



**SPA
TREATMENTS**

Step into a world of
RELAXATION

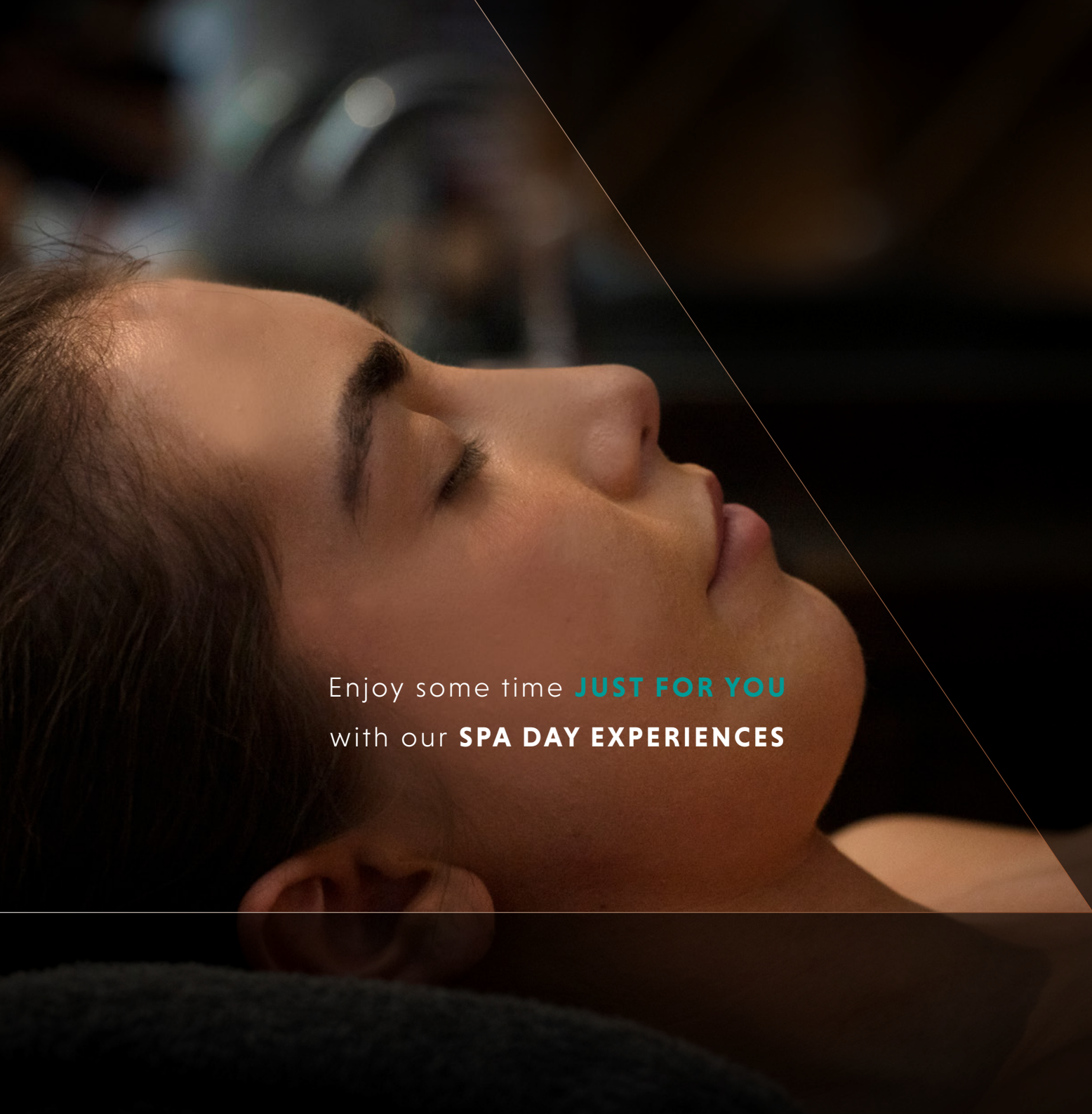
In partnership with

ELEMIS



FOREST PINES
HOTEL, SPA & GOLF RESORT

—
THE QHOTELS COLLECTION



Enjoy some time **JUST FOR YOU**
with our **SPA DAY EXPERIENCES**

Whether it's a pamper day with friends or an escape with a partner, we have a spa experience for you. Enjoy a delicious light lunch as part of our **Signature Spa** experience. If you have chosen our **Indulgence Spa Day**, you will be treated to a glass of Prosecco to enjoy with your light lunch. All our packages include a complimentary robe to relax in plus full use of the hotel's Health Club facilities. To really push the boat out, savour the delights of Afternoon Tea – just ask a member of the Spa team who will add it onto your day.*

SIMPLY SPA

Mon - Thurs £74pp | Fri - Sun £94pp
30-minute spa experience

A welcome treat. Enjoy a 25-minute treatment of your choice from: Express Facial, ELEMIS Expert™ Deep Tissue Tension-Ease Massage, Full Body Exfoliation, Frangipani Foot Treatment or Shoulder, Neck and Scalp Massage.

SIGNATURE SPA

Mon - Thurs £94pp | Fri - Sun £124pp
60-minute spa experience

Unwind with one of our therapeutic 50-minute Signature Spa Ritual treatments. Will you opt for Revitalising, Relaxing, Rebalancing, Fit for Business, ELEMIS Expert™ Touch Renew Facial or our ELEMIS Expert™ Peaceful Pregnancy Massage? A light lunch is also included.

INDULGENCE SPA

Mon - Thurs £135pp | Fri - Sun £165pp
90-minute spa experience

Treat your mind, body and soul to a day of pure indulgence. Choose a 50-minute treatment from one of the following: an ELEMIS Expert™ Deep Tissue Tension-Ease Massage, Wellbeing Massage, Personalised Facial or an ELEMIS Expert™ Peaceful Pregnancy Massage, then add a soothing 25-minute treatment from a choice of: Express Facial, Back, Neck & Shoulder Massage, Full Body Scrub, Frangipani Foot Treatment or Shoulder, Neck & Scalp Massage. A glass of Prosecco and light lunch is also included.

Terms and conditions apply.

Spa day experiences are limited to 4 hours. All Spa Experiences include consultation time. Please contact a member of the team for full details.

*We require a minimum 24 hours' notice to add Afternoon Tea onto your day, there is an additional charge for this.

ELEMIS FACIALS

50 mins - From £94

ELEMIS Expert™ Touch Reveal Facial

Mon - Thurs £94pp | Fri - Sun £104pp

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

ELEMIS Expert™ Touch Renew Facial

Mon - Thurs £94pp | Fri - Sun £104pp

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

ELEMIS Expert™ Touch Define Facial

Mon - Thurs £94pp | Fri - Sun £104pp

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

ELEMIS BIOTEC FACIALS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. With clinically proven results, visibly healthy, nourished and energised skin.

ELEMIS Expert™ Tech Lift + Rejuvenate Facial

Mon - Thurs £104pp | Fri - Sun £114pp

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.

ELEMIS Expert™ Tech Smooth + Polish Facial

Mon - Thurs £104pp | Fri - Sun £114pp

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin.

ELEMIS Expert™ Tech Sculpt + Firm Facial

Mon - Thurs £104pp | Fri - Sun £114pp

Our ultimate treatment. This multi-faceted facial is customised to target your skins needs using 5 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined.

BODY TREATMENTS

From £99

ELEMIS Expert™ Transformative Hot Stone Massage

Mon - Thurs £109pp | Fri - Sun £119pp
50 mins

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

ELEMIS Expert™ Deep Tissue Tension-Ease Massage

Mon - Thurs £99pp | Fri - Sun £109pp
50 mins

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

ELEMIS Expert™ Peaceful Pregnancy Massage

Mon - Thurs £99pp | Fri - Sun £109pp
50 mins

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

Frangipani Body Nectar Nourishing Wrap

Mon - Thurs £99pp | Fri - Sun £109pp
50 mins

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood balancing aromatics and skin-conditioning oils perform their magic.

Wellbeing Massage

Mon - Thurs £99pp | Fri - Sun £109pp
50 mins

Aromatherapy massage using a blend of individually chosen oils.

Couture Touch

Mon - Thurs £169pp | Fri - Sun £179pp
100 mins

Combine a 50-minute ELEMIS Facial with the 50-minute ELEMIS Expert™ Deep Tissue Tension-Ease Massage.

SPA GIFT VOUCHERS

Looking for a luxurious gift for someone who loves a bit of pampering? Give them the gift of self-care and indulgence at one of our 18 spa hotels dotted around the UK. Purchase online at: qhotels.co.uk/gift-vouchers

SIGNATURE SPA RITUALS

50 mins - From £94

Revitalising Ritual

Mon - Thurs £94pp | Fri - Sun £104pp

A refreshing full body exfoliation followed by a therapeutic back massage to soothe tension and leave you relaxed and revived.

Rebalancing Ritual

Mon - Thurs £94pp | Fri - Sun £104pp

Restore equilibrium and peace of mind with this unique combination of a personalised facial, 5-minute scalp massage, lower leg and foot massage.

Fit For Business Ritual

Mon - Thurs £94pp | Fri - Sun £104pp

After a stressful day relax with a back cleanse, exfoliation and deep massage followed by a purifying back mask, tension revitalising massage to the legs and feet to leave you fully rejuvenated.

Relaxing Face and Back Ritual

Mon - Thurs £94pp | Fri - Sun £104pp

A gentle exfoliation and relaxing aromatherapy back massage, with a face and scalp massage, to melt away tension and leave skin radiant.

ADD A LITTLE SOMETHING SPECIAL

25 mins - From £55

Personalised Express Facial

Mon - Thurs £55pp | Fri - Sun £60pp

Shoulder, Neck and Scalp Massage

Mon - Thurs £55pp | Fri - Sun £60pp

ELEMIS Expert™ Deep Tissue Tension-Ease Massage

Mon - Thurs £55pp | Fri - Sun £60pp

Frangipani Scrub

Mon - Thurs £55pp | Fri - Sun £60pp

Frangipani Foot Treatment

Mon - Thurs £55pp | Fri - Sun £60pp

BIOTEC Eye Treatment

Mon - Thurs £55pp | Fri - Sun £60pp

WAXING

Waxing Package

25 mins Mon - Thurs £45

50 mins Mon - Thurs £85

LASHES AND BROWS

Expertly shaped and tinted by our experienced team. Please note a patch test is required 48hrs prior to any tinting treatment.

Eyelash Tint

20 mins Mon - Thurs £40

Eyebrow Tint

15 mins Mon - Thurs £30

Eyebrow Wax & Tint

20 mins Mon - Thurs £40

SPA ETIQUETTE

Arrival Time

We recommend that you arrive 30 minutes in advance of your treatments so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a loss of treatment time, and in some instances we may not be able to carry out your treatment.

Medical Advice

Some of the treatments that are offered are not suitable for guests with certain medical ailments and conditions. In some instances a doctor's note may be required in order for us to be able to carry out the treatment.

Cancellation Policy

All of our spa treatments incur a 100% cancellation fee unless cancelled 48 hours prior to the booking. Bookings made in the 48 hour cancellation period must be pre-paid and are non-refundable.

NAIL TREATMENTS

Please note, if you have booked a Jessica Gel Manicure or Jessica Gel Pedicure and already have a Jessica Gel polish applied, you will also need to book a Jessica Gel Polish Removal treatment.*

Jessica Deluxe Manicure

50 mins Mon - Thurs £80 | Fri - Sun £90

Jessica Deluxe Pedicure

50 mins Mon - Thurs £80 | Fri - Sun £90

Jessica GEL Manicure

50 mins Mon - Thurs £80 | Fri - Sun £90

Jessica GEL Pedicure

50 mins Mon - Thurs £80 | Fri - Sun £90

Jessica GEL Polish Removal

25 mins Mon - Thurs £45 | Fri - Sun £50

File & Polish Hands

25 mins Mon - Thurs £44 | Fri - Sun £49

File & Polish Toes

25 mins Mon - Thurs £44 | Fri - Sun £49

We are a private Health Club facility which welcomes families and children around the poolside. The Health Club team will endeavour to keep the pool environment tidy and will remove towels or belongings left unattended for over 30 minutes. With that in mind, we kindly request that poolside loungers are not reserved. Our relaxation room is adults only and is an area of relaxation and tranquillity. Whilst enjoying the peace that this room offers, please also respect other spa guests' right to privacy and serenity. *Unfortunately, we are unable to remove any other gel product other than Jessica, please ensure this is removed before arrival to avoid a non-refundable cancellation of your treatment.

Spa Restrictions

Our spa treatments are available for clients and guests aged 16 and over however, not all treatments are available for those under the age of 18, please check when making your booking to avoid disappointment.



FOREST PINES
HOTEL, SPA & GOLF RESORT

THE GHOTELS COLLECTION

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