

### 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

Q Firming and Lifting Eye Treatment 25 minutes £20.00

Spa Find Age Away 2-in-1 Facial and Exfoliation 1 hour £42.00

Spa Find Essential Elements Prescriptive Facial 1 hour £42.00

Spa Find Express Elegance Facial 30 minutes £25.00

Spa Find Youthful You Anti-Ageing Facial 1 hour 15 minutes £62.00

Spa Find Renewed Radiance Hydrating Mud Facial 1 hour £42.00

Spa Find Natural Nourishment Double Mud Facial 1 hour 15 minutes £62.00

Spa Find Balanced Beauty Deep Cleansing Mud Facial 1 hour £42.00

Spa Find Perfect Purity Spot-zapping Treatment Facial 1 hour £42.00

Aquablitz Anti-Ageing Spa Facial 1 hour 30 minutes £65.00

Aquablitz Deep-Cleansing Spa Facial 1 hour 30 minutes £65.00

Spa Find Fingertip Face Lift 1 hour 30 minutes £65.00

### One for beautiful body rituals and envelopments

Back, Neck and Shoulder Massage 25 minutes £25.00

Spa Find Sculpted Silhouette Inchwrap

Full Body Wrap 2 hours £80.00  
Part Body Wrap 1 hour 30 minutes £65.00

Spa Find Infinite Indulgence Black Mud Body Envelopment 1 hour 15 minutes £62.00

Spa Find Marine Miracle Firming Wrap 1 area, 1 hour £40.00  
2 areas, 1 hour 30 minutes £65.00

Spa Find Body Bliss Contour and Relax Treatment 1 hour 30 minutes £65.00

Spa Find Tranquillity Deep Shiatsu Massage Full Body 1 hour 30 minutes £65.00  
Back 45 minutes £45.00

Spa Find Heaven Hot Poultice Massage Full Body 1 hour 30 minutes £65.00  
Back 45 minutes £45.00

Q Foot Ritual 25 minutes £25.00

Q Scalp Massage 25 minutes £25.00

Aquablitz Cellulite Reduction Programme 1 hour £48.00

Spa Find Hot! Hot! Hot! Back Ritual 1 hour £48.00

Spa Find Peace Hot Stones Massage Full Body 1 hour 30 minutes £65.00  
Back 45 minutes £45.00

Bridgewood Manor Tel: 01634 662610 [bridgewoodmanorleisure@qhotels.co.uk](mailto:bridgewoodmanorleisure@qhotels.co.uk) [www.QHotels.co.uk](http://www.QHotels.co.uk)



### One to prepare and care

Spa Find Beautiful Beginnings 2 hours	£80.00
The All Over Refresh and Revitalise 50 minutes	£45.00
Reflexology 50 minutes	£40.00

### One for the boys

Full Body Massage 55 minutes	£48.00
Back, Neck and Shoulder Massage 25 minutes	£25.00
Fit for Business Back Ritual 50 minutes	£45.00
Executive Hand and Nail Treatment 25 minutes	£15.00
Executive Foot Care for Men 40 minutes	£20.00

### Men's waxing (Monday – Thursday only)

Back	20 minutes	£20.00
Chest	20 minutes	£20.00

### Tanning

Full Body Spray Tan 30 minutes	£25.00
Half Body Spray Tan 20 minutes	£18.00

### 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	20 minutes	£10.00
Underarm Wax	10 minutes	£10.00
Forearm Wax	20 minutes	£10.00
Upper Lip Wax	10 minutes	£8.00
Lip & Chin Wax	20 minutes	£12.00
Chin Wax	10 minutes	£8.00
Eyebrow Wax/Shape	10 minutes	£8.00
Eyelash Tint	20 minutes	£10.00
Eyebrow Tint	10 minutes	£10.00
Eyelash & Eyebrow Tint	20 minutes	£15.00
Ear Candling with Scalp Massage 40 minutes	£35.00	

### 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 30 minutes	£15.00
Pedicure 1 hour	£35.00
Deluxe Pedicure 1 hour 10 minutes	£50.00

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