



SPA TREATMENT MENU

# NATURAL ORGANIC INGREDIENTS

FROM THE GROUNDS OF LUTON HOO

The Spa at Luton Hoo uses specially blended organic products that have taken inspiration from Luton Hoo's Historical Gardens using geranium, camomile, rosemary and fennel essential oils.

Our philosophy for products and treatments is about the union of simplicity, purity and integrity. We aim to give a sense of wellbeing and harmony with a feeling that you are being cared for by your therapist and the products we use.



We suggest you arrive at least 30 minutes before your treatments to allow you to relax and unwind and enter the realm of indulgent experiences within the leisure facilities.

You can enjoy our indoor swimming pool, hydrotherapy pool, heat therapy suite, fitness studio and luxurious relaxation room.

Within The Club House at Luton Hoo there is also the Adam's Brasserie, the 19th and Adam's Bars, the Pro Shop and golf course to enjoy.

#### The Spa opening times :

9.00am – 6.00pm Sun – Wed, 9.00am – 8.30pm Thurs – Fri and 9.00am - 7.00pm Sat.

## ORGANIC FACE RITUALS

Within your consultation and aromatic foot soak, you will be offered a selection of pure, organic ingredients to be blended into your face mask.

### Luton Hoo Spa 5 Senses Facial Signature Treatment

After an initial consultation with your therapist and soothing foot soak, your skin will be double cleansed with cooling and soothing balms. Warm aromatic muslin cloths will be used to steam and prepare the skin for application of gentle exfoliator. This will be followed by a purifying mask during which an organic hair treatment will be warmed and applied with deep massage movements. Your hands and arms will also be massaged. A rejuvenating facial massage using The Spa's own organic facial serum will follow, including scalp, neck and shoulders. Finally an organic moisturiser will be applied to leave skin glowing and smoothed.

*1 hour 10 minutes £115*

### Luton Hoo Spa Aromatic Soothing Facial

After an initial consultation with your therapist and a soothing foot soak, your skin will be gently but deeply cleansed. Natural skin exfoliation with warm cloths will be followed by a heated oatmeal mask. Gentle facial massage incorporating neck and shoulder, will help calm and soothe the skin before the application of an aromatically relaxing clay mask. Finally the skin will be totally moisturised by The Spa's organic facial serum, leaving your skin and senses deeply relaxed.

*55 minutes £85*



### Luton Hoo Spa Aromatic Toning Facial

After an initial consultation with your therapist and an invigorating foot soak, your skin will be ultra cleansed and steamed. Toning but naturally gentle exfoliation will leave the skin prepared for an uplifting facial massage incorporating neck and shoulders, which will help stimulate the lymphatic system and aid natural detoxification. A cooling mask will be applied followed by a balancing facial moisturiser, leaving the skin refreshed and glowing.

*55 minutes £85*

### Luton Hoo Spa Defined Facial

After an initial consultation with your therapist, your skin will be thoroughly cleansed and gently steamed using The Spa's signature facial blend containing Bay and Rose Geranium. An oat and organic sugar exfoliator will polish and prepare the skin for a rhythmical facial massage, which will include the scalp, neck and shoulders. Finally moisturiser and lip balm will be applied, leaving your skin soothed to perfection.

*40 minutes £70*

## ORGANIC BODY RITUALS

### Luton Hoo Spa 5 Senses Body Signature Treatment

After an initial consultation with your therapist and a relaxing foot soak during which you will choose one of The Spa's unique aromatic blends, your treatment will commence with the pouring of warm oils on the back followed by a classical full body massage. Incorporating a series of slow body stretches to further aid relaxation of the muscles, a soothing scalp massage will follow after which you will receive relaxing foot reflexology. Finally a series of slow body stroking movements will complete your treatment leaving mind and body and senses in complete harmony.

*1 hour 20 minutes £125*

### **Luton Hoo Aromatic Body Treatment**

After an initial consultation with your therapist and a relaxing foot soak you will be cocooned in warm towels. Gentle rhythmical body rocking will be followed by effective stretches to prepare the muscles for a full body massage using your personal choice of one of The Spa's unique aromatic blends: Relaxing, Uplifting and Balancing.

*55 minutes £85*

### **Luton Hoo Spa Bay & Lemon Body Polish & Wrap**

After an initial consultation with your therapist, your skin will be dry brushed to prepare for the application of an organic and moisturising body polish created with one of The Spa's unique aromatic blends. You will then be wrapped in muslin and towels allowing the active organic ingredients to penetrate fully into the skin during which you will receive a relaxing scalp massage. The skin will then be cleansed to perfection with cotton mitts and an aromatic moisturiser applied.

*55 minutes £85*



### **CIRCAROMA TREATMENTS**

We have specifically chosen this award winning organic skincare range that is formulated in the UK by qualified therapists. Deeply rooted in classical therapy Circaroma avoids harsh chemicals and synthetic aromas in all their formulations:

#### **Classic Facial**

A classically created facial that uses premium organic ingredients to feed and nurture your skin. Products will be chosen individually to suit your skin type and then custom blended for precise effects. Gentle exfoliation will be combined with rhythmical facial massage to cleanse and purify. Uniquely designed natural facelift techniques are used to help smooth and soften your skin.

*55 minutes £75*

#### **Ultra Balancing Facial**

Incorporating the Classic Facial with the added benefits of aromatic steam compresses and extractions (optional) to bring harmony and equilibrium to decongested skin.

*1 hour 10 minutes £95*

#### **Ultra Nourishing Facial**

Incorporating the Classic Facial with the added benefits of aromatic steam compresses and specific neck and eye treatment, to replenish and restore stressed and dehydrated skin.

*1 hour 10 minutes £95*

#### **Ultra Skin Gentle Facial**

Incorporating the Classic Facial with added benefits of aromatic steam compresses and gentle manual drainage, to soothe and nurture the most sensitive skins.

*1 hour 10 minutes £95*

## CIRCAROMA BODY TREATMENTS

### Classic Body Ritual

Each treatment will commence with specific techniques to bring about a natural state of relaxation. You will be invited to choose a mood invoking, deeply aromatic blend for your treatment. Skin will then be prepared with dry brushing prior to receiving a classically created full body massage, incorporating breathing and stretching techniques.

*1 hour 10 minutes £95*

### Ultra Refreshing Body Ritual & Ultra Relaxing Body Ritual

Incorporating the Classic Body Ritual with the added benefits of a refreshing and skin toning salt scrub that will polish the skin to glowing perfection or with the added benefits of a skin softening and moisturising sugar scrub, that will soothe and polish the skin, leaving it ultra soft and renewed.

*1 hour 20 minutes £115*

### Organic Body Cocoon

Starting with an aromatic foot bath. Skin will be prepared with dry brushing prior to application of a warming or cooling body wrap. Whilst cocooned, your scalp will be gently massaged and moisturised leaving soft and nurtured skin.

*55 minutes £75*

## CIRCAROMA HAND AND FOOT TREATMENTS

### Classic Manicure Treatment

Hands and nails will be restored using organic sugars to exfoliate and soften. Hands will then be wrapped in muslin after application of skin soothing ingredients. Deeply relaxing massage of the hands and arms, cuticles smoothed, nails shaped and a nail polish if desired.

*50 minutes £60*

### Classic Pedicure Treatment

Feet will be soaked and prepared before a warm oil is poured and massaged into the feet. Natural exfoliation will be followed by a skin wrap after which the feet and lower legs will be massaged using specific pressure points. Cuticles smoothed, nails shaped and a nail polish if desired.

*50 minutes £60*



## ALTERNATIVE AND MASSAGE THERAPIES

### Hot Stone Massage

A deeply relaxing massage to soothe away life tensions using warm, smooth volcanic stones.

Back, Neck, Shoulder and Scalp.

*40 minutes £75*

Full Body

*1 hour 20 minutes £115*

### Reflexology

A pressure point foot massage to rebalance the body.

*50 minutes £75*

### Deep Tissue Massage

A beneficial massage with stretching techniques for releasing deep tension within the body especially before and after exercise.

*1 hour 20 minutes £115*

### Pregnancy Treatment

A personalised nourishing and comforting treatment at this special time.

*1 hour 20 minutes £115*

### Indian Head Massage

A stress relieving massage working on upper back, neck and scalp.

*25 minutes £55*



## SPA PAMPER DAYS: Available Monday – Friday

All pamper days include complimentary use of leisure facilities, 2 course club house lunch and spa refreshments.

### The Luton Hoo Spa Signature Day – A luxurious day:

- 5 Senses Facial Signature Treatment
- 5 Senses Body Signature Treatment

*2hr 20 minutes £230*

### Enrich Day – A top-to-toe nourishing day

(suitable for pregnancy after 1st trimester):

- Aromatic Foot Bath
- Ultra Relaxing Body Ritual
- Aromatic Soothing Facial
- Classic Manicure

*3hr 10 minutes £260*

### Refresh Day – An energising and detoxifying day:

- Aromatic Foot Bath
- Organic Cooling Body Cocoon
- Ultra Refreshing Body Ritual
- Aromatic Soothing Toning Facial

*3hr 20 minutes £265*

### Ultimate Relax Day – A indulgent relaxing day:

- Aromatic Foot Bath
- Organic Warming Body Cocoon
- Ultra Relaxing Body Ritual
- Classic pedicure

*3hr 20 minutes £240*

### Par - fect Day - An ideal day for Golfers (available from 1st March) :

- 18 Holes of Golf
- Aromatic Foot Bath
- Classic Pedicure
- Deep Tissue Massage

*2hr 20 minutes £215*



For reservations, please call +(0)1582 734437

E-mail: [reservations@lutonhoo.com](mailto:reservations@lutonhoo.com)

#### **Important Information**

All treatment suitability is subject to a consultation card being completed. If you have any health conditions, please contact your GP prior to arrival for a letter of consent or contact our Beauty Therapists for advice. For spa days a credit card guarantee will be required. Cancellation within 48 hrs will incur a 100% charge. For treatments booked, cancellation within 24 hrs will incur 50% charge. Cancellation within 12 hrs will incur a 100% charge. Prices are subject to change without notice; all prices are inclusive of VAT.