

HOW TO SPA

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Spa treatments available Monday - Sunday, 9am - 8pm. 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, complete your health questionnaire and get ready for your treatment. 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.

SPA FACILITIES

Indoor swimming pool

- Vitality pool
- 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

Adam's Brasserie

Monday - Friday
Lunch: 12pm - 2.30pm
Dinner: 6pm - 9.30pm

Saturday & Sunday
Lunch: 12.30pm - 3pm
Dinner: 6pm - 9.30pm

19th Bar

8am - 6pm
Food served between 12pm - 5pm
Robes allowed.

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 treatment.

CHILDREN'S SWIM TIMES

Children have access to the swimming pool every day from: 9am - 11am and 3pm - 5.30pm. Children under 16 years of age should be accompanied by an adult.

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 5 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 smoking/vaping 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 pregnant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time. Body treatments are available after your first trimester.

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's Tea House and OPI products. All products are available for you to purchase at spa reception.

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.

