

OHOTELS

The Westerwood

HOTEL AND GOLF RESORT

Nr Glasgow

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 Facials:

### DECLÉOR Classic Aromatic Facial

55 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 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    £70**

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

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

**75 mins    £70**

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 Aroma Time Precious Facial**

**25 mins    £30**

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.



## Elemis Facials:

### Elemis Tri-Enzyme Resurfacing Facial

55 mins

£60

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

75 mins

£60

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

75 mins

£60

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 Fruit Active Glow

55 mins

£50

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**

**£50**

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**

**£50**

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

### **Elemis Taster Facial**

**25 mins**

**£28**

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

### **Elemis Absolute Spa Ritual**

**1 hr 55 mins**

**£120**

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...

## Deep Tissue Muscle Massage

55 mins

£55

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

25 mins

£35

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



**DECLÉOR Sumptuous Mother-To-Be Treatment**      **85 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 stretchmarks, alleviate tension in your legs and brighten your complexion to ensure you look as radiant as you feel.

**DECLÉOR Tranquility Scalp Massage**      **25 mins**      **£30**

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 Aroma Back Relief**      **25 mins**      **£30**

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 Aroma Foot Relief**      **25 mins**      **£30**

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.



## **Elemis Body Treatments:**

### **Elemis Exotic Lime and Ginger Salt Glow**

**25 mins**

**£35**

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.

### **Elemis Body Sculpting Cellulite and Colon Therapy**

**55 mins**

**£60**

Clinically proven to target stubborn cellulite and sagging skin for visible, rapid results. A peel off body mask is applied and combined with a 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 inside out.



# 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

### Fake Bake Tanning

55 mins    £48

After a professional exfoliation treatment, a dark rich colour will be applied. This is then left for six hours to develop a golden sun kissed look that is natural to your own skin colour. We advise you make the most of our late night appointments, you can get bronzed and shower it off in the morning.

## Waxing

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

Full Leg Wax	<b>45 mins</b>	<b>£25</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>£10</b>
Chin Wax	<b>15 mins</b>	<b>£10</b>
Eyebrow Wax/Shape	<b>15 mins</b>	<b>£10</b>

*Waxing available Monday - Thursday only.*



# Nails

## Jessica File and Polish

25 mins

£28

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

## Jessica Spa Manicure

55 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.

## Jessica Spa Pedicure

55 mins

£35

This luxury foot and leg treatment will massage your feet and legs 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

## DECLÉOR Vital Eyes

**25 mins**     **£30**

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.

Eyelash Tint

**25 mins**     **£25**

Eyebrow Tint

**15 mins**     **£10**

*Tinting only available Monday - Thursday and a minimum of 24 hours will be required for a patch test prior to the first tinting.*

# Make-up

Using the professional Bodyography mineral based make-up range.

## Special Occasion Make-up

**55 mins**     **£40**

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





# Men only...

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

## **DECLÉOR Express Cleansing Facial Treatment**      **55 mins**      **£55**

This holistic treatment is essential for improving the skin's tone and appearance. Incorporating the relaxing back diagnostic massage it offers deep cleansing and exfoliation and combats daily aggressions such as shaving. It includes the application of 'Le Soir' aromatic products and our exclusive multi-vitamin mask to hydrate and revitalise the skin, leaving the complexion refined and totally refreshed.

## **DECLÉOR Deeply Energising Facial Treatment**      **55 mins**      **£50**

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 Soir' 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**      **55 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.



## Elemis Treatments:

### Elemis Skin IQ Facial

**75 mins    £60**

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*

### Elemis Urban Cleanse Facial

**75 mins    £60**

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.

### Elemis Total Time Out

**2 hrs    £120**

Select either the Anti-Ageing Elemis Skin IQ Facial 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!



# Nails

## Gentleman's Club Hand and Nail Care

**30 mins**

**£30**

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**

*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

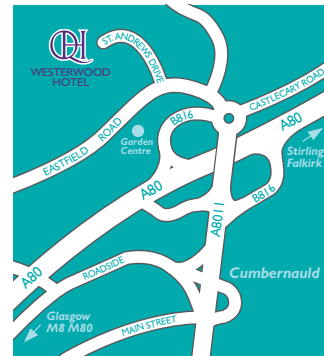
**The Hampshire Court Hotel**  
Basingstoke, Hampshire  
Tel: 01256 319777

**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)**



**The Westerwood  
Hotel & Golf Resort  
nr Glasgow**

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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