

TREATMENT MENU

AT UTOPIA SPA



UTOPIA SPA
AT ALEXANDER HOUSE HOTEL

2016/17

BODY THERAPIES

AYURVEDIC INSPIRED BY ILA

CHAKRA WELLBEING HEAD TO TOE EXPERIENCE - 115 MINUTES £175pp

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 £72pp

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 £72pp

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 £72pp

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 £125pp

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

MEDITERRANEAN INFUSED BY TEMPLE SPA

TOTAL HARMONY - *signature treatment* - 55 MINUTES £95pp

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 £70pp

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 vacation, go and glow!

GO FIGURE - 55 MINUTES £95pp

A firming, toning, tightening body detox treatment where lymphatic flow is stimulated using brushing techniques. 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 £95pp

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 £150pp

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



Gifts THAT CREATE *Smiles*

GIFT VOUCHERS

FROM £25.00

FROM FABULOUS SPA DAYS TO INDULGENT OVERNIGHT ESCAPES, UTOPIA SPA HAVE THE PERFECT SELECTION OF GIFT VOUCHERS.

VISIT OUR GIFT SHOP AT ALEXANDERHOUSE.CO.UK



FACE THERAPIES

AYURVEDIC INSPIRED BY ILA

ANANDA - 55 MINUTE £95pp

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 £95pp

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 £99pp

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 £125pp

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.

MEDITERRANEAN INFUSED BY TEMPLE SPA

TOTALLY QUENCHED AND DRENCHED - 85 MINUTES £120pp

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 £92pp

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 £92pp

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

NEED A MIRACLE - 85 MINUTES £120pp - 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 £95pp - 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 £138pp

Containing ingredients such as Champagne and silk and using highly unique elements including a triple infusion alignate 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 Champagne!

COUPLES THERAPIES

EXPERIENCE PERFECT EQUILIBRIUM AS YOU RECEIVE RELAXING TREATMENTS TOGETHER IN OUR DUAL TREATMENT ROOMS. ALL PRICES ARE PER COUPLE.

COUPLES CONNECT - 120 MINUTES £350

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 £194

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

ULTIMATE SIDE BY SIDE MASSAGE - 85 MINUTES £250

The ultimate in shared indulgence. Experience perfect equilibrium as you receive relaxing massages side-by-side in a dual treatment room.



TAKE TWO FACIAL - 55 MINUTES £184

My Kinda Skin Prescriptive facial for two people in one of our dual treatment rooms. 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 GELISH	£60pp	£62pp
85 MINUTE GELISH & SOAK OFF	£80pp	£82pp
55 MINUTE OPI LUXURY	£60pp	£62pp
40 MINUTE OPI REPLENISHING	£50pp	£52pp
25 MINUTE QUICK FIX FOR MEN	£40pp	£42pp

ALL TREATMENTS ARE AVAILABLE TO BOOK ONLINE AT WWW.ALEXANDERHOUSE.CO.UK

MASSAGE

SWEDISH BODY MASSAGE

ULTIMATE FULL BODY - 85 MINUTES £120pp

FULL BODY - 55 MINUTES £92pp

BACK, NECK, SHOULDER & SCALP - 40 MINUTES £70pp

ADD AN INSTANT WOW!

Add a contouring firming face mask to your massage for just £10 and instantly lift and smooth your skin.

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

AYURVEDIC INSPIRED BY ILA

KUNDALINI BACK TREATMENT - 55 MINUTES £95pp

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 £95pp

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 £125pp

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.



MEDITERRANEAN INFUSED BY TEMPLE SPA

ROCKS OF THE MEDITERRANEAN - 70 MINUTES £115pp

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 - 40 MINUTES £70pp (INDIAN HEAD MASSAGE)

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

FOOTPRINTS IN THE SAND - 55 MINUTES £95pp (REFLEXOLOGY)

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.

MOTHER TO BE - 55 MINUTES £95pp

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.

