



Treatment Menu

SPA • HAIR • AESTHETICS • BEAUTY

01223 455400 | qi-spa.co.uk/cambridge | Qi Spa App





WELCOME TO Qi SPA

Awaken your senses... Calm the mind... Restore your energy

Leave the outside world at the door & let us take care of you. It's time to switch off, sit back, relax & breathe. Your wellness in our healing hands.

SERVICES AT Qi SPA

Massage & Wellbeing Therapies	04
Qi Spa Massage Club	05
Qi Spa Packages	06
David Lloyd Spa Retreat	07
Beauty	08
- Lashes, Brows & Waxing	
Facials	09
- Decléor, Aesthetics	
Manicures & Pedicures	10
Qi Spa Gift Vouchers	10
Hair	11

For more details on treatments please visit www.qi-spa.co.uk/cambridge



MASSAGE AT Qi SPA

Let your therapist be your guide. Decide how much time you would like, then choose how you want to feel after your massage.

BESPOKE BODY MASSAGE

55 mins £68 90 mins £95

- Rest-well
- Deep Tissue - Tension releasing
- Swedish - Revitalising
- Pregnancy

NEW Qi Spa Signature Messages:

- Qi Spa Vital Energy Massage - A light-touch, head-to-toe acupressure massage 55 mins £68
- Qi Spa Four Hands Massage - Synchronised massage with 2 therapists 45 mins £100
55 mins £125

Sports Massage 55 mins £70

Back, Neck & Shoulder Massage 25 mins £40
40 mins £50

Head & Scalp Massage or Indian Head Massage 30 mins £42

Bamboo Massage 55 mins £68

Hot Stones Massage 55 mins £80

Ultimate Hot Stones - Includes face & scalp massage 1 hr 55 mins £140

Lava Shells 55 mins £80

HOLISTIC THERAPIES

Reflexology - Foot massage to help heal your body from within 55 mins £75

Ear Candling - Helps to clear the ears & sinuses 30 mins £40

Reiki - Usui method of healing 45 mins £50



Massage Club
— at Qi Spa —

Enjoy the mind & body benefits of regular massage,
monthly or more if you choose.

MEMBERSHIP BENEFITS*

You save **20% off** a Full Body Massage (55 mins)

Plus:

20% off any additional Full Body Massage
Exclusive complimentary treats

KEY BENEFITS OF MASSAGE

Muscle tension release • Relaxation of nervous system
Lymphatic drainage • Improved immunity
Improved blood circulation • Improved sleep & digestion

JOIN TODAY AT

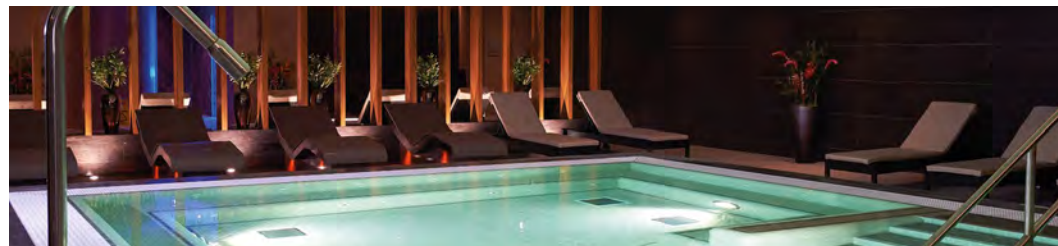
www.qi-spa.co.uk/massage-club
or we would love to talk to you at Spa Reception!

* Membership is individual only. Terms & conditions apply.

EXCLUSIVE

05

04



Qi SPA PACKAGES

Time to spa, time for you.

GUESTS Exclusive, limited availability to the David Lloyd Spa Retreat can be arranged with Spa Packages.

ESSENTIAL WELLBEING

£125pp Monday - Thursday | £150pp Friday - Sunday

55 minutes of Massage or Facial

Fluffy robe & slipper hire - Spa Retreat access



LOVE TO SPA

£175pp Monday - Thursday | £200pp Friday - Sunday

2 Hours of Treatment time from our Spa Day Treatment Collection*

Fluffy robe & slipper hire - Spa Retreat access



SPA THE DAY AWAY

£225pp Monday - Thursday | £250pp Friday - Sunday

3 Hours of Treatment time from our Spa Day Treatment Collection*

Fluffy robe & slipper hire - Spa Retreat access



SPARKle UNDER THE STARS

£100pp Monday - Thursday | £120pp Friday - Sunday

25 Minutes of Treatment - Glass of Bubbly

Fluffy robe & slipper hire - Spa Retreat access for up to 3 hours



*SPA DAY TREATMENT COLLECTION - PLEASE SELECT AT TIME OF BOOKING

It's the tiny touches that can make your experience special. Selected add-on treats:

- Glass of SPARKling bubbly
- Afternoon tea
- Hot Stones or Lava Shells to add into your Massage treatment: £12

DAVID LLOYD SPA RETREAT

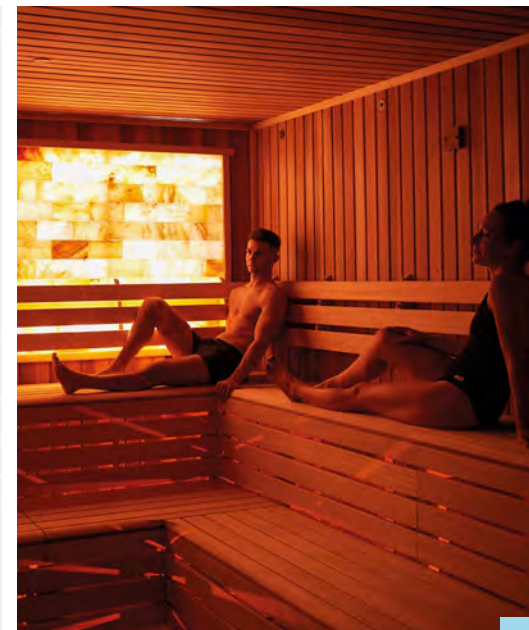
Soothe your body & mind.

Equipped with the most luxurious spa facilities, The Spa Retreat provides a haven of peace and tranquillity for you to relax, repair and energise with Spa experiences to enjoy:

- Himalayan salt sauna
- Two Finnish saunas
- Citrus steam room
- Amethyst crystal steam room
- Ice cave
- Two sleep-relaxation rooms
- Salt water whirlpool
- Hydrotherapy whirlpool
- Ice cold plunge pool
- Two experiential showers
- Hydrotherapy foot spa

Enjoy more relaxation in the outdoor Spa Garden:

- Outdoor hydro pool
- Sauna
- Comfortable loungers
- Fire pit
- Heated outdoor swimming pool





BEAUTY

EYE & FACE TREATMENTS

Brow Shape	£15
Brow Shape & Tint	£25
Lip or Chin	£15
Lip & Chin	£20
Side of Face	£20

We use Ashmira strip & hot wax – gentle wax to help protect facial skin

EYELASH & BROW TINTS

Brow Tint	£15
Lash Tint	£20
Lash & Brow Tint	£30

EYELASH & BROW ENHANCEMENT

Lash Lift	£45
Lash Lift & Tint	£50
Eyelash Extensions	From £70
Eyelash Infills	2 weeks £40 3 weeks £50

* 24 hour patch test for new tint, lash lift & extensions. 48 hours patch test for high definition brows.

WAXING

Legs	Half - £20	Full - £35
Arms	Under - £16	Full - £25
Bikini Tidy		£19
High Bikini		£25
Brazilian		£38
Hollywood - All off		£42

JUST FOR MEN

Mens Wax Guybrows	£22
Mens Wax Chest	£33
Mens Wax Back	£45

FACIALS

Hydra Moisture Quench - Restores hydration & plumps the skin	55 mins	£74
Rapid Radiance - Smooths & adds luminosity	55 mins	£74
Power Pack Vitamin Glow - Vitamin boost for the face	55 mins	£74
Decléor Discovery Mini Facial	25 mins	£42

DECLÉOR ANTI-AGEING FACIALS

Anti-wrinkle Youth Boosting - Rejuvenates & smooths fine lines	55 mins	£77
Facial Pilates - Lift & contour	55 mins	£77
Facial Yoga Lift - Invigorates & visibly lifts the skin	55 mins	£77

Microdermabrasion - Resurfaces & refines scar/sun-damaged/ pigmented skin	55 mins	£77
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NEW Qi Spa Signature Facial - Renewed Rose Radiance Soothes & calms skin. Rose Quartz crystal massage gives glowing radiance	55 mins	£74
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DECLÉOR
PARIS

AESTHETICS

With our professional Skin Medics team

Anti-wrinkle Injections Botox®	Plasma Fibroblast - Tighten & rejuvenate
Lip Enhancement	Permanent Make Up - Brows
Peels - For a range of skin concerns	3D Lipo Body Contouring
Microneedling Anti-ageing - For skin tone & elasticity	

SKIN-MEDICS



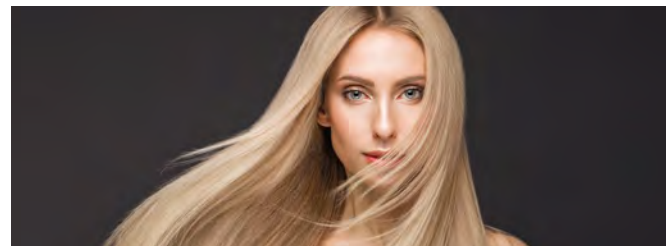
MANICURES & PEDICURES

GELS

Gel Manicure	£40
- Add on hand massage & thermal mitts	£12
Gel Pedicure	£40
- Add on hard skin removal & thermal booties	£12
Soak Off - For gel polish only (not acrylic/false or hard gel nails)	£11

REGULAR POLISH

Manicure	£33
- Add on hand exfoliation & thermal mitts for hand hydration	£12
Pedicure	£38
- Add on hard skin removal & thermal booties	£12



HAIR

CUT & STYLE

Ladies Cut & Style

Gents Cut & Style

BLOW-DRY

Express - Ideal post gym

Regular - Our classic

Luxury - Full glamour

Blow-dry with Extensions

CREATIVE COLOUR*

Balayage

Babylight

Herringbone Highlights

Platinum Card

Face Framing

Foilyage

Creative Toners

Colour Correction

CHILDRENS HAIR

KERATIN SMOOTHING TREATMENT

CLASSIC COLOUR*

Global Full Head Colour

Colour Refresh

Colour Gloss

Highlights

HAIR NUTRITION

Olaplex Bond Builder

K18 Treatment

Moisture/Protein Hair Treatments

Qi SPA GIFT VOUCHERS

An ideal gift for a treatment or Spa Package



Buy online or at spa reception

Voucher design may vary

* Skin test required 48 hours before appointment on colour.





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1st Floor, David Lloyd Club, Coldhams Business Park,
Coldhams Lane, Cambridge CB1 3LH

Cancellation policy: Appointments cancelled with less than 24 hours notice will be charged at 50% of the price of your treatment.

Subject to change: Prices, terms and conditions correct at time of print but subject to change without notice.

