

SPECIAL TREATMENT AT CREWE HALL



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

CREWE HALL, CREWE, CHESHIRE. TEL: 01270 259 301

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 218 403

Reflections
HEALTH, FITNESS & SPA



REFRESH

How to Spa at Crewe Hall

What do I wear?

Please wear appropriate clothing for using the fitness and heat experiences. We will provide towels, robes and slippers for your comfort. Disposable underwear is also provided for those treatments that require them.

When should I arrive for my treatment?

Please arrive at least 20 minutes prior to your treatment to allow time to prepare. However please feel free to arrive earlier to use our heat experiences and relaxation room.

What happens if I am late for my appointment?

Please be aware that arriving late means that your treatment may have to be cut short as we cannot overrun for our next client.

What if I have a health concern?

Please inform us at the time of booking of any health concerns or if you think you may be pregnant. The consumption of alcohol before, during or immediately after Spa treatments is not recommended.

Cancellation Policy

Cancellations for appointments require 24 hours notice or will incur a 100% cancellation charge. Spa Days require a 7 day cancellation period after which a 100% cancellation charge will be made.

Mobile Phones and Children

We respectfully ask that children under the age of 16 do not enter the Spa areas for health and safety reasons and to respect the relaxation of other guests. We also ask that all mobile phones are turned off during your visit.

Booking

It is advisable to book in advance to ensure your preferred date and time. All treatments are available to hotel guests and members. Day packages are available for non-residential guests and include the use of the spa facilities. For general enquiries and bookings please contact us on 01270 259 301 or ext 2601 from the hotel.

Espa

All Face and Body products are from the ESPA range. Every treatment is a luxurious experience devised to combat the physical, emotional and environmental stresses of modern living.

SPA



REJUVENATE

Aromatherapy Facial

This deep cleansing, relaxing aromatherapy facial purifies, refines and hydrates. Specific active aromatherapy products combine with acupressure massage; lymph drainage and oriental head massage to leave the mind clear and the skin radiant. Suitable for all skin types.

Re-Hydrator Facial

A moisture drenching facial superb for dry, dehydrated and sun damaged skin. Gentle cleansing and exfoliation prepares the skin for a rejuvenating massage with Botanical Rescue and Face Treatment Oil while you enjoy a relaxing oriental head massage.

Rebalancing Facial

Perfect for combination or irritated skins. Specific massage techniques and aromatherapy products combine with a warm marine mud mask to cleanse and decongest the skin leaving it calm, clear and rebalanced.

Regenerating Facial with Firming Eye Treatment

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

Skin Brightener Facial

Perfect for all skin conditions, particularly when environmental stress, business pressure, or lack of sleep leaves you with a dull, lifeless complexion. Includes an application of Skin Brightener, rich in natural AHA's and BHA's from Hawaiian Algae Meadowsweet to improve the radiance, appearance and texture of the skin.

Refresh Facial

The perfect way to instantly boost dull, lifeless skin. This express treatment invigorates and relaxes the skin.

Firming Eye Treatment

A firming treatment, minimising the appearance of fine lines.

Holistic Aromatherapy Back, Face & Scalp Massage

A deep cleansing back exfoliation is followed by a relaxing back massage with specially selected oils tailored for you. This all-embracing treatment concludes with a full intensive facial with acupressure face and oriental head massage.

HOLISTIC THERAPY

Reflexology

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.

Indian Head Massage

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

FACE



REVITALISE

BODY

Algae Envelopment

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.

Mud Envelopment

Full body skin brushing and exfoliation prepare the skin for the application of a warm, mineral-rich marine mud, helping to nourish the skin and soothe muscular aches and pains.

Oshadi Envelopment

Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices. After a sea salt and oil exfoliation, a nourishing mask of plants and spices hydrates the skin and relieves aching muscles and joints.

Skin Hydrator Body Wrap

Enjoy an envelopment with oils rich in Palma Rosa, Myrrh, Deeply Nourishing Body Cream with Wild Yam and warm Marine Mud for silky soft skin. Perfect before or after holidays!

Life Saving Back Treatment

Ideal for problematic skin or a treat for this hard-to-reach area. The back is cleansed, brushed and exfoliated to stimulate circulation and cell renewal, then relaxed with a luxurious aromatherapy massage and the application of a light moisturising balm to ensure skin is left soft, smooth and revitalised.

Holistic Total Body Care

Begin with a full body skin brushing and exfoliation to prepare the skin, followed by a body, face and scalp massage using

carefully selected oils just for you. A truly holistic experience that will bring harmony to both mind and body.

Stimulating Hip & Thigh Treatment

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

Pre-Natal Treatment

Carefully designed for pregnant and nursing mothers to take account of all contra-indications, aid relaxation and improve tonicity of the skin. The treatment avoids the use of essential oils and is a luxurious treat using Calendula infused oil, Marine Muds and nourishing creams with advanced massage techniques to safe areas, leaving the skin toned and relaxed.

Aromatherapy Body Massage

A full body massage to work on areas of tension and restore balance to body and mind. A consultation will ascertain which oils will be used.

Relaxation Massage

A relaxing massage to ease stored tension. No Essential Oils will be used in this treatment.

Back, Neck & Shoulder Massage

A relaxing massage concentrating on these areas where stress and tension can be stored.



RESTORE

Classic Manicure

Our manicure includes a hand soak, cuticle work, nail shaping and relaxing hand and arm massage, finishing with an application of colour.

Luxury Spa Manicure

A deluxe treat to re-hydrate the hands and nails. Includes hand soak, cuticle work, nail shaping, exfoliation and a relaxing hand and arm massage. The treatment includes hot mitts and an application of colour.

Classic Zenspa Pedicure

Chose from either calming green tea or energising ginger. Rejuvenate your feet with a foot soak, exfoliation, cuticle work, nail shaping and a relaxing foot and leg massage, finishing with an application of colour.

Luxury Zenspa Pedicure

Chose from either a calming green tea or energising ginger. A deluxe treat for the feet. Includes a foot soak, cuticle work and shaping. This is followed by a foot and leg exfoliation, massage, mask and heated booties. An application of colour is applied to finish.

Reshape and Polish Toes

Reshape and Polish Nails

Additional cost for French Polish

Waxing

Full Leg Wax, 1/2 Leg Wax, Bikini, Underarm, Eyebrow, Upper Lip, Chin, Back Or Chest.

Please be aware that the use of heat treatments is not recommended before or after waxing.

Tinting

This gentle tint will leave your eyes bright and beautiful:

Eyelash Tint, Eyebrow Tint or Eyelash/Brow Tint

Please note that a tint patch test must be performed 24 hours before tinting. Tinting can only be performed if you have had a test at Crewe Hall.

Make-Up

Bridal Make-Up – This includes a trial before your wedding day to discuss style and colour ready for the application on the big day.

Make-Up Day/Evening – Look your best for that special occasion. Includes a consultation.

ESSENTIAL



REVIVE

Purifying Facial, Shoulder & Scalp Massage

A deeply relaxing facial treatment, incorporating the new ESPA MEN products, 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 – this also aids the drainage that can lead to 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

Life Saving Back Treatment

Ideal for muscular aches, 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. Followed by an application of warm marine mud to cleanse and heal any problematic areas leaving your back feeling relieved, conditioned and relaxed.

Relaxation Massage

A relaxing massage to ease stored tension. No Essential Oils will be used in this treatment.

Aromatherapy Fitness Massage

This full body treatment is appropriate before or after exercise, using 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 works.

Back, Neck & Shoulder Massage

A relaxing massage concentrating on these areas where stress and tension can be stored.

Aromatherapy Massage

A full body massage to work on areas of tension and restore balance to body and mind. A consultation will ascertain which oils will be used.

MEN



RELAX

The Reflections Spa provides the perfect environment for those seeking refuge from the stresses of the outside world. You will be provided with a robe, slippers and a locker to secure your belongings.

All our day programmes include Morning Refreshment and a light Spa lunch plus use of our spa facilities, swimming pool and heat experiences.

Detoxifying

Algae Envelopment
Detox Body Massage
Skin Refreshing Facial

Relaxing

Aromatherapy Massage
Aromatherapy Facial
Deluxe Manicure or Pedicure

Pre-Natal

This programme has been specially designed for pregnant and nursing mothers to aid relaxation, leaving your skin nourished and your body cherished.

Includes:

Pre/Post Natal Treatment
Foot and Nail Treatment
Lifting and Firming Eye Treatment

Bride

Includes: Skin Brightening facial, Classic Manicure and Pedicure and Bridal Make-Up (includes a trial).

Groom

Includes: Men's Purifying Facial and Massage, Hand and Foot Grooming

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

When the time has come to buy a present for a friend or relative you truly care about, why not choose a QHotels Spa Gift Voucher? Completely flexible – you simply choose how much you want to spend and at the most convenient hotel and we'll do the rest!

The voucher can either be used to pay for a complete treatment or for part of a treatment, depending on its value.

No other present has the potential ability to revitalise, refresh or rejuvenate in quite the same way. From Indian Head Massage to Pedicure, we can help change your friend's wellbeing from top to toe!

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 01270 259 301. 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