

SPECIAL TREATMENT AT THE NOTTINGHAM BELFRY



QHOTELS

THE WESTERWOOD, NEAR GLASGOW. TEL: 01236 860 701

ALDWARK MANOR, YORK. TEL: 01347 833 940

FOREST PINES, NORTH LINCOLNSHIRE. TEL: 01652 655 678

TANKERSLEY MANOR, TANKERSLEY, NEAR SHEFFIELD. TEL: 01226 352 700

THE PARK ROYAL, STRETTON, CHESHIRE. TEL: 01925 730 073

THE NOTTINGHAM BELFRY, NOTTINGHAM. TEL: 0115 973 9405

TELFORD GOLF & SPA HOTEL, TELFORD, SHROPSHIRE. TEL: 01952 429 977

CHESFORD GRANGE, WARWICKSHIRE. TEL: 01926 515 115

HELLIDON LAKES, NORTHAMPTONSHIRE. TEL: 01327 265 656

THE CHELTENHAM CHASE, GLOUCESTER. TEL: 01452 519 901

THE CAMBRIDGE BELFRY, CAMBOURNE, CAMBRIDGE. TEL: 01954 714 620

THE OXFORD BELFRY, THAME, OXFORD. TEL: 01844 277 555

THE HAMPSHIRE COURT HOTEL, BASINGSTOKE. TEL: 01256 319 777

NORTON PARK, NEAR WINCHESTER. TEL: 01962 763 323

BRIDGEWOOD MANOR, CHATHAM, KENT. TEL: 01634 662 610

ASHFORD INTERNATIONAL, ASHFORD, KENT. TEL: 01233 624 439

Reflections
HEALTH, FITNESS & SPA



REFRESH

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 Reflections Spa direct on the number listed on the back of this brochure to book your treatments or for more information. You are encouraged to arrive 15 minutes before your treatment commences.

Medical Information

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

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 24 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 packages. Occasionally appointment times may be changed due to unforeseen circumstances. If this occurs it will be confirmed during your visit.

Children

The Spa offers each guest the chance to relax in a tranquil environment; therefore young children are not permitted.

Mobile Phones

We appreciate you turning off your mobile phones whilst visiting Reflections.

Pool Use

You must shower before using our pool, sauna, or Jacuzzi in order to remove perfumes, makeup and oils.

Opening Times

Monday	10am – 8pm	Friday	9am – 9pm
Tuesday	10am – 8pm	Saturday	9am – 8pm
Wednesday	9am – 9pm	Sunday	10am – 6pm
Thursday	9am – 9pm		



REJUVENATE

Facial Therapy

We offer a range of facials to bring out the best in your skin. After consultation and a sensory smell test with one of our highly trained therapists, each facial is designed to meet your specific needs.

Regenerating Facial – 55 mins

An intensive boost for mature, stressed or distressed skin; products from the ESPA Concept range are included in this facial to give concentrated protection and nourishment.

Skin Brightening Facial – 55 mins

This rejuvenating facial is perfect for all skin conditions particularly dull, lifeless or sallow skin. This facial will visibly improve the radiance, appearance and texture of the skin.

Re-Hydrator Facial – 55 mins

The Re-Hydrator Facial is designed as an intensive moisture boost for the skin and is superb for dry, dehydrated, stressed or tired complexions.

Re-Balancing Facial – 55 mins

Specific massage techniques and aromatherapy products combine with a warm marine mud mask

to cleanse and decongest the skin leaving it calm, clear and balanced.

Luxury Facial – 1 hour 10 mins

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

Express Facial – 25 mins

An introductory facial, suitable for all skin types including a deep cleanse, tone and mask to purify, refine and hydrate the skin.

Advanced Lifting & Firming Facial – 1 hr 15 mins

This therapeutic facial helps to lift and firm, leaving your skin nourished, hydrated and toned, bringing back forgotten freshness and long-term benefits to body and spirit using hot stones.*

Soothing & Regenerating Eye Treatment – 25 mins

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

*Hot stones coming soon

FACE



REVITALISE

All of our body treatments are specifically tailored to each individual. A sensory smell test with a consultation determines which aromatic essential oils will be used in your treatment.

Massage with Reflections

Soothe and relax, ease aching muscles or enjoy an uplifting massage. The massage is tailored to suit your needs. Choose from: Full Body Massage (55 mins) or Back, Neck & Shoulder Massage (25 mins)

Holistic Total Body Care – 1 hour 40 mins

This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth, followed by a body, face and scalp massage. This truly holistic experience will bring harmony to mind and body.

Holistic Back, Face & Scalp Therapy – 1 hr 25 mins

An all-embracing treatment incorporating a full ESPA facial, acupressure, face and head massage. A deeply cleansing back exfoliation rids the body of dead skin, followed by aromatic oil massage bringing powerful de-stressing benefits to mind and body.

Hip & Thigh Treatment – 55 mins

A specialised treatment to stimulate the circulatory and lymphatic systems which pays particular attention to those areas of the body prone to 'blockages', cellulite, fluid retention and uneven skin texture.

Pre/Post-Natal Treatment – 1 hour 25 mins

This total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contraindications and aid in relaxation and tonicity of the skin during this very special time. It leaves the skin toned and the client totally relaxed.

Deep Cleansing Back Treatment – 40 mins

The back is deeply cleansed, brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with a luxurious aromatherapy massage.

Body Treatments

Salt & Oil Scrub	25 mins
Full Body Exfoliation	25 mins

Body Envelopments

Our Body Envelopments include lymphatic skin brushing, full body exfoliation, an envelopment of your choice and a deeply relaxing scalp massage. Improves the condition and appearance of your skin, increases blood flow and boosts circulation. Choose from:

- Algae – Hydrating and Detoxifying
- Marine Mud – Nourishing and Conditioning
- Marine Mud Super Hydrator – Hydrating, Nourishing and Conditioning

BODY



RESTORE

Spa with Essential to make sure you feel fantastic every day.

Manicure

This Jessica manicure incorporates massage techniques and tidies the nails and cuticles to leave them healthy and refreshed. Using a custom colour and treatment to help protect and nourish, this treatment is suitable for all nail types.

Luxury Manicure

In addition to the manicure you can choose either warm mitts to enhance the effects of the products, or the Le'Remedi treatment which is an excellent anti-ageing treatment.

Pedicure

Using Jessica Zen Spa products to remove dry, hard skin, this treatment nourishes and moisturises the feet. A full foot massage, nail and cuticle tidy plus custom colour are included in this treatment.

Luxury Pedicure

In addition to the pedicure we either use warm mitts to enhance the benefits of the products or a cooling mask to revitalise the feet. Includes a custom colour.

Waxing

Full Leg or Full Leg & Bikini
Full Leg, Bikini & Underarm
3/4 Leg or 3/4 Leg & Bikini
3/4 Leg, Bikini & Underarm
1/2 Leg or 1/2 Leg & Bikini
1/2 Leg, Bikini & Underarm
Standard Bikini
Upper Lip or Chin
Eyebrow Shape
Arm or Underarm
Men's Back or Chest

Tinting

A patch test is required 24 hours before your first visit for tinting. Choose from Eyelash Tint, Eyebrow Tint or Eyelash & Eyebrow Tint.

Make-Up

Make-Up Lesson
Special Occasion
Bridal Make-Up

St Tropez Tan

A full body tanning treatment giving you a completely natural result.

ESSENTIAL



REVIVE

This range of specialised treatments has been designed exclusively for men to leave you relaxed and stress free.

Express Relaxer

This massage concentrates on relieving pain and discomfort from your back, neck and shoulders leaving you refreshed and re-charged.

Just for Men

This exclusive treatment will restore and re-charge your batteries. You begin with a full body exfoliation to deeply cleanse the skin and the application of warm, muscle easing oils to de-stress. Whilst these aromatic oils soothe your mind and body, you will enjoy a deep cleanse and nourishing massage of the face, neck and scalp, followed by a full body massage.

The Ultimate Stress Buster

Surrender to this deeply relaxing treatment which is the ultimate stress buster. Your treatment includes an advanced body massage using essential oils to release both physical and mental stress.

The Facial

Prescribed just for men, this face therapy deeply cleanses, repairs and soothes irritation leaving the face fully revitalised

Gent's Grooming

This treatment for hands or feet buffs and trims nails, removes dry, hard skin and completes with a comforting massage.

MEN



RELAX

Packages

Choose a Reflections Spa journey, with each experience a synergy of natural therapies where rituals of the world's greatest Spa cultures are combined.

Each programme includes a Spa lunch, refreshments and full use of our extensive fitness facilities, heat experiences, swimming pool and relaxation area. Slippers, robes and towels are included in every package. We exclusively provide ESPA for all your treatment needs.

Essential Spa Journey

- Back, Neck & Shoulder Massage
- Express Facial
- Deeply Relaxing Scalp Massage

Soothing Spa Journey

- Aromatherapy Facial
- Soothing Body Massage
- Relaxing Scalp Massage

Escapism Spa Journey

- Skin Brush
- Full Body Exfoliation

- Full Body Massage
- Marine Mud Envelopment
- Deeply Relaxing Scalp Massage

Re-Balancing Spa Journey

- Express Facial
- Back, Neck & Shoulder Massage
- Holistic Hopi Ear Candle
- Deeply Relaxing Scalp Massage

Cleanse & Soothe Spa Journey

- Relaxing Salt & Oil Scrub
- Express Facial
- Full Body Massage
- Deeply Relaxing Scalp Massage

Ultimate Purifying Spa Journey

- Express Facial
- Skin Brush
- Skin Exfoliate
- Detoxifying Full Body Massage
- Algae Body Envelopment
- Deeply Relaxing Scalp Massage

PACKAGES



THE PERFECT GIFT

A Spa Gift Voucher from Reflections truly is the most precious gift that will be gratefully received.

Let us look after you and make buying gifts an easy and pleasurable experience!

For Someone Special

Indulge a friend or loved one with a Spa Gift Voucher. Choose individual treatments, Spa days or simply create your very own package just for them.

Alternatively we can create Spa gift boxes with a selection of luxurious face and body products to really give the gift of beauty.

Corporate Gifts

Looking to reward your clients or colleagues?

A Spa gift is the perfect way to say 'thank you'. We can create gift boxes, or Spa vouchers for any budget, just leave it to us.

How to Buy a Spa Gift

We will create, prepare and gift wrap.

All you need to do is call your Reflections Spa direct on the number listed on the back of this brochure.

Alternatively log on to www.qhotels.co.uk and you can purchase your Spa Gift Vouchers online.

Terms and Conditions

Vouchers are valid for 6 months from date of purchase.

Vouchers are non refundable and cannot be used in conjunction with any other Spa offers or promotions.

GIFTS