



A PLACE TO UNWIND

FEELING GOOD AND LOOKING GOOD ARE TWO SIDES OF THE SAME COIN – A HARMONY BETWEEN OUTER RADIANCE AND INNER TRANQUILITY. THAT'S THE PHILOSOPHY BEHIND THE KILWORTH HOUSE HEALTH AND BEAUTY TREATMENT ROOMS.

Here, within the luxurious calm of a 38-acre period estate, are two havens of peace – two warm and seductive studios in which the stresses of everyday life seem to melt away.

We offer excellent therapies to all of our guests, most of them are suitable for both men and women.

If you require assistance in choosing the therapy most suited to your lifestyle and needs, please contact our beauty department.

ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye.

Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

PERSONALISED EXPRESS FACIAL

25 minutes.....£30

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

LIFT AND FIRM EYE TREATMENT

25 minutes.....£30

Perfect for those who are concerned with the first signs of ageing around the eyes.

An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.



SKIN SOLUTIONS

SKIN RADIANCE FACIAL

55 minutes..... £55

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

RE-HYDRATOR FACIAL

55 minutes..... £55

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

DE-SENSITISER FACIAL

55 minutes..... £55

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

SKIN PURIFYING FACIAL

55 minutes..... £55

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

INTENSIVE & AGE DEFYING

AGE-DEFYER FACIAL

without lift and firm eye treatment

55 minutes..... £60

with lift and firm eye treatment

1 hour 10 minutes £65

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

LIFT AND FIRM FACIAL

1 hour 25 minutes £70

An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration.

This facial uses Tri-ActiveR ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.



ESPA BODY TREATMENTS

WE OFFER A HUGE RANGE OF SOLUTION LED ESPA BODY TREATMENTS AND MASSAGES, EACH ONE DESIGNED AND TAILORED SPECIFICALLY TO ENSURE YOU EXPERIENCE THE BEST PHYSICAL AND EMOTIONAL THERAPEUTIC BENEFITS DEPENDING ON YOUR NEEDS.



BACK, NECK AND SHOULDER MASSAGE

25 minutes..... £40

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

FULL BODY MASSAGE

55 minutes £55

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your needs.

Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

TOTAL HOLISTIC BODY CARE

without hot stones

1 hour 45 minutes £70

with hot stones

1 hour 55 minutes £80

Aromatherapy massage to the back, legs, arms, scalp, face neck and shoulders with full body brushing and exfoliation. A therapeutic full body massage using aromatherapy oils and optional warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates muscles to soothe aches and pains; helping you to unwind and bring harmony to mind and body.

BACK, FACE AND SCALP TREATMENT

without hot stones

1 hour 25 minutes £60

with hot stones

1 hour 25 minutes £70

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers a full personalised facial and back exfoliation and massage making it a total luxurious experience.

SALT AND OIL SCRUB

25 minutes.....£40

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

ESPA DETOX WRAP

55 minutes£60

A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation.

Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment ends with a mind calming scalp massage for ultimate relaxation.

ESPA BODY WRAP

55 minutes£60

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap.

Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage.

Choose from the following:

De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner.



ALTERNATIVE THERAPIES

REFLEXOLOGY

55 minutes.....£50

A holistic complementary therapy that maps out points on the feet and hands to all major organs and the rest of the body, to heal the whole person not just the prevailing symptoms.

Reflexology treatments should leave you feeling relaxed and invigorated.

INDIAN HEAD MASSAGE

45 minutes£45

This is a powerful treatment which will soothe away stress and tension. You will feel totally relaxed and revitalised. This treatment works on the head, face and back to ensure we will bring harmony to your mind and body.

HOPI EAR CANDLES

55 minutes.....£50

An ancient treatment that relaxes and soothes. Using special beeswax candles draws out any wax and debris from the ear canal relieving pressure and leaving you feeling clear headed, lighter and more relaxed. The treatment finishes with a lymphatic facial massage to create a deep sense of well being.

ESPA MATERNITY

PRE AND POST NATAL TREATMENT

Please note that prenatal clients must be past their first trimester (3 months).

55 minutes.....£65

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. 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.

ESPA FOR MEN

OUR ESPA FACE AND BODY TREATMENTS FOR MEN ARE SPECIFICALLY TAILORED TO YOUR SKIN TYPE, EACH ONE DESIGNED SPECIFICALLY TO ENSURE YOU EXPERIENCE THE BEST PHYSICAL AND THERAPEUTIC BENEFITS DEPENDING ON YOUR NEEDS.

BACK, NECK AND SHOULDER MASSAGE

25 minutes..... £40

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

BACK, FACE AND SCALP TREATMENT

without hot stones

1 hour 25 minutes £60

with hot stones

1 hour 25 minutes £70

Renowned as our ‘Hero’ treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation – back massage (120 mins with hot stones) – facial – scalp massage.

HOT STONE MASSAGE

1 hour 55 minutes £80

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Includes: Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.



AROMATHERAPY MASSAGE

55 minutes..... £55

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

HAND AND NAIL GROOMING

30 minutes..... £25

OPI PROSPA hand and nail treatment to condition and smooth hands. Nails perfectly shaped and cuticles conditioned and gently pushed back.

EXECUTIVE FOOT CARE

45 minutes..... £30

Toenails perfectly shaped, cuticles conditioned and gently pushed back and a foot massage. A luxurious foot treatment preventing a build up of hard skin and calluses.

HAND & FEET TREATMENTS

in association with OPI products

OPI PROSPA

The Number 1 Global brand reinvents the Mani/Pedi with the unique facial skincare ingredients in the Prospa range. Formulated with Cupuacu superfruit containing 9 essential fatty acids providing moisture and anti-ageing effects, plus white tea extracts that help prevent breakdown of collagen and elastin resulting in younger looking hands and feet.

NAIL SHAPE AND PAINT

30 minutes.....£20

PROSPA MANICURE

1 hour£40

A manicure that will replenish and revitalise tired hands and cuticles, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish.

PROSPA LUXURY MANICURE

1 hour 15 minutes£45

A luxurious and effective anti-ageing hand treatment designed to restore elasticity, smooth and firm, leaving the hands and arms beautifully soft. As with the Prospa manicure treatment basecoats and colour are applied for the perfect finish.

PROSPA PEDICURE

1 hour£40

A luxury foot and leg treatment using aromatherapy-based products for softer, smoother feet and legs, finishing with perfectly pedicured polished toenails.

PROSPA LUXURY PEDICURE

1 hour 15 minutes£45

As above with a deeply intensive anti-ageing foot mask.

OPI GEL COLOUR

OPI GEL COLOUR DELIVERS A LONG LASTING, FLAWLESS FINISH, THAT'S DRY IN SECONDS.

OPI GEL NAIL, SHAPE AND PAINT

45 minutes.....£30

OPI GEL MANICURE

1 hour 15 minutes£45

OPI GEL PEDICURE

1 hour 15 minutes£45

EXISTING GEL REMOVAL

45 minutes.....£20

OPI Gel Colour is soaked off (complimentary if undergoing another gel treatment at the time).





HAIR REMOVAL

PhD waxing is a hair removal procedure. Heated wax is applied to the legs, face, or other parts of the body, and when completely dry, is removed along with the hair. The abbreviated PhD means that this type of waxing is professional, hygienic and disposable. It can eliminate the chances of infections associated with waxing.

EYEBROW WAX

15 minutes £15

LIP AND CHIN WAX

15 minutes..... £15

HALF LEG WAX

30 minutes..... £20

FULL LEG WAX

45 minutes..... £30

BIKINI WAX

30 minutes..... £20

UNDER ARM

15 minutes..... £15

BACK WAX

30 minutes..... £30

EYEBROW & EYELASH TREATMENTS

A patch test is required at least 24 hours prior to first treatment.

EYEBROW TINT

15 minutes..... £15

EYELASH TINT

30 minutes..... £15

EYELASH AND BROW TINT

30 minutes..... £20



MAKE-UP

in association with Jane Iredale products

Discover long-wearing mineral foundations that nourish and protect your skin while showing your most even, fresh complexion and concealers that reveal your beauty instead of just concealing it. Enjoy mattifiers that tame the shine while they help your skin to become more balanced. All created in different formulations to suit your needs, and in shades to flatter a wide range of skin tones. It's like therapy for your skin.

BRIDAL MAKE-UP AND TRIAL

2 hour 30 minutes £80

Bridal make-up trial (1 hour 30 minutes),
Wedding day make-up (1 hour).

CLEANSE AND MAKE-UP

1 hour £50

Suitable for all special occasion make-up, proms, parties etc.

HEALTH & BEAUTY PACKAGES

THE KILWORTH WELLBEING

2 hours 30 minutes £110

This truly holistic experience incorporates Reflexology, Hopi Ear Candles and Indian Head Massage. This powerful package will soothe away stress and tension to make you feel totally relaxed.

THE TOTAL INDULGENCE PROGRAMME

2 hours 30 minutes £110

A top to toe treatment starting with an ESPA full body exfoliation then an intensive facial to rejuvenate and restore the balance of your skin. Followed by a Prospa manicure.

THE PURELY HOLISTIC PACKAGE

3 hours 30 minutes £130

This treatment promotes pure relaxation. Starting with the salt and oil scrub and full body massage your body will be gently exfoliated then massaged using essential oils chosen to suit your individual requirements. We then indulge you in an ESPA facial leaving your skin with a healthy radiant glow. Then to finish enjoy either a Prospa manicure or pedicure leaving your whole body totally relaxed.

THE DETOXIFYING SPA TONIC

2 hours 15 minutes £100

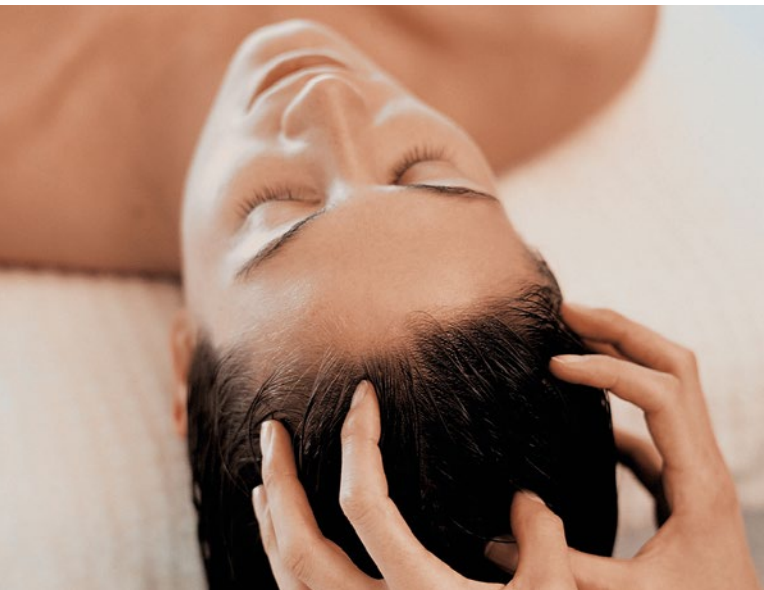
This package is ideal to help boost the metabolism and speed up the elimination of toxins. Full body skin brushing and gentle exfoliation prepares the skin for a complete body wrap of marine algae combined with detoxifying body oil which is blended and applied to help purify the body and hydrate the skin. The finale is a full detoxifying aromatherapy massage.

This treatment is ideal as a one off pick me up or as a course to assist with a healthy eating, weight loss programme.

THE DETOX WRAP WITH REFLEXOLOGY

2 hours 15 minutes £100

This package combines a marine algae detox wrap with a holistic complementary reflexology therapy to illuminate toxins and purify the body leaving you feeling relaxed and invigorated.



MATERNITY PACKAGE

NEW BEGINNINGS

3 hours 30 minutes £130

This complete package has been carefully designed for pregnant or nursing mothers to take account of all contra indications and aid relaxation. The package includes a deeply nourishing body massage, gentle back exfoliation, if required, soothing body massage followed by an ESPA facial and either a manicure or pedicure.

WEDDING PACKAGES

BRIDE AND MOTHER OF THE BRIDE

2 hours 30 mins per person£250

Back, neck and shoulder massage (30mins), facial (1 hour), manicure (1 hour) or pedicure (1 hour) package can be split over various days, full payment is required at time of booking.

This is one day of the year that everyone should look and feel great. Spread the feel good factor with extra treatments for bridesmaids, mother in law etc.

ULTIMATE BRIDAL PACKAGE

5 hours 30 mins.....£200

Facial (1 hour), manicure (1 hour), pedicure (1 hour), pre-wedding trial make-up (1 hour 30 mins), make-up on the day (1 hour) package can be split over various days, full payment is required at time of booking.

Bookable for bride, bridesmaids, mother in law etc.





THE ORANGERY RESTAURANT

An outstanding architectural feature, the glorious grade II star-listed Victorian Orangerie is light and airy by day, and glitteringly romantic by night. This ever-changing light means that the mood feels right any time of day: for morning coffee, lunch, full afternoon tea or informal evening dining.

The Orangerie's relaxed informality is reflected by its own menu. Please let us know if you would like to book a light lunch in our Orangerie, either before or after treatments.

GIFT VOUCHERS

Available in denominations of **£5, £10, £20** and **£50** our gift vouchers may be used all year round throughout the Hotel or Theatre. Whether the gift is for a health and beauty treatment, an overnight stay in one of our luxury bedrooms, a candlelit meal in the Wordsworth or Orangerie Restaurants, our renowned afternoon tea or a summer theatre break you can be assured they will always be well received.



HEALTH & BEAUTY OPENING TIMES

9am to 6pm (Monday to Sunday)

Evening appointments until 8pm available at request.

CANCELLATION POLICY

A cancellation charge of 50% of the price of the treatment will be made for appointments cancelled within 24 hours of the appointment time.

BOOKING PROCEDURE

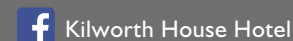
All bookings are taken via reception and require a credit or debit card to secure the booking. Please telephone to make an appointment.

VALUABLES

Please note that the Hotel cannot accept any responsibility for any items lost or misplaced. Guests may be required to remove items of jewellery for different treatments, so please ensure that they are retrieved before you leave.

SESSION TIMES

Please bear in mind that your booked session time includes an allowance for personal preparations (dressing and undressing) plus, on your first visit only, time to complete a brief medical questionnaire.



KILWORTH HOUSE HOTEL & THEATRE LUTTERWORTH ROAD
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