

### One for QHotels signature rituals

The All Over Refresh and Revitalise  
50 minutes £45.00

Relaxing Face and Back Ritual  
50 minutes £45.00

Fit For Business Back Ritual  
50 minutes £45.00

The Head and Feet Wake Up Ritual  
50 minutes £45.00

### One for fabulous facial rituals

Mini Q Facial  
25 minutes £25.00

Lifting and Firming Eye Treatment  
25 minutes £20.00

Relaxing Aroma Facial  
55 minutes £45.00

### One for beautiful body rituals and envelopments

Body Polish  
25 minutes £20.00

Relaxing Foot Ritual  
25 minutes £25.00

Hot Stone Back Massage  
25 minutes £30.00

Full Body Massage  
55 minutes £40.00

Full Body Massage with Hot Stones  
55 minutes £45.00

Back, Neck and Shoulder Massage  
25 minutes £25.00

Tranquillity Scalp Massage  
25 minutes £25.00

Body Wraps  
75 minutes £55.00

*Add a Body Polish to any Massage  
and/or Facial treatment for only £20.00.*

### One to prepare and care

The All Over Refresh and Revitalise  
50 minutes £45.00

Relaxing Foot Ritual  
25 minutes £25.00

The Cheltenham Chase Hotel Tel: 01452 519901 [cheltenhamleisure@qhotels.co.uk](mailto:cheltenhamleisure@qhotels.co.uk) [www.QHotels.co.uk](http://www.QHotels.co.uk)



### One for the boys

Full Body Massage £40.00  
55 minutes

Back, Neck and Shoulder Massage £25.00  
25 minutes

Fit for Business Back Ritual £45.00  
50 minutes

Men's Purifying Facial £45.00  
55 minutes

Executive Hand and Nail Treatment for Men £15.00  
25 minutes

Executive Foot Care for Men £20.00  
40 minutes

### Men's waxing

Back 20 minutes £20.00

Chest 20 minutes £20.00

### One for the finishing touch

Full Leg & Bikini Wax 50 minutes £30.00

Full Leg Wax 40 minutes £28.00

Half Leg Wax 20 minutes £20.00

Bikini Line Wax 10 minutes £10.00

Underarm Wax 10 minutes £10.00

Forearm Wax 10 minutes £15.00

Lip Wax 10 minutes £8.00

Chin Wax 10 minutes £8.00

Lip and Chin Wax 20 minutes £12.00

Eyebrow Wax 10 minutes £8.00

Eyelash & Eyebrow Tint 20 minutes £15.00

Eyelash Tint 20 minutes £10.00

Eyebrow Tint 10 minutes £10.00

### Tanning

Full Body Spray Tan 30 minutes £25.00

Half Body Spray Tan 20 minutes £15.00

### One for heavenly hands

File & Polish 20 minutes £15.00

Manicure 50 minutes £30.00

Deluxe Manicure 1 hour 10 minutes £40.00

### One to treat your feet

File & Polish 20 minutes £15.00

Pedicure 50 minutes £30.00

Deluxe Pedicure 1 hour 10 minutes £40.00

The Cheltenham Chase Hotel Tel: 01452 519901 cheltenhamleisure@qhotels.co.uk www.QHotels.co.uk

