

### 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

Relaxing Aroma Facial  
55 minutes £45.00

Mini Q Facial  
25 minutes £25.00

Lifting and Firming Eye Treatment  
25 minutes £20.00

### One for beautiful body rituals and envelopments

Full Body Massage  
55 minutes £40.00

Relaxing Foot Ritual  
25 minutes £25.00

Back, Neck and Shoulder Massage  
25 minutes £25.00

Tranquillity Scalp Massage  
25 minutes £25.00

Body Polish  
25 minutes £20.00

*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

Chesford Grange Tel: 01926 515115 chesfordleisure@qhotels.co.uk www.QHotels.co.uk



### One for the boys

Fit for Business Back Ritual 50 minutes	£45.00
Men's Purifying Facial 55 minutes	£45.00
Full Body Massage 55 minutes	£40.00
Back, Neck and Shoulder Massage 25 minutes	£25.00
Tranquillity Scalp Massage 25 minutes	£25.00
Executive Foot Care for Men 40 minutes	£20.00
Executive Hand and Nail Treatment for Men 25 minutes	£15.00

### Men's waxing

Back	20 minutes	£20.00
Chest	20 minutes	£20.00
Eyebrow Wax/Shape	10 minutes	£7.00

### 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
Forearm Wax	15 minutes	£15.00
Lip and Chin Wax	20 minutes	£12.00
Bikini Line Wax	20 minutes	£10.00
Underarm Wax	15 minutes	£10.00
Lip Wax	10 minutes	£8.00
Chin Wax	10 minutes	£8.00
Eyebrow Wax/Shape	15 minutes	£7.00
Eyeshadow & Eyebrow Tint	20 minutes	£15.00
Eyeshadow Tint	20 minutes	£10.00
Eyebrow Tint	10 minutes	£10.00
Eyebrow Wax/Shape	15 minutes	£7.00

### Tanning

Full Body Spray Tan 30 minutes	£25.00
Half Body Spray Tan 20 minutes	£15.00

### One for heavenly hands

Deluxe Manicure 1 hour 10 minutes	£40.00
Manicure 50 minutes	£30.00
Mini Manicure 25 minutes	£18.00
File & Polish 15 minutes	£15.00

### One to treat your feet

Deluxe Pedicure 1 hour 10 minutes	£40.00
Pedicure 1 hour	£30.00
Mini Pedicure 25 minutes	£18.00
File & Polish 15 minutes	£15.00

Chesford Grange Tel: 01926 515115 chesfordleisure@qhotels.co.uk www.QHotels.co.uk

