

ESPA

— AT —

LUCKNAM PARK





ESPA AT LUCKNAM PARK

Discover your natural beauty
and a renewed sense of inner calm
at ESPA at Lucknam Park.

SIGNATURE TREATMENTS

Natural beauty and inner calm. Our signature bespoke treatments are carefully crafted to provide the perfect canvas for timeless beauty. A sense of self encompassing the mind and the body in our beautiful skin. Through deep breathing and visualisation techniques, we learn how to 'switch off' and emerge feeling renewed and restored to reach our natural equilibrium.

MINDFUL MASSAGE

90 minutes £157

Unwind a busy mind, escape the pace of everyday life and emerge feeling focussed, 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 skilfully guides you through breathing and visualisation techniques to help relax the mind and release physical or emotional anxieties, whilst the soothing, deeply therapeutic full body massage promotes positivity to the mind.

Includes: *Breathing and visualisation techniques, massage on the metamorphic zones of the feet, full body massage, scalp massage with warm Rose Quartz Crystals.*

MUSCLE AND MIND RITUAL

90 minutes £157

The ultimate switch-off for busy minds.

This tailor-made experience starts with your therapist guiding you through breathing and visualisation techniques to release physical and emotional anxiety and restore energies. A deeply indulgent and totally relaxing massage follows to release deep-seated muscular tension using a combination of salt stones and warm oil, before a soothing scalp massage helps clear your mind and enables you to completely switch-off.

Includes: *Breathing and visualisation techniques, massage with salt stones, therapeutic scalp massage.*

MINDFUL FACIAL

90 minutes £157

Soothe, nurture and revitalise skin and spirit with this holistic personalised facial.

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 and replenishing 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, scalp or hand and arm massage.*



Our results-driven facials are world-renowned to defy the effects of a life lived by visibly reducing lines and wrinkles.

Rejuvenate your joie de vivre and let your age remain a beautifully well-kept secret.



EXPRESS TREATMENTS

Our express treatments are perfect for those who seek a moment to themselves to relax and rejuvenate, or to complement your existing booked treatments as an enhancement to one of our world-renowned facials or massages.

ESPA BRIGHT EYES
45 minutes £77

Perfect for those who are concerned with signs of ageing and dark circles around the eyes.

A concentrated eye treatment to soften and smooth fine lines and wrinkles, while reducing the appearance of puffiness and relieving tension from eye-strain and screen-related headaches.

Includes: *Eye cleanse, pressure point massage with cooling Rose Quartz Crystals, cooling and lifting eye mask.*

PERSONALISED EXPRESS FACIAL
25 minutes £67

Your therapist will select the most suitable facial for your skin.

Customised to suit your skin type, this facial includes a cleanse, exfoliation, mask and moisturiser leaving skin refreshed and radiant looking.

RESULTS-DRIVEN FACIALS

Delivering what your skin really needs, all of our tailored facials include:

An in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. A detailed consultation with an ESPA Expert. Cleansing, exfoliation, steam and extraction where required. Treatment-specific massage, mask, intensive serum and moisturiser chosen to achieve the best possible results and a tinted moisturiser leaves you ready to face the world again. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

ULTIMATE AGE-DEFYER
90 minutes £157

Our most effective Age-defying facial targeting all known visible signs of ageing.

Unique Natural Encapsulation Technology (NET) reduces the appearance of lines and wrinkles to prolong cell vitality and boost radiance for beautifully revitalised, smooth skin.

Includes: *Deep brush cleanse, facial treatment mask, specialised contouring and lifting facial massage techniques, professional lifting & smoothing mask and the ultimate LIFESTAGE product range.*

PERSONALISED FACIAL
60 minutes £105

Following our signature ESPA sensory test, your ESPA Expert therapist will tailor your experience based on your skin's immediate needs, for long lasting skin health and radiant beauty. An in-depth consultation including our SkinVision™ analysis technology will tell them everything they need to achieve maximum results.

Featuring deep cleansing, exfoliation and a mask chosen especially for your skin, complete the experience with a face and scalp massage to deeply relax and leave you feeling wonderful.

Includes: *Deep cleansing, exfoliation, mask, personalised face and scalp massage.*

SKIN DEFINITION FACIAL
60 minutes £105

This facial delivers the actives your skin needs most to optimise hydration and skin vitality.

Plant and marine actives boost cell regeneration and balance your complexion while delivering deep, long-lasting hydration where your skin needs it most to instantly smooth and visibly brighten.

Includes: *Triple cleanse (including deep brush cleanse) exfoliation, steam and extraction (if required), facial massage, mask, hand & arm exfoliation and massage.*





ESPA BODY TREATMENTS

Our body treatments and massages include a bespoke selection of products, aromatherapeutic oils and techniques to best meet your own skincare and well-being requirements.

SEA SALT SKIN GLOW
30 minutes £67

Reveal soft, glowing, nourished skin with this high-performance treatment.

An instantly effective blend of sea salt and nurturing oils combine to effectively polish away skin-dulling cells, intensively smoothing and deeply hydrating skin. It's the perfect preparation to maximise absorption benefits of other body treatments.

For a lighter application, Body Polish is applied instead of Salt & Oil Scrub.

TARGETED BACK MASSAGE
25 minutes £67

Fast-track to relax.

Concentrating on the areas where stress and tension build most – the back, neck and shoulders – this focused treatment uses expertly tailored massage and bespoke oil blends to restore comfort, balance and energy.

PERSONALISE YOUR MASSAGE

What better way to get exactly what you need than selecting your favourite elements, perfect for both men and women.

Choose your type:

INNER CALM
60 minutes £105

Quieten your mind, nourish your skin and release tension with this bespoke aromatherapy treatment, using the finest quality aromatherapy oils to relax, detox or energise, personalised just for you.

RESTORE
90 minutes £157 or 60 minutes £105
Succumb to the deeply relaxing powers of warm volcanic stones as this restorative treatment targets areas of persistent tension and soothes tight, tender and aching muscles.

FITNESS
60 minutes £105
Release tightness and strain as powerful, specialised massage techniques target areas of deep-seated tension, while effective muscle-stretching movements loosen and restore lightness to limbs.

WELL-BEING RITUALS

Find your natural beauty and inner calm. Our well-being rituals are designed to revitalise, restore and stimulate the body's natural processes.

ESPA STRENGTH & RESILIENCE
90 minutes – £157

Transform body and mind, release muscular tension and rediscover a sense of well-being with this resilience boosting massage.

This revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system.

Includes: Aromatherapy massage, acupressure massage on the reflex zones of the feet, and working with deep breathing to boost immunity.

PERSONALISED DOSHA RITUAL
120 minutes £204

This entirely personalised treatment uses a combination of body exfoliation, body wrap and hot stone massage according to your Ayurvedic Dosha type and needs of the moment.

After a detailed consultation, your therapist will determine your Dosha and suitable treatment using cleansing Algae or restorative Marine Mud to envelop your body and personalise the hot stone massage with a combination of essential and Ayurvedic oils, ideal for you. Your therapist will then select from the following according to your needs:

Pitta – Cooling, calming and soothing
Kapha – Energising, balancing and purifying
Vata – Nourishing, hydrating and replenishing

Includes: Body exfoliation, Algae or Mud wrap, scalp massage, Dosha specific massage

UPLIFTING MARMA RITUAL
120 minutes £204

Powerfully boost overall well-being with this serene holistic experience.

Inspired by ancient Ayurvedic techniques, this exceptional treatment tackles insomnia or high stress levels by focusing on the body's Marma points using targeted massage and a warm infusion of aromatherapy oils. Physical tension is eased, a busy mind is quietened and any final signs of stress are eliminated.

Includes: Foot Ritual, body exfoliation, facial cleanse, Marma point body massage, scalp massage.





Our body treatments and massages include a bespoke selection of products, aromatherapeutic oils and techniques to best meet your own skincare and well-being requirements.

BODY CARE

Our body treatments and massages include a bespoke selection of products, aromatherapeutic oils and techniques to best meet your own skincare and well-being requirements.

BALANCED BODY RITUAL
120 minutes £204 or 90 minutes £157
(90 minutes is without hot stones)

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, scalp massage.

INNER BALANCE BACK, FACE & SCALP
120 minutes £204 or 90 minutes £157
(90 minutes is without hot stones)

Globally renowned, often imitated but never matched, this complete ESPA experience delivers triple results by targeting three key areas:

The back (physical stress), the face (skin stress) and the scalp (mental stress), making it the ideal treatment for anyone.

Includes: Back exfoliation, back massage with or without hot stones, facial, scalp massage.



ESPA FOR MEN

Our men's face and body treatments are designed and personalised around your specific physical and emotional needs, ensuring you experience the very best results.

AGE REBEL FACIAL *60 minutes £105*

An effective, age-defying facial designed to deliver immediate results to tired looking skin while reducing fine lines and wrinkles.

Includes: Deep cleanse, steam and extraction if required, exfoliation, facial massage, personalised mask and scalp massage.

TRIPLE EFFECT BACK, FACE AND SCALP *120 minutes £204 or 90 minutes £157*

Globally renowned, often imitated but never matched, this complete ESPA experience delivers triple results by targeting three key areas:

The back (physical stress), the face (skin stress) and the scalp (mental stress), making it the ideal treatment for anyone.

Includes: *Back exfoliation, back massage with or without hot stones, facial and scalp massage.*

ESPA ULTRA FIT MASSAGE *60 minutes £105*

Let go of every last bit of tension as powerful, specialised massage techniques target areas of deep-seated muscular stress.

Entirely focused on your individual needs, effective stretching movements loosen and restore suppleness and motion to tight limbs and stiff joints, while active advanced massage intensely unravels and releases tense and knotted muscles. Instantly feel re-energised and supple.

ESPA MATERNITY

Target areas prone to stress and tension during pregnancy with these deeply nourishing body treatments.

NOURISH AND NURTURE MASSAGE *90 minutes £157 or 60 minutes £105*

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment.

Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

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

SOOTHE AND GLOW RITUAL *120 minutes £204*

Leave skin glowing and toned, and your spirit calmed with this indulgent experience, combining the Pre & Post Natal Treatment with a tailor-made ESPA Personalised Facial.

** A course of 6 treatments is recommended following the first trimester and for 3 months after pregnancy.*





DAY SPA PROGRAMME

Explore Lucknam Park spa for the day with our ultimate escapes.





Each day spa package allows you full use of the spa facilities, including access to the thermal cabins, Japanese salt, Aromatic steam, Amethyst room and Sauna.

Sit back and relax post treatment in our relaxation area while enjoying our seasonal herbal refreshments and home-made biscuits.

DAY PROGRAMMES

Every aspect has been designed to relax and indulge you, from the private gardens to the luxurious surroundings of the spa itself. Linked pools indoor and out allow you to move effortlessly from hydrotherapy to gentle swim. Unwind in any of our thermal cabins and our experience showers will revive you after a dip in the outdoor salt water plunge pool.

TIME FOR TRANQUILITY
90 minute treatment time £195

Relax, unwind and unravel tension while instantly boosting your complexion creating an overall renewed sense of peace, calm and inner tranquillity.

- Inner Back, Face & Scalp without hot stones or Inner Calm Massage - 90 minutes
- Seasonal herbal refreshments and home-made biscuits in our Relaxation lounge
- A two course lunch in The Brasserie with a glass of wine or soft drink
- Full use of spa facilities
- Use of robe, slippers and towels

Available Monday to Friday, 9:00am until 5:30pm.

BLISSFUL BEGINNINGS
90 or 120 minute treatment time
£195 or £245

This total top-to-toe experience is designed to keep you glowing throughout your pregnancy, relaxing your mind and revitalising your body.

- Nourish and Nurture Massage - 90 minutes
- Personalised Express Facial - 30 minutes
- Seasonal herbal refreshments and home-made biscuits in our Relaxation lounge
- A two course lunch in The Brasserie with a glass of wine or soft drink
- Full use of spa facilities
- Use of robe, slippers and towels

Available Monday to Friday, 9:00am until 5:30pm.

SECLUDED ESCAPE
60 minute treatment time £165

Escape to the idyllic surroundings of Lucknam Park, with private gardens for the ultimate retreat. Experience a personalised treatment to re-energise, detoxify or simply relax.

- Personalised experience - 60 minutes. Choose from: Personalised Facial, Personalised Express Facial & Targeted Back Massage, Sea Salt Skin Glow & Targeted Back Massage, Nourish & Nurture Massage, Dry Float Envelopment, Scalp & Foot Massage
- Seasonal herbal refreshments and home-made biscuits in our Relaxation lounge
- A two course lunch in The Brasserie with a glass of wine or soft drink
- Full use of spa facilities
- Use of robe, slippers and towels

Available Monday to Friday, 9:00am to 5:30pm.



If time is of the essence.
Unwind in any of our thermal
cabins including Japanese steam,
Aromatic steam, Amethyst room
and Sauna.

Our experience showers will
revive you after a dip in the
outdoor salt water plunge pool.



HALF DAY PROGRAMMES

When time is at a premium, these mini spa experiences offer you rest and relaxation in our unique surroundings.

SUNDAY PAUSE
60 minute treatment time £145

We all deserve to steal a few moments for ourselves, so why not take some time out in the peace and tranquillity of Lucknam Park Spa.

- Personalised Express Facial & Targeted Back Massage or Nourish and Nurture Massage
- Seasonal herbal refreshments and home-made biscuits in our Relaxation lounge
- Cream tea in The Brasserie
- Full use of spa facilities
- Use of robe, slippers and towels

Available Sunday 12:30pm-5:30pm.

TWILIGHT SPA EXPERIENCE
30 minute treatment time £99

When time is of the essence, enjoy 30 minutes of 'me' time with one of our targeted, results orientated treatments.

- Choose from the selection of our 30 minute hero treatments; Express Facial, Targeted Back Massage, Mini Mani or Mini Pedi
- Glass of wine or tea/coffee
- Full use of spa facilities
- Use of robe, slippers and towels

Available Monday - Thursday
5:45pm -9:45pm



Experience holistic therapies which have been designed to indulge your senses, relieve stress on joints and muscles and encourage easier and deeper sleep.

RESTORATIVE THERAPIES

A range of therapies which bring about deep relaxation allowing body and mind to regain balance and restore a sense of well-being.

DRY FLOATATION
30 minutes £67

Your body is cocooned and submerged on a thin membrane that surrounds the body allowing you to float in a warm, peaceful almost weightless environment without touching the water. This is a perfect way to relieve stress and promote sleep.

DRY FLOATATION WITH BODY ENVELOPMENT
60 minutes £105

Enhance your floatation treatment by adding a hydrating all-over essential oil envelopment. Essential oils are applied over the body with a light massage before you are cocooned and submerged to experience 25 minutes floatation. Enjoy the weightless experience and warmth, relieving stress, aches and pains and promoting a feeling of relaxation.

REFLEXOLOGY
60 minutes £105

Reflexology is the ancient art of applying pressure to points and reflex areas on the feet that reflect certain parts of the body, helping to alleviate areas of pain, tension and helps restore equilibrium within the body.

AROMATIC THERMAL MASSAGE
90 minutes £157

A deeply relaxing combination of soothing aromatic massage and warming steam pads allow potent herbal infusions to penetrate the skin which in turn helps relieve muscular tension, stress, and relieves fatigue.

ESPA SLUMBER RITUAL
90 minutes £157

Relax with a soothing, ESPA inner calm massage, using a potent blend of ESPA Soothing oil to help ease stress and tension. Followed by a session of dry floatation therapy which helps further calm body and mind - 30 minutes on a warming floatation bed is the equivalent of 8 hours sleep. A truly soothing experience. Enjoy an ESPA Sleep Kit to take home.

ESPA MUSCLE RESCUE EXPERIENCE
90 minutes £157

Relieve deep seated muscular tension with an intensive ESPA Fitness Massage, combining stretching with a tension relieving massage. Uses ESPA Fitness oil and Muscle Rescue Balm for deep seated aches. To help prevent inflammation and stiffness relax in a warming dry floatation bed to aid muscle recovery. Enjoy an ESPA Muscle Rescue Balm to take home.





GYM & FITNESS

Life Fitness brings you the most up to date workout technology. Stay connected to your workout with state of the art equipment which tracks your fitness progress and synchronises with popular fitness apps and wearable devices.

Virtual Lifescape interactive courses allow you to run, hike and bike ride as if you were outside, through famous locations around the world, putting the fun back into fitness.

Technogym Kinesis stations and resistance equipment provide the ultimate in functional workouts which improve everyday fitness and improve core condition.

Our Outdoor Gym offers a space to workout with views across the parkland. The equipment includes a cross trainer, spinning bike, lateral pull down/shoulder press machine, a chest press/seated row machine, leg press & bench and a triple pull up bar. Guests can use the outdoor gym free of charge.

Personal training sessions are available on advanced request.

Taking a holistic approach to fitness, we offer both Yoga and Pilates classes.

PILATES MAT WORK

A traditional Pilates class combining strength and flexibility to condition the whole body.

HATHA YOGA

Traditional Hatha yoga designed to bring flexibility to the spine, strengthen the body and promote a sense of well-being and inner peace.



MANICURE & PEDICURE

Treat your hands and feet to a pampering that they deserve. Founded in 1979, CND (Creative Nail Design) is the global leader in professional nail, hand and foot beauty.

LUXURY SHELLAC MANICURE OR
PEDICURE
60 minutes £80

Our luxury Shellac manicure is for hard working hands, for polish that needs to last! It includes a file and shape of the nails, cuticle work, treatment preparation and shellac gel application followed by hand exfoliation and massage to finish.

EXPRESS SHELLAC MANICURE
OR PEDICURE
45 minutes £60

Fast, hard wearing gel polish treatment for nails that can't wait to dry. Includes a file and shape of the nails, cuticle work with a gel application to finish for a polish that lasts over 2 weeks.

CND SHELLAC REMOVAL & NAIL
TIDY
30 minutes £25

Keep your nails healthy with a safe Shellac removal.

SPA MANICURE OR PEDICURE
60 minutes £70

Our manicure treatment provides luxury and glamour for hands and nails that deserve only the best. This complete treatment exfoliates, nourishes and protects your hands and nails against the daily wear and tear of busy lifestyles. This treatment concludes with a high performance nail polish, which you can take away with you.

EXPRESS MANICURE OR
PEDICURE
30 minutes £42

Our Express Manicure includes file, cuticle tidy and polish application. The perfect quick fix.



CARITA has defined the world of exceptional anti-ageing treatments with the renowned CINETIC lift technology. These remarkable facials deliver exceptional anti-ageing results.



CARITA SKINCARE

Results driven anti-aging skincare that delivers immediate results.

CARITA RADIANCE FACIAL
60 minutes £105

A deeply relaxing rejuvenating treatment combined with the renowned youth boosting cares containing Vernonia restructuring plant active ingredient to ensure intensive revitalising results.

Immediately the skin appears visibly firmer, radiant and shimmering with youth.

Includes: Double Cleanse, renovateur exfoliation, facial massage using selected mask, eye patches, hand and foot massage.

CARITA CINETIC™ LIFT EXPERT FACIAL
90 minutes £157

The alternative to cosmetic surgery. The exclusive combination of Micro-currents, Ultrasound and LED futuristic technologies, give dramatic visible results after just 1 treatment.

Skin appears lifted, firm and toned.

Includes: Double Cleanse, renovateur exfoliation, skin refiner, facial massage using selected mask, Cinetic lift glove work, eye patches, hand and foot massage, LED light therapy.

NEW NEOMORPHOSE RESURFACING PEEL & REVEAL
60 minutes £105

“In just one hour, skin looks instantly more luminous and radiant” New Peeling Gel Mask & Cinetic Lifting Expert Machine™.

This new Carita peel delivers pure and potent ingredients into the skin precisely where it needs it most. Skin is left feeling renewed, revitalised with a smooth and refined flawless texture. Suitable for all skin types.

BODY

LED REFINING & FIRMING CONTOUR TREATMENT
45 minutes £77

A targeted refining body programme to visibly improve the appearance of skin quality and texture.

CINETIC™ LIFT EXPERT combines three futuristic technologies: Micro-currents, Ultrasound, Luminotherapy and high performance formulae to leave skin feeling firmer and toned for more defined looking skin contours.

Single treatment course or 5 and 10 sessions available.



BEAUTY ESSENTIALS

Warm & Hot Waxing

1/2 Legs – £27

Full Legs – £40

Bikini from – £35

Underarms – £20

Back Wax – £27

Facial Waxing from – £17

Eyebrows – £20

Lash & Brow Tinting

Eyebrows – £17

Eyelashes – £17

Eyebrows & Eyelashes – £26

Brow Shaping and Eyebrow Shape – £25



HOW TO SPA

Spa Opening Hours

The spa operates from Monday to Friday from 7.00am to 10.00pm. Saturday and Sunday from 7.00am to 9.00pm. Spa Days run Monday to Friday from 9.00am to 5.30pm and 5.45pm until 9.45pm, Sunday Spa Days run from 12.30pm until 5.30pm.

Spa Quiet Times

To ensure that the Spa can be enjoyed by all of our guests we have a daily Quiet Time from 11am to 3pm. During these times persons under the age of 16 years are not permitted in the pool area.

Gym Opening Hours

The Gym operates from 7.00am until 10.00pm, Monday to Friday. Saturday and Sunday from 7.00am to 9.00pm.

Scheduling an appointment

To schedule an appointment for your perfect treatment, please contact our ESPA reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

Arrival Time

Please allow sufficient time before your treatment to complete a Spa Consultation Form and/or Health Questionnaire. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time. The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

Spa Facilities and Access

The following spa facilities are available at Lucknam Park: sauna, steam room, power showers, pool, vitality pool, spa changing and relaxation areas. Due to obvious time constraints, guests who have reserved a treatment of 1 hour or less will be escorted directly to and from their treatment room and do not have access to the spa changing areas, spa and heat experience facilities, pool or the gym.

Gym

The gym is equipped with cardio vascular machines, resistance equipment and a free weights area.

Pool and Vitality Pool

The 20m pool and vitality pool with air and water massage jets is available to hotel guests, and day spa guests.

Cancellation Policy

Please allow 24 hours for cancellation or rescheduling of treatments to avoid a 50% charge. Failure to arrive for your reservation will result in a 100% charge being levied. We will require 72 hours notice for a cancellation of a Day Spa Experience to avoid a 100% charge.

Children's Policy

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration apart from manicures and pedicures taken in the Finishing Studio/Nail Studio. Please contact the ESPA reservations team for details on treatments available for our young guests. Access to the rest of the spa including the changing facilities, spa and heat experiences and gym are restricted to over 16's.

Spa Etiquette

Our spa environment is one of tranquillity and relaxation. Please respect other guests rights to privacy and serenity by not using your mobile phone within the spa.

Advisory Medical Note

Please note that the hydrotherapy and heat experiences are not appropriate for guests under 16 years of age, during pregnancy or if under medical supervision. If you are undergoing medical treatment or think that you may be pregnant please advise at the time of your visit.

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

An ideal gift for someone special. Please contact the ESPA reservations team for details.

Homecare

To continue your spa experience at home, most products used in our treatments are available at ESPA reception.

Valuables

The Spa at Lucknam Park accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

Lost Property

All lost property found on the premises should be handed in at ESPA reception. Items will be stored for four months, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.







LUCKNAM PARK HOTEL & SPA, COLERNE, SN14 8AZ
Tel: +44 (0)1225 742777 www.lucknampark.co.uk

