


The Cheltenham Chase Hotel
Gloucestershire

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 handle 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

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.

Relaxing Aroma Facial 55 minutes

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





One for beautiful body rituals and envelopments

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.



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.

Hot Stone Back Massage 25 minutes

Add Hot Stones to your massage to enhance your experience. Hot stone massage is a specialty massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly. Pure bliss!

Full Body Hot Stone Massage 55 minutes

Add Hot Stones to your massage to enhance your experience. Hot stone massage is a specialty massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly. Pure bliss!



One for beautiful body rituals and envelopments

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.

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.

Body Wraps 75 minutes

Choose from four different body wraps to leave you body feel refreshed and revitalised from tip to toe.





One to prepare and care

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.

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.

A fabulous relaxing pregnancy massage is available after your first 14 weeks of pregnancy. We would recommend 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.

Men's Purifying Facial 55 minutes

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

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	10 minutes
Lip Wax	10 minutes
Chin Wax	10 minutes
Lip and Chin Wax	20 minutes
Eyebrow Wax	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

Eyesh & Eyebrow Tint	20 minutes
Eyesh 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 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 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

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.

One to treat your feet

File & Polish for the Toes 20 minutes

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

Pedicure 50 minutes

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.





Your essential information:

The Cheltenham Chase Hotel spa opening hours:

Monday	9.00am – 8.00pm
Tuesday	9.00am – 8.00pm
Wednesday	9.00am – 8.00pm
Thursday	9.00am – 8.00pm
Friday	9.00am – 8.00pm
Saturday	9.00am – 6.00pm
Sunday	10.00am – 5.30pm

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 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.



The Cheltenham Chase Hotel
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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:

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

Aftercare:

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





The Cheltenham Chase Hotel Gloucestershire

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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.

