





# THE LANGLEY SPA

Offering transformative facilities and enriching treatments in the heart of Buckinghamshire's verdant countryside, The Langley Spa is committed to delivering an exceptional experience, with a menu of services tailored to individual needs.

Setting the scene for rest and indulgence, the spectacular spa spans 1,600m<sup>2</sup> and includes a 16.5 metre, infinity-edge indoor swimming pool, extensive thermal area, five dedicated treatment rooms and a private VIP suite. Enhancing the destination's holistic approach to health, the Spa Lounge provides nutritious dining options, with guilt-free appeal.

In partnership with personal trainer Matt Roberts, the leading-edge fitness suite uses technologically advanced systems and equipment to craft bespoke, goal-orientated wellness programmes. Surrounded by pristine countryside, The Langley Spa offers a plethora of healthful al fresco options, from walking, jogging and cycling trails, to swimming in the sparkling outdoor pool.



## FACILITIES INFORMATION



### POOL AND THERMAL EXPERIENCES

The inviting thermal area presents a host of health-enhancing experiences, including Himalayan Salt Sauna, Salt Infused Steam Room, Vitality Pool, Ice Fountain, Experience Showers, heated relaxation loungers and a sparkling 16.5 metre infinity-edge swimming pool, encircled by recliners. A traditional Hammam is also available for private treatments and communal use.

### LADIES-ONLY SUITE

Offering a private and tranquil space reserved for women, with Vitality Pool, Rose Steam Room, Sanarium, Ice Fountain, experience showers and heated loungers. There is also access to a beautiful dual Hammam, available for private treatments or communal use.

### VIP SUITE

For those seeking a truly private spa experience, the VIP Suite is equipped with a variety of thermal facilities, including Vitality Pool, Juniper Sauna and Amethyst Crystal Steam Room, alongside a private relaxation space, lounge area and changing facilities. Exclusive use of the adjoining double treatment room and Hammam can also be arranged.

### FITNESS

Offering technologically-advanced fitness facilities, the gym is designed to support guests in reaching personal wellbeing goals. Tailored to the individual, Matt Roberts' bespoke programmes are designed to achieve effective results. Using the celebrated trainer's signature techniques, The Langley Spa fitness team undertake in-depth physical analysis, where current fitness level, injuries, limitations and nutrition are taken into account.

## INTRODUCING OUR SPA PARTNERS



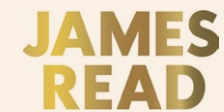
### SISLEY

In 1976, Hubert d'Ornano launched Sisley with a novel idea - harnessing technology to unlock the power of plants and essential oils in high-tech beauty products. For over four decades, d'Ornano has built one of the most prestigious high-end cosmetics companies in the world. The Langley Spa is proud to be one of only three spas in the UK offering the full range of exceptional Sisley treatments.



### GENTLEMEN'S TONIC

Founded in 2004, Gentlemen's Tonic is synonymous with luxury male grooming. With a treatment philosophy that is understated and self-confident, guests receive the highest level of dedicated care and attention.



### JAMES READ TAN

The only range formulated and overseen by a leading tanning expert, award-winning James Read Tan offers skincare rich, innovative, and multi-purpose products. Providing a natural-looking glow, the collection suits all types of skin tone and leaves the body looking and feeling great.

## La Sultane de Saba

### LA SULTANE DE SABA

Based on ancient and precious beauty rituals, passed down through generations, La Sultane de Saba offers traditional hammam experiences. Ancient wellness customs lie at the heart of every luxurious treatment.



### MARGARET DABBS LONDON

Globally recognised and specialising in effective, long-lasting and anti-ageing manicure, pedicure and leg treatments, Margaret Dabbs London is favoured by both men and women. Centred around the simple philosophy that hands, feet and legs are vital to overall wellbeing, and deserve to be treated with respect.







TREATMENTS



# FACIAL THERAPIES

## SISLEY EXPERT FACIAL

1 hour 30 minutes | £165

A bespoke facial performed by a skilled Sisley therapist, this treatment uses the most advanced skincare technology, designed to target individual needs and concerns. Suitable for all skin types and ages, the Sisley Phyto-Blanc range will restore a radiant complexion, rehydrate dry areas, and balance uneven skin tones. This facial leaves skin vibrant and bright, reducing the appearance of fine lines and wrinkles.

## SISLEY SUPREME ANTI-AGEING FACIAL

1 hour 30 minutes | £195

This unique treatment uses Supremya, Sisley's most concentrated anti-ageing product, combining the broad benefits of a Sisley facial with in-depth anti-ageing massage. Each muscle is worked in turn along its entire length, creating a re-sculpting effect over the entire face. The process acts to rejuvenate the skin, boost blood circulation, improve tissue nutrition and promote detoxification. In just one session, skin is visibly boosted, with reduced fatigue, more radiance and dramatically re-contoured skin tissues.

## SISLEY SUPREME REJUVENATING EYE TREATMENT

1 hour | £110

Targeting specific concerns around the eye contour area, this treatment concentrates on wrinkles, fine lines, dark circles, puffiness, and sagging eyelids. Combined with our expert skin-saving facial, skin and eyes will look brighter, expression lines smoothed, and the eye contour rejuvenated and radiant.





# HAMMAM BODY RITUALS



## THE LANGLEY SIGNATURE HAMMAM RITUAL

2 hours 30 minutes | £220

An authentic Moroccan Hammam experience, the treatment begins with an age-old black soap cleanse to soften the skin, before washing with nutrient-infused waters. A full body exfoliation, using a traditional kessa mitt buffs, before a rassoul honey envelopment nourishes the skin. Hair is washed using mineral-rich Moroccan rassoul clay and precious argan oil is drizzled onto the scalp for a spine-tingling head massage and conditioning hair treatment. After spending time in the relaxation area, guests are escorted to a treatment room where our signature blend of melted shea butter and fragrant organic oils are generously applied from top to toe to deliver a revitalising massage which completes the ultimate Hammam experience.

## THE LANGLEY HAMMAM

45 minutes | £110

An age-old exfoliating treatment that has been passed down through generations. Based on an ancient Middle Eastern bathing ritual, this treatment is also deeply nourishing and intensely cleansing to rejuvenate the body, eliminate toxins and stimulate circulation. The experience starts with a black soap cleanse in the Hammam, before a traditional, full body exfoliation with kessa mitt to boost circulation and soften skin. Finally, a signature blend of melted shea butter and precious oils is warmed and applied to the body, leaving skin feeling nourished and soothed.

## DEEP-CLEANSING HAMMAM RASSOUL WRAP

1 hour 15 minutes | £130

Pure rassoul lava clay, known for its powerful purifying properties, is gently heated using a luscious honey, rose and ginger mask with melted shea butter, and applied from top-to-toe in a divine, warm wrap. The body is enveloped in this highly effective, nourishing treatment to help remove impurities, condition, smooth and restructure the skin, leaving it noticeably radiant and beautifully soft. This treatment can be enjoyed in the luxurious Hammam or a private treatment room.

## TRADITIONAL TURKISH HAMMAM

60 minutes | £115

To encourage perspiration and bring toxins to the surface, this treatment is performed in a heated Hammam room. A rich lathering massage leaves the skin polished and deeply cleansed, before hair is shampooed and a refreshing mask is applied to the scalp. The continuous use of warm water, leaves the body feeling cleansed, refreshed, and rejuvenated.

## THE EVERYDAY HAMMAM

SELF-ADMINISTERED

£40

Our Spa Butler will act as a guide through this traditional journey. The experience includes your very own collection of products to create a self-applied Hammam, which you can then recreate at home. Cleanse with black soap, exfoliate with a kessa mitt and apply a rassoul lava clay hair treatment. Finish with a ceremonial misting of orange flower water and drizzling of precious argan oils.

## RASSOUL CLAY

ADD ON | £15

Add a rassoul body mud to your Hammam experience, a great treatment to enjoy by yourself or with friends. *(Allow additional 15 minutes).*



# THE LANGLEY SPA JOURNEYS

## JOURNEY TO DARJEELING

2 hours | £205

This experience is inspired by the foothills of the Himalayas, where La Sultane de Saba sources fresh, green tea leaves. Beginning with an invigorating salt and oil scrub enhanced with ginger, spirits are instantly elevated, boosting both body and mind. This is followed by a muscle-relaxing shea butter massage using hot and cold ceramic poultices, before the body is enveloped in a green tea detox wrap and a soothing scalp massage is applied. The treatment finishes with a spirit-lifting green tea body lotion, leaving skin butter-soft and the body energized and detoxified.

## JOURNEY OF DELIGHT

2 hours | £205

Indulge the senses with an aromatic blend, evocative of citrus groves and the precious treasures of argan trees. Believed to bring luck and promote good sleep, orange blossom is combined with organic, nourishing argan oil in our candle massage, drizzled from top-to-toe and combined with firm Swedish-style massage. The journey continues with a skin comforting facial, using silk cocoons for their amazing pore-refining and anti-ageing benefits. This experience leaves the body feeling calm, comforted and completely relaxed.

## JOURNEY TO BALI

2 hours | £205

The fragrant scent of Balinese frangipani and lotus flowers will evoke a trip to the tropics. A rich, creamy Lular scrub is applied to the face and body for supreme softness, before a soothing, full body massage, combining the warmth of ceramic stones and luxurious Balinese oils, encourages deep relaxation. The journey concludes with our 23-carat gold facial massage, to illuminate and soften the complexion. Skin is left smoother than silk, with an intoxicating tropical scent that lasts all day.

## JOURNEY TO MALAYSIA

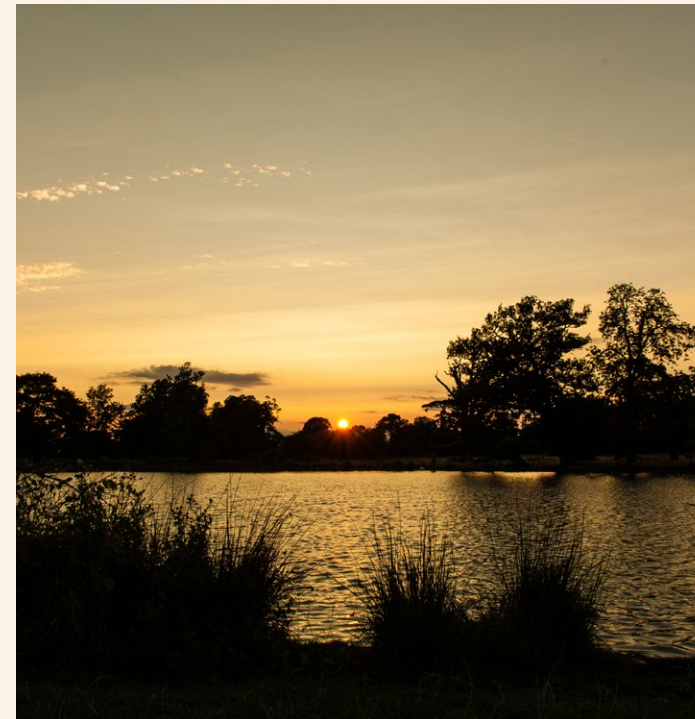
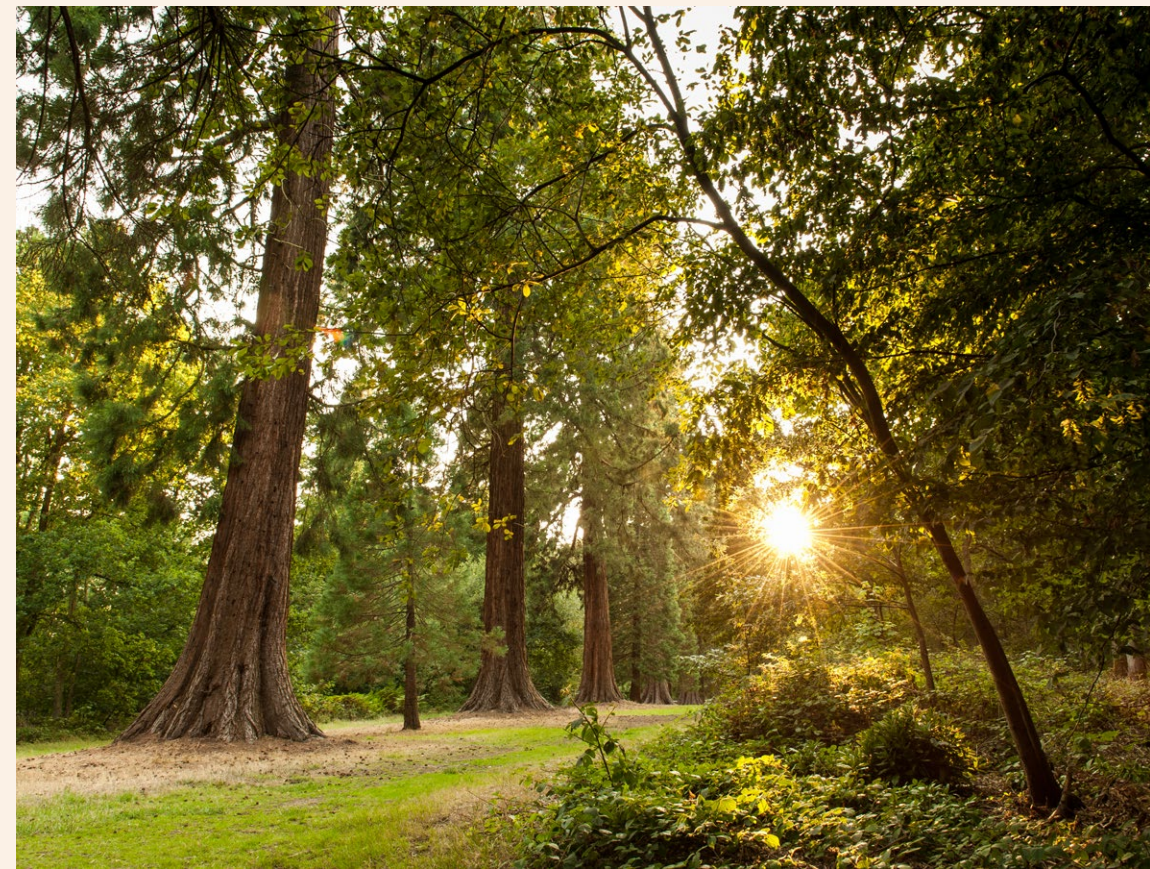
2 hours | £205

Inspired by a land rich in wellness traditions, where fragrant Champacka flowers grow, this journey is stress-relieving for both body and mind. The experience begins with a black soap hot towel cleanse, to leave skin perfectly clean and smooth. Exotic Malaysian oil, infused with essence of Champacka and organic carrot root, is drizzled across the body to bring radiance and brightness, before a tension-melting bamboo massage.

## JOURNEY OF THE SPICE ROUTE

2 hours | £205

Drawing on India's fascinating millennia-old philosophy of Ayurveda, this journey harmonises the body's dosha energies to restore balance and wellness. While laying on a warm bed, surrounded by candle light, a fragrant spice scrub is applied from top-to-toe, before a warm poultice massage encourages a deep sense of peace and gentle stillness. The treatment includes our Shirodhara ritual - a 'dancing' of oil across the body - pausing at each of the chakras to balance energies.





# BODY AND MASSAGE THERAPIES



## THE LANGLEY SIGNATURE MASSAGE

1 hour 30 minutes | £165

A nod to the former Duke and Duchess of Marlborough, this ritual is inspired by the beauty secrets of royalty throughout the ages. Combining the most luxurious and opulent ingredients, the treatment fuses the power of 23-carat gold, caviar, Champagne, and pearl, blended with rich, precious oils – all helping to smooth and nourish, improving luminosity and skin elasticity. Beginning with a royal hand and foot ritual, before precious oils and gold minerals are drizzled across the back for a stress-relieving massage. Working up the body, next comes our signature, age-refining gold facial, before an additional massage of hands and arms or legs and feet, complete this regal journey.

## THE LANGLEY SHEA MASSAGE

1 hour 30 minutes | £165

Combining long, flowing, and rhythmic strokes, this bespoke massage is crafted to target chosen areas of need. A skilled therapist will create a personalised treatment using a specially-selected scented oil, applying soft or firm pressure, as preferred.

## ORANGE BLOSSOM CANDLE MASSAGE

1 hour 30 minutes | £165

Sweet-scented orange blossom is believed to bring luck, calm the emotions and promote good sleep. Our candle massage combines this aromatic blend with nourishing organic argan oil, drizzled from top-to-toe before a tension-busting Swedish massage.

## AKWATERRA MASSAGE

1 hour 30 minutes | £165

Symbolising earth and water, this ground-breaking and award-winning massage works deeply into muscles using heat, ice and unique natural ceramic pods to release tension and soothe away stresses. Ice massage can be added to help reduce inflammation, or as part of a detox treatment.

## WARM POULTICE MASSAGE

1 hour 30 minutes | £165

Using gently heated, handmade poultices, this treatment uses a blend of Ayurvedic herbs and spices that release their unique properties throughout the massage. A comforting and balancing ritual, it generates a harmonious flow of energy and profound sense of peace – conveying the spiritual message of Ayurveda.

## BAMBOO MASSAGE

1 hour 30 minutes | £165

This age-old style of massage employs a traditional tribal technique, using rods of bamboo and palms, to stretch and roll out muscles. Waves of firm pressure ease tension as they roll from point to point – ideal for deep-seated aches and pains. Known for its curative and stress-relieving powers, the art of this massage lies in the transition between relaxing and stimulating, calming and energising effects, releasing tension step-by-step as bamboo rolls over the body.

## SISLEY ZEN HARMONY MASSAGE

1 hour 30 minutes | £165

This ritual uses massage techniques from around the world to soothe the body and mind, whilst enhancing lymphatic and blood circulation. Choose between a relaxing treatment, with slow, deep, and flowing movements to calm the muscles, or an energising version to revitalise the mind and body, particularly after a long journey or stressful day.

## SCALP TREATMENT

30 minutes | £65

Designed to calm the mind and encourage total relaxation, this scalp massage reduces stress by gently easing tension held within the head and neck muscles. Warm oil is massaged throughout the scalp, working to loosen any tightness in the neck and temples.



# MEN'S TREATMENTS

## SISLEY FACIAL FOR MEN

1 hour 30 minutes | £165

Formulated to meet the specific needs of male skin, this relaxing and de-stressing facial uses award-winning Sisleyum Anti-Ageing Skin Care to detoxify and eliminate impurities. The face is left smoothed through exfoliation, re-mineralised and hydrated. Carefully-chosen plant extracts soothe stressed skin, leaving it looking clear and matte. Infused with vitamins and minerals, the treatment balances, hydrates, tones and energises.

## GENTLEMEN'S TONIC MEN'S FACIAL

1 hour | £110

Fight skin damage caused by a combination of natural aging and exposure to sunlight, with an advanced anti-aging facial by Gentlemen's Tonic. This treatment uses innovative serums, containing the latest peptide technology and hyaluronic acid, to fight free radicals, promote collagen production and increase hydration to the skin. A facial massage helps relieve deep tension, lifting muscles and helping to soften the appearance of fine lines and wrinkles.

## GENTLEMEN'S BACK, FACE TONE AND TONIC

1 hour 30 minutes | £165

Combining a detox treatment for the back with a personalised Gentleman's Tonic facial, this ritual offers a comprehensive skincare overhaul. Ideal for those concerned with back acne, or simply wanting an indulgent body treatment, it starts with cleansing hot towels, exfoliation, mask and massage to the back, neck and upper arms, followed by a personalised facial.

## MARGARET DABBS MEN'S PEDICURE

1 hour | £60

Designed to leave feet soft, neat and tidy, Margaret Dabbs' signature pedicure offers exceptional, long-lasting results. Using the full range of Fabulous Feet products, this treatment finishes with a relaxing foot bath and soothing massage.

## MARGARET DABBS MEN'S MANICURE

1 hour | £60

Leaving hands silky smooth and polished, Margaret Dabbs outstanding signature manicure uses the brand's full range of indulgent products for hands. The treatment finishes with a wonderful hand and lower arm massage.





## PREGNANCY TREATMENTS



### SWEETNESS IN BLOOM

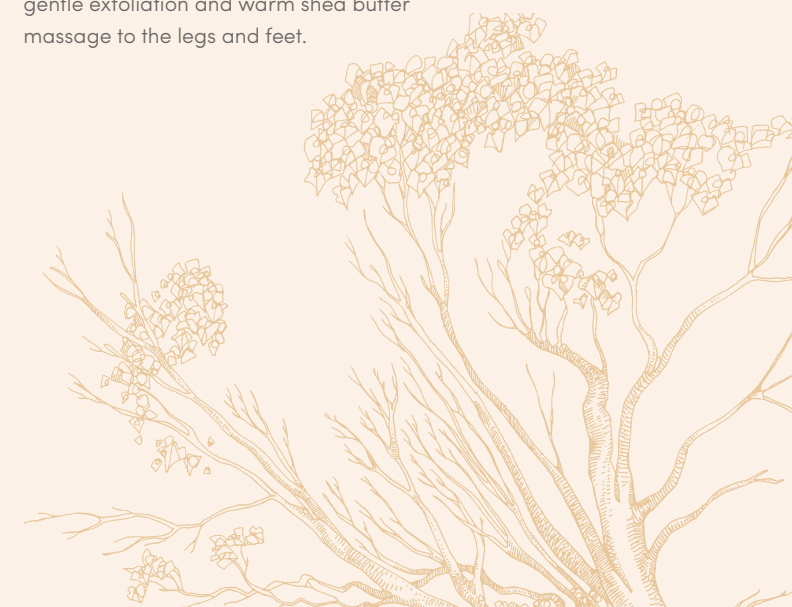
1 hour 15 minutes | £165

An indulgent treatment for expectant mums, using the delicate fragrance of sweet, orange blossom to promote a total sense of calm. It starts with a foot ritual to relieve swollen, tired legs and feet, before black soap and eucalyptus are used to cleanse the face and ease blocked sinuses. A honey, rose & ginger mask – packed with nutrients to boost inner glow – soothes and softens the face and neck, before a facial massage is applied to smooth fine-lines and tone skin. The treatment ends with a pure treat for the tummy, using warm melted shea butter, to help reduce the appearance of stretch marks.

### UPLIFTING SOLES

1 hour | £110

Designed to uplift and energise mums-to-be, this specialised treatment begins with a candle-lit foot ritual, using invigorating green tea & ginger, to provide complete lower leg and foot relief. Using expert pre-natal techniques to reduce puffiness and nourish the skin, it includes a gentle exfoliation and warm shea butter massage to the legs and feet.



# HAND AND FOOT TREATMENTS

## THE LANGLEY SOOTHING OR ILLUMINATING LEG TREATMENT

1 hour | £110

These outstanding leg treatments are designed to restore balance, relieve fatigue and heaviness, or illuminate, brighten, and refine the skin's appearance. Beginning with a toning leg scrub, to boost circulation and flush out toxins, before a targeted black or yellow leg masque is applied to instantly cool and detoxify the skin, reduce inflammation, refine blood vessels, and promote elasticity. The treatment is completed with an indulgent leg massage using firming leg serum and the application of glow leg spray to bring instant illumination.

## MARGARET DABBS SUPREME PEDICURE

1 hour | £60

This outstanding signature pedicure is designed to give exceptional long-lasting results. Using the indulgent full range of Margaret Dabbs' Fabulous Feet products, the treatment finishes with a foot bath and soothing foot massage.

## MARGARET DABBS SUPREME MANICURE

1 hour | £60

An exceptional signature manicure designed to leave hands silky-smooth and with a youthful glow. Using the full range of Margaret Dabbs' manicure products, the treatment finishes with a relaxing hand and lower arm massage.

## HAND AND FOOT TREATMENT ADD-ONS

### GELERATION FINISH

15 minutes | £10

Finish any manicure or pedicure with a high-shine gel finish. Colour will last up to 20 days chip-free.

### WARM MITTS OR BOOTIES

15 minutes | £10

Bringing an extra level of comfort to any manicure or pedicure, these warm mitts and booties increase warmth and circulation to hands and feet, whilst helping to nourish and soften skin.

### FRENCH POLISH FOR HANDS OR FEET

15 minutes | £10

Finish any manicure or pedicure with a chic and classic French manicure.







HAIR & BEAUTY TREATMENTS



## TANNING TREATMENTS

### JAMES READ SIGNATURE SPRAY TAN

30 minutes | £45

Inspired by the honey-hued tans of the 1970s, James Read tan works with the skin's natural tones to create an authentic, healthy-looking glow. A bespoke, one of a kind application method, James' signature technique layers colours to achieve the most radiant, long-lasting tan. Choose one or two applications to achieve a light glow or deeper, Caribbean tan. Lasts up to five days.

### JAMES READ MASSAGE TAN

1 hour | £75

The ultimate indulgent tanning experience starts with a full body, superfood-infused exfoliation, followed by a layered and natural-hued tan, massaged into the body to treat the skin and develop a deep and rich tone. Skin will be left soft, with a golden tan that lasts up to ten days.



## LASHES AND BROWS

### BROWS BY MII

45 minutes | £45

Eyes are the windows to the soul – frame them with the perfect brows to reveal the true beauty of every expression. Our experts will work with individual natural features and style preferences to bring balance and symmetry to brows. The treatment combines an in-depth consultation, tinting, waxing and finishing to deliver beautiful results.

### LASH TINT

20 minutes | £20

Ditch the mascara, create more definition, and enjoy the appearance of longer, thicker lashes with an eyelash tint – perfect for a pre-holiday boost. Using specially formulated and safe, permanent eyelash tint, our experts achieve a defined and natural look. Please note a tint test is required 24 hours prior to treatment.

## HAIR AND BARBERING

Hair and barbering services are available on request. Please speak to a member of The Langley Spa team for further details.

## WAXING SERVICES

Leaving skin smooth and soft, our range of treatments use hot wax for intimate areas and strip wax for larger patches. Designed to make every treatment as comfortable as possible, with painless, long lasting results, these premium treatments combine powerful pine resin with naturally soothing ingredients, to remove hairs as short as 1mm.

LOWER ARM £18

HALF LEG £30

LIP & CHIN £18

FULL ARM £40

FULL LEG £45

BACK £45

BIKINI £20

UNDER ARM £18

NECK £20

BRAZILIAN £45

HOLLYWOOD £45

CHEST £45



## VIP SUITE



### IDEAL FOR THOSE SEEKING THE ULTIMATE EXPERIENCE IN A PRIVATE AND PERSONAL SPACE

Equipped with private relaxation space and changing facilities, the sumptuous VIP Suite also offers a wealth of thermal experiences, from Vitality Pool and Juniper Sauna to an Amethyst Crystal Steam Room. The experience includes a welcome drink on arrival, alongside refreshments, fruit, magazines and a personal butler service, on hand throughout the spa journey.

The suite can be booked for individuals, couples, or small groups. Exclusive use of the double treatment room and private Hammam can also be arranged, on request.

½ day | £500

Full day | £800



# SPA DAY EXPERIENCES

For ultimate indulgence and pampering The Langley Spa offers a selection of Spa Day Experiences. Enjoy a welcome drink, followed by complimentary use of the extensive thermal facilities, swimming pool and relaxation lounges throughout the day. Savour a two-course lunch, in the casual, refined atmosphere of the Spa Lounge.

Arrival is any time, from 7am onwards, with full use of facilities until 6pm.

## ULTIMATE INDULGENCE

5 hours 30 minutes | £550

The unsurpassed spa day, this experience offers head-to-toe pampering. Begin with an invigorating scrub to boost circulation, followed by a bespoke massage crafted to individual needs. Enjoy a tailor-made Sisley facial using advanced technology to match specific skin types, leaving the face fresh, purified and hydrated. The journey ends with a personalised manicure and pedicure treatment using the renowned Margaret Dabbs product range, offering vibrant colours and long-lasting results.

## INSPIRED RENEWAL

2 hours 30 minutes | £365

This bespoke experience begins with an invigorating and circulation-boosting body scrub, followed by a custom massage journey and signature Sisley facial, designed to complement unique skin types.

## EXOTIC ESCAPE

2 hours 15 minutes | £330

This comprehensive spa experience cleanses and nourishes the skin and soothes the soul. A deep-cleansing Hammam ritual leaves the skin polished, before a warm and nurturing wrap, combining heated rassoul lava clay, luscious honey, fragrant rose and zingy ginger with melted shea butter is applied. Highly-effective, it encourages the removal of impurities, to condition and smooth the skin. Finally, enjoy a bespoke massage using unique ceramic pods to work heat deep into muscles and ease areas of tension. Ice massage is also available to help reduce inflammation and detox the body. Exotic Escape can be enjoyed either in our luxurious Hammam facilities or a private treatment room.

## TRANQUIL ESCAPE

1 hour 30 minutes | £210

Easing tension, soothing skin and adding polish, this express experience is ideal for those seeking an efficient overhaul of body and soul. Start with a bespoke back massage using your favoured oil or opt for a Sisley express facial tailored to individual needs. Enjoy a manicure or pedicure treatment using Margaret Dabbs' exceptional range of polishes and products.

## TWILIGHT SPA

£125

Wash away the stresses of the day and enjoy an indulgent evening of relaxation in The Langley Spa. Indulge in the extensive thermal experiences, have a dip in the pool and savour a light supper, from 6pm to close at 9pm. (Available Sunday-Thursday).





# TERMS AND CONDITIONS

## OPENING HOURS

Spa Facilities and Gym  
7am – 9pm daily

Spa Treatments  
9am – 8pm daily

On occasion, the availability of the spa facilities and services may be restricted. At such times all efforts will be made to inform members and guests in advance.

## SERVICE CHARGE

All prices are inclusive of 20% VAT. A 5% discretionary service charge will be added to your final bill. Should you have any questions regarding the content of your bill please contact the spa reception who will be more than happy to help.

## CANCELLATION POLICY

Please allow 48 hours' notice of cancellation to avoid charges. Cancellations made within 48 hours of booking will incur a 100% charge. Full payment is required at the time of booking.

## CHILDREN (UNDER 16)

The Langley Spa aims to provide a welcoming environment for families. Children under 16-years old are permitted to use the spa changing rooms and swimming pool during the following times:

Monday – Friday:  
3:30pm – 5pm

Saturday – Sunday:  
9am – 10:30am & 3:30pm – 5pm

When using the swimming pool, children under 16-years old must be accompanied by a responsible adult, aged 18-years old or over. If more than one child wishes to use the pool, supervision must be:

- One adult to one child if the child is under three years
- One adult to two children if the children are three years and above

Out of respect to our members and guests, children will not have access to the spa outside the hours stated.

*\*Children's hours are subject to seasonal change. Please contact The Langley Spa team for further information.*

## SPA PRIVACY

The Langley Spa environment is one of tranquillity. To respect all spa guests' right to privacy and serenity, we ask for mobile phones to be switched off and stored securely in a locker. A strict, no photography policy applies throughout all areas of the spa.

## TREATMENT BOOKINGS

To ensure that the preferred time and service is available, we highly recommend booking treatments in advance. Reservations can be made in person, by email or telephone. Advance payment or a membership card will be required for any Spa Day, individual treatment or personal training booking.

## TREATMENT AND DAY GUEST ARRIVAL

Hotel guests, members and Spa Day guests are welcome to arrive at The Langley Spa reception from 7am. Guests are advised to arrive at least one hour prior to the scheduled appointment time, in order to complete a consultation form and enjoy the thermal experiences. Please understand that late arrivals will not receive an extension of scheduled treatments. Allotted treatment time includes time for consultation and aftercare advice.

Spa Day inclusive treatments will be scheduled between the hours of 10am and 5pm. Please kindly inform us if you plan to arrive after 10am so we can ensure any appointments are scheduled appropriately. Bathrobes, towels and slippers will be provided for the duration of every visit.

Those not staying at the hotel and having treatments only, are welcome to arrive 15-minutes before to complete a consultation form. Use of the thermal areas is not available for treatment-only guests.

## PREGNANCY

We offer specially-designed treatments for expectant mothers in their second and third trimesters. Please contact The Langley Spa for further information and advice on making the correct treatment choice. We advise against using the thermal experiences while pregnant.

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries when making your spa reservation, in exceptional circumstances we may require a doctor's note.

## GIFT CARDS

A thoughtful gesture for any occasion, The Langley Spa gift cards are available to purchase from the spa reception. They are valid for 12-months and are non-transferrable or refundable.

## LOSS OR DAMAGE

During your visit please secure all valuables in the locker provided. Regrettably, we cannot be held responsible for any loss of or damage to personal articles.

For further questions or advice please do not hesitate to contact The Langley Spa team on:  
+44 (0)207 236 4646









