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THE SPA

BY LUCKNAM PARK

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# THE SPA

*Unwind in a landscape of luxury*

Set within Lucknam Park's 500-acres of unspoilt Wiltshire parkland, The Spa is at one with its surroundings, incorporating wood, marble and glass to reflect the warm seasonal hues of the outdoors.

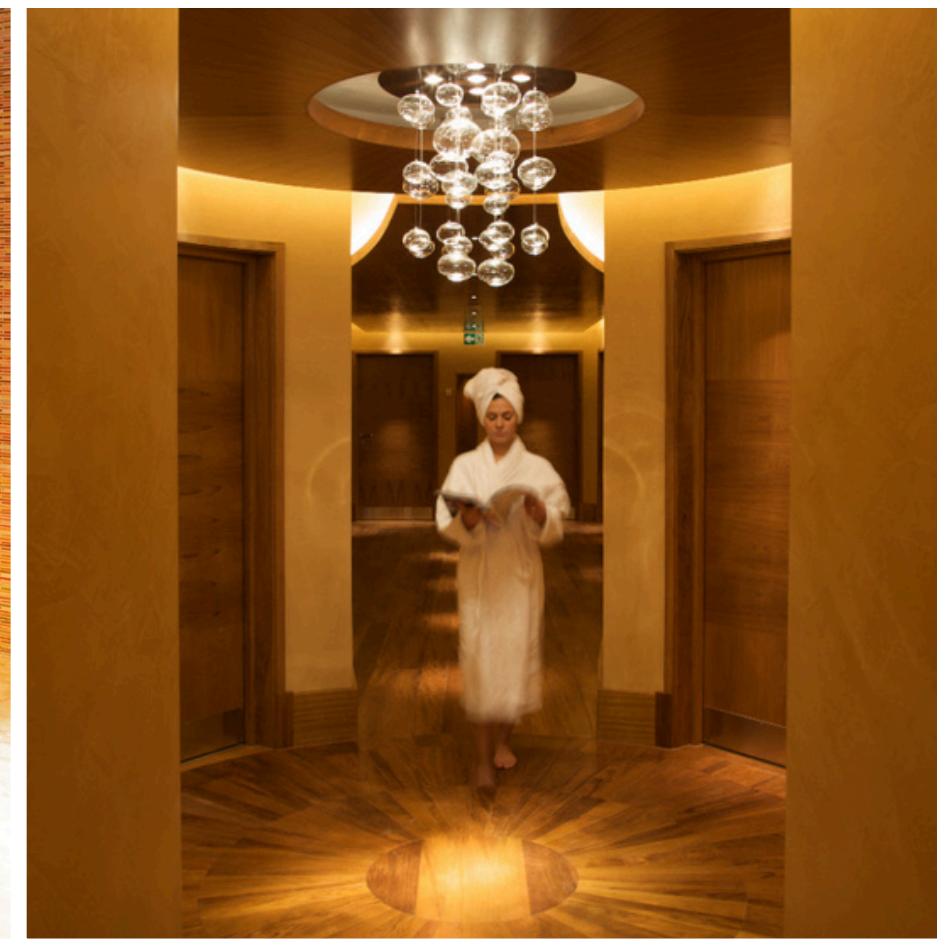
Our highly trained specialists perform a range of personalised luxury spa treatments including massages, facials, scrubs and holistic therapies in our 8 therapy rooms.

Take a rejuvenating dip in the 20-metre indoor pool, or the indoor/outdoor hydrotherapy pool offers a tranquil space to relax with views of the arboretum.

The award-winning facilities also include 5 thermal cabins, post-treatment relaxation room, and a social lounge with a skincare mixology bar.

For spa enquiries and bookings please call 01225 740 570 or email:  
[spa@lucknampark.co.uk](mailto:spa@lucknampark.co.uk)

[Click to view our Spa Map](#)



# SIGNATURE COLLECTION

*Timeless classics, expertly curated for deep relaxation - where tradition meets tranquility...*

*Available as 60 mins | £160 – 90 mins | £240*

## ILLUMINATING FACIAL

Experience radiant skin with our Illuminating Facial, designed to brighten and rejuvenate your complexion. Using advanced techniques and natural products, this facial targets dullness, uneven tone, and fatigue, leaving your skin visibly glowing. Gentle exfoliation and nourishing serums are combined with soothing massage to enhance circulation and hydration. The result? A luminous, refreshed complexion that feels deeply revitalised and smooth.

## LUCKNAM BESPOKE MASSAGE

Your therapist will combine different massage techniques drawing from their own skill to bring an overall sense of wellbeing. Choose calming for deep relaxation, invigorating to boost energy, detoxing to cleanse the body, or soothing for gentle relief.

## MATERNITY MASSAGE

This nourishing and nurturing body treatment is suitable from the second trimester and throughout the post-partum period. Designed with ultimate comfort in mind, your therapist will use gentle and soothing movements to ease stress, tension and fatigue. Available as a focused treatment or full-body massage.

## MELTING CANDLE COUPLES MASSAGE

Melt away side by side in our dual room with a warming candle massage, while our therapists work in sync to release areas of tension and promote overall relaxation.

## COCONUT LOMI LOMI MASSAGE

Mimicking the waves of the ocean, this Hawaiian-style full body massage includes long powerful strokes and deep stretches to release muscle tension. Enriching and hydrating, warm coconut oil is poured leaving you completely soothed, nourished, and renewed.

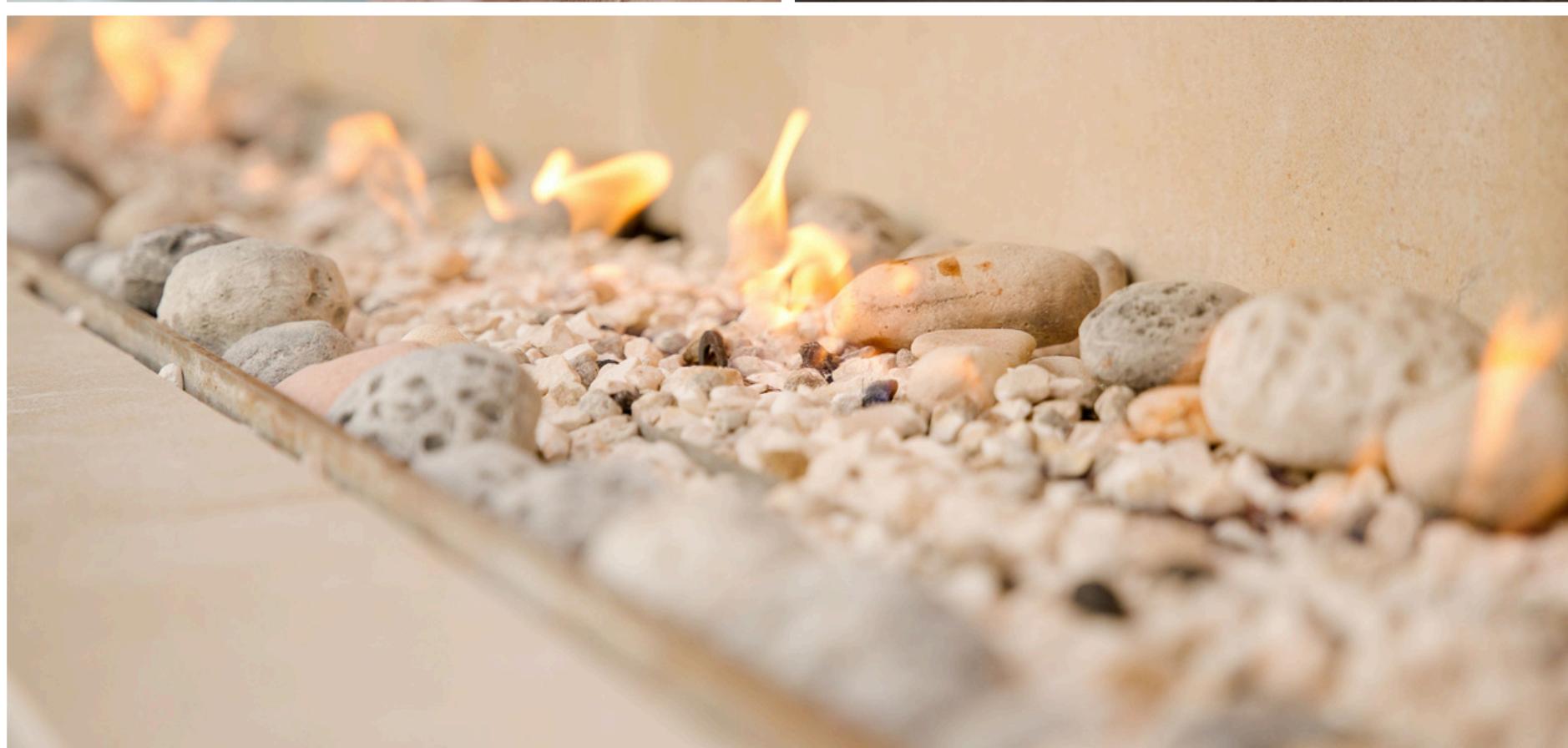
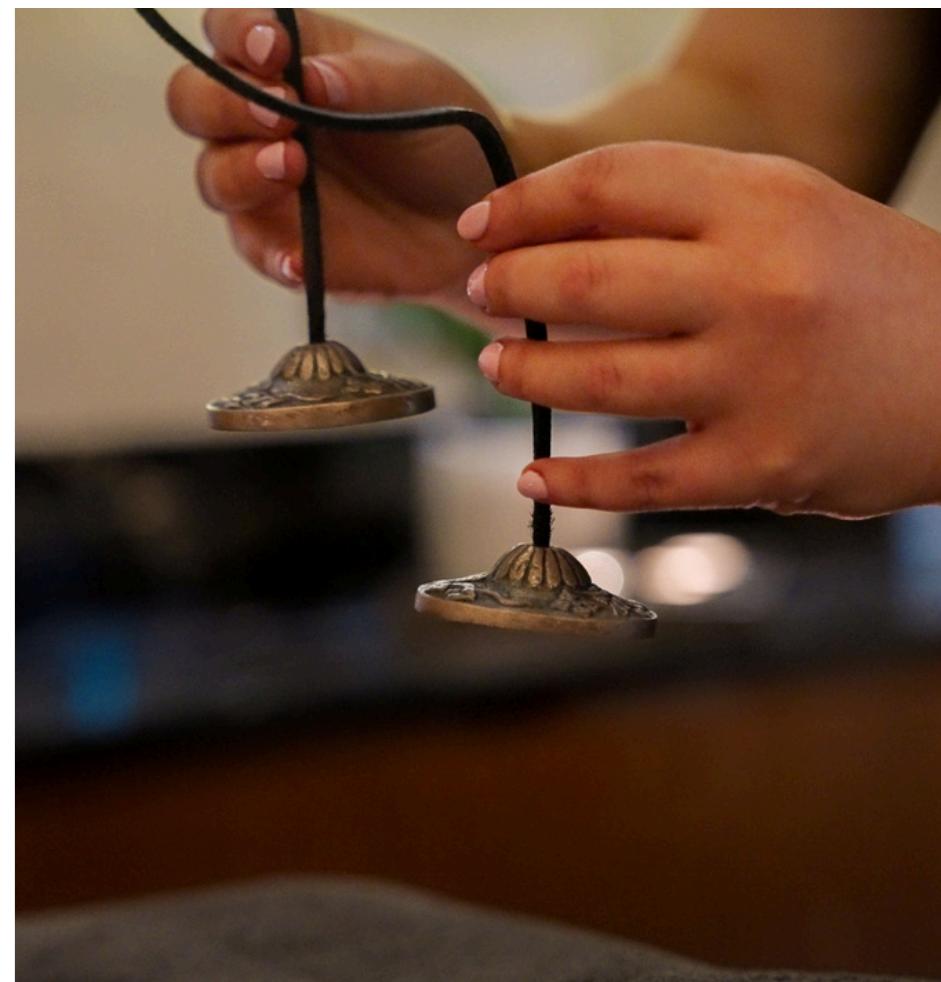
## HOT STONES MASSAGE

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.



*Stay a little longer...*

*Add our Salt & Oil Full Body Scrub to any Signature treatment - 30 minutes | £80*



# WELLBEING COLLECTION

*Holistic Rituals, mindfully crafted to harmonise body and soul - cultivating a lasting sense of inner balance...*

**60 mins | £160 or 90 mins | £240**

## **JADE GUA SHA SOOTHING FACIAL | 60 minutes**

Our most relaxing facial which focuses on the art of touch. Feel tension melt from the contours of the face, as the Gua Sha's glide across the skin to relieve tension and aid lymphatic drainage. The indulgent hand, arm and scalp massage drenches the skin in a rich blend of oils, infused with the therapeutic benefits of CBD, to deeply hydrate and restore profound serenity. The skin and senses are left renewed, relaxed, and radiant.

## **MINDFULNESS MASSAGE | 90 minutes**

Unwind a busy mind, escape daily stresses, and emerge refreshed with a renewed sense of positivity. This deeply relaxing experience combines mindfulness techniques to reduce stress and focus on the present. Guided breathing and visualisation calm the mind, while a therapeutic full-body massage relieves tension and promotes positivity.

## **INTUITIVE CRYSTAL HEALING | 60 minutes**

Harnessing the healing principles of Reiki, your therapist will use a selection of crystals to work through the energy centres. Light massage on the reflexology zones of the feet and back will help to stimulate Qi. A facial massage using rose quartz crystals brings this restorative treatment to an end, leaving you feeling balanced and re-centred.

## **REFLEXOLOGY | 60 minutes**

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 and tension, and helps restore equilibrium within the body.

### **KLORIS SLEEP SOUNDLY RITUAL - 60 minutes | 90 minutes**

Exclusive to Lucknam Park, this ritual combines CBD balm and grounding aromatherapy oils, with a relaxing face and body treatment to calm the mind and induce deep sleep. Warmed Lavender & Chamomile poultices work on specific energy meridians in the body, whilst the slow rhythmic and intentional massage techniques create a lullaby of movement.

### **SONIC ENERGY TREATMENT by Ashmira Botanica | 90 minutes**

Experience a full body Chinese Meridian Massage combined with the healing vibrations of warm singing bowls to release stagnant energy. The mind, body and spirit are harmonised through soothing sound, gentle touch, and energetic healing, while the skin is left feeling nourished with the Yin essential oils from the pink clay mask.

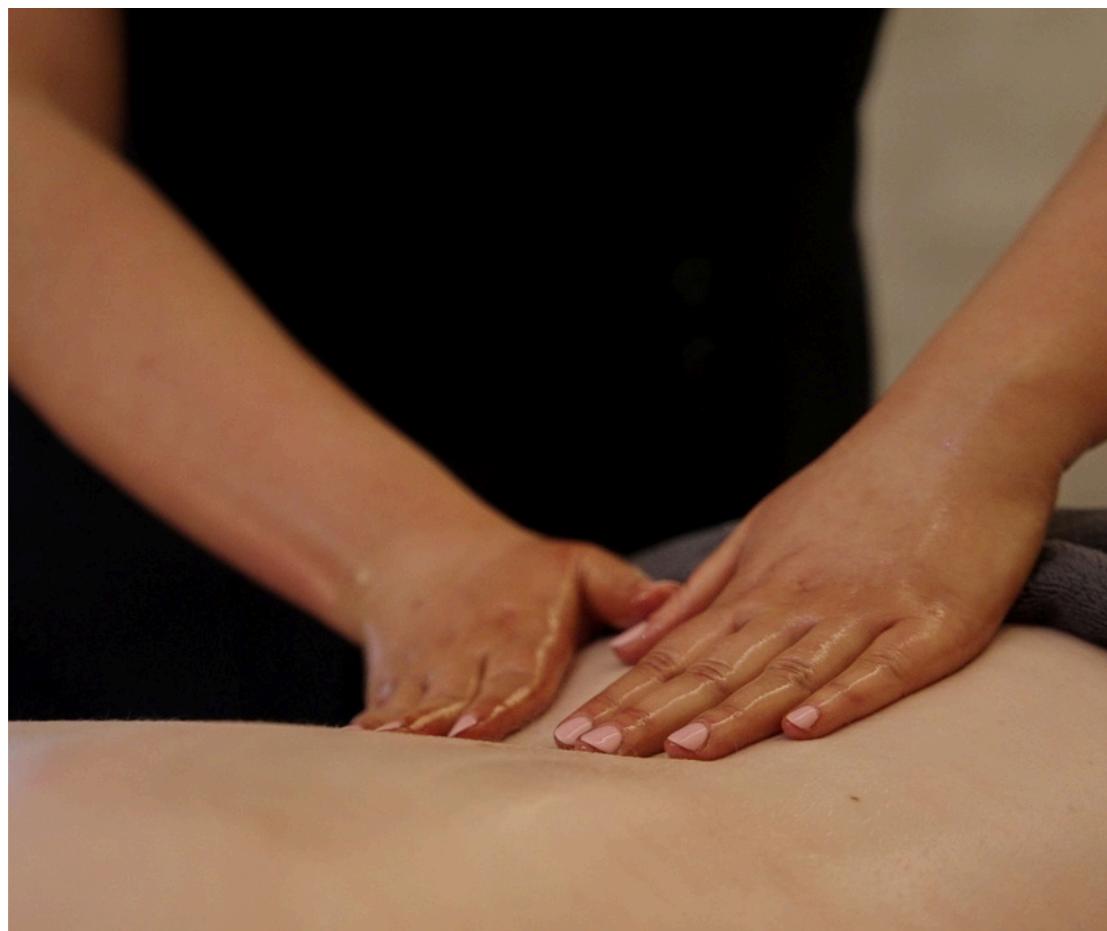
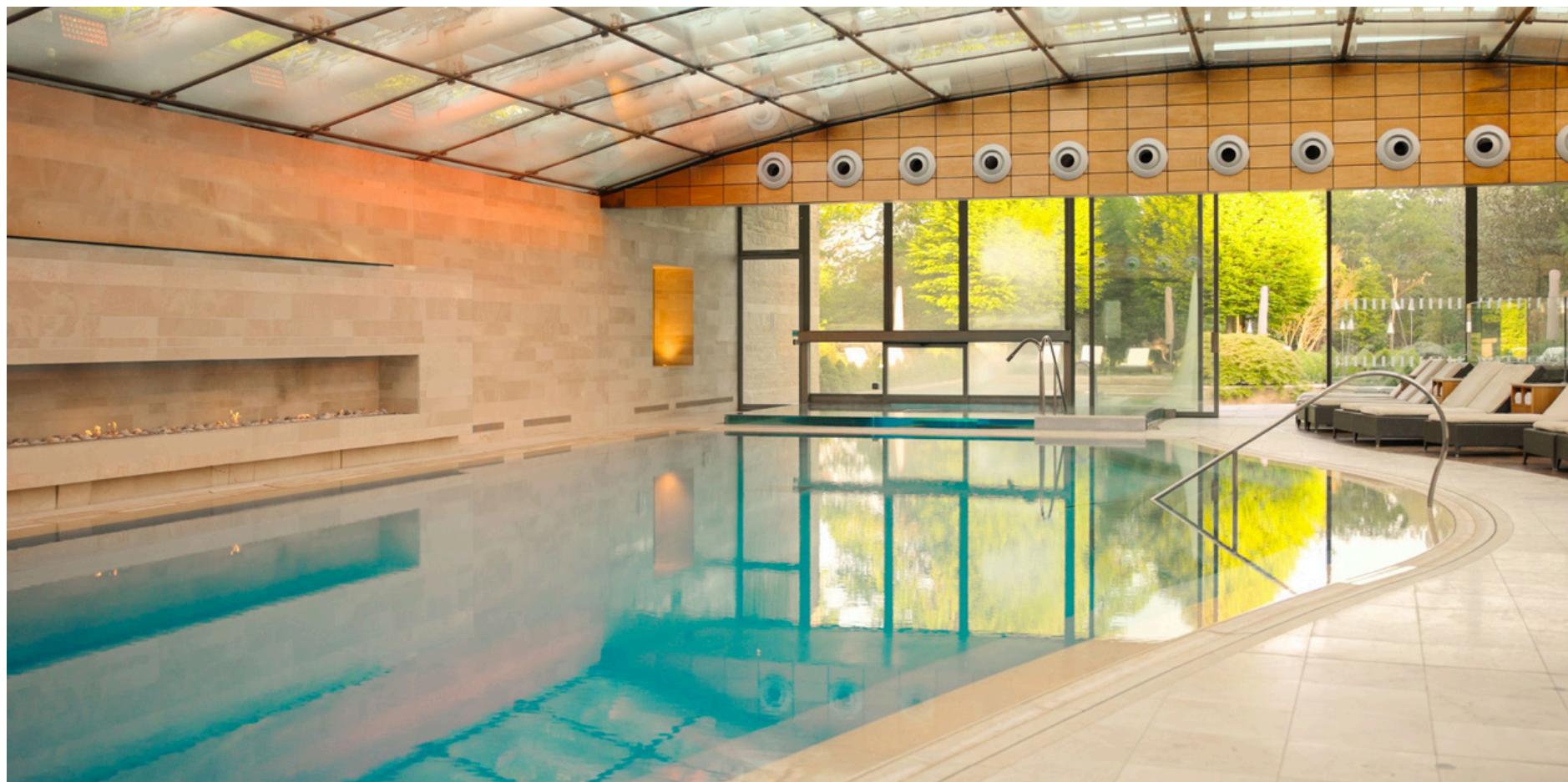
### **ENERGY RENEWAL TREATMENT by Ashmira Botanica | 90 minutes**

Combining the healing powers of clay, lymphatic drainage, and sound therapy, this holistic ritual nurtures your body and mind. A deeply restorative treatment that takes you on a journey of renewal, balance, and serenity.

### **HAND ON HEART RITUAL by Made For Life - 60 minutes | 90 minutes**

Safe and supportive for everyone, the Hand on Heart Ritual is especially suited to those in need of extra care and comfort.

Through soft and mindful techniques, the mind quiets, the heart settles, and the body is guided into a place of deep harmony. Using 100% certified organic products with delicate and natural aromas, these treatments create a moment of stillness; a time that is *yours*, to simply *be*



# PERFORMANCE COLLECTION

*Where luxury and innovation unite - targeted treatments powered by prestigious brands, for transformative results...*

## **HYDRAFACIAL PLATINUM EXPERIENCE – 60 minutes | £235**

The ultimate Hydrafacial experience. Begin with soothing Lymphatic Drainage to reduce puffiness and provide the appearance of lifting and contouring. Next, reveal smooth texture and vibrant skin clarity with a purifying cleanse, gentle chemical peel, and pain-free extractions using patented Vortex-Fusion technology. Finally, targeted boosters and LED therapy enhance results for personalised skin concerns, and the treatment concludes by bathing the skin with nourishing hydration and antioxidants for the ultimate glow and best skin of your life.

## **111SKIN CELESTIAL BLACK DIAMOND SCULPTING BODY TREATMENT -**

**60 minutes | £180 – 90 minutes | £265**

This powerful body treatment delivers dramatic results from 111SKIN's Intensive Collection to shape, smooth and saturate the skin with nourishment. Through signature massage techniques and potent surgically-inspired formulas, this treatment encourages lymphatic drainage to tone and firm the skin. Expect a smoother, sculpted figure and age defying results.

## **111SKIN DRAMATIC HEALING FACIAL – 60 minutes | £180**

A high-performance facial that enhances the skin's ability to repair and re-strengthen itself using the iconic Y Theorem Repair Serum – a clinically-proven product which utilises the unique NAC Y2 formula. Combined with clinically developed protocols, including the Deep Muscle Facial Massage, skin health is completely restored.

Choose your focus:

*Hydration | Brightening | De-Puffing | Anti-Ageing*

### **111SKIN CELESTIAL BLACK DIAMOND NON-SURGICAL LIFT FACIAL – 90 minutes | £265**

The most intensive facial, using science-led formulas with diamond powder to increase the absorption of active ingredients to ease fine lines and wrinkles. Involving 10 steps of treatment using surgically-inspired masks and aesthetician-grade exfoliating acids, skin is left smoother, lifted and contoured.

### **111SKIN ROSE GOLD RADIANCE FACIAL – 90 minutes | £265**

This treatment combines powerful properties of restoration with the most innovative formulas to lift, firm and sculpt. Using a three-level approach to facial massage, including our signature 111SKIN technique, incorporating smoothing wand and rose quartz crystals massage, the treatment is designed to relax and soothe the mind while alleviating irritation and inflamed skin.

### **111SKIN ROSE GOLD RADIANCE BODY TREATMENT – 60 minutes | £180 – 90 minutes | £265**

A full-body ritual harnessing 111SKIN's Radiance Collection. A total body exfoliation prepares the skin for the decadent Rose Gold Body Oil, which helps to restore and enhance the skin's natural luminosity. Calming massage movements with Rose Quartz crystals make this treatment a deeply tranquil experience that leaves skin glowing from the inside out. A Facial Massage and brightening Rose Gold Mask is also included in our extended 90-minute treatment.

### **111CRYO DEEP TISSUE ENERGISING BODY TREATMENT – 60 minutes | £180 – 90 minutes | £265**

An energising treatment that utilises 111SKIN's signature cryotherapy machine, along with a combination of stretches and deep tissue massage. Designed to increase circulation and relieve muscle tension, the full-body treatment addresses areas of the body most prone to aches and pains, providing lasting relief and relaxation.

### **MYOFASCIAL RELEASE AND DEEP TISSUE MASSAGE – 60 minutes | £180**

A comprehensive stretching routine prepares the body for powerful massage techniques designed to manipulate deeper tissues, alleviate trigger points, and enhance muscle health. For intense relief of specific concerns, this is a firm pressured and targeted massage.



# DISCOVERY COLLECTION

*A safe and soothing space for Children and Teenagers to discover the magic of wellbeing - a calming collection of treatments that will nurture, nourish, and inspire...*

*(Children 5-12)*

## **CHOCOLATE HEAVEN – 45 mins | £120**

Give your little one the gift of comfort and relaxation. Our specially designed Chocolate Heaven experience is perfect for children, offering a soothing and fun way to unwind. The self-heating Chocolate Body Mask feels like a cosy blanket, while a gentle facial promotes relaxation and leaves their skin soft and smooth. We finish with a nourishing Monoi Body Oil, ensuring your child's skin stays hydrated and cared for.

## **LITTLE LUXURIES MANICURE & PEDICURE – 60 mins | £80**

A little treat for hands and feet! Our Express Manicure and Express Pedicure is the perfect combination for soft skin and healthy nails. *Includes: Nail Shaping, Mini Massage, and Nail Polish Application on hands and feet.*

*Please note that children under the age of 16 must be accompanied by a parent or guardian for the whole duration of the treatment.*

*Receive a special 25% discount on the second treatment when booking in the same therapy room.*

(Teenagers 13-16)

#### **111SKIN REPARATIVE FACIAL – 60 minutes | £180**

A high-performance facial that enhances the skin's ability to repair and re-strengthen itself, this is perfectly suited to skin that can feel sensitive, dry, or irritated. Using the iconic Y Theorem Repair Collection with its clinically proven NAC Y2 formula, alongside a customised eye mask of your choice to combat specific concerns, skin health is completely replenished. A restorative cleansing ritual and essence infusion is followed by an invigorating facial massage to stimulate nutrient delivery to the cells.

#### **ILLUMINATING GUA SHA FACIAL – 60 minutes | £160**

Relax and unwind with our natural soothing facial as the Gua Shas glide across the face to release tension. These cooling tools have been proven to reduce puffiness, inflammation, and sinus pressure, as well as boosting circulation and promoting lymphatic drainage. Your therapist will combine this powerful but simple tool along with natural products, leaving you with a refreshed and glowing complexion.

#### **LUXURY MANICURE | £75 or LUXURY PEDICURE | £80 - 60 minutes**

The ultimate pampering for hands or feet, as well as time to relax and enjoy the beautiful views of the Spa gardens. This complete treatment uses Nailberry Skincare products to exfoliate, nourish and protect, CONCLUDING with the application of our new toxic-free and hard-wearing nail polish, Nailberry, to the hands or feet. *Includes: Exfoliation, Massage, Nail Shaping, Cuticle Tidy, and Nail Polish or Treatment Application.*

*Please note that children under the age of 16 must be accompanied by a parent or guardian for the whole duration of the treatment. Receive a special 25% discount on the second treatment when booking in the same therapy room.*



# SPA DAYS & BREAKS

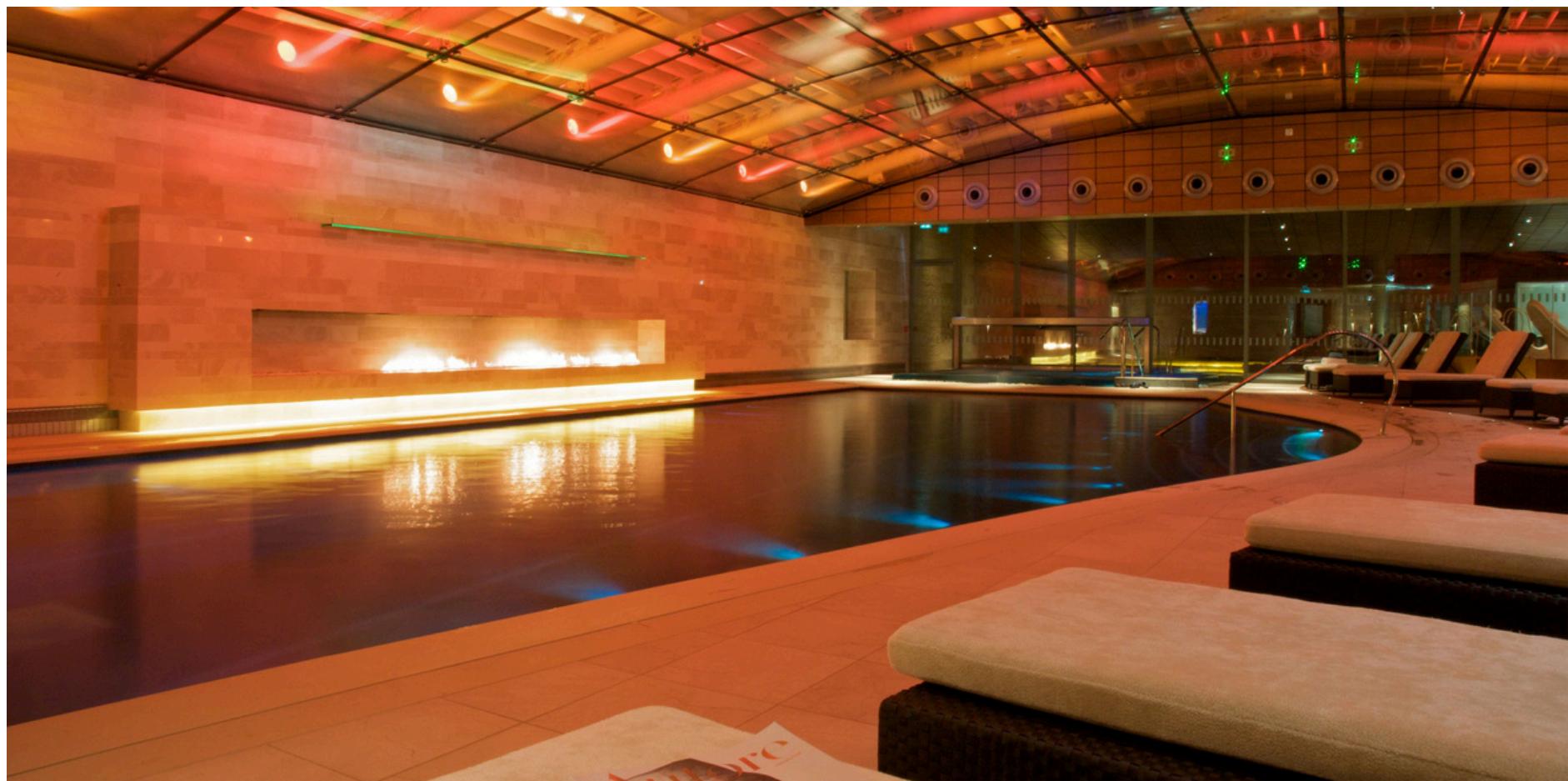
Treat yourself to a luxurious **Spa Day**, combining spa treatments with the very best Lucknam Park has to offer. From equestrian experiences, to afternoon tea, Michelin-Star dining in Restaurant Hywel Jones, or casual all-day dining in Walled Garden Restaurant.

[Click to explore our Spa Days](#)

For those seeking an extra special spa experience, indulge in our 1 or 2-day **Spa Breaks**. Our 5-star Spa Breaks include an overnight stay in a luxury bedroom or suite, a 60-minute treatment, access to Lucknam's award-winning facilities, and dining experiences in Walled Garden Restaurant or Restaurant Hywel Jones.

[Click to explore our Spa Breaks](#)





# SPA FACILITIES

- 20-metre indoor swimming pool
- Indoor and outdoor hydrotherapy pool
- 8 state-of-the-art treatment suites a including couples' treatment suite
- Infrared sauna
- Ice fountain
- Social lounge with mixology bar
- Post-treatment relaxation lounge
- Thermal cabins featuring Japanese Salt, Amethyst Room, Aromatic Steam and Himalyan Salt Sauna
- Changing rooms with additional sauna and steam room (male and female)

- Life Fitness and TechnoGym fitness suite with the latest state of the art equipment
- Peloton bikes
- Outdoor gym with range of equipment
- Walled Garden Restaurant - offers stylish and contemporary all-day dining
- Spa boutique
- 5-a-side football pitch
- 2 all weather, floodlit tennis courts
- Gardens with sun terrace
- Woodland walks in the arboretum



# SPA GIFT VOUCHERS

Give the gift of The Spa by Lucknam Park. Choose from monetary vouchers or a variety of unique spa experiences - perfect for treating a loved one.

Our gift vouchers combine the award-winning spa with the best Lucknam has to offer, from overnight stays to equestrian activities, or Michelin-star dining.

[Click to explore and buy gift vouchers.](#)





# SPA ETIQUETTE

*Our spa environment is one of tranquillity and relaxation. Please respect other guests' right to privacy and serenity by not using your mobile phone within the spa. The spa is a non-smoking environment.*

## Arrival Time

We ask that you arrive 15 minutes prior to your appointment in order to fill our health questionnaire if you have not already done so online.

Your therapist will begin the treatment with a short consultation to further personalise your experience.

**Please note:** if you are not a hotel resident or spa member, use of the spa facilities is not included when buying a treatment.

## 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 require 72 hours' notice for cancellation of a Spa Day Experience to avoid a 100% charge.

## Advisory Medical Note

Please note that the heat and the hydrotherapy 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.

## Opening Times

The spa operates Monday-Sunday, 7.30am-9pm. Spa Days run Monday-Friday, 9am-8.30pm.

## Children's Opening Hours

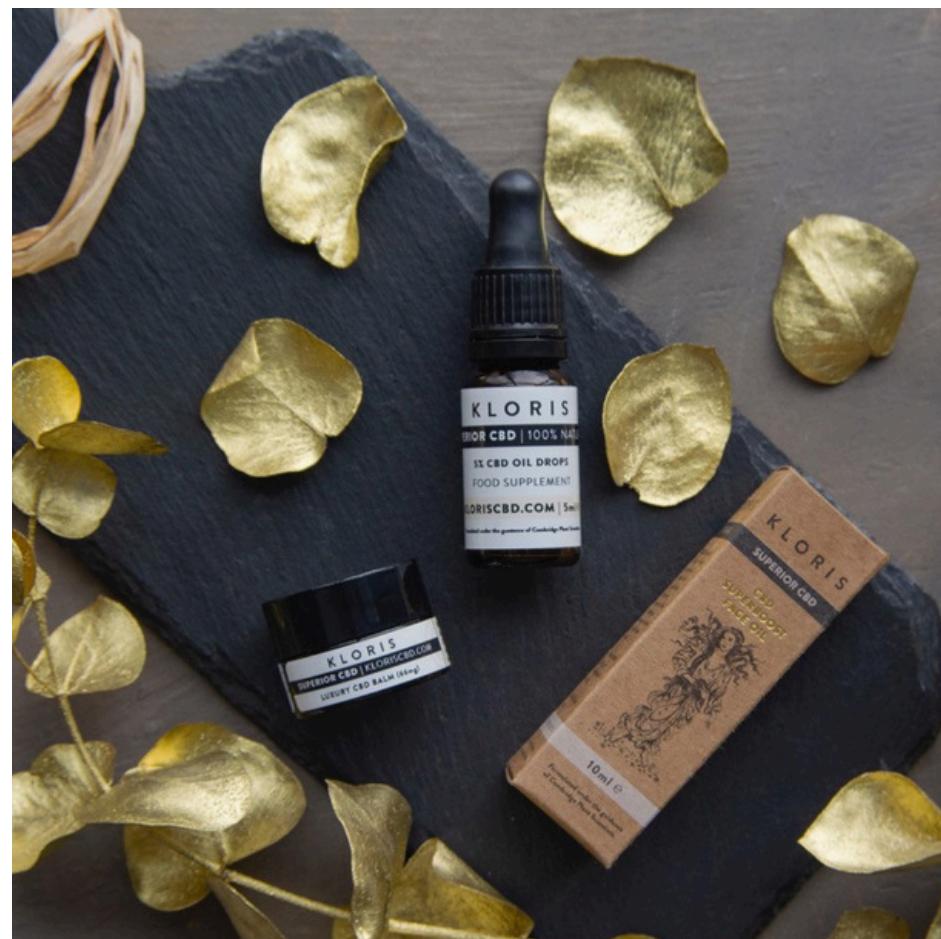
Children under the age of 16 years are only permitted to use the pool area 9am-11am and 3pm-6pm.

## Age Requirements

Guests under 16 must be accompanied by an adult when using the spa and indoor pool area.

## Walled Garden Restaurant

Please note that bath robes are permitted only in Walled Garden Restaurant lounge area and not in the main dining area.



# BRANDS & PARTNERS

## 111SKIN

*111SKIN is a luxury, doctor-led brand that bridges the gap between plastic surgery and skincare. Their surgically-precise formulas are backed by breakthrough skin science to optimise skin health and deliver visible, targeted results.*



## KLORIS

*Every Kloris CBD product is designed to be effective, sustainable and a joy to use. Their formulas use the finest natural ingredients with no unnecessary fillers, preservatives, colours, scents or flavourings, and all products are made in the UK.*



## BABY BARE BUBBLES

*Baby Bare Bubbles offer luxury hair and skin care products specially formulated for babies and children, using all-natural ingredients for safe and effective bathtime care.*



## NAILBERRY

*Nailberry are the pioneers of healthy manicures and are on a mission to remain that way. Creators of vibrant, timeless and long-lasting hues, encapsulated in breathable, better-for-nails formulas*



## NATURAL SPA FACTORY

*Incredible home-grown products created in the heritage city of Bath. All Natural Spa Factory skincare is cruelty free, gender neutral and suitable for every body.*





LUCKNAM PARK HOTEL & SPA, EMBLEMS COLLECTION, COLERNE, SN14 8AZ

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[www.lucknampark.co.uk](http://www.lucknampark.co.uk)

*Follow us: @lucknam\_park*

