



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 Bay, Geranium, Bergamot, 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.

CIRCAROMA

To complement our range of treatments and products we have 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.



Your treatment is one element of your experience at The Spa - there is so much more to enjoy including use of our infinity swimming pool, vitality pool and heat therapy suite all housed within a stunning oak framed building.

We have indoor and outdoor relaxation areas, a fitness studio with Technogym Wellness System, cycles to explore the countryside as well as grass and all-weather tennis courts.

Before or after your treatment enjoy a meal in the relaxed surroundings of the Adam's Brasserie or 19th Bar.

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.

Gift vouchers are available from the hotel reception or online.

The Spa opening times:

Sunday – Wednesday, 9.00am – 6.00pm

Thursday – Friday, 9.00am – 8.30pm

Saturday, 9.00am - 7.00pm

FACE RITUAL TREATMENTS

Luton Hoo Spa 5 Senses Facial Signature Treatment

After an initial consultation and aromatic foot soak with your therapist, your skin will be double cleansed. Warm aromatic muslin cloths will be used to steam and prepare the skin for application of gentle exfoliator. A rejuvenating face neck and shoulder massage using The Spa's own organic serum will follow. Your choice of pure organic ingredients are then added to a face mask which is applied while hands and scalp are massaged. Finally an organic moisturiser is applied to leave skin glowing and smoothed.

1 hour 10 minutes £110

Luton Hoo Spa Aromatic Soothing Facial

After an initial consultation with your therapist 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 £80

Luton Hoo Spa Aromatic Toning Facial

After an initial consultation with your therapist 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 £80

Circaroma 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 facelift techniques are used to help smooth and soften your skin.

55 minutes £70

Circaroma 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 £85

Circaroma 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 £85

Circaroma 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 £85

Luton Hoo Spa Cleansing Facial treatment

Cleanse, exfoliate, refresh face, neck and shoulders, and a scalp massage.

25 minutes £45

BODY RITUAL TREATMENTS

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 warm towels and heated blanket 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 and an aromatic moisturiser applied.

55 minutes £80

Circaroma Ultra Refreshing or Relaxing Body Ritual

Each treatment will commence with specific techniques to bring out 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 plus 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, will soothe and polish the skin, leaving it ultra soft and renewed. This is then followed by a classically created full body massage, incorporating breathing and stretching techniques.

1 hour 20 minutes £115

Pregnancy Treatment

A personalised nourishing and comforting treatment at this special time.

Option 1: Commences with a dry exfoliation on the back then a deeply relaxing back massage, a dry exfoliation on the arms and legs followed by a warming body wrap and a scalp or foot massage whilst enveloped in the body cocoon.

Option 2: Includes a deeply relaxing back massage followed by a Classical Facial with skin gentle products.

1 hour 20 minutes £115

BODY MASSAGE THERAPIES

Luton Hoo Spa 5 Senses Body Signature Treatment

After initial consultation with your therapist and a relaxing foot soak you can choose one of The Spa's unique aromatic blends. Your treatment will commence with a series of slow body stretches and relaxation techniques to further aid relaxation of the muscles. Warm oils are poured on the body and scalp followed by a classic full body massage, and relaxing foot reflex massage will leave the mind, body and senses in complete harmony.

1 hour 20 minutes £120

Deep Tissue Massage

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

Deep Tissue Back Massage

40 minutes £70

Deep Tissue Body Massage

1 hour 20 minutes £110

Luton Hoo Spa Aromatic Body Massage

After an initial consultation with your therapist and a relaxing foot soak, gentle techniques will prepare the mind, body and spirit for a full body massage using your personal choice of one of The Spa's unique aromatic blends: Harmonising, relaxing, uplifting and balancing.

60 minutes £80

Hot Stone Massage

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

Back, Neck, Shoulder and Scalp

40 minutes £75

Full Body

1 hour 20 minutes £115

Back, Neck and Shoulder Massage

A relaxing massage to release your daily tensions.

25 minutes £45

ALTERNATIVE THERAPIES

Reflexology

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.

50 minutes £70

Indian Head Massage

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

25 minutes £55

Hopi Ear Candles

Originating from Native America, Hopi Ear Candles are used to cleanse and detoxify the sinuses and ears. The treatment also includes a facial with lymphatic massage of the shoulders, face, scalp and ears to increase circulation, stimulate energy and encourage lymphatic flow. Candling aims to cleanse the sinuses and ears of mucus and wax.

50 minutes £70

Reiki Treatment

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.

60 minutes £85

MEN'S TREATMENTS

Men's De – Stress Back, Neck and Shoulder Massage

Soothes and eases muscle tension and offers relaxation of aches and pains.

25 minutes £45

Men's Deep Tissue Massage

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

Deep Tissue Back Massage

40 minutes £70

Deep Tissue Body Massage

1 hour 20 minutes £110

Men's Hot Stone Back 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 Massage

1 hour 20 minutes £115

Men's cleansing Facial Treatment

Cleanse, exfoliate, refresh face, neck and shoulders, and a scalp massage.

25 minutes £45



FINISHING TOUCHES

Classic Manicure/Pedicure Treatment

Hands or Feet will be restored using organic sugars to exfoliate and soften. These will then be wrapped in heated cloths after application of skin soothing and nourishing ingredients, before a relaxing hand or foot massage, cuticles smoothed, nails shaped and a nail polish if desired.

Manicure or Pedicure 50 minutes £60

Conditioning Hands or Feet Treatment

A classic manicure or pedicure treatment excluding the polish.

Hands or Feet 25 minutes £35

File and Paint

Hands or feet nails shaped, followed by a pristine finish.

25 minutes £25

Waxing

Full leg wax – 40 minutes £35

Half leg wax – 30 minutes £25



SPA DAYS AT LUTON HOO

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, you will have discovered the beauty of a Spa Day at Luton Hoo.

All Spa Days at Luton Hoo receive a personal consultation, soft drink and two course lunch, served in either the Adam's Brasserie, or enjoyed alfresco in the beautiful courtyard. You can choose to add to our suggested treatments below or create your very own blissful Spa Day using any number of our treatments.

Day Spa guests are welcome to use all the leisure facilities at Luton Hoo, from the infinity swimming pool, vitality pool and heat therapy suite, to tennis courts, nature walks and cycle rides.

Luton Hoo Spa 5 Senses:

- 5 Senses Facial Signature Treatment
- 5 Senses Body Signature Treatment
- Conditioning foot treatment
- Conditioning hand treatment

3 hours 20 minutes £275

Revitalise

- Back, neck and shoulder massage
- Classic Facial

1 hour 20 minutes £120

Revive

- Luton Hoo aromatic body massage
- Luton Hoo Aromatic Toning Facial

1 hour 55 minutes £160

Ultimate Relaxing

- Hot Stone Body Massage
- Luton Hoo Aromatic Toning Facial
- Classic Manicure

3 hours 05 minutes £240

Enrich

- Ultra Refreshing & Relaxing Body Ritual
- Luton Hoo Cleansing Facial
- Classic Pedicure

2 hours 35 minutes £200

Available Monday to Friday 9am – 6pm



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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.