



UTOPIA SPA
AT ALEXANDER HOUSE

FACIAL TREATMENTS

THE POWER FACIAL 25 minutes. £49

For quick results. A revitalising facial including a Power Cleanse, Mini Massage, Power Breakfast Mask and Rehydration to have you looking your best in no time.

WINDOWS OF THE SOUL 25 minutes. £49

Specifically concentrating on the delicate eye area to perk you up when you're looking tired. An intensive treatment that will lift, smooth and revitalise, putting the sparkle back. Lovely to add to any facial or have on its own.

REPOSE AROMATHERAPY FACIAL 55 minutes. £75

An indulgent aromatherapy facial treatment, infused with anti-inflammatory ingredients to soothe an irritated skin and essential oils to relax a stressed mind and body. Pure bliss.

A BRUSH WITH HEAVEN 85 minutes. £105

Imagine the sensation of a sequence of brushes of varying sizes and texture being used from top to toe, to massage, relax, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm body oil, you will be cocooned and then treated to the exclusive Temple Spa Facial treatment carried out entirely with brushes, while you doze. Heaven? Almost.

MY KINDA SKIN PRESCRIPTIVE FACIAL 55 minutes. £75

Are you the sensitive type? Perhaps you don't really know? We'll analyse and prepare a wonderful menu of treatments and products specifically for your skin type. Just relax and we'll do the rest.

THE MEDITERRANEAN MARINADE 55 minutes. £75

A totally luxurious facial packed with local ingredients from the garden and vitamin boosters that will leave the skin, body and mind smoothed and soothed. Especially designed to reduce the effects of the sun, stress or fatigue on the face. Following a deep cleansing, your skin is softened and tenderised with our unique Temple Spa Marinade, a deeply relaxing experience.

GO GUY - MALE EXECUTIVE FACIAL 55 minutes. £75

Whether its the beginning or end of the day, this facial is perfect to revive, refresh and invigorate. A Power Breakfast Mask will deeply rejuvenate before worry lines and neck aches are soothed away.

THE TOTALLY QUENCHED AND DRENCHED FACIAL 85 minutes. £95

The ultimate anti-ageing facial - a must for dehydrated or neglected skin and is designed to leave it looking radiant and fresh. Combining powerful anti-oxidants to help fight the ageing process and nourishing ingredients to replace lost elasticity in the skin. This divine treatment includes Windows Of The Soul Eye Therapy and a rather special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron.

SPECIALISED ELECTRICAL FACIAL TREATMENTS

HYDRADERMIE 70 minutes. £88

Hydradermie uses plant based extracts to restore the skin. Carefully selected gels and galvanic currents penetrate deep into the skin removing impurities. High frequency currents oxygenate and boost cells to improve appearance. This leaves you ready and prepped to face the world.

HYDRA-LIFT EXPRESS 55 minutes. £79

An uplifting electrical 'work out' for the face in just under an hour. After intense preparation, a firming wheat and malt gel extract is applied. A micro current is then used for lymphatic drainage to remove excess fluid and toxins and improve skin tone. This is followed by gentle stimulation to energise and firm the facial muscle structure.

SUPER HYDRADERMIE LIFT 105 minutes. £120

This ultimate combination offers the luxury of an Express Lifting Facial with a deep cleansing Hydradermie Facial.

HYDRADERMIE PLUS 85 minutes. £105

This has all the benefits of the Hydradermie but specifically aimed at mature skins. It will concentrate on fine lines round the eyes and firming the neck and décolleté areas.

CACI FACIAL 55 minutes. £79

The original celebrity non-surgical facelift has relaxing benefits as well as dramatic effects. The treatment is both preventative and corrective and has a tightening, lifting effect on the muscles leaving you looking immediately more youthful.

SUPER CACI FACIAL 85 minutes. £99

An intense Caci Facial with extended time concentrating on specific areas of concern.

BODY TREATMENTS

THE MEDITERRANEAN INFUSION 55 minutes. £80

A luxurious hydrating body treatment that starts with all over body brushing, followed by a warm rich marinade of fresh mint, cucumber, yoghurt, honey and lemon that is lavishly smoothed over the entire body. You will then be cocooned enabling the infusion of the nutrients into the skin, during which the mind is relaxed with a soothing face and scalp massage. Your skin will feel seductively soft and refreshingly hydrated.

THE MEDITERRANEAN FLOAT 85 minutes. £105

This luxurious all over treatment will leave you looking and feeling like you've taken a mini vacation...to the Mediterranean of course. You will float away as your body is softened with our unique scrub prior to being cocooned in our specially created body infusion. Your face is rejuvenated with our Mediterranean Marinade and finally your entire body is moisturised - an unforgettable experience.

THE MEDITERRANEAN SIESTA (INDIAN HEAD MASSAGE) 25 minutes. £49

This amazing head, neck and shoulder massage promotes physical and psychological wellbeing, reduces muscular and nervous tension and improves circulation - leaving a feeling of tranquillity. It also reduces aches and pains associated with long journeys, too much time at the desk or when you have been under the weather.

FOOTPRINTS IN THE SAND (REFLEXOLOGY) 55 minutes. £79

Focusing on one of the most neglected parts of our bodies, the feet. 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 but helping to restore lost energy. It's wonderful to have this treatment as a side order to one of the other massage therapies.

SIENNA SPRAY TAN 25 minutes. £40

Dry body brush and even tan application to leave you perfectly glowing. A gorgeous pick you up or holiday preparation.

BODY TREATMENTS CONTINUED...

ROCKS OF THE MEDITERRANEAN 70 minutes. £99

This popular Thermal Stone Massage is a glorious treatment using warm basalt lava stones to massage the body from head to toe, harnessing the touch of the stone and the influence of the heat to create an aura of warmth. The muscles are relaxed and rejuvenated in a sensation unique to stone massage, it's an experience you just have to have at least once in your life.

THE OUTER GLOW 25 minutes. £49 or 55 minutes. £79 (Includes the face)

Using our unique Sugar Buff Body Scrub, we polish your body. This invigorating and refreshing all over treatment leaves the skin beautifully soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation. Go and glow!

GLORIOUS MUD COMPLETE DETOX 55 minutes. £80

Using the finest blends of ingredients for body detoxifying and purification. Top to toe body brushing encourages lymphatic flow before being smoothed with warm vitamin and mineral rich mud and cocooned in a cosy wrap. The total body detoxification and relaxation process is then taken to another level with a glorious face and scalp massage. This is a powerful treatment that utilises heat and botanicals, helping to eliminate harmful toxins and sore muscles. You wouldn't believe that wallowing in mud could feel so good.

AAAAHHHHH! FOOT AND LEG ENERGISER 25 minutes. £49

This oh-so-good treatment is instant relief for tired over worked limbs. It begins with skin brushing to help eliminate excess fluids followed by our Mediterranean Scrub. A hot oil massage that will leave you tingling and finally a friction tap with Aaaaaahhhhh.

I'LL BE BACK 25 minutes. £49

Warm purifying mud is smoothed all over your back for deep cleansing, following an invigorating skin exfoliation with our Mediterranean Scrub. A warm fragranced mitt is used to remove the back mask before enjoying a stimulating massage, leaving you energised, with a back to be proud of. A facial for the back you might say.

MASSAGE

25 minutes. £49

A massage concentrating on your back, neck and shoulders, great when you don't have a lot of time but do have a lot of stress!

55 minutes. £79

A relaxing top to toe massage guaranteed to leave you drifting happily into a thoroughly relaxed state.

85 minutes. £100

The ultimate intensive massage treatment concentrating on balancing the mind, reviving the body and nurturing the soul. A rejuvenating ritual for the entire body carefully composed to relieve overall stress, strains and achy muscles to replace with calm and relaxation. Sheer and utter bliss.

SPECIALISED ELECTRICAL BODY TREATMENTS

ULTIMATE IONITHERMIE 85 minutes. £105

After an invigorating body exfoliation and refreshing body toner, a mixture of slimming products are applied on the skin and a Marine Mud Mask is applied to the area you wish to treat. A gentle muscle stimulating current is sent through the mask that acts as a conductor to firm and tone muscles making the treatment as effective as a workout at the gym, without the effort. Results are visible after just one session - excess water retention is drained away, the skin is smoother, firmer and the appearance of cellulite is reduced.

EXPRESS IONITHERMIE 55 minutes. £79

For those of you where time is precious, our Ionithermie Express is a concentrated, compact version of the ultimate treatment.

HAND AND FOOT TREATMENTS

LUXURY MANICURE 55 minutes. £59

This luxury treatment for the hands cleanses, exfoliates and deeply moisturises leaving hands softer, smoother, firmer and more attractive. Includes a nail shape, cuticle care, relaxing hand and arm massage and nail paint.

EXPRESS MANICURE (UNISEX) 25 minutes. £40

A basic manicure including nail shape and cuticle tidy or file and paint.

'GELISH' LUXURY MANICURE OR PEDICURE 55 minutes. £60

A nail colour that applies like a polish but acts like a gel. Without damaging your nails this treatment will strengthen them and leave them with a long lasting colour.

UTOPIA HOT OIL MASSAGE 55 minutes. £79

Warmed oil is gently massaged into the body, followed by heated towels and a thermal wrap. This treatment leaves you totally relaxed but your skin is alive with energy.

NEW BEGINNINGS 55 minutes. £79

Pregnancy is a wonderful time in your life that requires specifically created treatments. You will enjoy a full body massage without any discomfort on your bump! Our specially trained therapists know exactly how to ease those tired muscles while you feel completely comfortable and relaxed and you never know, the little one might enjoy the sense of calm too!

CACI LYMPH DRAINAGE 45 minutes. £59

This program is designed for clients who are on a diet to speed up the elimination of fat, to treat cellulite, help cleanse the body post illness and to improve general well being and to help eliminate day to day toxins.

CACI SLIMTONE 25 minutes. £49

The therapist will expertly advise and guide you on the most suitable programme for your desired results. Contour is effective in lifting the bust, buttocks and tightening the abdomen and slimtone can concentrate on either slimming, toning or cellulite concerns.

LUXURY PEDICURE 55 minutes. £59

Relax your tired, aching feet with this luxurious experience. It refreshes, restores, moisturises and revives the feet, including exfoliation, heated boots, foot and leg massage, nail shape, cuticle care and nail paint.

EXPRESS PEDICURE (UNISEX) 25 minutes. £40

A basic pedicure including nail shape and cuticle tidy or file and nail paint.

'GELISH' LUXURY MANICURE OR PEDICURE INCLUDING SOAK OFF 85 minutes. £80

For people who already love 'gelish' and require the gel to be soaked off and re-applied.