

Treatments & Experiences

UTOPIA RETREAT
AT GREAT FOSTERS



UTOPIA
RETREAT

Massage

SIGNATURE UTOPIA TREATMENTS

SWEDISH BODY MASSAGE

ULTIMATE FULL BODY - 85 MINUTES £130pp Mon - Thurs | £140pp Fri - Sun

FULL BODY - 55 MINUTES £100pp Mon - Thurs | £110pp Fri - Sun

Choose your oil to reflect your mood before enjoying a massage with comforting medium pressure techniques to revive and nurture your body.

BEST OF BOTH - SIGNATURE TREATMENT - 55 MINUTES £100pp Mon - Thurs | £110pp Fri - Sun

A divine creation from the Utopia team, our 'Best of Both' signature treatment brings together a back, neck & shoulder massage with a seamless transition to an essential facial routine. Covering all bases in 55 minutes to leave you feeling relaxed, rebalanced and recharged.

MEDITERRANEAN INFUSED BY TEMPLE SPA

ROCKS OF THE MEDITERRANEAN - 70 MINUTES £120pp Mon - Thurs | £130pp Fri - Sun

This thermal stone massage uses basalt lava stones to massage the body from head-to-toe. The muscles are relaxed and rejuvenated in a sensation unique to stone massage.

THE MEDITERRANEAN SIESTA (INDIAN HEAD MASSAGE) - 40 MINUTES £80pp Mon - Thurs | £90pp Fri - Sun

A head, neck and shoulder massage that promotes physical and psychological wellbeing, reduces muscular and nervous tension and improves circulation - leaving a feeling of tranquillity. Perfect for reducing aches and pains associated with long journeys, too much time at the desk or when you've been under the weather.



ALL TREATMENTS & POOL DAYS ARE AVAILABLE TO BOOK ONLINE AT WWW.GREATFOSTERS.CO.UK

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Body Treatments

THE WORKS HEAD TO TOE EXPERIENCE - 85 MINUTES £160pp Mon - Thurs | £170pp Fri - Sun

Our gentle sugar buff helps circulation and relaxing massage leaves only comfort and wellbeing behind. Complete with a booster express facial to leave you fresh faced and radiant.

TOTAL HARMONY - SIGNATURE TREATMENT - 55 MINUTES £100pp Mon - Thurs | £110pp Fri - Sun

A luxurious and soothing top to toe treatment. All over body brushing is followed by the warming touch of basalt lava stones. Your body is cocooned in an infusion of aromatherapy and your face is treated to a stress relieving warm stone massage.

GO FIGURE - 55 MINUTES £100pp Mon - Thurs | £110pp Fri - Sun

A firming, toning, tightening body detox treatment where brushing techniques stimulate lymphatic flow. Hips, thighs and abs are treated to a detoxifying massage followed by an intensive mud wrap. Finally a friction rub with Temple Spa Go Figure anti-cellulite gel completes the treatment. Recommended as a course of six.



Facials

MY KINDA SKIN PRESCRIPTIVE - 55 MINUTES £100pp Mon - Thurs | £110pp Fri - Sun

We'll analyse and prepare a wonderful menu of products specifically for your skin to either moisturise and nourish, soothe and calm, rebalance and hydrate, deep cleanse and purify or simply protect.

TOTALLY QUENCHED AND DRENCHED - 70 MINUTES £120pp Mon - Thurs | £130pp Fri - Sun

The ultimate anti-ageing facial. This divine treatment combines anti-oxidants to help fight ageing with nourishing ingredients to replace lost elasticity in the skin. You could call it a facial iron.

GO GUY - FOR HIM - 55 MINUTES £100pp Mon - Thurs | £110pp Fri - Sun

The perfect facial to revive, refresh and invigorate. Worry lines are smoothed and neck aches are soothed away.

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Medieval Teepee Treatments

COUPLES TREATMENT

Our signature Utopia Retreat experience designed for two to enjoy, our Medieval-style teepee is situated in a secluded spot of the Retreat with garden and moat views. Treatments in the Teepee bring you both closer to nature with a specially curated Retreat journey.

SIDE BY SIDE MASSAGE - 55 MINUTES £230 per couple Mon - Thurs | £250 per couple Fri - Sun

Choose your oils and pressure with bespoke Swedish-style massages delivered by two Utopia therapists simultaneously.

Hands, Feet & Nails



Sit back and relax while your feet are freed from pressure and hands are nourished. Our gel treatments pamper your feet and hands leaving your nails strong with a long lasting colour. Luxury treatments will exfoliate, hydrate, massage, soften and cocoon the skin in warmth with heated booties. The replenishing treatments are the perfect quick fix to add moisture to tired hands and feet and will give you softer, smoother skin with beautiful nails.

	MANICURE	PEDICURE
55 MINUTE GEL	£60pp	£62pp
85 MINUTE GEL & SOAK OFF	£80pp	£82pp
55 MINUTE OPI LUXURY	£60pp	£62pp
40 MINUTE OPI REPLENISHING	£50pp	£52pp
25 MINUTE QUICK FIX FOR MEN	£40pp	£42pp



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Pool Days

EXPERIENCE THE ROYAL RIVIERA

A DAY BY THE POOL from £99

Join us by the newly refurbished 1920s heated outdoor pool at Great Fosters for a day of relaxing, champagne and more. You will have a reserved and 'naturally' distanced sun lounger from 9am until 3pm, 10am until 4pm or 11am until 5pm with towels, robes and slippers for your use and one of our beautiful turquoise Alexander Hotels tote bags to keep along with a Temple Spa kit of poolside essentials.

Soak up the rays on our sun-drenched terrace and take a dip in our beautiful heated pool at your leisure. Your package includes a glass of champagne (which you can enjoy on arrival or with lunch) and lunch taken from our poolside menu including sushi selections. You will enjoy attentive butler style service throughout the day and you're free to wander the grounds or to make use of the facilities in the historic main house too.

POOL & PAMPER from £179

Including all of the above and our signature 'Best of Both' 55 minute treatment, combining a back, neck & shoulder massage with an essential facial routine.

DRIFT AWAY POOL DAY from £249

Including all of the above and a 55 minute 'My Kinda Skin' facial by Temple Spa & a 55 minute full body massage.



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