

QHOTELS

INSPIRED  
BY YOU

# SPA

EXPLORE OUR  
SPA MENU

Forest Pines Hotel & Golf Resort, Yorkshire & Humberside

# LET OUR DEDICATED SPA TEAM GUIDE YOU THROUGH YOUR JOURNEY OF RELAXATION

All our spa packages include use of our fantastic health club facilities, robes and slippers plus either a light lunch or afternoon tea.

## LUXURY ESPA EXPERIENCE £123pp

While away the hours with this relaxing and decadent spa day, perfect on your own, with a loved one or a friend!

- 2x treatments from the following 4: Decadent ESPA Swedish Massage, Revitalising ESPA Facial, Luxury Manicure or Luxury Pedicure
- A glass of bubbly

## 2 FOR £114 EXPERIENCE

Relax, unwind and experience luxury ESPA treatments with a friend or loved one - the perfect introduction to spa days.

- 1 x 60 minute Signature Spa Ritual (choice of four)

## INDULGENT ESPA EXPERIENCE TOGETHER £99pp

Experience ESPA's luxurious 'Hero' treatment. Loved by all this treatment includes – back exfoliation and massage, personalised facial & scalp massage – perfect for indulgent shared moments.

- 1 x 90 minute Luxurious ESPA Back, Face & Scalp treatment
- A glass of bubbly

## YOUR LITTLE SLICE OF HEAVEN £89pp

From your toes to your finger tips - a taste of luxury!

- 4 x 30 minute treatments including: pampering file and polish for fingers, file and polish for toes, revitalising ESPA Express facial, relaxing ESPA back, neck and shoulder massage

## A SPA DAY WITH AN AFTERNOON TEA EXPERIENCE £75pp

This package celebrates the art of relaxation and style.

- 1 x 60 minute Signature Spa Ritual (choice of four) or 2 x 30 minute spa treatments
- Delicious afternoon tea and a glass of bubbly

## DISCOVERY EXPERIENCE £39pp

An introduction to spa with use of our relaxing health club and lunch - ideal for catching up with a friend in a tranquil resort.



# DISCOVER OUR SIGNATURE SPA RITUALS, MASSAGES AND PERSONALISED FACIALS

## SIGNATURE SPA RITUALS (60 minutes - £69):

### Revitalising Ritual with ESPA

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

### Rebalancing Ritual with ESPA

Restore equilibrium and peace of mind with this unique combination of a personalised facial and soothing foot massage.

### Fit For Business Back Ritual with ESPA

After a stressful day relax with a back cleanse, exfoliation and deep massage followed by a purifying back mask. A tension relieving massage to the legs and feet to help revitalise will leave you feeling totally rejuvenated.

### Relaxing Face and Back Ritual with ESPA

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

### GELeration Hand Spa Ritual

A relaxing hand exfoliation, massage and moisturise including cuticle care and a nail shape. Your fingers will be finished perfectly with Jessica's long lasting GEL polish - the complete treatment to ensure your nails are looking party perfect!

### GELeration Foot Spa Ritual

A luxury foot and leg treatment including a relaxing massage and moisturise. Your feet are tended to; any hard skin removed, your cuticles and nails shaped before your toe nails experience Jessica's long lasting GEL polish.

ESPA FACIALS	PRICE	ESPA BODY TREATMENTS	PRICE
Skin Radiance Facial 55 minutes	£69	Back, Face & Scalp Treatment 85 minutes	£94
Re-Hydrator Facial 55 minutes	£69	Aromatherapy Massage 55 minutes	£74
De-Sensitiser Facial 55 minutes	£69	Hot Stone Massage 55 minutes	£79
Skin Purifying Facial 55 minutes	£69	Swedish Massage 55 minutes	£69
Lift & Firm Facial 85 minutes	£94	Deep Muscle Massage 55 minutes	£69
Age-Defyer Facial 55 minutes	£79	Detox Wrap 55 minutes	£74
Men's Age Rebel Facial 55 minutes	£69	ESPA Body Wrap 55 minutes	£74
		Pre and Post Natal Treatment 55 minutes	£84

The following spa treatments are available to add on to your spa experience for £44 extra per treatment:

- Personalised Express Facial
- Shoulder, Neck and Scalp Massage
- Salt and Oil Scrub
- Invigorating Foot Treatment
- Lift and Firm Eye Treatment
- Back, Neck and Shoulder Massage

Explore our spa days online, [QHotels.co.uk/SPA\\_DAYS](http://QHotels.co.uk/SPA_DAYS) or call 0845 074 0064 to discuss your spa day experience.

Book your luxurious pampering treatment, call 01652 655 678 or email [forestpinesbeauty@QHotels.co.uk](mailto:forestpinesbeauty@QHotels.co.uk)



## EXPLORE OUR FINISHING TOUCHES TREATMENTS

### NAIL TREATMENTS

Our luxurious manicures and pedicures are pure pampering for hands and feet that help to nourish and soften the skin. Perfectly shaped nails are then finished off with the polish of your choice. We also offer a comprehensive range of Gel Nails.

	PRICE		PRICE
Jessica Deluxe Manicure 50 minutes	£49	Jessica Deluxe Pedicure 50 minutes	£49
Jessica Gel Manicure 50 minutes	£49	Jessica Gel Pedicure 50 minutes	£49

### WAXING

We offer a variety of waxing treatments performed by their highly qualified specialists providing treatments that will leave your skin feeling soft, smooth and supple:

	PRICE		PRICE
Waxing Package 25 minutes (Monday - Friday only)	£30	Waxing Package 50 minutes (Monday - Friday only)	£45

ADDITIONAL SPA TREATMENTS ARE AVAILABLE ON REQUEST.

2018 Price List

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**ESPA**  
Natural Beauty  
Inner Calm

FOREST PINES  
HOTEL & GOLF  
RESORT  
Yorkshire and Humberside

Terms and conditions apply and offer subject to availability. Spa days are only available Monday - Friday. Please note an extra £10 supplement applies on a Sunday. For full terms and conditions speak to a member of the spa team. All treatments include client care and consultation time.