



LUCKNAM PARK

HOTEL & SPA, BATH

The Spa
Treatments



The Spa at Lucknam Park

The Spa at Lucknam Park has selected two renowned brands to head our collection of treatments – Anne Semonin and Carita, who are both internationally recognised as leaders in their respective specialist fields.

Through uncompromising vision and innovation Carita has defined the world of luxury skincare and treatments. Centred around the renowned “Pro-Lift” technology these remarkable facials deliver exceptional anti-ageing results to restore and preserve youthfulness and enhance the beauty of every individual. Luxurious care for your face, body and hair to define true beauty.

CARITA
PARIS

The Anne Semonin treatment collection combines an ingenious blend of aromatic essential oils, trace elements and marine ingredients with the classic European touch and an holistic approach to treating the individual needs of your skin. Anne Semonin treatments are designed to be bespoke and are focused towards maximum comfort, absolute luxury and outstanding results.

ANNE SEMONIN
PARIS



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All treatments suitable during pregnancy (after the first trimester) are indicated with the (p) symbol

Radiance Facial (p)

1hr · £90

Gentle Firming Facial Massage

Carita's famous techniques are blended in this intensely rejuvenating facial, with the exclusive Renovateur using roasted sunflower seeds to exfoliate. Smoothing eye and lip patches work wonders while you enjoy a hand and foot massage. Any facial tension is gently massaged away with a deeply relaxing lymphatic drainage and Swedish blended massage. Your therapist will specifically tailor your treatment to suit your skins every need and to maintain and enhance your natural beauty.

Pro Lifting Firming Face and Eye Treatment

1hr 30mins · £130

Instant non-surgical face lift

The Pro-Lift facial is Carita's signature treatment. It offers a dramatic reduction in the visible signs of ageing by firming the skin, giving an instant lift and leaving the complexion with a youthful glow. This treatment combines all of Carita's secrets. Beginning with a blissful welcome massage and concluding with the sophisticated Pro Lift technology, the face and neck are sculpted and lifted. In between, the skin is treated to gentle exfoliation with the exclusive Renovateur which leaves the complexion fresh and radiant. Use of Carita's exceptional Progressif skincare range which includes the patented unique anti-aging oelogen complex and exclusive bio vegetal complex, will result in a remarkable difference.

Pro Lift Booster

1hr · £95

Fast Acting Rejuvenation

Following a course of Pro-Lifting firming treatments, or for a special occasion, a one-hour booster treatment is perfect to enhance results, reawakening the lift and spectacular radiance of the full treatment.

Each treatment defines and targets a specific skincare need and uses Carita's exclusive 'Pro-Lift' technology to apply and intensify the effectiveness of Carita's scientifically developed products

Lagoon Hydration Facial

1hr 15mins · £110

Essential Intense Hydration for all skin types

Drench your skin in the refreshing properties of Polynesian lagoon waters to restore comfort and vital energy to the skin. The deep acting Lagoon Bath face mask, including marine algae and Noni extract – a Tahitian fruit, provides intensive moisture for dehydrated skin leaving your skin refreshed, energised and fine lines smoothed.

Cotton Softness Facial

1hr 15mins · £110

Delicate Softness for Sensitive Skins

Ideal Douceur is a gently effective treatment to soothe sensitive skin beyond recognition and ultimately delay the signs of ageing. Indispensable for sensitised skins, Ideal Douceur's hypo allergenic formula is fragrance, colour and alcohol free. The result for you – a skin that is more resilient to daily demands.

Papaya Purity Facial

1hr 15mins · £110

Perfect Balance and Control for Combination and Oily Skins

This treatment creates the perfect balance between purity and softness. Specialised deep cleansing reduces blemishes and regulates the skin. Grapefruit and papaya extract refine uneven skin and revive natural radiance while flax extract rebalances and hydrates. Skin is left purified, refreshed and bright.

Facial Therapy Collection

ANNE SEMONIN
PARIS

Advanced Corrective Facial Treatments

Deep Marine Purifying Facial 1hr 30mins • £130

Ideal for combination, oily, congested or problematic skins, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with rebalancing lymphatic drainage massage. A detoxifying and anti-inflammatory peel-off mask and aromatic intensive complexes are used to soothe, calm and rebalance the skin to encourage a clear complexion.

Soothing Remedy Facial (p) 1hr • £90

A gentle therapy to soothe and calm oversensitive, irritated or sun-damaged skins prone to redness and irritation. Saturated gauzes combined with soothing aromatic intensive complexes repair, calm and restore skin equilibrium bringing rapid relief to skin sensitivity. The skin is left calmed, nourished and smooth.

Eternal Youth Facial (p) 1hr 30mins • £130

Experience renewed youth and radiance with this wonderful anti-ageing facial. Incorporating a firming eye treatment, your skin is quenched with the power of evening primrose oil, red micro algae and wild indigo. Experience the renowned effects of Anne Semonin's express radiance ice cubes, that melt away fine lines. The result – a more plumped, radiant, hydrated and lifted skin.

Little Luxuries Collection

ANNE SEMONIN
PARIS

Eye Lift Firming Treatment (p) 45mins • £65

A contouring and firming treatment using specific products rich in essential oils, trace elements and seaweed extracts designed to hydrate the delicate eye area. This smoothing and skin tightening treatment gives a noticeable lift to the eye area and is ideal for those concerned with fine lines and wrinkles. This treatment includes a hot stone shoulder massage and revolutionary eye radiance ice cubes (cryotherapy) to plump fine lines and improve under eye circles.

Eye Brilliance Treatment (p) 30mins • £50

A detoxifying and radiance boosting treatment for tired eyes or simply as a regular skin brightener. This enhancing treatment reduces puffiness, minimises dark shadows and is a welcome treat for those suffering from eye strain, headaches and wearing contact lenses.

Signature Treatment Collection

ANNE SEMONIN
PARIS

Exclusive Treatments created by Anne Semonin.

De-Stress Botanical Oil and Herbal Back Therapy 1hr • £90

Warmed fresh botanical oils are drizzled over the back, neck and shoulders before a warm bubbling mask is applied to relax the muscles and melt away tensions. Lymphatic drainage massage to the lower legs and the reflex points of the feet aid relaxation. A soothing scalp, back, neck and shoulder massage means this treatment is ideal for someone in need of tranquillity.

Top to Toe Experience (p) 1hr • £90

Tahitian black sand and aromatic oils are swept over the back to reveal luminous skin before warmed aromatic oils are massaged into the back to soothe tension. An essential radiance boosting facial concludes this experience with a scalp, hand, arm, lower leg and foot massage.

Made to Measure Aromatic Facial (p) 1hr • £90

This skin enhancing 'Made to Measure Aromatic Facial' ensures effective, visible results. This treatment has been designed to be tailor-made for your individual skin's needs through bespoke blended plant active serums, masks and aromatic intensive complexes.

Herbal Pumice Oil Body Experience 2hrs • £180

Warmed aromatic oils of calming lavender and sweet mandarin are drizzled over the body from top to toe. Combined with the use of heated aromatic pumices containing freshly cut herbs from our spa garden and aromatic oils, this treatment soothes deep tension and relieves aching tired muscles.

Deep relaxing full body massage which releases nervous tension and offers deep muscular relief with hot basalt stones. This natural therapy harnesses healing and pain relieving properties offering the ultimate in blissful massage.

Body Therapy Collection

ANNE SEMONIN
PARIS

Made to Measure Massage 1hr • £90

A tailor-made full body massage combines Anne Semonin techniques with a personally prescribed blend of intensive complexes and warmed botanical oil.

After your initial consultation your therapist will assist you in choosing from the following options: De Stress, Uplifting, Detoxifying.

Blissful Back, Neck and Shoulder Massage 30mins • £55

An express massage using warmed aromatic oils focusing purely on the back, neck and shoulders to relieve tension and enhance well being.

Hot Stone Massage Therapy 1hr 30mins • £135

Heated black basalt stones are used to massage the whole body releasing deep-seated tension ideal for anyone suffering with muscular aches and pains. Working at relieving stress at the deepest level this treatment is designed to work on the body's energy channels. This holistic treatment is an intensive therapy for the mind and spirit.

Reflexology (p) 1hr • £90

Reflexology is the physical act of applying rhythmical pressure to the feet. It is based on a system of zones and reflex areas that reflect certain parts of the body, helping to alleviate areas of pain and tension and regain overall balance within the body.

Universal Stress Relieving Massage (p) 45mins • £60

A deeply relieving and healing scalp and foot treatment to soothe away stress and tension. These universal stress zones are massaged with effective acupressure techniques to balance and revive you. Warm aromatic oils are used, leaving you feeling revitalised in mind and body.

Envelopments and Exfoliation Collection

ANNE SEMONIN
PARIS

Aromatic Salt Exfoliation 45mins • £60

An express aromatic oil and salt scrub. This is the perfect skin preparation leaving the skin deeply nourished, smoothed and hydrated. We include seasonal herbs picked from our own gardens and conclude with nourishing lashings of aromatic oils and creams.

Crushed Sea Salt and Seaweed Body Envelopment 1hr • £90

Commencing with the drizzling of aromatic blended oils, fresh herbs and crushed sea salt are applied leaving your skin feeling like silk. This is followed by a deeply detoxifying body treatment, using Spirulina seaweed to boost toxin release and purify the skin.

Firming and Toning Spirulina Envelopment 2hrs • £170

A toning and firming body envelopment harnessing the powerful detoxifying benefits of the ocean. This treatment begins with a full body exfoliation followed by a seaweed wrap and concludes with a full body massage to relax your mind and firm and tone your body.

Black Sand Body Scrub and Massage Ritual 1hr 30mins • £130

The ultimate exfoliating experience, Black Sand from Tahiti and aromatic oils actively sweep away dry skin leaving skin wonderfully soft, silky and youthfully radiant and cocooned in the delicate fragrance of exotic verbena. This therapy concludes with a made to measure full body massage.

Face and Back Collection

ANNE SEMONIN
PARIS

Complete Serenity with Hot Stones 1hr 30mins • £130

Incorporating a hot stone back massage followed by a full made to measure facial designed to de-stress both the body and mind. Warmed aromatic oils combined with the therapeutic effects of the stones are used to massage the back, neck and shoulders to aid a sense of deep relaxation and restore body balance.

Complete Harmony Treatment 1hr 30mins • £130

A soothing back, neck and scalp massage begins this wonderfully relaxing therapy designed to relieve key areas of stress or tension and muscle tightness, combined with the Made to Measure Aromatic Facial. The result, overall calm and harmony.

Body Specific Collection

ANNE SEMONIN
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Nurturing Mother-to-Be Treatment (p) 1hr 30mins • £130

A relaxing, unwinding facial and massage therapy for expectant mothers, targeting areas of aches and pains on the back, scalp, lower legs and feet and rejuvenating the face to give ultimate radiance to the skin. This nurturing therapy will help treat muscular aches, fluid retention, stress and fatigue.

Anti-Cellulite Therapy 1hr • £90

A specialised treatment designed to stimulate the body's system and target areas of fluid retention, cellulite and uneven skin tone. This treatment begins with an exfoliation on the specific areas. Using massage and lymphatic drainage techniques, the legs and feet are massaged to restore circulation and a firming and detoxifying mask is applied to relieve blockages and tone the skin.

Firming Silhouette Décolleté Treatment 30mins • £55

A remodelling and firming treatment designed to care for the 'bust' contours. Gentle exfoliation and the benefits of active marine ingredients improve skin texture and the appearance of fine lines, visibly lifting and firming the skin.

Men's Therapy Collection

ANNE SEMONIN
PARIS

A specific treatment collection for the discerning gentleman

Made-to-Measure Grooming Facial 1hr • £90

This aromatic facial is tailored uniquely to you to target any skin concerns, from blemishes to sensitivity. Following a consultation a bespoke facial is created for your skin using Anne Semonin essential oils, trace elements, serums, and botanical oils.

Deep Clean Detox Facial 1hr 30mins • £130

Ideal for city skin or imbalanced, stressed skins suffering from breakouts or congestion. This facial combines traditional steam and extraction techniques. A detoxifying and rebalancing peel off mask is applied using intensive complexes to achieve a deeply clean feeling.

Tension Release Massage 1hr • £90

Ideal for stressed tired muscles, a more intensive massage with deeper pressure to relieve tension.

Soothing Shoulder, Scalp and Foot Therapy 45mins • £60

A deeply relieving and healing scalp and foot treatment to soothe away stress and tension. These universal stress zones are massaged with effective acupressure techniques to balance and revive you. Warm aromatic oils are used, leaving you feeling revitalised in mind and body.

Grooming Hands and Feet 1hr • £60

Reward your hands and invigorate your feet with this male grooming manicure and pedicure.

Beauty Essentials Collection

Perfect Hands Treatment Manicure (p) 1hr · £60

This softening arm, hand and nail treatment begins with a deeply relaxing massage of the whole arm and hand, followed by a gentle hand exfoliation. While wrapped in a cocoon of warmth your head, neck and shoulders will be massaged to relieve tension at a deeper level. Combined with a complete manicure, the result is perfectly groomed hands.

Soul Foot Treatment Pedicure (p) 1hr · £60

This nourishing and conditioning lower leg and foot treatment begins with a mineral rich foot bath and exfoliation, ideal for softening the skin. The feet are enveloped with a rich creamy mask cocooned in warmth, your head neck and scalp are massaged to relieve tension at a deeper level. Combined with a complete pedicure the feet are left beautifully groomed and revitalised.

Waxing (p)

Waxing services are available on request.

Tinting (p)

Tinting services are available on request.

Please note a tint test is required 24hrs before any tinting.

Little Miss Collection

ANNE SEMONIN
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Designed for the younger discerning 'Little Miss Clients' to groom, pamper and relax. Perfect for Bridesmaids and Flowergirls. Alternatively this is a perfect treat for grown-ups with too little time!

Little Miss Petit Visage (p) 30mins · £40

Cleanse tone, mask and moisturise, an essential beauty facial designed to care for younger or delicate skins.

Little Miss Petites Mains (p) 30mins · £40

Shape, moisturise and polish leaving hands and nails sparkling bright. Ideal for special occasions.

Little Miss Petits Pieds (p) 30mins · £40

Feet are moisturised, nails are shaped and polished leaving you walking on air.

Spa Day Experience Collection

Each of the Spa Day Experiences are available from Monday to Friday and include:

Welcome coffee and pastry, use of all Spa facilities, a two course lunch with a glass of wine, use of robe and slippers for the day.

Lucknam Park à la Carte (p) £135

Your choice of either an Anne Semonin Made to Measure Aromatic Facial, a 60 minute Nurturing Mother-to-be Treatment, Carita Radiance Facial, Top to Toe Experience or a De-stress Botanical Oil and Herbal Back Therapy.

Serenity Indulgence £210

Complete Serenity with Hot Stones, an upgrade from wine to champagne with lunch, an afternoon treat of tea and scones, and a special gift of Anne Semonin Daily Musts.

Yummy Mummy (p) £240

A Nurturing Mother To Be Treatment and a Soul Foot Therapy Pedicure.

Ultimate Spa Experience £295

Aromatic Salt Exfoliation, Blissful Back Massage, Made to Measure Aromatic Facial, Perfect Hands Treatment Manicure or Soul Foot Therapy Pedicure.

Please note that credit card details are required at the time of booking your Spa Day Experience. 24 hours notice is required for cancellation of a Spa Day Experience otherwise a 100% charge will be made.

'How to Spa' Etiquette

Spa Etiquette & Helpful Hints

- Upon arrival please sign in at the Spa Reception
- The spa is a mobile phone free area
- Bathrobes can be worn in The Brasserie and lounge area until 6pm
- The Spa operates a 'no smoking' policy
- Our changing rooms have individual state of the art pin safe lockers for your valuables
- Please remember to take all your belongings from the locker when leaving The Spa

Treatment Etiquette

- Please arrive at least 15 minutes prior to your treatment appointment time
- Treatments are only available after completion of the appropriate consultation forms with your therapist
- Give your therapist appropriate feedback about your comfort or any troubled areas
- Waxing is not recommended before or after any body treatment

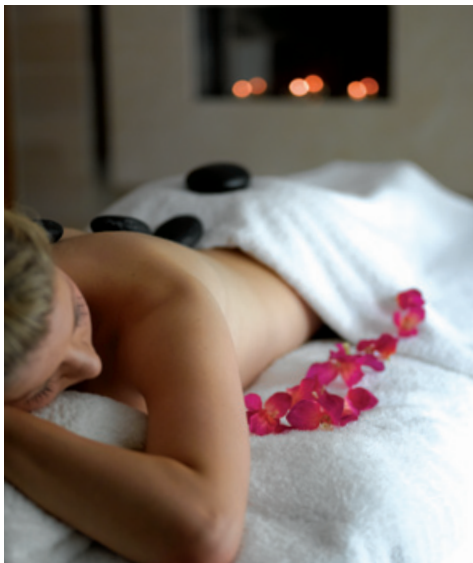
Reservations

To book spa treatments please call The Spa reception tel: 01225 740570 or email spa@lucknampark.co.uk. Treatments cancelled or moved within 24 hours will incur a 50% charge. Failure to arrive for a treatment will incur a 100% charge.

Opening Times

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

To avoid disappointment we strongly recommend that you book your treatments in advance.



Gift vouchers

Beautifully presented Lucknam Park Gift Vouchers are the perfect gift for any occasion. Gift vouchers can be ordered by telephone, in person or online at www.lucknampark.co.uk



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