

QHOTELS

Forest Pines
HOTEL & GOLF RESORT
North Lincolnshire

43

ways to make your mind
wander and your toes tingle

Treatment Tariff



Face facts...

...no one gets younger but with a little bit of time and pampering, you can look and feel healthy and refreshed. Revive yourself with our facial treatments...

Elemis Advanced Anti-Ageing Facials

Elemis Tri-Enzyme Resurfacing Facial

60 mins £67

Clinically proven to visibly resurface the skin by up to 75% and increase smoothness by up to 32%* after just one treatment. Targets blemishes, uneven skin tone, superficial scarring and fine lines, for younger looking skin. **Independent Clinical Trials 2006*

Elemis Visible Brilliance Facial

65 mins £67

With revolutionary results, this anti-ageing treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisture levels of the skin are clinically proven to increase by up to 61%* and elasticity by 40%* after just one treatment. **Independent Clinical Trials 2004*

Elemis Pro-Collagen Quartz Lift Facial

65 mins £67

Clinically proven, after just one treatment, to reduce the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Uses professional strength formulations for maximum efficacy, leaving a firmer, uplifted, more youthful looking appearance. **Independent Clinical Trials 2007*

Elemis Skin Solutions Facials

Elemis Oxygen SkinCalm Facial

65 mins

£67

Calming actives and a restructuring Japanese Silk Mask infused with Absolute SkinCalm Booster Serum, rebalances delicate and sensitive complexions. Relieves redness and comforts stressed and irritated skin.

Elemis S.O.S Purifying Facial

65 mins

£67

Regulates and balances the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum, absorbs sebum, calms irritated skin and rebalances oil-rich pores.

Elemis Skin Specific Facials

Elemis Fruit Active Glow

55 mins

£48

Brings back the glow to a dull and lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Elemis Exotic Moisture Dew

55 mins

£48

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Elemis Herbal Lavender Repair

55 mins

£48

For perfect restoration of skin balance following deep cleansing to draw out the skin impurities, this facial will help reduce unwanted shine, refine pores and treat skin breakouts.



Taster Facial

25 mins

£28

This introductory facial provides a quick and instant pick-me-up for any occasion.

Elemis Face and Body Therapy

Elemis Face and Body Sensations

55 mins

£60

Pure body indulgence with exceptional anti-ageing facial results. Experience the luxurious hot and cold sensations of this massage to target your specific problem areas, alleviate stress and ease aching muscles. You will then be treated to one of Elemis Advanced Anti-Ageing Facials designed to smooth out wrinkles and restore youthful radiance.

Elemis Cooling Hot stone Body Treatment and Facial Massage

55 mins

£69

The luxurious hot and cold sensations of massage target your specific problem areas, alleviate stress and ease aching muscles. Followed by an Elemis Advanced Anti-Ageing Facial, designed to smooth out wrinkles and restore youthful radiance.

Elemis Absolute Spa Ritual

1 hr 55 mins

£105

Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results.





Body text...

...whether it's a 25 minute massage or 90 minutes of pure aromatic indulgence, all of our body treatments will have a positive effect on you...

The Q Experience - Full Body Massage 55 mins £45

The Q Experience - Back, Neck and Shoulder Massage 25 mins £28

Elemis Deep Tissue Muscle Massage 60 mins £50

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Choose from:

Stress-a-way: Wind down and release the tension of the day.

Spirit Reviver: A powerful surge to invigorate and recharge.

Muscle Melt: Relax and re-energise a tired aching body.

Chakra Balancing: Reconnect your mind, body and soul.



Deep Tissue Back Massage

30 mins £32

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

Musclease AromaSpa Ocean Wrap

75 mins £69

Experience a comforting foil wrap followed by a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.



Elemis Exotic Therapy

Exotic Lime and Ginger Salt Glow

45 mins £39

A body exfoliation to invigorate and revitalise. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Exotic Coconut Rub and Milk Ritual Wrap

45 mins £69

Warmed Elemis Skin Nourished Milk Bath is poured all over the body before you are cocooned in a foil wrap. This opulent therapy is great for smoothing and softening, combined with a pressure point facial massage and de-stress scalp treatment.

Exotic Frangipani Body Nourish Wrap

45 mins £69

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce Monoi Oil which is poured over the body then cocooned in a foil wrap. This drenches skin moisture and provides ultimate radiance, vitality and all over body glow.

Elemis Detox Therapy

Body Sculpting Cellulite and Colon Therapy

60 mins

£65

Clinically proven to target stubborn cellulite and sagging skin, for visible, rapid results. A peel-off body mask is applied and combined with massage to deeply cleanse the body, helping to firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

Cellutox Aroma Spa Ocean Wrap

75 mins

£69

Be cocooned in a foil wrap whilst being treated to a pressure point facial massage and de-stress scalp treatment. This rich therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and the skin is left silky soft and smooth.

Nurturing Massage for Mother-to-be

75 mins

£69

Connects mother and baby through the power of touch, working with two heartbeats as one. The unique Elemis beanbag is used to ensure ultimate safety, comfort and relaxation. The treatment relieves tension in the back and alleviates swelling in the hands and feet, whilst easing the mind and uplifting the spirit.





Essential maintenance...

...like a well preserved garden, car or home the efforts of regular TLC can have a dramatic effect on how you feel...

Tanning

St.Tropez Tanning Treatment

45 mins

£46

St.Tropez is loved by celebrities all over the world. So if you want to achieve a natural golden brown tan with no streaks, then allow us to make you look like a goddess.

Waxing

The latest in waxing technology using disposable applicators to ensure maximum hygiene.

Full Leg Wax	45 mins	£30
Half Leg Wax	25 mins	£22
Bikini Line Wax	15 mins	£12
Underarm or Forearm Wax	15 mins	£10
Top Lip Wax	15 mins	£10
Chin Wax	15 mins	£10
Eyebrow Wax/Shape	15 mins	£10



Nails

Jessica File and Polish

25 mins

£18

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

Jessica Luxury Pedicure

55 mins

£30

In addition to your Jessica Pedicure the use of heated boots will enhance the properties within the products, leaving your feet feeling rejuvenated and refreshed.

Jessica Luxury Manicure

55 mins

£30

In addition to your Jessica Manicure the use of heated mitts will enhance the properties within the products, leaving your hands feeling rejuvenated and refreshed.



Eyes

Eyelash Tint	25 mins	£15
Eyebrow Tint	15 mins	£10

Tinting only available Mon-Thurs and a minimum of 24 hours will be required for a patch test prior to the first tinting treatment.

Make-up

Using the ID Bareminerals make-up range.

Special Occasion Make-up

Be it for your wedding day or a glamorous night out, our make-up range offers a look to suit every occasion.

Special Occasion Make-up	45 mins	£25
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Make-up Lesson

We will show you how to choose the right shades for your skin tone and the correct application for a subtle day make-up or a more glamorous evening look.

Make-up Lesson	55 mins	£30
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Men only...

...after golf, before a holiday or after a stressful week at work,
let us help you look and feel fantastic...

Skin IQ Facial

55 mins £48

Clinically proven*, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

**independent Clinical Trials 2006*

Urban cleanse Facial

65 mins £67

Eliminates blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and cleansed.

Total Time Out

1 hr 55 mins £99

Select either the Anti-Ageing Elemis Skin IQ or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissues Muscle Massage. Achieve the ultimate goal of Total Time Out!

Other Time for Men Favourites

[Elemis Deep Tissue Muscle Massage](#)

[Elemis Musclease AromaSpa Wrap](#)

Nails

Gentleman's Club Hand and Nail Care

30 mins

£20

Your hands are exfoliated to remove any dryness and massaged with treatment creams, cuticles are conditioned and groomed and nails are trimmed and perfectly shaped.

Waxing

The latest in waxing technology using disposable applicators to ensure maximum hygiene.

Back or Chest Wax

25 mins

£25





Spa Bookings

We advise you to book your Spa treatments in advance to avoid disappointment and to ensure that your chosen day and time is available. Please contact your Spa direct on the number listed on the reverse to book your treatments or for more information. You are encouraged to arrive at least 15 minutes before your treatment commences.

Medical Information

Please notify our Spa receptionist if you are pregnant or have any health concerns at the time of booking as some treatments may not be suitable or require adjusting accordingly.

Late Arrivals

Arriving late will limit the time of your treatment, lessening its effectiveness and your enjoyment. Your treatment will end on time so that the next guest is not delayed. If your appointment is missed, we cannot offer a replacement time or refund.

Cancellations

Clients who wish to cancel or change their appointment are kindly requested to provide 48 hours notice or 50% of the appointment fee will be charged.

Treatment Times

Unfortunately we are unable to guarantee the requested booking times on Spa appointments. Occasionally appointment times may be changed due to unforeseen circumstances. If this occurs it will be confirmed during your visit.

Terms and Conditions

All treatments are subject to availability.

All rates at current VAT rate.

These prices are correct at the time of going to press and may be subject to annual fluctuations. If there are any price changes we will advise you at the point of enquiry.



**The gorgeousness doesn't have to end here...
there are 17 QHotel Spas to visit across the country**

**The Westerwood
Hotel & Golf Resort**
nr Glasgow
Tel: 01236 860701

**Aldwark Manor
Golf & Spa Hotel**
York
Tel: 01347 833940

**Forest Pines
Hotel & Golf Resort**
North Lincolnshire
Tel: 01652 655678

Tankersley Manor
Tankersley, nr Sheffield
Tel: 01226 352700

The Park Royal
Stretton, Cheshire
Tel: 01925 730073

Crewe Hall
Cheshire
Tel: 01270 259301

The Nottingham Belfry
Nottingham
Tel: 0115 9739405

Telford Hotel & Golf Resort
Telford, Shropshire
Tel: 01952 422964

Chesford Grange
Kenilworth, Warwickshire
Tel: 01926 515115

**Hellidon Lakes
Golf & Spa Hotel**
Northamptonshire
Tel: 01327 265656

The Cheltenham Chase
Gloucestershire
Tel: 01452 519901

The Cambridge Belfry
Cambourne, Cambridge
Tel: 01954 714620

The Oxford Belfry
Thame, Oxford
Tel: 01844 277555

The Hampshire Court Hotel
Basingstoke, Hampshire
Tel: 01256 319777

Norton Park
Winchester, Hampshire
Tel: 01962 763323

Bridgewood Manor
Chatham, Kent
Tel: 01634 662610

Ashford International Hotel
Ashford, Kent
Tel: 01233 218403

For further information & offers visit www.QHotels.co.uk



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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.



Hotel Group of the Year
2008 - 2009