



ESPA

Natural Beauty  
Inner Calm





## THE SPA

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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

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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

### LUTON HOO SIGNATURE FACIAL

80 minutes £130

Soothe, nurture and revitalise skin and spirit with this holistic personalised facial. Naturally advanced formulas and warmed herbal poultices unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate skin while also calming a busy mind. Feel negative energies fade as your therapist expertly guides you through breathing and visualisation techniques, before long, lifting strokes using warmed poultices sculpt and tone the facial contours while nourishing the skin. Finishing with your choice of a soothing scalp massage or hand and arm massage, you emerge feeling relaxed, nurtured and with beautifully smooth, radiant and nourished skin.

*Includes: Breathing and visualisation techniques, Triple cleanse, Personal SkinVision™ analysis, Facial massage with herbal poultice and Rose Quartz Crystals, Overnight Hydration Therapy and Scalp or Hand & Arm massage.*

### AGE-DEFYER FACIAL

55 minutes £95

Instantly hydrate and rejuvenate the complexion with this luxurious age-defying facial. Personalised entirely to your needs, this advanced facial addresses the most visible signs of ageing to leave skin replenished, supple and visibly plumped. Specialised age-defying massage techniques focus on the delicate areas around the eyes, neck and lips that are prone to fine lines, while natural active formulations deeply hydrate and smooth.

*Includes: Deep cleanse, skin analysis with SkinVision™ lamp, steam & extraction if required, specialised age-defying facial massage techniques, personalised mask and scalp massage.*

### ENZYME FACIAL

55 minutes £95

80 minutes £125 with lifting & smoothing mask

This powerful and highly effective natural facial peel dramatically smoothes, softens and evens skin tone. Instantly energise skin and help reduce fine lines and wrinkles. Refine, smooth and condition skin while combating the signs of ageing with this invigorating and instantly effective advanced facial.

*Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, Enzyme Peel, personalised mask, scalp massage, Intensive Facial Serum and chosen Moisturiser sealed into the skin using Rose Quartz Crystals.*

### LIFT & FIRM FACIAL

80 minutes £125

Enhance tonicity and firmness while stimulating cellular regeneration with this SuperActive™ facial. Highly effective and entirely personalised, this advanced facial treatment uses specialised lifting massage techniques alongside naturally powerful skincare to stimulate collagen production and help combat the signs of ageing. The results are instant – lines and wrinkles are minimised and the complexion is smoother, firmer, even-toned and instantly rejuvenated.

*Includes: Deep cleanse, skin analysis with SkinVision™ lamp, steam & extraction if required, specialised age defying, contouring and lifting facial massage techniques, Lift & Firm Mask, Scalp Massage and ESPA Lift & Firm product range.*

### BACK, FACE & SCALP TREATMENT

80 minutes £125

110 minutes £160 with hot stone back massage

Often imitated, never matched, our original Back, Face and Scalp massage combines exfoliation and back massage to target the three core relaxation points. Starting with a gentle back exfoliation then back massage to soothe muscles and remove stress. A personalised ESPA facial and soothing scalp massage make this the perfect experience. Restore calm to mind and body with this renowned 'hero' treatment. Loved by all, this relaxing and deeply effective ESPA experience delivers triple results by focusing on three key areas – the back, the face and the scalp – making it the ideal treatment for anyone.

*Includes: Back exfoliation, Back massage, Personalised Facial and Scalp massage.*

## SKIN SOLUTIONS

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### SKIN RADIANCE FACIAL

55 minutes £95

80 minutes £125 with lifting & smoothing mask

Reawaken a tired complexion and reveal instantly brighter skin with this radiance-enhancing ESPA facial. Indulgent and restorative, it cleanses, soothes and nourishes the complexion plus helps smooth and reduce irregular pigmentation before finishing with a deeply relaxing scalp massage.

*Includes: The unique Optimal Skin ProCleanser, skin analysis with SkinVision™ lamp, steam and extraction (if required), facial massage, instant Skin Radiance Mask, scalp massage and the revolutionary Skin Radiance Intensive Serum.*

### RE- HYDRATOR FACIAL

55 minutes £95

Intensive and regenerating, leaving dehydrated skin supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

*Includes: Triple cleanse, skin analysis with SkinVision™ lamp, steam and extraction (if required), a rich combination of nourishing massage and a deeply hydrating mask and scalp massage.*

## ESPA EXPRESS

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### PERSONALISED EXPRESS FACIAL

25 minutes £50

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

### PURIFYING FACIAL

55 minutes £95

Rebalancing and cleansing, for oily, congested and problematic skin. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clear complexion.

*Includes: Deep triple cleanse, skin analysis with SkinVision™ lamp, exfoliation to refine open pores, steam & extraction (if required), facial massage, a purifying mask and scalp massage.*

### DE-SENSITISER FACIAL

55 minutes £95

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

*Includes: Triple cleanse, skin analysis with SkinVision™ lamp, gentle exfoliation if appropriate, facial massage, personalised mask and scalp massage.*

### LIFT & FIRM EYE TREATMENT

25 minutes £50

Relieves eye-strain and tension caused by computers, plus addresses the first signs of ageing around the eyes with this instantly effective treatment. Toning eye-area massage combines with a mask and serum rich in Golden Root to instantly brighten and reduce puffiness, Argan Oil to smooth lines and Larch to tone, lift and firm.

*Includes: A cleanse, exfoliation, massage, firming eye mask and application of our Lift & Firm Intensive Eye Serum.*







## ESPA BODY AND MASSAGE TREATMENTS

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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

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### HOLISTIC TOTAL BODY RITUAL WITH HOT STONES 110 minutes £160

Melt away tension and bring your body and mind back into harmonious balance. Body brushing and exfoliation first smooth and soften skin, followed by an indulgent massage using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a comforting scalp massage and gentle stretching allows you to relax and unwind.

*Includes: Body exfoliation, Massage with hot stones and Scalp massage.*

### ESPA BODY WRAP 55 minutes £95 80 minutes £125 with back massage 110 minutes £160 with full body massage

Purify the body or deeply nourish skin with this instantly effective body wrap. Detoxify or richly condition with this complete body wrap of Algae or Marine Mud combined with essential oils to rejuvenate skin, before a therapeutic scalp massage unwinds a busy mind. Increase the treatment time to include a back or full body massage.

*Includes: Skin brush, Body exfoliation, Detox Algae or Nourishing Marine Mud wrap and Scalp massage.*

### LIFT & FIRM HIP & THIGH TREATMENT 55 minutes £95

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 and specialised colonic massage techniques.*

### OPTIMAL BACK TREATMENT 55 minutes £95

Ideal back treatment to deeply cleanse, hydrate and soothe muscle tension. Begins with body brush, warming exfoliation and a personalised mask with hot towel removal. Completed with purifying or hydrating creams and ESPA muscle balm.

*Includes: Skin brush, back exfoliation, Purifying or Hydrating mask and back & lower leg massage.*

### SALT & OIL SCRUB 25 minutes £50

Reveal nourished, smooth and supple skin with this exceptionally softening full body exfoliation. Using your preference of salt and oil scrub or a body polish containing refining Apricot Seed Kernels, cooling Spearmint and conditioning Aloe Vera.

*Includes: Full body Salt & Oil exfoliation.*

# ESPA MASSAGE TREATMENTS

## LUTON HOO SIGNATURE MASSAGE

80 minutes £130

Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity.

This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help the guest reduce stress and 'be more in the present'. The therapist first skilfully guides you through breathing and visualisation techniques to help relax the mind and release physical or emotional anxieties.

The metamorphic zones on the feet are then massaged to help rebalance and ground, before a soothing, deeply therapeutic massage is continued up through the body to promote positivity to the mind, finishing with a re-energising scalp massage using warm Rose Quartz Crystals.

*Includes: Breathing and visualisation techniques, Massage on the metamorphic zones of the feet, Full body massage and Scalp massage with warm rose quartz crystals.*

## SWEDISH MASSAGE

25 minutes £50 with back massage

55 minutes £95 with full body massage

Ease muscular tension and alleviate aches and pains with this stimulating massage. Firm, targeted techniques effectively release knots and soothe tight muscles and joints, leaving you relaxed and revived.

*Includes: Swedish massage to back, legs, arms and neck.*

## AROMATHERAPY MASSAGE

25 minutes £50 with back massage

55 minutes £95 with full body massage

A relaxing massage using a blend of individually chosen ESPA oils to suit your specific needs.

Choose from the following:

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

## HOT STONE MASSAGE

55 minutes £95

80 minutes £125

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.

*Includes: Hot Stone aromatherapy massage to back, legs, arms and neck.*

## DEEP MUSCLE MASSAGE – with optional hot stones

55 minutes £100

80 minutes £130

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.





## 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. Choice of either application of polish, or a cuticle nourishing treatment.

### OPI LUXURY MANICURE

55 minutes £60

This is an ultimate manicure experience by OPI.

You will experience the quintessential OPI ProSpa products combined with a relaxing hot stone hand massage and acupressure.

*Includes: Cuticle work, exfoliation, massage with hot stones and application of polish.*

### OPI LUXURY PEDICURE

55 minutes £60

The ultimate pedicure experience by OPI. The OPI ProSpa Luxury Pedicure includes unparalleled callus softening, exfoliation and moisture & protection. An extended hot stone massage combined with acupressure to reduce stress, relieve tension and will leave you feeling relaxed and renewed.

*Includes: Cuticle work, exfoliation, massage with hot stones and application of polish.*

### INVIGORATING FOOT TREATMENT

25 minutes £50

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

*Includes: Foot & lower leg exfoliation and foot massage.*

### OPI GELCOLOUR

*Includes: Cuticle work, nails filed and shaped with OPI GelColour polish applied.*

OPI GelColor application £40

OPI GelColor removal and reapplication £45

OPI GelColor removal £10



## ALTERNATIVE THERAPIES

### SOOTHING SCALP MASSAGE

25 minutes £50

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

*Includes: Hot stone Shoulder & Scalp Massage.*

### INDIAN HEAD MASSAGE

55 minutes £95

A stress relieving massage working on upper back, neck and scalp. Completed with a pressure point face massage, this is the perfect treatment to relieve stress from areas of the body that are most affected and soothe an overactive mind.

### REFLEXOLOGY

55 minutes £95

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.

### REIKI TREATMENT

55 minutes £95

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 refresh the feet, additional energy work with crystals and your chosen crystal is given as a gift.

## ESPA MATERNITY

### PRE & POSTNATAL TREATMENT

25 minutes £50 with back massage

55 minutes £95 with full body massage

80 minutes £120 with full body massage and back exfoliation

Nourish skin and calm the mind with this regenerating and smoothing treatment. Focused entirely on your personal needs, a gentle yet effective exfoliation to the back area is followed by a comforting body massage using a pure, unscented blend of deeply nurturing oils to safely target areas prone to stress and tension during or after pregnancy and alleviate muscular aches and pains. Finishing with a soothing and conditioning scalp massage, this blissful treatment will leave you feeling relaxed and restored.

*Includes: Back exfoliation (if required), personalised body massage and scalp massage.*

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 £50  
55 minutes £95

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 £95

Instantly energise skin and help reduce fine lines and wrinkles. Refine, smooth and condition skin while combating the signs of ageing with this invigorating and instantly effective advanced facial.

*Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, Enzyme Peel, personalised mask, scalp massage, Intensive Facial Serum and chosen Moisturiser sealed into the skin using Rose Quartz Crystals.*

### BACK, FACE & SCALP TREATMENT

55 minutes £95 with optional hot stones

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, back massage, facial massage and scalp massage.*

### MUSCLE REVIVER MASSAGE

25 minutes £50 with back massage  
55 minutes £95 with full body massage

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.*

### OPTIMAL BACK TREATMENT

55 minutes £95

Ideal back treatment to deeply cleanse, hydrate and soothe muscle tension. Begins with body brush, warming exfoliation and a personalised mask with hot towel removal. Completed with purifying or hydrating creams and ESPA Muscle Balm.

*Includes: Skin brush, Back exfoliation, Purifying or Hydrating mask and Back & lower leg massage.*

### GOLFER'S TONIC

55 minutes £95

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: Feet soak, exfoliation to feet, leg massage, back exfoliation and massage with hot stones.*





## SPA DAY PACKAGES

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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

25 minute bespoke body scrub  
55 minute body or massage treatment  
80 minute facial treatment  
Glass of Champagne with two course lunch in Adam's Brasserie

*Available Monday – Friday, 10am – 6pm*

### FEEL GOOD SPA DAY – £185

55 minute facial treatment  
55 minute body or massage treatment  
Two course lunch in Adam's Brasserie

*Available Monday – Friday, 10am – 6pm*

### SIGNATURE SPA DAY – £145

80 minute signature body or facial treatment  
Two course lunch in Adam's Brasserie

*Available Monday – Friday, 10am – 6pm*

### MATERNAL MOMENTS – £135

80 minute maternity treatment  
Two course lunch in Adam's Brasserie

*Available Monday – Friday, 10am – 6pm*

## MINI SPA PACKAGES

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### AFTERNOON RETREAT – £120

55 minute treatment  
Afternoon tea served in the Mansion House

*Afternoon Tea served between 2.30pm – 5.30pm  
Available Monday – Friday*

### PAMPER EVENING – £65

25 minute treatment  
Glass of Champagne

*Available Monday – Friday arrival from 5pm – 9pm*

### SUNDAY ESCAPE – £95

2 x 25 minute treatments  
*Available Sunday from 2pm*

## SPA BREAKS

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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.

**Relaxing Spa Escape From £165 per person**  
Includes: 25 minute spa treatment

**Luxury Spa Escape From £205 per person**  
Includes: 55 minute spa treatment

**Ultimate Spa Escape From £245 per person**  
Includes: 80 minute spa treatment

# HOW TO SPA

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## HOW TO SPA

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](http://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. A discretionary 10% service charge will be added to your bill for all Spa services and will be shared by the entire team.







THE SPA  
AT LUTON HOO

Spa bookings: Tel 01582 698855, Email [thespa@lutonhoo.com](mailto: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](http://www.lutonhoo.co.uk)



DISTINCTIVE EXPERIENCES

ESPA

Natural Beauty  
Inner Calm

SMALL  
LUXURY  
HOTELS  
OF THE WORLD

*Independently minded*