

# THE SPA AT LUTON HOO

The Spa at Luton Hoo has a number of relaxing, soothing and calming treatments suited for Brides, Grooms, Best Men and Parents.

Prior to the wedding itself, Brides and Grooms can bring their respective parties to enjoy the ultimate pamper weekend for Stag and Hens.



## SPA PAMPER TREATMENTS

The Spa at Luton Hoo uses specially blended organic products that have taken inspiration from Luton Hoo's Historical Gardens using geranium, bay, 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.

The signature Luton Hoo Spa 5 Senses Treatments below are very popular, both of which can be incorporated into our Brides' Pre-Wedding day package.

### 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 5 SENSES BODY SIGNATURE TREATMENT

After an initial consultation with your therapist and soothing 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, body and senses in complete harmony.

***1 hour 20 minutes £125***

#### THE SPA OPENING TIMES:

**9.00am – 6.00pm Sunday to Wednesday, 9.00am – 8.30pm Thursday and Friday and 9.00am – 7.00pm Saturday.**

# THE SPA AT LUTON HOO

## SPA TREATMENTS

### ORGANIC FACE RITUALS

Luton Hoo Spa 5 Senses Facial Signature Treatment	<b>1 hr 10 mins</b>	<b>£115</b>
Luton Hoo Spa Aromatic Soothing Facial	<b>55 mins</b>	<b>£85</b>
Luton Hoo Spa Aromatic Toning Facial	<b>55 mins</b>	<b>£85</b>
Luton Hoo Spa Defined Facial	<b>40 mins</b>	<b>£70</b>

### ORGANIC BODY RITUALS

Luton Hoo Spa 5 Senses Body Signature Treatment	<b>1 hr 20 mins</b>	<b>£125</b>
Luton Hoo Spa Aromatic Body Treatment	<b>55 mins</b>	<b>£85</b>
Luton Hoo Spa Bay & Lemon Body Polish and Wrap	<b>55 mins</b>	<b>£85</b>

### CIRCAROMA TREATMENTS

Classic Facial	<b>55 mins</b>	<b>£75</b>
Ultra Balancing Facial	<b>1 hr 10 mins</b>	<b>£95</b>
Ultra Nourishing Facial	<b>1 hr 10 mins</b>	<b>£95</b>
Ultra Skin Gentle Facial	<b>1 hr 10 mins</b>	<b>£95</b>

### CIRCAROMA HAND AND FOOT TREATMENTS

Classic Manicure Treatment	<b>50 mins</b>	<b>£60</b>
Classic Pedicure Treatment	<b>50 mins</b>	<b>£60</b>

### CIRCAROMA BODY TREATMENTS

Classic Body Ritual	<b>1 hr 10 mins</b>	<b>£95</b>
Ultra Refreshing Body Ritual and Ultra Relaxing Body Ritual	<b>1 hr 20 mins</b>	<b>£115</b>
Organic Body Cocoon	<b>55 mins</b>	<b>£75</b>

### ALTERNATIVE AND MASSAGE THERAPIES

Hot Stone Massage		
Back, Neck, Shoulder and Scalp	<b>40 mins</b>	<b>£75</b>
Full Back	<b>1 hr 20 mins</b>	<b>£115</b>
Reflexology	<b>50 mins</b>	<b>£75</b>
Deep Tissue Massage	<b>1 hr 20 mins</b>	<b>£115</b>
Pregnancy Treatment	<b>1 hr 20 mins</b>	<b>£115</b>
Indian Head Massage	<b>25 mins</b>	<b>£55</b>

## SPA PAMPER DAYS

All inclusive of 2 course Club House Lunch and Spa refreshments  
and use of Adam's gymnasium, pool and vitality pool.

### BRIDE'S PRE-WEDDING DAY – A HELPING HAND

• Manicure • Pedicure • Eyelash Tint • 5 Senses Body Treatment • Leg Wax	<b>£280</b>
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### THE LUTON HOO SPA SIGNATURE DAY – A LUXURIOUS DAY

• 5 Senses Facial Signature Treatment • 5 Senses Body Signature Treatment	<b>2 hrs 20 mins</b>	<b>£230</b>
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### ENRICH DAY – A TOP-TO-TOE NOURISHING DAY

• Aromatic Foot Bath • Ultra Relaxing Body Ritual • Aromatic Soothing Facial • Classic Manicure	<b>3 hrs 10 mins</b>	<b>£260</b>
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### REFRESH DAY – AN ENERGISING AND DETOXIFYING DAY

• Aromatic Foot Bath • Organic Cooling Body Cocoon • Ultra Refreshing Body Ritual • Aromatic Soothing Toning Facial	<b>3 hrs 20 mins</b>	<b>£265</b>
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### ULTIMATE RELAX DAY – AN INDULGENT RELAXING DAY

• Aromatic Foot Bath • Organic Warming Body Cocoon • Ultra Refreshing Body Ritual • Classic Pedicure	<b>3 hrs 20 mins</b>	<b>£240</b>
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### PAR-FECT DAY – AN IDEAL DAY FOR GOLFERS

• 18 Holes of Golf • Aromatic Foot Bath • Classic Pedicure • Deep Tissue Massage	<b>2 hrs 20 mins</b>	<b>£215</b>
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LUTON HOO HOTEL, GOLF & SPA  
The Mansion House, Luton Hoo,  
Luton, Bedfordshire LU1 3TQ  
Telephone +44 (0)1582 734437  
Facsimile +44 (0)1582 485438  
E-mail: [reservations@lutonhoo.com](mailto:reservations@lutonhoo.com)  
Website: [www.lutonhoo.com](http://www.lutonhoo.com)