and shoulder massage
- Purifying face mask is applied to the back followed by a lower leg massage

**What's more these delightful experiences also include our spa comfort package. You'll have a snugly heated blanket, duvet, pillow and bolster to make sure your treatment is as relaxing and soothing as possible. Please note treatments above include 10 minutes of consultation and care time.**



## One for fabulous facial rituals

### **Elemis Tri-Enzyme Resurfacing Facial**

**1 hour**

Clinically proven to visibly resurface the skin by up to 70% and increase smoothness by up to 32%\* after just one treatment. Targets blemishes, uneven skin tone, superficial scarring and fine lines, for younger looking skin.

\*Independent Clinical Trials 2006

### **Elemis Visible Brilliance Facial**

**1 hour 10 minutes**

With revolutionary results, this anti-ageing treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisture levels of the skin are clinically proven to increase by up to 61%\* and elasticity by 40%\* after just one treatment.

\*Independent Clinical Trials 2004

### **Elemis Pro-Collagen Quartz Lift Facial**

**1 hour 10 minutes**

Clinically proven, after just one treatment, to reduce the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*. Uses professional strength formulations for maximum effect, leaving a firmer, uplifted, more youthful looking appearance.

\*Independent Clinical Trials 2007



## One for fabulous facial rituals

### **Elemis Oxygen Skin Calm Facial**

#### **1 hour 10 minutes**

Calming actives and a restructuring Japanese silk mask infused with absolute skin calm. Booster serum, rebalances delicate and sensitive complexions. Relieves redness and comforts stressed and irritated skin.

### **Elemis S.O.S Purifying Facial 1 hour 10 minutes**

Regulates and balances the function of the skin. Purifying massage techniques combined with the unique Japanese sulphur mask, infused with absolute vita-C booster serum. It absorbs sebum, calms irritated skin and rebalances oil-rich pores.

### **Elemis Fruit Active Glow 55 minutes**

Brings back the glow to a dull and lifeless complexion. Skin is deeply cleansed and stimulated by specialist eastern massage techniques, whilst powerful conditioning actively nourishes and renews vital radiance.

### **Elemis Exotic Moisture Dew 55 minutes**

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.



## One for fabulous facial rituals

### **Elemis Herbal Lavender Repair 55 minutes**

For perfect restoration of skin balance following deep cleansing to draw out the skin impurities, this facial will help reduce unwanted shine, refine pores and treat skin breakouts.

### **Mini Q Facial 25 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.

### **Q Lifting and Firming Eye Treatment 25 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.



## One for beautiful body rituals and envelopments

### **Cellulite and Colon Therapy 1 hour**

Clinically proven to target stubborn cellulite and sagging skin, for visible, rapid results. A peel-off body mask is applied and combined with massage to deeply cleanse the body, helping to firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

### **Elemis Hot Stone Body Treatment and Facial Massage 55 minutes**

The luxurious hot and cold sensations of massage target your specific problem areas, alleviate stress and ease aching muscles. Followed by an Elemis advanced anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance.

### **Elemis Absolute Spa Ritual 1 hour 55 minutes**

Choose from one of the unique Elemis advanced anti-ageing or skin solutions facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results.



## One for beautiful body rituals and envelopments

### **Full Body Massage 55 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.

### **Back, Neck and Shoulder Massage 25 minutes**

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

### **Elemis Deep Tissue Muscle Massage 55 minutes**

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

### **Elemis Deep Tissue Back Massage 25 minutes**

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

### **Elemis Musclease AromaSpa OceanWrap**

#### **1 hour 15 minutes**

Experience a comforting foil wrap followed by a pressure point facial massage and de-stress scalp treatment. Using a warming blend of essential oils, this specialised treatment helps ease aching, tense muscles.



## One for beautiful body rituals and envelopments

### **Elemis Exotic Lime and Ginger Salt Glow 45 minutes**

A body exfoliation to invigorate and revitalise. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

### **Elemis Cellutox Aroma Spa Ocean Wrap 1 hour 15 minutes**

Be cocooned in a foil wrap whilst being treated to a pressure point facial massage and de-stress scalp treatment. This rich therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and the skin is left silky soft and smooth.

### **Elemis Exotic Coconut Rub and Milk Ritual Wrap 45 minutes**

Warmed Elemis skin nourished milk bath is poured all over the body before you are cocooned in a foil wrap. This opulent therapy is great for smoothing and softening, combined with a pressure point facial massage and de-stress scalp treatment.

### **Elemis Exotic Frangipani Body Nourish Wrap 45 minutes**

Aromatic tahitian coconut and frangipani flowers are soaked together to produce monoi oil which is poured over the body then you are cocooned in a foil wrap. This drenches the skin in moisture and provides ultimate radiance, vitality and all over body glow.

### **Reflexology 50 minutes**

An ancient ritual using pressure points in the feet to alleviate stress, tension and release a new energy throughout the body.



## One to prepare and care

### **Elemis Nurturing Massage for Mother-to-be** **1 hour 15 minutes**

Connects mother and baby through the power of touch, working with two heartbeats as one. The unique Elemis beanbag is used to ensure ultimate safety, comfort and relaxation. The treatment relieves tension in the back and alleviates swelling in the hands and feet, whilst easing the mind and uplifting the spirit.

### **The All Over Refresh and Revitalise 50 minutes**

A specialist treatment designed by QHotels incorporating a feet, hands, neck, shoulder and scalp massage helping you to relax. Safe for all to enjoy.

### **Reflexology 50 minutes**

An ancient ritual using pressure points in the feet to alleviate stress, tension and release a new energy throughout the body.



## One for the boys

### **Elemis Skin IQ Facial 55 minutes**

Clinically proven\*, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

\*independent Clinical Trials 2006

### **Elemis Urban Cleanse Facial 1 hour 10 minutes**

Eliminates blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and cleansed.

### **Elemis TotalTime Out 1 hour 55 minutes**

Select either the anti-ageing Elemis Skin IQ or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of total time out!

**Other treatments available including Elemis Deep Tissue Muscle Massage and Elemis Musclease Aroma Spa Wrap.**



## One for the boys

### Men's waxing (Monday - Thursday only)

#### Choose from:

Back	20 minutes
Chest	20 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 40 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	50 minutes
Full Leg Wax	40 minutes
Half Leg Wax	20 minutes
Bikini Line Wax	10 minutes
Underarm Wax	10 minutes
Forearm Wax	20 minutes
Upper Lip Wax	10 minutes
Lip & Chin Wax	20 minutes
Chin Wax	10 minutes
Eyebrow Wax/Shape	10 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

Eyeshadow Tint	20 minutes
Eyeshadow Tint	20 minutes
Eyebrow Tint	10 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.

### Fake Bake Tanning

Fake Bake is loved by celebrities all over the world. Achieve a natural golden brown tan with no streaks.

Full Body Spray Tan	30 minutes
Half Body Spray Tan	20 minutes

Please note, it is recommended that you exfoliate prior to your treatment. Please remove deodorant and body moisturiser prior to treatment.



## One for the finishing touch

### **Make-Up**

A mineral based make-up range is available – please ask your therapist for more information.

### **Make-Up Lesson / Application 50 minutes**

(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 50 minutes**

#### **Bridal Make-Up Trial and Application**

**2 x 50 minutes**

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

### **One to treat your feet**

#### **File & Polish 20 minutes**

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

#### **Pedicure 1 hour**

Your feet are soaked and any hard skin is removed. Your 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 10 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.

### **GELeration Pedicure 1 hour 10 minutes**

In addition to your Jessica pedicure the use of heated boots will enhance the properties within the products, leaving your feet feeling rejuvenated and refreshed.



## One for the finishing touch

### **One for heavenly hands**

#### **File and Polish 20 minutes**

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

#### **Manicure 50 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 10 minutes**

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

### **GEleration File and Polish 40 minutes**

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

### **GEleration Manicure 1 hour 10 minutes**

In addition to your Jessica manicure the use of heated mitts will enhance the properties within the products, leaving your hands feeling rejuvenated and refreshed.

### **Ear Candling with Scalp Massage 40 minutes**

Taken from the HOPI Indian ritual this relaxing and warming therapy will clear your sinuses and throat, cleanse your ear channels and remove any feelings of congestion from these areas. You will then receive a luxurious neck, shoulder and scalp massage to ease any tension headaches or muscular aches and pains. A truly tranquil experience. A course of treatments is highly recommended.



## Your essential information:

### Forest Pines Hotel & Golf Resort spa opening hours:

<b>Monday</b>	<b>8.00am to 8.00pm</b>
<b>Tuesday</b>	<b>8.00am to 8.00pm</b>
<b>Wednesday</b>	<b>8.00am to 8.00pm</b>
<b>Thursday</b>	<b>8.00am to 9.00pm</b>
<b>Friday</b>	<b>8.00am to 9.00pm</b>
<b>Saturday</b>	<b>9.00am to 6.00pm</b>
<b>Sunday</b>	<b>9.00am to 5.00pm</b>

### 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 Elemis treatments are available. Any spa treatments must be guaranteed with a credit card.

### Booking your appointment:

To schedule an appointment for the perfect treatment, please speak with our 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 minimum age of 14 is required for access and treatments in the spa.



Forest Pines Hotel & Golf Resort  
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www.QHotels.co.uk

## 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 on page 11. 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 48 hours prior to appointment. Cancellation within 24 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](http://www.QHotels.co.uk)

### Aftercare:

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







## Forest Pines Hotel & Golf Resort North Lincolnshire

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**QHOTELS**

21 Four Star, **Individual** Hotels

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.

