

QHOTELS

Norton Park

Winchester, Hampshire

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...

## DECLÉOR Relaxing Aromatic Facial

60 mins £50

DECLÉOR devotes its own special art of massage to your face. Your therapist will choose from Essential, Purify, Nourish, Soothe, Lift or Radiance products to relax the entire face using the treasures of aromatherapy.

## DECLÉOR Classic Aromatic Facial

60 mins £55

This multi-active, 100% natural treatment is tailored to every skin type. Your therapist selects products to rebalance your skin. At the heart of this treatment is a mask that has a truly unique and surprising texture, with Linseed, Wheatgerm and Sunflower.

## DECLÉOR Aroma Time Precious Facial

30 mins £35

A perfect way to try the world renowned DECLÉOR facials and enjoy all the benefits of one of the most powerful ingredients, Essential Oils. This introductory facial is perfect when time is of the essence and the skin needs a boost of radiance.



### **DECLÉOR Aroma Expert Facials**

**75 mins    £60**

Looking for a treatment with high-precision action? These targeted treatments provide an expert response to the needs of all skin types. Even the most demanding skin is satisfied. Every Aroma Expert treatment offers a concentrate of highly targeted Essential Oils and Plant Extracts.

### **DECLÉOR Aroma Expert Essential**

**75 mins    £60**

This precision treatment provides an instant and long term response for thirsty skin.

### **DECLÉOR Aroma Expert Purify**

**75 mins    £60**

An intensive balancing treatment for oily or combination skin.

### **DECLÉOR Aroma Expert Nourish**

**75 mins    £60**

A deep nourishing treatment to replenish lost moisture and reinforce the skin's barrier function.

### **DECLÉOR Aroma Expert Soothe**

**75 mins    £60**

A wonderful calming treatment to comfort sensitive skin.



### **DECLÉOR Aroma Expert Radiance**

**75 mins**

**£60**

An intensive facial rich in Vitamin C to brighten the entire complexion.

### **DECLÉOR Aroma Expert Lift – Evidence**

**75 mins**

**£60**

Combat the first visible signs of ageing, this revitalising treatment restores radiance and softens the appearance of expression lines.

### **DECLÉOR Aroma Expert Lift – Experience**

**75 mins**

**£60**

The ultimate holistic answer to facial firming and lifting to enhance the youthful appearance of rejuvenated skin.

### **DECLÉOR Aroma Expert Lift – Excellence**

**75 mins**

**£60**

A complete anti-ageing solution using a sublime skincare formulation to regenerate, smooth and brighten the complexion using an innovative cocktail of Essential Oils to target all signs of ageing.

### **DECLÉOR Vital Eyes**

**30 mins**

**£35**

Keep eyes sparkling and slow the signs of time, stress and fatigue with this incredibly relaxing and targeted treatment. Eyes become clearer, fine lines and wrinkles are smoothed, shadows and puffiness are eliminated.



# 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** **£55**

**The Q Experience - Back, Neck and Shoulder Massage** **25 mins** **£35**

**DECLÉOR Aroma Envelopments a True Cocoon of Effectiveness.** **60 mins** **£65**

At the heart of these treatments is a rich, creamy mask full of Essential Oils and Plant Extracts, chosen according to your needs and applied all over the body. For a beneficial, comforting sensation, enjoy the pleasure of a heated blanket, whilst the products work their magic, your face or scalp will be relaxed with beautiful aromatic balms.

**DECLÉOR Aroma Detox Envelopment** **60 mins** **£65**

Essential Oils and Marine Algae rich in minerals breakdown fatty deposits, drain toxins and eliminate excess water retention.

**DECLÉOR Aroma Relax Envelopment** **60 mins** **£65**

After a gentle exfoliation, warm Aromatic Relax Balm is smoothed over the entire body followed by a sumptuous creamy mask leaving skin soft and silky.



### **DECLÉOR Aroma Flow Envelopment**

**60 mins    £65**

A refreshing and energising treatment to eliminate toxins and remove excess fluids.

### **DECLÉOR Aroma Tonic Envelopment**

**60 mins    £65**

Instantly increases skins radiance with a unique blend of toning, firming and anti-ageing ingredients.

### **DECLÉOR Aroma Body Silk Glistener**

**45 mins    £45**

Radiant, bright and petal soft – your skin will glisten with health and vitality after this natural exfoliation treatment. Leaving you perfectly prepared for any occasion, this is the ultimate skin enhancer.

### **DECLÉOR Tranquility Scalp Massage**

**35 mins    £45**

Drift into a deep relaxation with this sublimely calming massage. All traces of tension are gently eased from scalp, décolleté, neck and shoulders and the soothing Essential Oils enhance the calming experience.

### **DECLÉOR Perfect Firming Treatment**

**45 mins    £45**

Perfect for the bust, stomach or any localised area in need of firming, zesty butter with extracts of lemon and mango will tone, strengthen and condition slack skin and also skin suffering from stretchmarks. This incredible firming treatment includes the exclusive cocktail of Essential Oils that are proven to stimulate collagen and elastin to give a firming and plumping effect on the delicate areas affected by ageing.



### **DECLÉOR Perfect Legs Treatment**

**45 mins    £45**

The perfect antidote for tired, aching legs, this instantly refreshing and invigorating treatment will put the bounce back in your step.

### **DECLÉOR Cleansing Back Treatment**

**45 mins    £35**

The back is often a neglected area, this complete treatment acts like a facial. A unique diagnostic massage combined with deep cleansing, purifying and balancing Essential Oils will decongest, hydrate and restore clarity leaving the skin clearer, brighter and healthier.

### **DECLÉOR Aroma Back Relief**

**30 mins    £45**

When stresses and strains are at their peak, this treatment offers a quick release. Vulnerable areas of the back, neck and shoulders, where tension immediately accumulates are instantly relaxed. Stresses are dissolved with deep massage and a stimulating aromatic mask with Essential Oils, for ultimate relief.

### **DECLÉOR Perfect Anti-Cellulite Treatment**

**35 mins    £45**

Blitz cellulite with this ultra-smoothing targeted treatment. Thighs, hips and bottom are noticeably refined even after one treatment. Using the exclusive cocktail of Essential Oils, proven to breakdown fat in 28 days, you will be delighted with the results.



### **DECLÉOR Aroma Foot Relief**

**30 mins**

**£35**

Hot towels infused with Essential Oils relax the feet and lower legs before a stimulating warm massage balm is applied with a unique reflex point massage. Feet and lower legs are immediately relaxed, circulation is stimulated and excess fluids are dispersed, leaving your feet feeling fresh and light.

### **DECLÉOR Sumptuous Mother-To-Be Treatment**

**90 mins**

**£60**

When you are about to become a mother you have many concerns, let DECLÉOR take complete care of your skin throughout your pregnancy and for the first few months as a new mum. This nurturing treatment will help to preserve the tone of your skin, reducing the risk of stretch marks, alleviate tension in your legs and brighten your complexion to ensure you look as radiant as you feel.

### **DECLÉOR Reflexology**

**50 mins**

**£45**

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.

### **DECLÉOR Hot Stone Full Body Massage**

**60 mins**

**£60**

A massage treatment using warm oil and smooth heated basalt stones, to help detox the body, promote deep relaxation and relieve both mental and physical fatigue.



# 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

### DECLÉOR Sunrise Self-Tanning Treatment

75 mins    £55

An exquisite face and body skin preparation, using Atlantic Sea Salt and Calendula Petals leaves your skin gently exfoliated and silky soft to touch. This natural application of self-tan will leave you ready for any occasion.

### DECLÉOR Sunset Treatment

60 mins    £50

Created to replenish and soothe sun-exposed skin from top to toe, this unique treatment will prolong your tan, prevent peeling and saturate your skin with a much needed moisture boost.



# Waxing

Full Leg & Bikini Wax	<b>60 mins</b>	<b>£35</b>
Full Leg Wax	<b>45 mins</b>	<b>£25</b>
Half Leg Wax	<b>30 mins</b>	<b>£20</b>
Bikini Line Wax	<b>15 mins</b>	<b>£15</b>
Underarm or Forearm Wax	<b>15 mins</b>	<b>£12</b>
Top Lip Wax	<b>15 mins</b>	<b>£8</b>
Lip & Chin Wax	<b>15 mins</b>	<b>£12</b>
Eyebrow Wax/Shape	<b>15 mins</b>	<b>£10</b>
Electrolysis	<b>from</b>	<b>£15</b>

# Nails

**Jessica Luxury Pedicure** **75 mins** **£50**

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** **60 mins** **£45**

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.

### **Jessica File and Polish**

**30 mins**

**£20**

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

### **Jessica Prescriptive Manicure**

**45 mins**

**£35**

Your nails will be analysed and treated for their specific nail type. The manicure will include exfoliation, massage and cuticle care. Your nails will be beautifully shaped and treated with a prescriptive basecoat and finished with the perfect polish.

### **Deluxe Manicure with LeRemedi Hand Treatment**

**75 mins**

**£50**

The ultimate in hand and nail care with all the benefits of the LeRemedi Hand Treatment and the Jessica Prescriptive Manicure.

### **ZenSpa Pedicure**

**60 mins**

**£45**

Choose between energising Ginger, calming Green Tea or Revitalising Citrus products for this luxury foot and leg treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.



# Eyes

Eyelash & Eyebrow Tint

**45 mins**      **£18**

Eyelash Tint

**30 mins**      **£15**

Eyebrow Tint

**15 mins**      **£10**

Eyelash Perm

**30 mins**      **£30**

False Lashes

**30 mins**      **£25**

*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 professional Bodyography mineral based make-up range.

## Special Occasion Make-up

Be it for your wedding day or a glamorous night out Bodyography 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.

Special Occasion Make-up	<b>60 mins</b>	<b>£50</b>
Make-up Lesson	<b>60 mins</b>	<b>£50</b>
Make-up Consultation and Application	<b>60 mins</b>	<b>£50</b>
Bridal Make-up including trial	<b>2 x 60 mins</b>	<b>£75</b>





# Men only...

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

## DECLÉOR Relaxing Aromatic Facial

60 mins

£50

DECLÉOR devotes its own special art of massage to your face. From your hairline to neckline, your therapist will soothe and relax you, filling your skin with renewed energy.

## DECLÉOR Deeply Energising Facial Treatment

75 mins

£60

More than just a facial, this tension relieving aromatherapy treatment can be individually tailored to meet the needs of all skin types. Combining the unique DECLÉOR massages to the back, face and shoulders with the specialised, high performance 'Le Soin' products and application of DECLÉOR's specific face masks, selected to suit your personal skincare needs, the results are immediately visible. The complexion is bright, supple and energised.

## DECLÉOR Body Aromassage

60 mins

£55

A deeply relaxing massage treatment to de-stress, release built-in tension and coax skin into better condition. Pure aromatic balms diffuse their relaxing, stimulating, detoxifying or toning benefits deep into your skin whilst expert massage techniques soothe away muscular tension and stiffness.



## **DECLÉOR Re-Generating Exfoliating Treatment**

**45 mins**

**£45**

Renew your body with this skin-reviving treatment. A complete body exfoliation with ultra-effective fruit scrub removes all traces of surface dead skin cells. Pure Essential Oils and Japanese hot towels then soothe tension from the back, neck and shoulders, your skin is moisturised from top-to-toe for a complete sense of well-being.

## **DECLÉOR Re-Mineralising Detox Treatment**

**60 mins**

**£65**

Stress, a poor diet and a lack of exercise can all contribute to a build up of toxins in the skin. This intensely relaxing treatment has the added benefits of a re-mineralising spice powder and a heated blanket to encourage the skin to eliminate impurities, leaving the skin more refined and energised.

# **Nails**

## **Gentleman's Club Hand and Nail Care**

**30 mins**

**£25**

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**

## **Back or Chest Wax**

**25 mins**

**£25**

*Available Monday - Thursday only.*





## 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)**



**Norton Park**  
Winchester, Hampshire

Norton Park  
Sutton Scotney  
Nr Winchester  
Hampshire  
SO21 3NB

Tel: 01962 763323  
Fax: 01962 760 860

[nortonparkleisure@qhotels.co.uk](mailto:nortonparkleisure@qhotels.co.uk)  
[www.QHotels.co.uk](http://www.QHotels.co.uk)



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