



Treatments

UTOPIA
AT ALEXANDER HOUSE



UTOPIA SPA

Body Therapies

AYURVEDIC INSPIRED BY ILA

TEMAZCAL BODY EXPERIENCE - 85 MINUTES £165pp Mon - Thurs | £170pp Fri - Sun (Only available for our female guests)

A ritualistic journey starting with our hot sauna, an application of our nourishing body oil followed by a detoxifying body scrub and mud application. Whilst you are cocooned on our warmed marble bed you are treated to a facial and scalp massage followed by our body milk pouring. Your journey finishes with a re-energising shower and lotion application.

CHAKRA WELLBEING HEAD TO TOE EXPERIENCE - 115 MINUTES £180pp Mon - Thurs | £185pp Fri - Sun

Each unique ritual is tailored to the individual and involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

FLAWLESS FEET - 40 MINUTES £75pp Mon - Thurs | £80pp Fri - Sun

A relaxing and energising treat, comprising an energising and detoxifying scrub to smooth, marma massage and foot mask to stimulate and vital energy cream to soften. Perfect for jetlag.

BLISSFUL BODY RENEWAL SCRUB - 40 MINUTES £75pp Mon - Thurs | £80pp Fri - Sun

A heavenly body scrub drawing on the healing properties of Himalayan salt crystals. Pure essential oils work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing.

ENERGISING AND DETOXIFYING BODY RENEWAL SCRUB - 40 MINUTES £75pp Mon - Thurs | £80pp Fri - Sun

Using the ionising properties of Himalayan salt crystals, Ila's body scrub is subtly massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension.

BIO - ENERGY BODY WRAP - 85 MINUTES £130pp Mon - Thurs | £135pp Fri - Sun

A deeply rejuvenating treatment that revitalises the skin and lymphatic system. The wrap physically detoxifies and cleanses the body and the detoxifying scrub energises.

TEMPLE SPA TREATMENTS - INFUSED WITH THE SPIRIT OF THE MEDITERRANEAN

TOTAL HARMONY - *signature treatment* - 55 MINUTES £100pp Mon - Thurs | £105pp 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.

THE OUTER GLOW BODY SCRUB - 40 MINUTES £75pp Mon - Thurs | £80pp Fri - Sun

This invigorating all over treatment uses body brushing techniques and sugar buff body scrub to leave the skin beautifully soft, revitalised and hydrated. An absolute must before your holiday, go and glow!

GO FIGURE - 55 MINUTES £100pp Mon - Thurs | £105pp 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.

GLORIOUS MUD COMPLETE DETOX - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun

A powerful treatment that utilises health and botanicals, helping to eliminate harmful toxins and sore muscles. Top to toe body brushing is followed by a warm vitamin and mineral rich mud wrap and a glorious face and scalp massage.

THE WORKS HEAD TO TOE EXPERIENCE - 85 MINUTES £160pp Mon - Thurs | £165pp 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.

Facials

AYURVEDIC INSPIRED BY ILA

ANANDA - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun *Perfect for Pre-Natal*

This divine therapy uses ila's Glowing Radiance collection to cleanse, exfoliate and energise the skin. Specialist marma massage techniques restore natural luminance and the clay mask reduces inflammation leaving skin with a radiant glow.

RENEWED RECOVERY - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun *Perfect for Post-Natal*

This restorative facial uses ila's Renewed Recovery collection. Lymphatic drainage techniques and warm herbal poultices encourage toxin release, reduce water retention, increase blood supply and boost collagen production. Skin tone is brightened and fine lines and wrinkles softened.

GOLD CELLULAR AGE RESTORE - 55 MINUTES £105pp Mon - Thurs | £110pp Fri - Sun

This powerful treatment uses ila's Gold Cellular Age Restore collection, encompassing a blend of the world's most undiscovered ingredients including gold and Frankincense as well as ila's unique BosTriWell® and hyaluronic extract combined with sonic wave therapy. Collagen levels are instantly increased and inflammation reduced.

MARINE FLORA - 85 MINUTES £135pp Mon - Thurs | £140pp Fri - Sun

This stimulating face treatment utilises natural ingredients with lymphatic drainage and warm herbal poultices to encourage rapid relief for dehydrated skin. Waste build up is removed and collagen production encouraged; leaving skin purified, tone improved and tension eased.

TEMPLE SPA TREATMENTS - INFUSED WITH THE SPIRIT OF THE MEDITERRANEAN

TOTALLY QUENCHED AND DRENCHED - 70 MINUTES £120pp Mon - Thurs | £125pp 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.

MY KINDA SKIN PRESCRIPTIVE - 55 MINUTES £100pp Mon - Thurs | £105pp 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.

GO GUY - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun

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

NEED A MIRACLE - 85 MINUTES £130pp Mon - Thurs | £135pp Fri - Sun - *this treatment uses electrical probes*

This ultimate treatment includes an AHA micro peel and super-boosting mask and is designed to smooth lines and wrinkles, sculpt facial contours and re-educate muscles. Skin is left looking more youthful and visibly radiant.

NEED A SPRING CLEAN - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun - *this treatment uses electrical probes*

This is an ultra-deep cleansing treatment that uses micro and galvanic currents designed to flush out toxins and special drainage techniques to cleanse and detoxify leaving skin brighter, smoother and refreshed. Recommended as a one off or as part of a course.

CHAMPAGNE AND TRUFFLES - 85 MINUTES £140pp Mon - Thurs | £145pp Fri - Sun

Containing ingredients such as Champagne and silk and using highly unique elements including a triple infusion alginate mask to help iron out fine lines and wrinkles and an application of Temple Spa Skin Truffle, this facial will leave your complexion glowing and more youthful. Enjoyed with a glass of bubbly!

FRANK & ROSE - INFUSED WITH FRANKINCENSE & ROSEWOOD

FACIAL - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun | 85 MINUTES £135pp Mon - Thurs | £140pp Fri - Sun

This holistic vegan facial combines powerful 100% natural ingredients and an ancient cupping therapy to rejuvenate the skin. Accompanied with a therapeutic body massage to relax and detox the mind & body. Suitable for all skins, the frankincense and rosewood promote regeneration of skin cells and act as a shield to protect against damage from free radicals. Note that the skin may be slightly marked or bruised, due to the toxins being removed.

Massage



And relax...

Add a contouring firming face mask or hot stones to your massage for £10 each.

SWEDISH BODY MASSAGE

ULTIMATE FULL BODY - 85 MINUTES £130pp Mon - Thurs (£132pp with an advanced therapist) | £135pp Fri - Sun (£137pp with an advanced therapist)

FULL BODY - 55 MINUTES £100pp Mon - Thurs (£102pp with an advanced therapist) | £105pp Fri - Sun (£107pp with an advanced therapist)

BACK, NECK, SHOULDER & SCALP - 40 MINUTES £75pp Mon - Thurs | £80pp Fri - Sun

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

UTOPIA BAMBOO MASSAGE 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun | 85 MINUTES £130pp Mon - Thurs | £135pp Fri - Sun

Warm bamboo massage uses solid bamboo sticks of different lengths and diameters to massage the body. The sticks are gently warmed and applied to give deep and long massage strokes to break down tension, alleviate stress, aid lymphatic drainage and stretch tight muscles. This massage covers the body and face with variable pressures.

AYURVEDIC INSPIRED BY ILA

KUNDALINI BACK TREATMENT - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun

The perfect nurturing treatment for exhausted souls, with extraordinary restorative effects on the nervous systems. Ancient marma therapy and warm poultices are massaged into the back while sound healing and chakra balancing lift away tension. Energy is released, negativity dissolved and the body is brought back to a state of balance.

PRANA VITALITY FULL BODY - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun

A revitalising full body massage that helps release toxins, reduce fatigue and restore strength. Invigorating massage and marma therapy with energy-enhancing essential oils leave mind, body and spirit sparkling with vitality.

MANIPURA FULL BODY - 85 MINUTES £130pp Mon - Thurs | £135pp Fri - Sun

Meaning 'beautiful, shining jewel' in Sanskrit this massage uses marma therapy, lymphatic drainage and warm herbal poultices on the abdomen to relieve digestive blockages, increase blood and lymph flow, and stimulate inner vibrancy.

MOTHER TO BE - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun

A rosehip seed and argan massage oil infused with extracts of lavender, geranium and rose replenish dry skin and support in the fight against stretch marks. Himalayan herb poultices are slowly massaged into marma points to relieve aches and pains, excess fluid and heat. Anxiety is lifted while peace and harmony surround mother and baby.

TEMPLE SPA TREATMENTS - INFUSED WITH THE SPIRIT OF THE MEDITERRANEAN

ROCKS OF THE MEDITERRANEAN - 70 MINUTES £125pp 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 | £85pp 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 desk time or when you're under the weather.

FOOTPRINTS IN THE SAND - (REFLEXOLOGY) 55 MINUTES £105pp Mon - Thurs | £110pp Fri - Sun

This reflexology zone massage will help to rebalance the body by working on reflex points in the feet which correspond to the rest of your body leaving you relaxed whilst also restoring energy. A perfect side treatment to another of our massage therapies.

FRANK & ROSE - INFUSED WITH FRANKINCENSE & ROSEWOOD

MASSAGE 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun | 85 MINUTES £130pp Mon - Thurs | £135pp Fri - Sun

This holistic vegan treatment combines 100% natural ingredients with ancient cupping therapy to rejuvenate the skin. Using advanced massage techniques muscles are softened & circulation stimulated, whilst drawing out impurities & relieving tension. Suitable for all skins, the frankincense & rosewood promote skin regeneration & act as a shield against damage by free radicals. Note that skin may mark or bruise slightly due to the toxins being removed.

Treatments for Two

EXPERIENCE PERFECT EQUILIBRIUM AS YOU RECEIVE RELAXING TREATMENTS TOGETHER IN OUR DUAL TREATMENT ROOMS. ALL PRICES INCLUDE BOTH GUESTS.

COUPLES CONNECT - 120 MINUTES £360 Mon - Thurs | £370 Fri - Sun

This sensual ritual helps calm the nervous system and promote reconnection on all levels. This treatment focuses on the heart, sacral and crown chakras, using chakra healing and exquisite warm oil to encourage a beautiful union of body, mind and soul.

SIDE BY SIDE MASSAGE - 55 MINUTES £210 Mon - Thurs | £220 Fri - Sun

Full body massage for two people in one of our dual treatment rooms.

ULTIMATE SIDE BY SIDE MASSAGE - 85 MINUTES £270 Mon - Thurs | £280 Fri - Sun

The ultimate in shared indulgence. Experience perfect equilibrium as you receive relaxing full body massages.

TAKE TWO FACIAL - 55 MINUTES £210 Mon - Thurs | £220 Fri - Sun

My Kinda Skin Prescriptive facial for two people. We'll analyse and prepare a wonderful menu of products specifically designed to pamper your skin type.

Nail Spa

EXPERIENCE REAL PAMPERING WITH OUR MANICURES AND PEDICURES.

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
70 MINUTE GEL & SOAK OFF	£75pp	£77pp
55 MINUTE OPI LUXURY	£60pp	£62pp
40 MINUTE OPI REPLENISHING	£50pp	£52pp
25 MINUTE QUICK FIX FOR MEN	£40pp	£42pp

Living with & beyond cancer

DEFIANT BEAUTY BY JENNIFER YOUNG

GLOWING FACIAL - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun

As with all of the Jennifer Young treatments, this relaxing facial is blissfully adapted to bring the glow of health and harmony to even the most sensitive skin. Soothing massage techniques help you to drift to a place of rest and relaxation, leaving your skin with a glowing radiance. Your treatment is completed with an indulgent scalp massage.

INDULGENT MASSAGE - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun

A bespoke massage carefully adapted by a specialist therapist to suit each individual needs. Using 100% natural and organic oils this treatment is ideal for the most sensitive skins. Let the power of touch bring harmony and well-being. You will be left feeling deeply relaxed. The experience is extended to include the scalp ensuring that your massage is pure indulgence.

BALANCED BODY & MIND - 55 MINUTES £100pp Mon - Thurs | £105pp Fri - Sun

A bespoke massage carefully adapted by a specialist therapist to suit individual needs. The experience starts with identifying the chakra to be balanced during this indulgent and soothing full body treatment. Using 100% natural and organic oils blended for their affinity with the chakra energy centres this treatment is ideal for even the most sensitive skins. Let the power of specialist touch, the energy of the crystals and the therapeutic benefits of essential oils bring balance, harmony and well-being. You will be left feeling deeply relaxed. The experience is extended to include the scalp ensuring that your massage brings total release.

TOP TO TOE - 85 MINUTES £160pp Mon - Thurs | £165pp Fri - Sun

This top to toe experience includes a gentle full body massage followed by a deeply relaxing facial. It will benefit even the most sensitive skin. Your specialist therapist uses 100% natural and organic products, extending the experience to include the scalp.

SPECIALIST MANICURE - 55 MINUTES £60pp

Luxurious peach kernel oil and macadamia oil combine with the specialist knowledge of your therapist to give a healing and relaxing manicure. This treatment is designed for damaged nails and sensitive skin. Your specialist therapist will bring your nails back to a new level. This nourishing and moisturising manicure is finished with an application of your favourite colour. You will be given expert advice on how to improve the condition of your nails.

SPECIALIST PEDICURE - 55 MINUTES £62

Our soothing and nourishing foot balm is massaged into your feet whilst our 100% natural and organic nail oil works its magic into your nails. Finish off with a colour of your choice and enjoy recognising your feet! Your specialist therapist will provide expert advice on how best to look after your feet and nails.



Beautiful Gifts & Experiences

GIFT VOUCHERS

Each of our Hotels and Spas offer a range of beautiful experiences and gifts to purchase online. From Utopia Spa days at Alexander House to Afternoon Tea at Great Fosters in Windsor, the perfect gift for that special someone is ready and waiting. Shop online at alexanderhotels.co.uk.