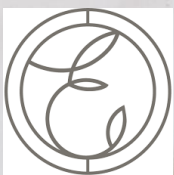




### ESPA FACE AND BODY TREATMENTS

We offer a huge range of solution led ESPA face and body treatments, 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 to 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 £110

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.

### OPTIMAL BACK TREATMENT

55 minutes £110

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 £55

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.

### DEEP MUSCLE MASSAGE – with optional hot stones

55 minutes £115

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. This treatment uses deep muscle techniques incorporating therapists' elbows. If you would like a firm but relaxing massage, we recommend the Swedish massage.

## ESPA MASSAGE TREATMENTS

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### 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.

A deeply relaxing holistic massage that incorporates ESPA's signature oil blends to enhance relaxation. Your massage will include an inhalation bowl to settle you into your treatment, followed by soothing Balinese techniques, tailored to you, to help melt away any tension. Warm oils will be used to soften the skin and warm your senses, and the treatment concludes with a beautiful scalp massage.

Includes: Breathing and visualisation techniques, Massage on the metamorphic zones of the feet, Full body massage and Scalp massage.

### AROMATHERAPY MASSAGE

25 minutes £55 with back massage

55 minutes £110 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 £110

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.

### SWEDISH MASSAGE

25 minutes £55 with back massage

55 minutes £110 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.

## ESPA FACIALS ADVANCED

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### 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 deep cleanse, hydrate and rejuvenate the skin whilst also a 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 whilst nourishing the skin. Finishing with your choice of a soothing scalp massage or hands and arm massage, you emerge feeling relaxed, nurtured and with beautifully smooth, radiant, and nourished skin.

Includes: Breathing and visualisation techniques, Double cleanse, Personalised SkinVision™ analysis, Facial massage with herbal poultices and Rose Quartz Crystals, Overnight Hydration Therapy and Scalp or Hand & Arm massage.

### AGE-DEFYER FACIAL

55 minutes £110

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, specialised age-defying facial massage techniques, personalised mask, and scalp massage.

### 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, specialised age defying, contouring, and lifting facial massage techniques, Lift & Firm Mask, Scalp Massage and ESPA Lift & Firm product range.



### BACK, FACE & SCALP TREATMENT

55 minutes £110

80 minutes £125 with Back exfoliation

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 massage, Personalised Facial and Scalp massage.

### PERSONALISED FACIALS

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Your therapist will select the most suitable facial for your skin following an in-depth consultation. Every ESPA Personalised 55-minute Facial includes a double cleanse including exfoliation, facial massage, mask, and scalp massage.'

#### PERSONALISED FACIAL

25 minutes £55

55 minutes £110

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



## LIFT & FIRM EYE TREATMENT

25 minutes £55

Relieves eyestrain 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



acupressure to reduce stress, relieve tension, and will leave you feeling relaxed and renewed.

Includes: Cuticle work, exfoliation, massage, and application of polish.

## INVIGORATING FOOT TREATMENT

25 minutes £55

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.

## GELCOLOUR

Includes: Cuticle work, nails filed and shaped with gel nail polish applied.

Gel nail polish application £45

Gel nail polish removal and reapplication £55

Gel nail polish removal £10

Any gel or varnish must be removed prior to treatment if you have not prebooked a removal.

## HAND & FEET TREATMENTS

### 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.

### LUXURY MANICURE

55 minutes £60

This is an ultimate manicure experience. You will experience a luxury manicure, combined with a relaxing hand massage and acupressure.

Includes: Cuticle work, exfoliation, massage, and application of polish.

### LUXURY PEDICURE

55 minutes £60

The ultimate pedicure experience. The Luxury Pedicure includes unparalleled callus softening, exfoliation, and moisture & protection. A foot massage combined with

## ESPA FOR MEN



### PERSONALISED FACIAL

25 minutes £55

55 minutes £110

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.

## MUSCLE REVIVER MASSAGE

25 minutes £55 with back massage

55 minutes £110 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 £110

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.



## ALTERNATIVE THERAPIES

### SOOTHING SCALP MASSAGE

25 minutes £55

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 £110

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 £110

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

### REIKI TREATMENT

55 minutes £110

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

25 minutes £55 with back massage

55 minutes £110 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

Clients must be over 12-weeks to qualify for any treatments.

## SPA DAY PACKAGES

**FEEL GOOD SPA DAY** – £230.00 per person  
55-minute Personalised Facial  
55-minute Aromatherapy Full Body Massage  
Two course lunch in Adam's Brasserie  
Available Monday – Thursday, 10am – 6pm

**SIGNATURE SPA DAY** – £180 per person  
Luton Hoo Signature 80-minute body or facial treatment  
Two course lunch in Adam's Brasserie  
Available Monday – Thursday, 10am – 6pm

## MINI SPA PACKAGES

**AFTERNOON RETREAT** – £150 per person  
55-minute Back, Face, and Scalp Treatment  
Afternoon Tea served in the Mansion House  
Afternoon Tea served between 12pm – 1pm and 3-4pm  
Available Monday - Thursday, Midday - 6pm

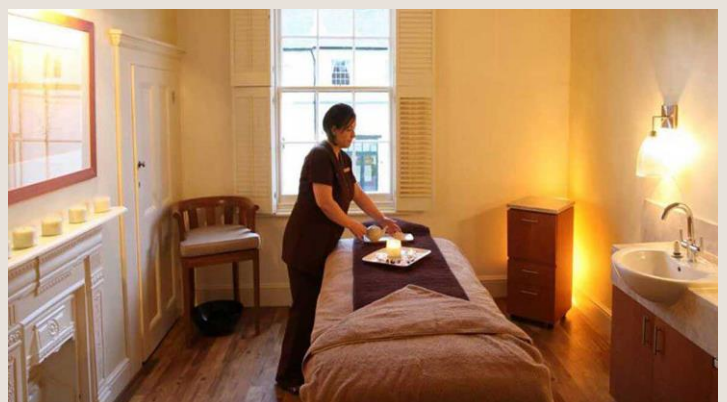
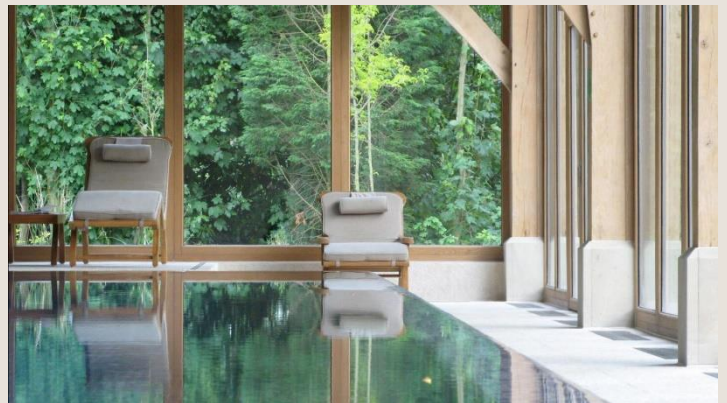
## SPA BREAKS

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 £205 per person  
Includes: 25-minute spa treatment

**Luxury Spa Escape** From £245 per person  
Includes: 55-minute spa treatment

**Ultimate Spa Escape** From £285 per person  
Includes: 80-minute spa treatment



Please see our website [www.lutonhoo.co.uk](http://www.lutonhoo.co.uk) for more information on spa activities.

**Arora**  
GROUP

*Luton Hoo*  
HOTEL, GOLF & SPA

## HOW TO SPA

Spa treatments are available Monday – Sunday, 10am - 6:30pm. 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 reservation team who will be delighted to assist you with your booking and any enquiries you may have. To ensure your preferred time and service are 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 20 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. Your treatment time includes a short consolation with your therapist.

### SPA DAY GUESTS

All guests having 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 swimwear and gym clothes to make the most of the facilities we have available.

### SPA FACILITIES

- 18m Infinity swimming pool
- Vitality pool
- Sauna, steam and Saunarium
- 'Technogym Wellness System'
- Tennis: two outdoor 'all weather' courts and one restored Victorian grass court
- Mapped walks

- Jogging and cycling trails
- Bikes

Please note, all facilities are for the exclusive use of hotel guests, members, and spa day guests only.

### 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 Monday – Friday Term Time: 09:00-10:30 and 15:00-17:00. Weekends, Bank Holidays & School Holidays: 09:00-10:30, 15:00-16:30 and 17:00-18:30.

18 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. The use of heat rooms and vitality pool is not recommended during pregnancy.

### 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 698858 for any enquiries you may have. Ensure you bring your vouchers with you on the day of your booking, failure to present vouchers could mean another payment method will be required.

### ESPA AT HOME

To continue your spa experience at home we offer a full selection of ESPA and Camellia's Tea House products. All products are available for you to purchase at The Spa reception.

### VALUABLES

The Spa at Luton Hoo accepts no responsibility for loss and damage of any 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.

### SERVICE CHARGE

A discretionary 12.5% service charge will be added to your bill for the treatment and will be shared by the entire team.