

HOW TO SPA

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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 Adams 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.

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.