

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

The Age Defyer Facial with a Lifting and Firming Eye Treatment 1 hour 25 minutes	£80.00
ESPA Radiance Facial 55 minutes	£49.00
Mini Q Facial 25 minutes	£30.00
ESPA Re-Hydrator Facial 55 minutes	£49.00
ESPA Rebalance Facial 55 minutes	£49.00
ESPA Regenerating Facial 55 minutes	£49.00

Lifting and Firming Facial 55 minutes	£30.00
Lifting and Firming Eye Treatment 25 minutes	£30.00
<i>Add a Lifting and Firming Eye Treatment to any Facial for only £20.00.</i>	

One for beautiful body rituals and envelopments

ESPA Chakra Balancing with Hot Stones 2 hours	£85.00
Luxury ESPA Back, Face and Scalp Treatment 1 hour 25 minutes	£60.00
Signature ESPA Back, Face and Scalp Treatment with Hot Stones 1 hour 40 minutes	£75.00
ESPA Holistic Total Body Care 1 hour 40 minutes	£75.00
Relaxing Back Ritual 40 minutes	£45.00
Hip and Thigh Treatment 55 minutes	£50.00
ESPA Salt and Oil Scrub 25 minutes	£25.00

Spearmint Body Polish 25 minutes	£25.00
<i>Add a Salt and Oil Scrub or Body Polish to any Massage and/or Facial treatment for only £20.00.</i>	
Relaxing Foot Ritual 25 minutes	£30.00
Algae Envelopment 55 minutes	£50.00
Marine Mud Envelopment 55 minutes	£50.00
Oshadi Wrap 55 minutes	£50.00
Full Body Massage 55 minutes	£45.00
<i>Add Hot Stones for only £15.00 extra.</i>	
Back, Neck and Shoulder Massage 25 minutes	£30.00
<i>Add Hot Stones for only £10.00 extra.</i>	
Reflexology 50 minutes	£45.00
Indian Head Massage 40 minutes	£40.00

The Hampshire Court Hotel Tel: 01256 319700 hampshirespa@qhotels.co.uk www.QHotels.co.uk



One to prepare and care

Pure Body Harmony £55.00
1 hour 25 minutes

The All Over refresh and Revitalise £45.00
50 minutes

Reflexology £45.00
50 minutes

One for the boys

Full Body Massage £45.00
55 minutes

Back, Neck and Shoulder Massage £30.00
25 minutes

ESPA Men's Purifying Facial, Shoulder and Scalp Massage 1 hour 10 minutes £50.00

Fit for Business Back Ritual £45.00
50 minutes

Men's waxing

Back 20 minutes £20.00

Chest 20 minutes £20.00

Executive Hand and Nail Treatment for Men £15.00
25 minutes

Executive Foot Care for Men £30.00
40 minutes

One for the finishing touch

Full Leg & Bikini Wax 50 minutes £30.00

Full Leg Wax 40 minutes £25.00

Half Leg Wax 20 minutes £20.00

Bikini Line Wax 10 minutes £10.00

Underarm Wax 10 minutes £10.00

Forearm Wax 20 minutes £15.00

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 & Eyebrow Tint 20 minutes £18.00

Eyelash Tint 20 minutes £10.00

Eyebrow Tint 10 minutes £10.00

Tanning

Full Spray Tan 30 minutes £30.00

Half Body Spray Tan 20 minutes £18.00

Make-Up

Special Occasion Make-Up 50 minutes £45.00

Bridal Make-Up 2 x 50 minutes £80.00

Make-Up Lesson 50 minutes £45.00

One for heavenly hands

File & Polish 20 minutes £20.00

Manicure 50 minutes £30.00

Deluxe Manicure 1 hour 10 minutes £40.00

Shellac Nails 20 minutes £20.00 extra

One to treat your feet

File & Polish 20 minutes £20.00

Pedicure 1 hour £40.00

Deluxe Pedicure 1 hour 10 minutes £50.00

The Hampshire Court Hotel Tel: 01256 319700 hampshirespa@qhotels.co.uk www.QHotels.co.uk

