

SPECIAL TREATMENT AT THE OXFORD 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 01844 277 555 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. However, there is a crèche facility available which we advise you to book in advance to avoid disappointment.

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	9am – 8pm	Friday	9am – 8pm
Tuesday	9am – 8pm	Saturday	9am – 7pm
Wednesday	9am – 8pm	Sunday	9am – 5pm
Thursday	9am – 8pm		



REJUVENATE

Facial Therapy

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

Regenerating Facial	55mins
Skin Brightening Facial	55mins
Re-Hydrator Facial	55mins
Re-Balancing Facial	55mins
Luxury Facial with Soothing Eye Treatment	1hr 10mins
Express Facial	25mins
Advanced Lifting & Firming Facial	1hr 15mins
Soothing & Regenerating Eye Treatment	25mins

HOLISTIC AND HOT STONE TREATMENTS

Volcanic basalt stones are heated for a deeply relaxing massage helping to dissolve stress and to rebalance and soothe the mind and body bringing new energy to depleted areas.

Choose from:

- Holistic Back, Face & Scalp
- Holistic Back, Face & Scalp with Hot Stones
- Total Body Care
- Total Body Care with Hot Stones
- Full Body Massage with Hot Stones
- Back Massage with Hot Stones
- Luxury Hand & Arm Treatment
- Luxury Foot & Leg Treatment

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

Soothe and relax, ease aching muscles or enjoy an uplifting massage. Choose from the following:

Detoxifying Full Body Massage	55mins
Energising Full Body Massage	55mins
Fitness Full Body Massage	55mins
Conditioning Full Body Massage	55mins
Restorative Full Body Massage	55mins
Resistance Booster Full Body Massage	55mins
Soothing Full Body Massage	55mins
Full Body Massage with Hot Stones	55mins
Back, Neck & Shoulder Massage	25mins
Back Massage	25mins
Back Massage with Hot Stones	25mins
Holistic Back, Face & Scalp Treatment	1hr 25mins
Holistic Total Body Care	1hr 40mins

Body Treatments

Salt & Oil Scrub	25mins
Full Body Exfoliation	25mins
Life Saving Back Treatment	40mins
Hip & Thigh Treatment	55mins
Pre/Post Natal Treatment	1hr 25mins

Alternative Therapies

Indian Head Massage	30mins
Hopi Ear Candle Treatment	45mins
Reflexology	1 hr

Body Envelopments

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

- Algae – Hydrating and Detoxifying
- Marine Mud – Nourishing and Conditioning
- Oshadi – Soothes Muscles and Joints
- Marine Mud Super Hydrator – Hydrating, Nourishing and Conditioning

BODY



RESTORE

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

Nails

File & Polish

Manicure

French Manicure

Pedicure

Deluxe Manicure with paraffin wax (no polish)

Deluxe Pedicure with heated booties (no polish)

Waxing

Full Leg

Full Leg & Bikini

Full Leg, Bikini & Underarm

Three-Quarter Leg

Three-Quarter Leg & Bikini

Three-Quarter Leg, Bikini & Underarm

Half Leg

Half Leg, Bikini

Half Leg, Bikini & Underarm

Underarm

Upper Lip

Chin

Eyebrow Shape

Full Arm

Men's Back

Men's Chest

Bikini Wax

Standard Bikini

Brazilian Bikini

Hollywood Bikini

Tinting

A patch test is required 24 hours before your first visit for tinting.

Eyelash Tint

Eyebrow Tint

Eyelash & Eyebrow Tint

Make-Up

Make-Up Lesson

Special Occasion

Bridal Make-Up

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 Facial

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

Gent's Grooming

This hand and foot treatment 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.

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 Exfoliation
- 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 01844 277 555.

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