


Ashford International Hotel  
Ashford, Kent

One for the ultimate retreat.  
One of a kind.



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 softly blurred. In the lower right foreground, three smooth, light-colored stones are scattered. The overall lighting is warm and intimate, 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 of the shoulders, neck, face and scalp.
- 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

### **Relaxing Aroma Facial 55 minutes**

A relaxing facial experience with the use of Decléor products chosen specifically for your skin type. A special art of massage is used to relax your entire face and mind.

### **Advanced Aroma Expert Facials**

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

Every aroma expert facial offers a targeted treatment for any skin need including dry, de-hydrated, oily, ageing and even the dullest of complexions. Your therapist can advise on which is best suited to your needs on your visit to us.

### **Q Mini 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 Firming and Lifting Eye Treatment 25 minutes**

Specially designed for QHotels this treatment will help reduce fine lines, wrinkles and dark circles around the eye area whilst relieving headaches and tension.



A close-up photograph of a woman lying on her side on a massage table, receiving a massage. Her eyes are closed, and she has a peaceful expression. Her hair is pulled back. The masseuse's hands are visible, gently massaging her shoulder and upper arm. The background is softly blurred, showing another person being massaged. The overall atmosphere is calm and relaxing.

**One for a beautiful body.**  
**One of a kind.**

## One for beautiful body rituals and envelopments

### **Full Body Massage 55 minutes**

A choice of massage techniques 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**

A choice of massage techniques personally selected to your individual needs. Your massage experience focuses on your back, neck and shoulders.

### **Decléor Aroma Massage 1 hour 10 minutes**

The art of absolute well being will make sure that every bit of tension is eased from your body. Choose from relax, detox, flow or tonic Decléor products to achieve your desired result.

**Add hot stones for an enhanced and more luxurious experience.**

**Add essential oils to your massage which are personally selected to your individual needs.**



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## One for beautiful body rituals and envelopments

### **Body Silk Glistener 25 minutes**

Radiant, bright and soft. Your skin will glisten with health and vitality after this natural exfoliation therapy.

### **Decléor Aroma Envelopments**

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

A true cocoon of effectiveness. A rich, creamy mask will be chosen according to your needs and applied all over the body. Brilliant for a beneficial, comforting sensation, enjoy the pleasure of a heated blanket whilst the products work their magic. Your face and scalp will be massaged to relax you during your experience.

Choose from:

- Detoxifying Algae Wrap
- A Relax Wrap
- A Firming and Toning Wrap



## One for beautiful body rituals and envelopments

### **Aroma Foot Relief 25 minutes**

Feet and lower legs are immediately relaxed. Circulation is stimulated by a warm massage using unique reflex points which will leave your feet feeling light and fresh.

### **Tranquillity Scalp Massage 25 minutes**

Drift into a deep relaxation with this calming, relaxing experience. All traces of tension are gently eased from the scalp, neck and shoulders.

### **Perfect Anti-Cellulite Slim Treatment**

**1 hour 10 minutes**

Blitz cellulite with this ultra smoothing targeted treatment. Thighs, hips and bottom are noticeably refined even after one treatment. You will be delighted with the results.





**One to prepare and care.**  
**One of a kind.**

## One to prepare and care

### **Sumptuous Mother-To-Be Treatment** **1 hour 10 minutes**

This nurturing treatment will help to preserve the tone of your skin, reducing the risk of stretch marks, relieve tension in your legs and brighten your complexion.

### **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.



## One for the boys

### Men's Facial 55 minutes

Using specific male products treat your skin to some serious TLC! Includes a neck, shoulder and scalp massage for ultimate relaxation.

### Full Body Massage 55 minutes

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

**Add hot stones for an enhanced and more luxurious experience.**

**Add essential oils to your massage which are personally selected to your individual needs.**

### Back, Neck and Shoulder 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.

### 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.  
One of a kind.**

## One for the finishing touch

### 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	30 minutes
Half Body Spray	20 minutes

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

### Waxing

Full Leg and Bikini Wax	50 minutes
Half Leg Wax	20 minutes
Full Leg Wax	40 minutes
Bikini Wax	20 minutes
Underarm Wax	10 minutes
Forearm Wax	20 minutes
Lip Wax	10 minutes
Chin Wax	10 minutes
Lip and Chin Wax	20 minutes
Eyebrow Shape	10 minutes

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

### Eye Treatments

Eyelash Tint	20 minutes
Eyebrow Tint	10 minutes
Eyelash and Eyebrow Tint	20 minutes

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





One to treat your feet.  
One of a kind.

## One for the finishing touch

### One for heavenly hands

#### File & 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.

### Shellac Nails 20 minutes

Longer lasting nail polish. Enjoy beautiful nails for longer.

### One to treat your 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

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.

### Garra Ruffa Fish Treatment

#### Minimum 10 minutes, maximum 40 minutes

A Far Eastern therapy is fantastic for dry skin and psoriasis on the feet. Relax whilst the fish work their magic on your feet.



## Your essential information:

### Ashford International Hotel spa opening hours:

<b>Monday</b>	<b>9.00am to 8.00pm</b>
<b>Tuesday</b>	<b>9.00am to 8.00pm</b>
<b>Wednesday</b>	<b>9.00am to 8.00pm</b>
<b>Thursday</b>	<b>9.00am to 8.00pm</b>
<b>Friday</b>	<b>9.00am to 8.00pm</b>
<b>Saturday</b>	<b>9.00am to 6.30pm</b>
<b>Sunday</b>	<b>9.00am to 5.30pm</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 Dedéor 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.



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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 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.







## Ashford International Hotel Ashford, Kent

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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.

