



THE SPA
AT LUTON HOO



ESPA





THE SPA

The Spa at Luton Hoo provides a true sense of escape, from the moment you slip on your robe and walk through to the relaxation area, to that moment of total calm as you sit by the pool and take pleasure in the natural surroundings.

ESPA, OPI and Camellia Tea are used to create a complete Spa experience and our wide range of treatments are perfectly suited for both men and women.

Whether you are a resident guest on a spa package or just visiting for a day of relaxation, The Spa at Luton Hoo is the ideal luxury hideaway for you to truly pamper yourself.

Guests can also enjoy the indoor and outdoor relaxation areas, use of our infinity swimming pool, vitality pool and heat therapy suite all housed within the stunning oak framed building.

THE HOTEL

Set within 1,065 acres of parkland comprising of formal gardens, woodland trails and a 50 acre lake, Luton Hoo is the quintessential English country house hotel. Befitting a location of such historical importance, a stay at the hotel will live long in the memory. It boasts 228 unique bedrooms and suites, award winning cuisine, luxury spa with organic products, 18-hole par 73 golf course and much more.

ESPA FACIALS ADVANCED

OUR FACIALS BEGIN WITH A DETAILED CONSULTATION AND IN-DEPTH SKIN ANALYSIS USING SKINVISION™ TECHNOLOGY TO IDENTIFY SKIN CONDITIONS NOT VISIBLE TO THE NAKED EYE.

Your facial is specifically tailored to you, to include cleansing where necessary, and a treatment specific massage, mask and intensive serum. Skincare products are chosen for your individual needs to achieve the best possible results at home.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.



ESPA FACIALS ADVANCED

ENZYME FACIAL

55 minutes £90

80 minutes £120

This powerful and highly effective natural facial peel dramatically smoothes, softens and evens skin tone. A brush cleanse, followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes deeply exfoliates and removes dead skin cells, followed by an application of soothing Rose Quartz Crystals to help cool and calm, revealing an ultra smooth, glowing complexion.

Includes: Deep brush cleanse - Pumpkin Enzyme Peel - facial massage with rose quartz crystals - Lifting & Smoothing Mask - scalp massage.

AGE-DEFYER FACIAL

55 minutes £90

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

Includes: Triple cleanse - skin analysis with SkinVision™ - exfoliation - steam and extraction (if required) - age-defying facial massage - scalp massage - serum & moisturiser.

LIFT & FIRM FACIAL

80 minutes £120

An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration. This facial uses Tri-Active^R ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

Includes: Deep cleanse - Steam and extraction if required - Facial treatment mask - Specialised contouring and lifting facial massage techniques - Lift & Firm Mask.

BACK, FACE & SCALP TREATMENT

with or without hot stones

80 minutes £120

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and hot stone back massage - personalised facial - scalp massage.

SKIN SOLUTIONS

PERSONALISED FACIAL

55 minutes £90

Discover the deeply cleansing, skin-boosting powers of this results-focused facial. Tailored exactly to your unique needs, this highly-personalised treatment harnesses SkinVision™ technology for advanced skin assessment, identifying and correcting any concerns - with beautiful and instantly visible results for all skin types.

Includes: Deep cleanse – steam and extraction if required – facial massage – personalised mask – scalp massage.

SKIN RADIANCE FACIAL

55 minutes £90

Instantly brighten and revitalise skin with this supercharged facial. Fresh, glowing, luminous results make this highly-targeted treatment ideal for fatigued or lacklustre complexions, delivering the ultimate skin-boost for every skin type and age.

Includes: Deep cleanse – exfoliation – steam and extraction if required – facial massage – intensive serum – scalp massage.

RE- HYDRATOR FACIAL

55 minutes £90

Rapidly reveal a fresh, healthy-looking complexion with this innovative treatment. Quenched in hydration, skin is refined, rebalanced and smoothed as high-performance techniques meet nutrient-rich active formulas, leaving it radiantly revived, rebalanced and protected from environmental sensitisers.

Includes: Deep cleanse – exfoliation – steam and extraction if required – facial massage – intensive serum – scalp massage.

ESPA EXPRESS

PERSONALISED EXPRESS FACIAL

25 minutes £45

An express version of our 55-minute Personalised Facial.

LIFT & FIRM EYE TREATMENT

25 minutes £45

Instantly target fine lines and tell-tail signs of ageing with this revitalising treatment that brightens, lifts and tones your delicate eye area. Relaxing yet reviving, advanced massage techniques and selected marine-potent formulas smooth, firm and hydrate – rapidly diminishing puffiness and dark shadows.

Includes: Facial cleanse – exfoliation – massage – mask – Lift & Firm Intensive Eye Serum application.







ESPA BODY AND MASSAGE TREATMENTS

WE OFFER A HUGE RANGE OF SOLUTION LED
ESPA BODY TREATMENTS AND MESSAGES,
EACH ONE DESIGNED AND TAILORED
SPECIFICALLY TO ENSURE YOU EXPERIENCE THE
BEST PHYSICAL AND EMOTIONAL THERAPEUTIC
BENEFITS DEPENDING ON YOUR NEEDS.

ESPA BODY TREATMENTS

ESPA BODY WRAP

55 minutes £90

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage.

Choose from the following:

Detox, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner

Includes: Skin brush – body exfoliation – wrap – scalp massage.

LIFT & FIRM HIP & THIGH TREATMENT

55 minutes £90

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite. A course of 6 treatments is recommended.

Includes: Skin brush – detoxifying Salt and Oil Scrub – detoxifying massage to specific area – specialised colonic massage techniques.

ESPA HOLISTIC TOTAL BODY CARE

120 Minutes £160

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to smooth and soften the skin; a luxurious massage follows, using nourishing essential oils to soothe tired, aching muscles. Finally, a comforting head massage and gentle stretching allows you to relax and unwind.

Includes: Body exfoliation – massage with hot stones – scalp massage.

SALT & OIL SCRUB

25 minutes £45

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

ESPA MASSAGE TREATMENTS

SWEDISH MASSAGE

25 minutes £45

55 minutes £90

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension.

This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

AROMATHERAPY MASSAGE

25 minutes £45

55 minutes £90

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils.

A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

SHOULDER, NECK & SCALP MASSAGE

25 minutes £45

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

HOT STONE MASSAGE

55 minutes £90

80 minutes £120

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

DEEP MUSCLE MASSAGE – with hot stones

55 minutes £90

80 minutes £120

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

LUTON HOO SIGNATURE TREATMENT

80 minutes £125

Designed exclusively by ESPA for Luton Hoo, immerse yourself in deep relaxation and calm.

A foot ritual first welcomes you to this supremely gentle and comforting experience, before the elongated, sweeping strokes and rhythmical movements of a Balinese massage ease muscular pressure and warm your entire body.



HANDS & FEET TREATMENTS

OPI ESSENTIALS FILE & PAINT

Hands OR Feet
25 minutes £35

Neaten up and finish, just the essentials to give you that perfectly groomed look. Cuticle work and your choice of either application of polish, or moisturise and massage.

OPI LUXURY MANICURE

55 minutes £60

This is an ultimate manicure experience by OPI. Chamomile and Mint pamper the skin leaving the hands soothed, smoothed and touchably soft. Includes cuticle work, exfoliation, massage with hot stones and application of polish.

OPI LUXURY PEDICURE

55 minutes £60

The ultimate pedicure experience by OPI. Chamomile and Mint pamper the skin, leaving the feet soothed, smoothed and touchably soft. Includes cuticle work, exfoliation, hard skin removal, mask, hot stone massage and application of polish.

INVIGORATING FOOT TREATMENT

25 minutes £45

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

Includes: Foot soak - exfoliation - massage to feet and lower legs.

OPI GELCOLOUR

A pure gel colour enhancement service that offers you long-lasting glossy OPI colour in a quick professional service from our experts at The Spa.

Perfect over your natural nails or enhancements, choose your favourite OPI shade from deep and edgy, sheer to shimmer - we've got your colour!

Cuticles are tamed, pampered and conditioned and nails are filed and smoothed and nail polish is applied with a top coat to finish for a long lasting, high gloss shine for up to 3 weeks.

OPI GelColor Application £40

OPI GelColor removal and re application £45

OPI GelColor removal £10



ALTERNATIVE THERAPIES

REFLEXOLOGY

55 minutes £90

An ancient therapy that uses a pressure point massage on the feet to restore the flow of energy and promote well being throughout the entire body.

INDIAN HEAD MASSAGE

55 minutes £90

A stress relieving massage working on upper back, neck and scalp. The Luton Hoo Indian Head massage commences with an aromatic foot bath to greet and refresh the feet.

REIKI TREATMENT

55 minutes £90

A Japanese healing treatment, to help to calm the mind and emotions, promoting healing for both body and spirit. Reiki rebalances and renews energy to enhance your life's journey. The Luton Hoo Reiki treatment commences with an aromatic foot bath to greet and refresh the feet, additional energy work with crystals and your chosen crystal is given as a gift.

ESPA MATERNITY

PRE & POST NATAL TREATMENT

25 minutes £45

55 minutes £90

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Back exfoliation (if required) – body/scalp massage – this treatment is tailored to your specific needs.



OUR ESPA FACE AND BODY TREATMENTS FOR MEN ARE SPECIFICALLY TAILORED TO YOUR SKIN TYPE, EACH ONE DESIGNED SPECIFICALLY TO ENSURE YOU EXPERIENCE THE BEST PHYSICAL AND THERAPEUTIC BENEFITS DEPENDING ON YOUR NEEDS.



ESPA FOR MEN

PERSONALISED FACIAL

25 minutes £45

55 minutes £90

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

AGE REBEL FACIAL

55 minutes £90

An effective, age-defying facial designed to deliver immediate results to tired looking skin, and reduce fine lines and wrinkles.

Includes: Brush cleanse - steam with hot towels - Enzyme Peel - facial massage.

GOLFER'S TONIC

55 minutes £90

After a hard day on the greens, this treatment soothes aching muscles and targets the back, neck, legs and feet.

Enjoy a soothing foot soak and scrub followed by a therapeutic leg and foot massage. The back is then exfoliated and massaged with hot stones - the perfect treatment to restore energy to a weary back, feet and legs.

Includes: Foot soak - exfoliation - foot and leg massage - back exfoliation and massage with hot stones.

BACK, FACE & SCALP TREATMENT

or without hot stones

80 minutes £120

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and hot stone back massage - personalised facial - scalp massage.

BACK, NECK & SHOULDER MASSAGE

25 minutes £45

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Hot Stones can also be used to penetrate warmth and help ease aches and pains.

Includes: Targeted massage focusing on back, neck and shoulder areas.



SPA DAY PACKAGES

Our packages have been designed to incorporate treatments to help create an unforgettable and unique experience best suited to you. All Spa Day guests are welcome to use the Country Club facilities at Luton Hoo, from the infinity pool, vitality pool and the heat therapy suite, to tennis courts, nature walks and cycle rides. Guests will receive a robe, slippers and towel upon arrival.

ULTIMATE SPA EXPERIENCE

£250

80 Minute Treatment
A Luxury Manicure
A Luxury Pedicure

Two course lunch in Adam's brasserie
Available Monday - Friday, 10am-6pm.

FEEL GOOD SPA DAY

£180

2 x 55 Minute Treatments

Two course lunch in Adam's brasserie
Available Monday - Friday, 10am-6pm.

AFTERNOON RETREAT

£115

55 Minute Treatment
Afternoon tea served in the mansion

Available Monday - Friday 12pm-6pm
Afternoon tea served between 2.30 - 5.30pm

MATERNAL MOMENTS

£145

80 Minute Maternity Treatment

Two course lunch in Adam's brasserie
Available Monday - Friday, 10am-6pm.

SIGNATURE SPA DAY

£130

80 Minute Balinese Massage Treatment
A Foot Ritual

Two course lunch in Adam's brasserie
Available Monday - Friday, 10am-6pm.

PAMPER EVENING

£60

25 Minute Treatment
Glass of Champagne

Available Monday - Friday arrival from 5pm-9pm

SUNDAY SPECIAL

£90

2 x 25 Minute Treatments.
Courtyard Cream Tea.

Available Sunday from 2pm
Courtyard cream tea served between 2.30 - 5.30pm

SPA BREAKS

Luton Hoo is the ideal luxury hideaway for a spa escape. Our spa breaks include dinner in Adam's Brasserie, luxurious accommodation, traditional English breakfast and full use of the spa and leisure facilities throughout your stay.

The Relaxing Spa Escape

From £155 per person includes:
25 Minute Spa Treatment

The Luxury Spa Escape

From £200 per person includes:
55 Minute Spa Treatment

The Ultimate Spa Escape

From £240 per person includes:
80 Minute Spa Treatment

HOW TO SPA

HOW TO SPA

Spa Treatments available 09:00 to 20:00 Monday-Sunday. If you require an appointment outside of our operating hours, please call a member of the spa team who will do their best to accommodate your booking.

YOUR BOOKING

To make your booking please contact a member of the spa team who will be delighted to assist you with your booking and any enquiries you may have. To ensure your preferred time and service is available, we strongly recommend you book in advance. We will require card details to secure any bookings made.

ARRIVAL FOR TREATMENTS

Please arrive at least 30 minutes prior to your appointment. This will allow you enough time to change, start relaxing and complete your health questionnaire. Please be advised that if you arrive late for your treatment, there will be a reduction to your treatment time.

SPA DAY GUESTS

All guests having a treatment will receive a robe, towels and slippers upon arrival. There are also amenities available such as shampoo and body wash. Guests on spa day packages are welcome to bring swim wear and gym clothes to make the most of the facilities we have available. Our lockers operate with £1 coin.

SPA FACILITIES

- Indoor swimming pool
- Vitality pool
- Heat Therapy Suite
 - sauna, steam and saunarium

Fitness studio with latest gym apparatus- 'Technogym Wellness System'

Tennis - two outdoor 'all weather' courts and the restored Victorian grass court

- Mapped walks
- Bird watching
- Jogging and cycling trails

Please note, all facilities are for the exclusive use of Hotel Guests, Members and Spa Day guests only.

COUNTRY CLUB BAR AND DINING OPTIONS

The Adam's Brasserie & Bar

Monday - Saturday
Lunch - 12:00 to 15:00
Dinner - 18:00 to 22:00

Sunday
Jazz lunch - 12.30 to 17.00.

19th Bar

08:00 to 18:00
Food served between 12:00 and 17:00.

CHILDREN'S POLICY

Children aged 16 or under are not permitted to use the heat rooms or Vitality Pool.

You must be 18 or over to book a spa day.

Children 16 or over can book treatments but must be accompanied by an adult and a declaration form must be signed prior to any treatments taking place.

CHILDREN'S SWIM TIMES

Children under 16 years of age have access to the swimming pool every day from: 09:00 - 11:00 and 15:00 - 17:30.

CANCELLATION POLICY

A 100% charge will be incurred for all treatments not cancelled 48 hours prior to your booking with us. Late arrival will shorten your treatment time.

Group bookings of 4 or more are required to provide 5 days notice to avoid 100% cancellation charge.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this the spa is a mobile, pager, camera and smoke free zone.

YOUR HEALTH

Please kindly advise us of any health concerns, allergies or injuries you may have which could affect your choice of treatment when making your spa reservation. Any information given to us is strictly confidential.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS

The Spa at Luton Hoo offers a wide variety of monetary and treatment gift vouchers. Please visit www.lutonhoo.com to order your voucher or call 01582 698855 for any enquiries you may have.

SPA AT HOME

To continue your spa experience at home we offer a full selection of ESPA, Camellia Tea and OPI products. All products are available for you to purchase at spa reception or online www.lutonhoo.co.uk/spa.

VALUABLES

The Spa at Luton Hoo accepts no responsibility for loss of jewellery or valuables at any time.

PRICES

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are at your discretion.



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Spa bookings: Tel 01582 698855, Email thespa@lutonhoo.com

Hotel reservations: 01582 698888, Hotel main line: 01582 734437

Luton Hoo Hotel, Golf & Spa, The Mansion House, Nr. Luton, Bedfordshire, LU1 3TQ

www.lutonhoo.co.uk

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