


The Cambridge Belfry,  
Cambourne, Cambridgeshire

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 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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The Cambridge Belfry  
Tel: 01954 714620  
cambridgebelfryspa@qhotels.co.uk  
www.QHotels.co.uk

## 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

### **The Age Defyer Facial with a Lifting & Firming Eye Treatment 1 hour 25 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 55 minutes**

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 AHAs and BHAs which assist in reducing irregular pigmentation and promote a radiant complexion.

### **ESPA Re-Hydrator Facial 55 minutes**

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 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.



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## One for fabulous facial rituals

### **ESPA Rebalance Facial 55 minutes**

Do you suffer from oily, problematic skin or 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 55 minutes**

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.

### **Lifting and Firming Facial 55 minutes**

An effective and relaxing way to lift and tone the skin. Using ESPA products specifically designed to repair and firm maturing skins, you and your skin will feel brand new.

### **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.

**Add our Q Lifting and Firming Eye Treatment to any facial for a longer and more luxurious experience.**



## One for beautiful body rituals and envelopments

### **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...



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## One for beautiful body rituals and envelopments

### **Relaxing Back Ritual 40 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 your 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 55 minutes**

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.



## One for beautiful body rituals and envelopments

### 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 25 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.

**Add a Full Body Exfoliation to any Massage or Facial for a longer and more luxurious experience.**



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## One for beautiful body rituals and envelopments

### **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 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 which warms your muscles to relieve tension, fluid build up and ease the discomfort of arthritis and joint problems.

### **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.

### **Reflexology 50 minutes**

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

### **Indian Head Massage 40 minutes**

Based on the ayurvedic system of healing, the massage will release the stress that has accumulated in the tissues, muscles and joints of the head, neck, face and shoulders.

**Add Hot Stones to your Massage to enhance your experience.**



## One to prepare and care

### **Pure Body Harmony 1 hour 25 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.

### **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.

**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 for the boys

### **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.

### **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.

### **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

**Add Hot Stones to enhance your Massage experience.**

**All body treatments are available to men with the use of our men's formulated skincare range and unisex body products.**



## 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 Line 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

Eyelash & Eyebrow Tint	20 minutes
Eyelash 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.



## 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 Erythuose guaranteeing longer lasting (up to 50% longer), more natural-looking results. Includes exfoliation, moisturise and tan application. (Loose, dark coloured clothing recommended.)

Full Spray Tan	30 minutes
Half Body Spray Tan	20 minutes

### Make-Up

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

### Make-Up Lesson 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.

### 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.

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



## 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.

### GELeRation File and Polish 45 minutes

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

### GELeRation Manicure 1 hour 30 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.

### 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 30 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.



## Your essential information:

### The Cambridge Belfry spa opening hours:

<b>Monday</b>	<b>9am to 8pm</b>
<b>Tuesday</b>	<b>9am to 8pm</b>
<b>Wednesday</b>	<b>9am to 8pm</b>
<b>Thursday</b>	<b>9am to 8pm</b>
<b>Friday</b>	<b>9am to 7pm</b>
<b>Saturday</b>	<b>9am to 6pm</b>
<b>Sunday</b>	<b>9am to 4pm</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 ESPA 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.

A 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.







### The Cambridge Belfry Cambourne, Cambridgeshire

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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.

