

HOTELS

Hellidon Lakes

GOLF AND SPA HOTEL

Hellidon, Northamptonshire

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...

## **ESPA Regenerating Facial with Firming Eye Treatment**

**55 mins     £55**

Specifically designed for mature, dry or dehydrated skin, this facial concentrates on reviving the skin's natural moisture and pays particular attention to the delicate eye area, helping to minimise the appearance of fine lines.

## **ESPA Skin Brightener Facial**

**55 mins     £45**

Perfect for all skin types and particularly when environmental stress, business pressure, or lack of sleep leaves you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener, rich in natural AHA's and BHA's from Hawaiian Algae Meadowsweet, to help improve the radiance, appearance and texture of the skin.

## **ESPA Re-Hydrator Facial**

**55 mins     £45**

A moisture drenching facial superb for dry, dehydrated and sun damaged skin. Gentle, deep cleansing and exfoliation prepare the skin for a rejuvenating massage with Botanical Rescue and Face Treatment Oil. Whilst the nourishing face mask treats your skin, enjoy a relaxing Oriental Head Massage.



### **ESPA Rebalancing Facial**

**55 mins**

**£45**

This treatment is perfect for combination or irritated skin. Specific massage techniques and aromatherapy products combine with a warm Marine Mud mask to cleanse and decongest the skin leaving it clear and rebalanced.

### **ESPA Aromatherapy Facial**

**55 mins**

**£45**

This deep cleansing and relaxing aromatherapy facial purifies, refines and hydrates. Specific active aromatherapy products are combined with Acupressure Massage, lymphatic drainage and Oriental Head Massage to leave the mind clear and the skin radiant and moisturised. Suitable for any skin type.

### **ESPA Refresh Facial**

**25 mins**

**£25**

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.

### **ESPA Firming Eye Treatment**

**25 mins**

**£30**

Designed to combat the effects of premature ageing and stress to the eye area and is also beneficial to those who suffer from irritable, puffy or sensitive eyes.



## **ESPA Advanced Facials**

### **ESPA Holistic Back, Face and Scalp Treatment with Hot Stones**

**1 hr 55 mins**

**£85**

A powerful stress releasing treatment using Hot Stones to work on deep seated tension and restore balance to vital energy points.

The initial, deep cleansing back exfoliation is followed by the Hot Stone Back Massage with Essential Oils restoring equilibrium to mind and body. Hot Stones are placed along the spine, shoulders and neck to soothe, relax and harmonise.

The facial includes massage with a deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the Oriental Head Massage takes place to help clear the mind, calm the spirit and ease tension. The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

### **ESPA The Age Defyer**

**1 hr 15 mins**

**£85**

Suitable for anyone concerned with minimising and protecting against the visible signs of ageing; excellent for mature, dry or dehydrated skin.

A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing, and sun-damaged skin. The face, neck and décolleté are cleansed and massaged with Gentle Deep Cleansing Balm, rich in anti-oxidant Grapeseed Oil, Beeswax, Olive Fruit Oil with Spearmint Leaf, and skin firming Rose Damascena. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with the ESPA effective moisturising products, rich in natural anti-oxidants, and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalised and nourished.

Oriental Head Massage techniques are incorporated to stimulate and lift the skin around the hairline and into the scalp, to relieve tightness and tension.

# 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...

## ESPA Holistic Total Body Care

1 hr 25 mins £70

This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it soft and smooth. This is then followed by a deep body, face and scalp massage using your chosen oils. This is a truly holistic experience that will bring harmony to both mind and body.

## ESPA Holistic Aromatherapy Back, Face and Scalp Massage

1 hr 25 mins £70

An initial, deep cleansing back exfoliation is followed by a deeply relaxing back massage using your personally chosen oils. This all-embracing treatment concludes with a full ESPA Intensive Facial with Acupressure Face Massage and Oriental Head Massage.

## ESPA Mud Envelopment

55 mins £55

Full body skin brushing and exfoliation starts this treatment and prepares the skin for the application of a warm mineral rich Marine Mud. Helping to nourish and condition the skin and soothe muscular aches and pains.

## ESPA Full Body Massage with Hot Stones

60 mins £60

## ESPA Hot Stone Back, Neck and Shoulder Massage

30 mins £35



### **ESPA Algae Envelopment**

**55 mins    £55**

Perfect for boosting the metabolism and speeding up the elimination of toxins by skin brushing and exfoliation. An application of warm Algae and Essential Oils leave your skin detoxified, toned and hydrated.

### **ESPA Salt and Oil Scrub**

**25 mins    £30**

Sea salts and Essential Oils are massaged over the skin leaving it velvety smooth.

### **ESPA Oshadi Envelopment**

**55 mins    £55**

Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices and therapies. After sea salt and oil exfoliation, plants and spices are infused to form a nourishing mask, which warms and hydrates the skin and helps to relieve aching muscles and joints.

### **ESPA Skin Hydrator Body Wrap**

**55 mins    £55**

A truly luxurious experience after your skin is prepared, an envelopment with oils rich in Palma Rosa, Myrrh and Deeply Nourishing Body Cream with Wild Yam is applied with warm Marine Mud. Resulting in hydrated and soft skin, this treatment is perfect either before or after holidays.

### **ESPA Reflexology**

**45 mins    £40**

Based on the theory that pressure points in the hands and feet reflect parts of the body, reflexology is a natural therapy which is safe, gentle, deeply relaxing and can achieve a sense of well-being by controlled pressure on these zones.



### **ESPA Stimulating Hip and Thigh Treatment**

**55 mins    £45**

A specialised treatment to stimulate the circulatory and lymphatic systems. Concentrating on the areas of the body prone to blockages and cellulite. A deep exfoliation with seaweed and salt rub is followed by a detoxifying massage and an application of Marine Algae.

### **ESPA Essential Tension Massage**

**30 mins    £30**

A traditional deep muscle massage designed to relieve tension and release stress in the back, neck and shoulders.

### **ESPA Pre-Natal Treatment**

**125 mins    £70**

This total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contra-indications, aid in relaxation and improve tonicity of the skin during this very special time. The treatment avoids the use of Essential Oils and is a luxurious treat using Calendula infused oil, Marine Mud and nourishing creams with advanced massage techniques to safe areas. It leaves your skin toned and you totally relaxed.

### **ESPA Indian Head Massage**

**55 mins    £45**

Indian Head Massage soothes, comforts and harmonises the body's natural balance, helping to promote physical and psychological wellbeing, which will leave you with a sense of focus, clarity and vision.



## ESPA Aromatherapy Body Massage

60 mins    £45

A personalised full body massage treatment which work on any areas of tension you may have and restores balance to body and mind.

### Muscle Relaxing:

The body is massaged with Fitness Oil to soothe away aches and pains. A rich Essential Oil base consisting of Cloves, West Indian Bay, Rosemary and Peppermint help to release joint pain, the discomfort of stiffness and to relax and calm the muscles.

### Stress Relieving:

Whatever the cause of your stress this full body massage is ideal to be taken towards the end of the day when the desire to relax can be fulfilled by sleep. Essential Oils of Frankincense, Myrrh and Ylang Ylang are used which have deeply relaxing and calming properties to soothe and de-stress.

### Immune Boosting:

A powerful blend of Tea Tree Oil with three types of Eucalyptus Oil well known for their anti-viral, anti-bacterial and soothing properties are used to help encourage the body's natural immune system.

### Energising:

The re-energising feel good effects of Listea Cubeba and Eucalyptus coupled with the mind clearing benefits of English Peppermint and Rosemary can help you face the day.

### Body Toning:

Restorative Body Oil is rich in Essential Oils of Palmerosa, Borage and Wheatgerm, which help improve skin tonicity and firmness.

### Detoxifying:

Detoxifying Body Oil is a cleansing blend of citrus oils, uplifting Grapefruit and Eucalyptus combined with Cypress and Juniper Berry, which is known to have natural diuretic properties. The perfect treatment to support a weight loss programme.



## ESPA Advanced Body Treatments

### ESPA Total Holistic Body Care with Hot Stones 1 hr 55 mins £85

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony. Recognised in both Ayurvedic and Chinese philosophies, blocked and congested Chakras can affect the body and mind, both emotionally and physically. Natural energies are stifled and the zest for life is lost or subdued.

After a full body exfoliation, this holistic treatment continues with the placing of Hot Stones along the spine, at vital energy points on hands and feet and on Chakras around the body. The body is massaged using individually tailored Essential Oils combined with the use of Hot Stones to release tension. Critical tension points are massaged around the eyes and ears, before an Acupressure Head Massage is given. This full body treatment ends with gentle stretching to help release deep-seated tension around the neck and shoulders to leave the body feeling soothed and your spirit calm.

### ESPA Holistic Hand and Nail Treatment with Hot Stones 1 hr 10 mins £60

The holistic arm, hand and nail treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil chosen for your individual needs. Hot Stone Massage techniques are incorporated into the treatment to enhance relaxation.

### ESPA Holistic Foot and Nail Treatment with Hot Stones 1 hr 10 mins £60

The holistic foot and nail treatment includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil for your individual needs. Hot Stone Massage techniques are incorporated into the treatment to enhance relaxation.



# 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 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.

### St.Tropez Smooth and Bronze

55 mins

£45

Our Smooth and Bronze treatment includes a full body exfoliation followed by a top to toe application of St.Tropez tan.

### St.Tropez Partial Tan Application

30 mins

£25

This is an application only treatment. We do recommend you exfoliate before. You can choose to have the tan applied to either your face and neck, arms or legs.



# Eyes

Eyelash Tint	<b>30 mins</b>	<b>£10</b>
Eyelash & Eyebrow Tint	<b>25 mins</b>	<b>£15</b>
Eyelash Tint & Eyebrow Shape	<b>25 mins</b>	<b>£15</b>
Eyebrow Tint	<b>15 mins</b>	<b>£8</b>

*A minimum of 24 hours will be required for a patch test prior to the first tinting treatment.*

# Waxing

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

Full Leg Wax	<b>45 mins</b>	<b>£30</b>
Half Leg Wax	<b>25 mins</b>	<b>£20</b>
Bikini Line Wax	<b>15 mins</b>	<b>£10</b>
Underarm or Forearm Wax	<b>15 mins</b>	<b>£10</b>
Top Lip Wax	<b>15 mins</b>	<b>£8</b>
Chin Wax	<b>15 mins</b>	<b>£8</b>
Eyebrow Wax/Shape	<b>15 mins</b>	<b>£8</b>



# Nails

## Jessica File and Polish

25 mins

£17.50

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

## Jessica Manicure

55 mins

£27.50

## Jessica Pedicure

55 mins

£27.50

## French Manicure

55 mins

£30

## Jessica Luxury Pedicure

75 mins

£35

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

75 mins

£35

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.



# Make-up

Using the professional Anthony Braden make-up range.

## Special Occasion Make-up

Be it for your wedding day or a glamorous night out Anthony Braden offers a look to suit every occasion.

## 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.

Bridal Make-up with Trial

**95 mins**     **£45**

Make-up Lesson

**55 mins**     **£35**





# Men only...

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

## **ESPA Relaxing and Deep Cleansing Back Treatment**

**55 mins    £45**

An ideal treatment for muscular aches and pains, hard to reach areas and problematic skin. This deep cleansing treatment will clean and refine the skin to aid with the relaxing and healing properties of a deeply therapeutic massage. This is followed by an application of warm Marine Mud to cleanse and heal any problematic areas leaving your back feeling relieved, conditioned and relaxed.

## **ESPA Golfers Tonic**

**55 mins    £45**

Just finished on the 18th and you can feel all your muscles starting to ache, sound familiar? Book in for this must have treatment to address the areas prone to tension and fatigue. Natural exfoliation with a sea salt and seaweed rub prepares the back before a personal blend of anti-stress oils are deeply massaged into the skin. Then a warmed Marine Mud envelops the skin while your therapist massages the lower legs and feet.

## **ESPA Aromatherapy Sports and Fitness Massage**

**55 mins    £50**

This full body treatment is appropriate before or after exercise as it uses Essential Oils of Lavender, Rosemary and Clove to increase circulation and warm muscles, preventing strains and relieving aches and pains. Ideal for anyone involved in sports, fitness or heavy physical work.



## ESPA Men's Purifying Facial, Shoulder and Scalp Massage

55 mins    £45

The Men's Purifying Facial, Shoulder and Scalp Massage is a deeply relaxing treatment, incorporating the new ESPA Men products range, specifically designed to suit men's skin care needs - bringing a sense of peace, whilst revitalising the skin.

There is a simple triple cleanse procedure in this purifying, balancing and hydrating facial where steaming towels are wrapped around the face and neck to soothe and soften the skin, which also aids drainage to avoid congestion and blocked pores. Following the relaxing face massage with acupuncture points and lymphatic drainage, a deep shoulder and scalp massage is performed to help release tight muscles and tension. You will leave feeling and looking totally relaxed and refreshed.

## Waxing

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

**Back Wax**

**30 mins    £20**

**Chest Wax**

**30 mins    £20**





## 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

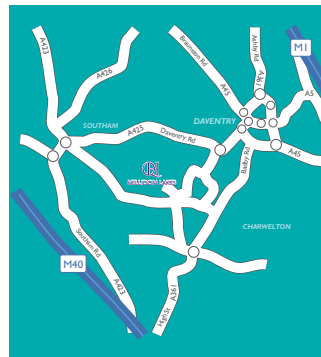
**The Hampshire Court Hotel**  
Basingstoke, Hampshire  
Tel: 01256 319777

**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](http://www.QHotels.co.uk)**



**Hellidon Lakes**  
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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