

Sunlight Therapy has arrived at Brooklands Hotel



Make time for yourself



Our Sunlight Therapy Room uses 100% safe 'sunlight simulators' to fully replicate natural sunlight. This innovation generates full spectrum sunlight with reduced UVA and UVB, full spectrum visible light and infrared heat which leads to a unique, relaxing as well as health giving, experience.

The Sunlight Therapy Room provides all the proven health benefits of the sun without the risk of skin damage.

Benefits such as:

- Production of Vitamin D
- Increase in energy
- Elimination of Seasonal Affective Disorder
- Stronger immune system
- Increased blood circulation
- Relaxes muscle tension & calms nerves
- Increases metabolism & eases movement of the joints



BSpa at Brooklands Hotel



Put a little of what life take out with a tranquil journey that begins in the serene getaway that is BSpa. A place to be pampered, to rejuvenate and restore health and well being. Melt into a life spa environment that reflects the perfect balance between innovation and classical therapies; created for men and women to experience an indulgent escape.

BSpa has eleven treatment rooms in total where we offer a selection of massage treatments, facials, body treatments and scrubs for you to indulge in. In addition to the brand new Sunlight Therapy Room, BSpa has his and hers sauna and steam rooms as well as an outdoor hot tub that you can enjoy whilst overlooking the mesmerising Mercedes-Benz World track. The meditation room features gentle warming waterbeds that restore and relax the body to a resting temperature in a quiet, cocooning environment.

The BSpa treatment menu features a diverse range of treatments from Caudalie, Jane Scrivner, Jennifer Young as well as manicures & pedicures from O.P.I. GelColor

Overnight packages that include use of BSpa facilities

- Fast & Fabulous -one night stay
- Fast & Even More Fabulous - two night stay
- Car & Spa
- Sunday Spa Stopover
- Little Miss All About Us

Spa Days all include use of the BSpa facilities

- BSpa Day
- His Spa Day
- Spa Life
- The Two Of Us
- Divine Spa Day
- Mum To Be Spa
- Twilight Spa
- Relax & Indulge
- Lazy Sunday Spa