

Spa September Wellness Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Outdoor Stretching 10:30 ³ Forest Bathing 16:00	Forest Bathing 10:30 ⁴ Outdoor Stretching 16:00	Outdoor Stretching 10:30 ⁵ Forest Bathing 16:00	Forest Bathing 10:30 ⁶ Outdoor Stretching 16:00
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THE SPA

BY LUCKNAM PARK

This September, hotel guests are invited to reconnect with nature and restore mind & body through a series of complimentary wellness sessions, hosted by our experienced Spa team.

With a focus on outdoor wellbeing, our September programme includes:

Forest Bathing - Immerse yourself in the tranquillity of our parkland with a guided forest bathing experience. Relax beneath the trees as you're led through mindful breathing, visualisation, and soothing sound healing. In the event of wet weather, a guided meditation will take place in the sanctuary instead

Outdoor Stretching - Start or end your day with a gentle, full-body stretching session designed to improve flexibility, release tension, and enhance both physical and mental wellbeing. Sessions are held in the parkland, or in The Sanctuary if the weather requires.

Run Club - Explore our beautiful 500-acre estate on a guided group run led by Tabitha. Suitable for guests looking to enjoy the fresh air while discovering the grounds at a comfortable pace.

Additional Wellness Activities

Guests can also enjoy a range of self-guided wellness facilities throughout their stay, including:

Life Fitness and TechnoGym fitness suite (open 7.30am-6pm)

Outdoor gym, tennis courts & football pitch

Walking, running and cycling trail maps available from Reception

Yoga equipment available to borrow from the Spa reception

A selection of spa treatments will also be available at Middle Lodge throughout September.

Appointments are limited and must be booked in advance to avoid disappointment.

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