



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, Paris, who are internationally recognised as leaders in their respective specialist fields.

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

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 cares for your face, body and hair to define true beauty.

**CARITA**  
PARIS

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

# Signature Treatment Collection

ANNE SEMONIN  
PARIS

Exclusive Treatments created by Anne Semonin

## De-Stress Botanical Oil & Herbal Back Therapy 1hr • £75

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.

## Eternal Youth Facial (p) 1hr 30mins • £105

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.

## Herbal Pumice Oil Body Experience 2hrs • £140

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 which offers the ultimate in blissful massage.

## Facial Therapy Collection

ANNE SEMONIN  
PARIS

Advanced Corrective Facial Treatments

### Deep Marine Purifying Facial 1hr 30mins • £105

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 • £75

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.

### Phyto–Aromatic Facial (p) 1hr • £75

This skin enhancing ‘made to measure 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.

## Little Luxuries Collection

ANNE SEMONIN  
PARIS

### Eye Lift Firming Treatment (p) 30mins • £45

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.

### Eye Brilliance Treatment (p) 30mins • £45

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.

## Face and Back Collection

ANNE SEMONIN  
PARIS

### Complete Serenity with Hot Stones 1hr 30mins • £105

An all embracing treatment incorporating a full Phyto-Aromatic facial followed by a hot stone back massage 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 • £105

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 tailor-made Phyto-Aromatic facial. The result, overall calm and harmony.

## Body Therapy Collection

ANNE SEMONIN  
PARIS

### Made to Measure Massage 1hr • £75

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 Body Fitness Uplifting Detoxifying.

### Blissful Back, Neck and Shoulder Massage 30mins • £50

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

### Deep Release Massage with Hot Stones 1hr 30mins • £105

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 • £75

Reflexology is the physical act of applying 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.

### Scalp and Head Massage (p) 45mins • £55

A relaxing and deeply healing scalp treatment to soothe away stress and tension. The neck, shoulders and scalp are massaged with effective shiatsu techniques. Warm aromatic oils and an optional nourishing cream mask treats the scalp and hair, leaving you feeling revitalised.

## Envelopments and Exfoliation Collection

ANNE SEMONIN  
PARIS

### Aromatic Salt Exfoliation 45mins • £55

An express aromatic oil and salt scrub. This is the perfect skin preparation leaving the skin deeply nourished, smoothed and hydrated.

### Crushed Sea Salt and Seaweed Body Envelopment 1hr • £75

Commencing with the drizzling of aromatic blended oils and the application of crushed sea salt, fresh lavender and mandarin peel freshly mixed before you, to leave 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.

### Detoxifying Spirulina Envelopment and Massage 2hrs • £140

A detoxifying slimming and energy boosting treatment, this envelopment begins with gentle exfoliation to boost circulation, combined with seaweed extracts to harness the powerful cleansing and re-mineralising benefits of the ocean. This natural seaweed re-metabolises the body to efficiently kick start and maintain the elimination of toxins and waste. Concluding with a full body massage an essential body treatment to support a detox programme.

### Firming Spirulina Booster Envelopment and Massage 2hrs • £140

An anti-ageing, firming and toning body envelopment also ideal to maintain a healthy skin tone after weight loss. This envelopment begins with a full body exfoliation. Firming aromatic complexes treat the areas of the body that need skin conditioning combined with Spirulina seaweed to re-balance and re-mineralise the body, restoring a feeling of total well being. This body therapy concludes with a full body massage to relax and continue the firming and toning effects on the skin.

### Black Sand Body Scrub Ritual 1hr 30mins • £105

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

## Body Specific Collection

ANNE SEMONIN  
PARIS

### Nurturing Mother-to-Be Treatment (p) 1hr 30mins • £105

A relaxing unwinding therapy for expectant mothers, targeting areas of aches and pains and rejuvenating the face and body to give ultimate radiance to the skin. This nurturing therapy will help treat muscular aches, fluid retention, stress and fatigue.

### Anti-Cellulite Therapy 1hr • £75

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 • £45

A remodelling and firming treatment designed to care for the décolleté contours. Gentle exfoliation and the benefits of active marine ingredients improves 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 • £75

This Phyto-Aromatic facial is tailored uniquely to you. Following a consultation a bespoke facial is created for your skin using our Anne Semonin essential oils, trace elements, serums, and botanical oils.

### Deep Clean Detox Facial 1hr 30mins • £105

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 then applied using intensive complexes to achieve a deeply clean feeling.

### Deep Release Massage 1hr • £75

Ideal for pre-and post-fitness this intensive massage treatment will invigorate yet relax tired muscles.

### Soothing Scalp and Head Therapy 45mins • £55

A relaxing and deeply healing scalp treatment to soothe away stress and tension. The neck, shoulders and scalp are massaged with effective shiatsu techniques. Warm aromatic oils and an optional nourishing cream mask treats the scalp and hair leaving you feeling revitalised.

### Grooming Hands and Feet 1hr • £70

Reward your hands and invigorate your feet with this essential grooming package.

## Beauty Essentials Collection

ANNE SEMONIN  
PARIS

### Perfect Hands Treatment Manicure (p) 1hr • £55

This softening arm, hand and nail treatment begins with a gentle exfoliation and a luxurious southern sea ocean hand bath. Cuticles and nails are nourished with a warmed aromatic oil massage and a rich, creamy mask to refine, nourish and protect the skin. Combined with a complete manicure, the result is perfectly groomed hands and nails.

### Soul Foot Treatment Pedicure (p) 1hr • £55

This nourishing and conditioning lower leg, foot and nail treatment begins with a mineral enriched foot bath and exfoliation ideal for softening the skin. Warmed aromatic oils and active serums are then applied and the feet are enveloped with a rich creamy mask and the massage relieves tension, nourishes and repairs the skin. 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  
PARIS

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

### Little Miss Petit Visage (p) 30mins • £35

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

### Little Miss Petit Mans (p) 30mins • £35

Shape, moisturise and polish this mini-manicure leaves hands and nails sparkling bright. Ideal for 'Little Miss Parties' and special occasions.

### Little Miss Petit Pedi (p) 30mins • £35

Feet are buffed and smoothed, nails are shaped and polished this mini-pedicure promises to leave you walking on air.

## Facial Experiences

CARITA  
PARIS

### Pro Lifting Firming Face and Eye Treatment 1hr 30mins • £115

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 anti-ageing macadamia oil, white lupin and liquorice will result in a remarkable difference.

### Pro Lift Booster 1hr • £80

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.

### Radiance Facial (p) 1hr • £75

Gentle Firming Massage

A deeply relaxing blend of Swedish and lymphatic facial massage techniques combined with the application of Carita's famous anti-ageing products, this holistic hands-on calming treatment soothes and stimulates skin to ensure intensive rejuvenating results.



## Ideal Intense Facial Treatments

CARITA  
PARIS

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

### Ideal Hydration Facial 1hr 15mins • £90

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.

### Ideal Douceur Facial 1hr 15mins • £90

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.

### Ideal Controle Facial 1hr 15mins • £90

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.

### Ideal Nutrition Facial 1hr 15mins • £90

Silky Cocoon for Dry Skins

For skins which do not produce enough natural oil, this treatment transforms the driest of skins into a soft, comforted complexion. Rich replenishing nutrients extracted from rice and sweet chestnut ensure the skin is rebuilt helping to prevent slackness and the appearance of wrinkles. Meltingly soft ingredients help to reduce redness and leave the skin enveloped in comfort.

## Body Experience

CARITA  
PARIS

Revitalising Cocoon with Warm Stone Therapy

### Revitalising Cocoon with Warm Stone Therapy 1hr 30mins • £115

Deep relaxation and luxurious indulgence ensure the ultimate body spa experience. Full body massage and warming cocoon body wrap for profound relaxation.

Prepare to feel a magical synergy between the hands of the therapist and the energy from the warm volcanic pebbles with this divine body spa treatment. This begins with a relaxation massage and gentle exfoliation using Carita's Renovateur, a blend of roasted sunflower seeds and essential oils leaving your skin radiant and velvety soft.

A re-mineralising mask is applied to your body that includes Phonolite, a fine powder extracted from the enriched and concentrated earth of volcanoes. Rich in minerals the skin is hydrated and regains its natural beauty.

The treatment ends with a unique and heavenly hot stone massage to leave you renewed with natural vital energy.

## 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
- Light lunch with a Glass of Wine
- Use of Robe and Slippers for the day

### Lucknam Park à la Carte

£120

Your choice of either an Anne Semonin Phyto-Aromatic Facial, a Made-to-Measure Massage, Carita Radiance Facial or a De-stress botanical and herbal back therapy.

### Yummy Mummy (p)

£215

A Nurturing Mother-to-Be Treatment followed by a Soul Foot Therapy Pedicure

### Ultimate Spa Experience

£325

Aromatic Salt Exfoliation  
Made-to-Measure Massage  
Phyto-Aromatic Facial  
Perfect Hands Treatment Manicure  
Soul Foot Therapy Pedicure

Please note that full payment is required at the time of booking your Spa Day Experience. 24 hours notice is required for cancellation of a Day Spa 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](mailto:spa@lucknampark.co.uk) Treatments cancelled 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 on line at [www.lucknampark.co.uk](http://www.lucknampark.co.uk)



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