


Bridgewood Manor
Rochester, 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 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 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.

Spa Find Age Away 2-in-1 Facial and Exfoliation 1 hour

A unique anti-ageing mineral body exfoliation, scalp massage and anti-ageing seaweed facial treatment that leaves skin fresh, cleansed and nourished, and fine lines and wrinkles smoothed.

Spa Find Essential Elements Prescriptive Facial 1 hour

This prescriptive mineral facial is ideal for new clients and incorporates a consultation and skin analysis, allowing the therapist to treat the main concerns and recommend a personalised home care programme.

Spa Find Express Elegance Facial 30 minutes

A mini-facial incorporating a full cleansing and toning sequence, exfoliation to brighten the skin, nourishing mud mask to suit your skin type and mini facial massage, leaving your skin refreshed and glowing.

Spa Find Youthful You Anti-Ageing Facial 1 hour 15 minutes

This luxury anti-ageing facial uses a unique peel-off mask combining Dead Sea Mud and seaweed. It begins with a welcome massage followed by a facial, which brings immediate firming and hydrating results to the skin. Your face is then cocooned in the active ingredients of our specialised Algimud seaweed mask, formulated to refine, tone and produce instant results.



One for fabulous facial rituals

Aquablitz Deep-Cleansing Spa Facial

1 hour 30 minutes

Uses gentle dermal massage using a vacuum suction to loosen blocked pores and comedones, re-hydrate and improve the condition and texture of the skin. Also helps to speed up the removal of waste products via the lymphatic system and treat skin conditions such as poor circulation and congestion. Can be used by all skin types to leave the skin with immediate radiance and improved texture, but is most beneficial for those who suffer with problem skin.

Aquablitz Anti-Ageing Spa Facial

1 hour 30 minutes

Anti-ageing and toning, whilst diminishing fine lines. Incorporates gentle dermal massage using vacuum suction. The vacuum suction stimulates blood and lymph, which helps the skin produce new collagen and elastin for plumpness, that in turn reduces the appearance of fine lines and wrinkles.

Spa Find Fingertip Face Lift:

1 hour 30 minutes

This results-driven technique has been formulated to give amazing face-lifting results. The Facelift massage incorporates both Western and Eastern philosophies and includes principles of Chinese Acupressure, Ayurveda and Reiki. Your face is then cocooned in the active ingredients of our specialised Algimud seaweed mask, formulated to refine, tone and produce instant results.



One for beautiful body rituals and envelopments

Spa Find Renewed Radiance Hydrating Mud Facial 1 hour

This deeply hydrating facial is perfect for delicate and dehydrated skins, helping to gently renew and revive skin. It begins with a welcome massage followed by a facial that naturally tones and firms the skin. VMS Complex in the products used in this facial help to smooth fine lines and prevent further skin ageing by treating both the surface and deeper skin tissues.

Spa Find Natural Nourishment Double Mud Facial 1 hour 15 minutes

A hydrating facial, which is excellent for tired, dull and sallow skins. It begins with a welcome massage followed by a facial incorporating two mud masks to dramatically refine the skin's texture and deeply relax you. Dead Sea black mud and Algimud Seaweed are used where needed to give immediate visible results.

Spa Find Balanced Beauty Deep Cleansing Mud Facial 1 hour

A deep-cleansing facial perfect for those with an oily t-zone or combination skin. This rebalancing facial is perfect for combination skin and for skin with varying needs. A mineral mud mask is applied to deep cleanse the pores. The highly concentrated minerals used in this treatment normalise skin pH to reveal a healthy, clear complexion.



One for beautiful body rituals and envelopments

Spa Find Perfect Purity Spot-zapping Treatment Facial 1 hour

This facial is used to combat oily, problematic skins, helping to reduce shine and balance oil production. This unique mineralizing facial mimics the deep cleansing, anti-bacterial and anti-inflammatory effects of the Dead Sea. Using a specialised ritual of Dead Sea Mud, Dead Sea Sand and purifying massage techniques, this treatment helps to re-mineralize, soothe, oxygenate and rebalance acne skin.

Spa Find Fingertip Face Lift 1 hour 30 minutes

This results-driven technique has been formulated to give amazing face-lifting results. The Facelift massage incorporates both Western and Eastern philosophies and includes principles of Chinese Acupressure, Ayurveda and Reiki. Your face is then cocooned in the active ingredients of our specialised Algimud seaweed mask, formulated to refine, tone and produce instant results.

Spa Find Hot! Hot! Hot! Back Ritual 1 hour

Hot Deep Mud Exfoliation, Hot Stone Massage, Hot Mineral Mud Mask. The ultimate restful treatment that will leave you feeling warm, happy and ready for the perfect night's sleep.

Aquablitz Cellulite Reduction Programme 1 hour

Aquablitz body treatment uses the sublime power of water and natural elements to deeply aid in the removal of stubborn cellulite, thus smoothing out and harmonising the skin's surface and appearance and tone. The therapy increases the circulation, enabling the removal of trapped fluids, fatty deposits and toxins from under the skin. The heat generated from the relaxing warm mineral water helps to allow the rapid break up of cold cellulite areas.



One for beautiful body rituals and envelopments

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.

Aquablitz Cellulite Reduction Programme

1 hour

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Spa Find Sculpted Silhouette Inchwrap

(Full Body Wrap 2 hours or Part Body Wrap 1 hour 30 minutes)

The ultimate combination of plant extracts and Dead Sea minerals makes this a powerful detoxifying body treatment. Your skin is deeply polished with a luxurious sand exfoliant and six different stimulating products before your body is cocooned in comforting wrap. The active marine ingredients work to stimulate cellulite and toxins, easing the inches away and leaving you with an improved body contour.

Spa Find Infinite Indulgence Black Mud Body Envelopment 1 hour 15 minutes

This calming full body treatment nourishes the skin and relaxes aching muscles and joints.

A full body exfoliation is followed by the application of warm Dead Sea mud. We then envelop your body in heated original Dead Sea mud to soften, soothe and condition the skin with rich minerals from the lowest place on earth.

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



One for beautiful body rituals and envelopments

Spa Find Marine Miracle Firming Wrap (1 area, 1 hour. 2 areas, 1 hour 30 minutes.)

Marine Miracle tones and firms the skin, improves cellulite and nourishes the skin. The treatment begins with a luxury exfoliation followed by Algimud Dead Sea mud and seaweed mask. A personalised treatment designed to revitalise specific problem areas. This modelling mask uses a unique formulation of seaweed, Dead Sea mud and plant extracts, which have combined powerful effects to eliminate cellulite and tone the body contours.

Spa Find Body Bliss Contour and Relax Treatment 1 hour 30 minutes

Combines relaxing and nourishing warm Dead Sea black mud envelopment with firming Algimud seaweed for problem areas. Body Bliss leaves the skin soft and hydrated and reduces the appearance of cellulite. A fantastic treatment for those wishing to see visible results, be pampered and relax.

Spa Find Peace Hot Stones Massage (Full Body 1 hour 30 minutes. Back 45 minutes.)

A deeply relaxing massage using Hawaiian hot stones to release any tension from the body and leave the mind at peace. The journey begins with a warm foot compress followed by the luxury Spa Find Peace hot stones massage.



One to prepare and care

Spa Find Tranquillity Deep Shiatsu Massage (Full Body: 1 hour 30 minutes. Back: 45 minutes)

Tranquillity utilises the Japanese art of shiatsu, Swedish massage techniques and sports massage to leave muscles relaxed and skin supple and toned. The journey combines an invigorating body exfoliation and deep-tissue massage.

Spa Find Heaven Hot Poultrice Massage (Full Body: 1 hour 30 minutes. Back: 45 minutes)

Spa Find Heaven massage is based on ancient Thai and Egyptian techniques using hot mud or salt poultices to ease muscle tension and deeply relax the body and mind.

Q 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.

Q 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.



One for the boys

Spa Find Beautiful Beginnings 2 hours

Feel nurtured and supported in a time of change. This relaxing treatment begins with a full body exfoliation to revitalise the body and mind, leaving your skin soft and smooth, using 100% natural Dead Sea salt with healing minerals. Legs and feet are massaged to ease swelling and a blissful mini facial completes this top to toe treatment. Treatment suitable from the 14th week of pregnancy and for nursing mothers.

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

Full Body Massage 55 minutes

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

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.

Fit for Business Back Ritual 50 minutes

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

Executive Hand and Nail Treatment 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.



One for the finishing touch

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.

Men's Waxing (Monday – Thursday only)

Choose from:

Back	20 minutes
Chest	20 minutes

Waxing

Full Leg and Bikini Wax	50 minutes
Full Leg Wax	40 minutes
Half Leg Wax	20 minutes
Bikini Wax	20 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.

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.



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 Spray Tan	30 minutes
Half Body Spray Tan	20 minutes

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.

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 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.



Your essential information:

Bridgewood Manor spa opening hours:

Monday	10.00am to 7.00pm
Tuesday	10.00am to 7.00pm
Wednesday	1.00pm to 8.00pm
Thursday	11.00am to 7.00pm
Friday	10.00am to 7.00pm
Saturday	10.00am to 6.00pm
Sunday	9.00am to 5.00pm

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.



Bridgewood Manor
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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.

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.

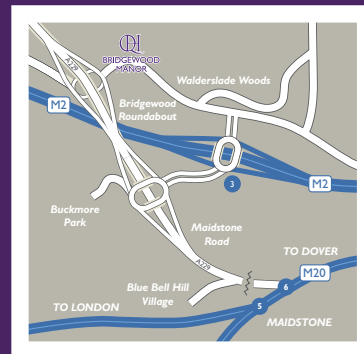
Gift cards:

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.





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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.

