

# SPA TREATMENTS

STEP INTO A WORLD OF RELAXATION

in partnership with

ELEMIS



**FOREST PINES**  
HOTEL, SPA & GOLF RESORT

THE QHOTELS COLLECTION

A close-up photograph of a woman with dark hair and eyes closed, receiving a facial massage. Her hands are gently touching her forehead and cheeks. The background is a plain, light-colored wall. The overall mood is relaxing and serene.

**ENJOY SOME TIME JUST  
FOR YOU WITH OUR  
SPA DAY PACKAGES**

Whether it's a pamper day with friends or an escape with a partner, we have a spa experience for you. All our packages include a complimentary robe to relax in, plus full use of the hotel's leisure facilities. Enjoy a glass of Prosecco with our Twilight package, plus a delicious light lunch as part of our Serenity, Indulgence and Ultimate experiences. To really push the boat out, savour the delights of Afternoon Tea – just ask at the Spa who will add it onto your day.

## **SIMPLY SPA**

Mon - Thurs £64pp

### **30-minute spa experience**

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

## **SERENITY**

Mon - Thurs £89pp | Fri - Sun £109pp

### **60-minute spa experience**

Unwind with your choice of our therapeutic 50-minute Signature Spa Ritual treatments. Will you opt for Revitalising, Relaxing, Rebalancing, Fit for Business, GELeration Hand or Foot Ritual or our Peaceful Pregnancy Massage?

## **INDULGENCE**

Mon - Thurs £120pp | Fri - Sun £150pp

### **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 Freestyle Deep Tissue Massage, Wellbeing Massage, Personalised Facial or a Peaceful Pregnancy Massage, then add a soothing 25-minute treatment from a choice of: Express Facial, Full Body Scrub, Foot Ritual, Back, Shoulder and Neck Massage or Shoulder, Neck and Scalp Massage.

## **ULTIMATE**

Mon - Thurs £154pp | Fri - Sun £184pp

### **120-minute spa experience**

Give yourself the ultimate treat. Choose a 50-minute treatment of your choice, including any Elemis BIOTEC Facial, Elemis Freestyle Deep Tissue Massage, Wellbeing Massage, Elemis Personalised Facial or a Peaceful Pregnancy Massage. You'll also enjoy two 25-minute Express treatments; choose from Express Facial, Full Body Scrub, Foot Ritual, Back, Shoulder and Neck Massage or Shoulder, Neck and Scalp Massage.

## **TWILIGHT**

Mon - Thurs £64pp

### **60-minute spa experience - available after 6pm**

End your day the right way with two relaxing 25-minute Elemis treatments of your choice. Take your pick from: Express Facial, Deep Tissue Back Massage, Full Body Exfoliation, Frangipani Foot Treatment, Shoulder, Neck and Scalp Massage.

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.

Explore our spa days at [forestpineshotel.co.uk/Spa](http://forestpineshotel.co.uk/Spa) or call **01652 655 678** to talk to us about your perfect spa day experience.



# ELEMIS FACIALS

50 mins - From £79

## PRO-GLOW BRILLIANCE FACIAL

Mon - Thurs £79pp | Fri - Sun £89pp

Your recipe for radiance. Turn up the brightness with our triple cleanse. Gentle resurfacing, dissolving dead skin cells to reveal healthy, clearer looking skin. A fusion of superfoods and antioxidant-rich facial oils plump the skin with moisturise whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy.

## PRO-GLOW RESURFACE FACIAL

Mon - Thurs £79pp | Fri - Sun £89pp

Resurfacing for stunningly smooth skin. This unique facial minimises uneven tones, texture, fine lines and pigmentation. Powered by patented Tri-Enzyme technology enlarged pores, blemishes and blackheads are targeted. Leaving dull, uneven, tired-looking skin brighter, smoother and renewed.

## PRO-GLOW RENEWAL FACIAL

Mon - Thurs £79pp | Fri - Sun £89pp

For gorgeous glowing skin. ELEMIS' signature deep-cleansing skin wellness facial. Showcasing prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced.

## PRO-GLOW SMOOTH FACIAL

Mon - Thurs £79pp | Fri - Sun £89pp

The Hiit workout for your skin. After just one treatment, the complexion looks firmer, smoother and rejuvenated. Powerful resurfacing technology lifts dead skin cells to give skin added luminosity and an infusion of hydration, delivers an immediate tightened effect.

# 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.

## PRO-GLOW BRILLIANCE FACIAL+

Mon - Thurs £89pp | Fri - Sun £99pp

Your recipe for radiance. Experience our ultrasonic peel technology and brightening enzymes to deep clean and reveal a super-healthy, glowing complexion. A super-charged air massage, hydrating technology and antioxidant-rich superfoods breathe life into your skin immediately.

## PRO-GLOW RESURFACE FACIAL+

Mon - Thurs £89pp | Fri - Sun £99pp

Reveal stunningly smooth skin. Super-charged, deep-cleansing and powerful ultrasonic peel technology eliminates impurities. Gentle resurfacing helps reduce dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin appears instantly renewed for a clearer, brighter complexion.

## PRO-GLOW RENEWAL FACIAL+

Mon - Thurs £89pp | Fri - Sun £99pp

ELEMIS' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced.

## PRO-GLOW SMOOTH FACIAL+

Mon - Thurs £89pp | Fri - Sun £99pp

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology. Targeting lines and wrinkles for more radiant, youthful looking skin that feels firmer with more elasticity.

# BODY TREATMENTS

50 mins - From £84

## COUTURE TOUCH

50 mins - Mon - Thurs £84pp | Fri - Sun £94pp

100 mins - Mon - Thurs £144pp | Fri - Sun £154pp

**50-minute couture touch** – 25-minute Elemis facial & 25-minute freestyle deep tissue back massage.

**100-minute couture touch** – 50-minute Elemis facial & 50-minute freestyle deep tissue full body massage.

## WELLBEING MASSAGE

Mon - Thurs £84pp | Fri - Sun £94pp

ELEMIS aromatherapy massage uses a blend of individually chosen oils.

## DEEPER THAN DEEP HOT STONE MASSAGE

Mon - Thurs £94pp | Fri - Sun £104pp

Balinese stones bathed in Frangipani Monoi Body Oil are worked deep into the muscles, targeting areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.

## FREE STYLE DEEP TISSUE

Mon - Thurs £84pp | Fri - Sun £94pp

Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

## PEACEFUL PREGNANCY TREATMENT

Mon - Thurs £84pp | Fri - Sun £94pp

This intuitive, restorative and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics are specially selected for optimum wellness and deep calm.

## FRANGIPANI BODY NECTAR NOURISHING WRAP

Mon - Thurs £84pp | Fri - Sun £94pp

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.

# SIGNATURE SPA RITUALS

50 mins - From £79

## REVITALISING RITUAL WITH ELEMIS

Mon - Thurs £79pp | Fri - Sun £89pp

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

## REBALANCING RITUAL WITH ELEMIS

Mon - Thurs £79pp | Fri - Sun £89pp

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

## FIT FOR BUSINESS BACK RITUAL WITH ELEMIS

Mon - Thurs £79pp | Fri - Sun £89pp

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 WITH ELEMIS

Mon - Thurs £79pp | Fri - Sun £89pp

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

## GELERATION HAND OR FOOT SPA RITUAL

Mon - Thurs £79pp | Fri - Sun £89pp

A choice of relaxing hand or foot and leg treatment, including a massage and moisturise with cuticles cut and shaped. Your nails will then be finished perfectly with Jessica long-lasting GEL polish.

# ADD A LITTLE SOMETHING SPECIAL

25 mins - From £50

Add your choice of 25-minute spa treatments from just £50 extra per treatment.

## PERSONALISED EXPRESS FACIAL

Mon - Thurs £50pp | Fri - Sun £55pp

## SHOULDER, NECK AND SCALP MASSAGE

Mon - Thurs £50pp | Fri - Sun £55pp

## FREE STYLE DEEP TISSUE BACK MASSAGE

Mon - Thurs £50pp | Fri - Sun £55pp

## FRANGIPANI SCRUB

Mon - Thurs £50pp | Fri - Sun £55pp

## FRANGIPANI FOOT TREATMENT

Mon - Thurs £50pp | Fri - Sun £55pp

## BIOTEC EYE TREATMENT

Mon - Thurs £50pp | Fri - Sun £55pp

## BIOTEC NECK TREATMENT

Mon - Thurs £50pp | Fri - Sun £55pp

ELEMIS

## WAXING

### WAXING PACKAGE

25 mins Mon - Thurs £40

### WAXING PACKAGE

50 mins Mon - Thurs £75

## 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 £35

### EYEBROW TINT

15 mins Mon - Thurs £25

### EYEBROW WAX & TINT

20 mins Mon - Thurs £35

## 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 or in some cases the treatment may be unable to be carried out.

### 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 reserved a Jessica Gel Manicure or Jessica Gel Pedicure and already have a Gel polish applied, you will also need to book a Jessica Gel Polish Removal treatment.

### JESSICA DELUXE MANICURE

50 mins Mon - Thurs £70 | Fri - Sun £80

### JESSICA DELUXE PEDICURE

50 mins Mon - Thurs £70 | Fri - Sun £80

### JESSICA GEL MANICURE

50 mins Mon - Thurs £70 | Fri - Sun £80

### JESSICA GEL PEDICURE

50 mins Mon - Thurs £70 | Fri - Sun £80

### JESSICA GEL POLISH REMOVAL

25 mins Mon - Thurs £40 | Fri - Sun £45

### FILE & POLISH HANDS

25 mins Mon - Thurs £39 | Fri - Sun £44

### FILE & POLISH TOES

25 mins Mon - Thurs £39 | Fri - Sun £44

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 adult 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.

### SPA RESTRICTIONS

All spa days and treatments are for clients aged 16 and over. We welcome group bookings of a maximum of 10 guests.

To book your spa experience, call **01652 655 678**  
or email [spa@forestpineshotel.co.uk](mailto:spa@forestpineshotel.co.uk)



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THE GHOTELS COLLECTION

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