



STAYS WITH US...DAYS WITH US

UTOPIA SPA

AT ALEXANDER HOUSE



STAYS WITH US...DAYS WITH US

Alexander House dates back to the 17th Century, With four pools including an Out Door Hot Tub, gymnasium, class studio, hairdressers and a suite of treatment rooms it is the ideal place for a relaxing experience.

Our spa packages are designed for the perfect "time out" fix. Whether you are after mind body and soul rejuvenation, or just need some relaxation and TLC, these will help you achieve it.

Our therapists will work with you to understand your needs... and then use our cool, "Temple Spa" total lifestyle products in your treatments. Inspired by the Mediterranean, these natural wellness products are totally results driven.



STAYS WITH US

Check in from 3pm with nothing more than clothes for dinner, you can spend the rest of your stay in one of our fluffy robes and slippers if you wish! Enjoy full use of the facilities at Utopia between your treatments; our spa hosts will be on hand whenever you need them to ensure you leave us feeling completely chilled out. Dinner and Breakfast are included in your stay, when you have checked out of your room at 11am on the day you leave us, you can stay in the spa until 3pm.



DAYS WITH US

Arriving at a time that suits you best, our spa host will take you through how we have planned your day. Our team will ensure you lose your thoughts and float into an environment of complete relaxation, stripping you of the outside world as you slip into a robe. Between your choice of treatments enjoy full use of our spa facilities, relax by the pool and listen to the sound of running water. A light two course lunch will be served at your leisure.



Book any Spa Escape and Stay a Second Night
For just £125 inclusive of Dinner, Bed and Breakfast
Price shown is per person based on a Classic room.

TIME FOR ME

Short on time or just need a break? How about some “me” time? Morning...afternoon...or overnight getaway... perfect for mums on the run or as a quick pick-me-up.

Do your hands or feet need some TLC... or maybe your kinda skin is in need of our prescription facial? You choose!

- Choose one: My Kinda Skin Facial, Vespers Drift Away, Luxury Manicure or Luxury Pedicure

Half Spa Day

4 Hours for Me Monday - Friday £95

Overnight Spa Escape

24 Hours for Me Sunday - Friday £175 Saturday £205

A TOUCH OF THE MEDITERRANEAN

Your experience includes our Mediterranean Float. This luxurious all over body 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 we moisturise your body from top to toe...a sensation to be experienced!

- Mediterranean Float Face and Body Treatment – 85 minutes

Spa Day

Monday - Sunday £150

Overnight Spa Escape

Sunday - Friday £200

Saturday £230

STRESS AWAY

A powerful combination of treatments...perfect for guys and girls in need of de-stressing. Starting with some heat treatment in the sauna or steam room, get ready to be whisked away! An Outer Glow body exfoliation will get rid of all those dead skin cells. This is followed by an invigorating Media Matins or relaxing Media Vespers massage which will soothe those over worked muscles. Not to forget the face, our Go Guy or My Kinda Skin prescription facial is perfect. Go and glow...

- Outer Glow Scrub – 25 minutes
- Media Vespers or Media Matins Massage – 25 minutes
- Go Guy or My Kinda Skin Facial – 55 minutes

Spa Day

Monday - Sunday £175

Overnight Spa Escape

Sunday - Friday £235

Saturday £265

ROOM UPGRADES

Book any Overnight Spa Escape and upgrade your room from:

£20 Luxury Room £50 Junior Suite £80 Spa Suite £100 Master Suite

Prices shown are per person per night

YUMMY MUMMY

Everything a mother to be should have. Includes a New Beginnings Massage designed specifically for expectant mums to enable their full body to be massaged without any discomfort on your bump! Our Mediterranean Marinade, a delicious face treatment packed with wonderful natural ingredients will ensure you leave feeling reenergised ready for your new arrival.

- New Beginnings Massage – 55 minutes
- Mediterranean Marinade Facial – 55 minutes

Spa Day	Monday - Sunday £165	
Overnight Spa Escape	Sunday - Friday £235	Saturday £265

GO GIRL GROUP GETAWAY

(Available for groups of 6+ Overnight Escape includes cocktails on arrival)

Perfect for hen parties, the day before a wedding or to simply gossip with the girls! Our Media Vespers massage will be the best 'time out' you'll spend to wind you down and take your mind off your thoughts...for a while, in a massage devoted to your neck shoulders and back. You're face will not be forgotten...after you've had our Power Facial with quick results to get you looking your best for the night ahead or big day.

- Media Vespers – Chilled Out – 25 minutes
- Power Facial – 25 minutes

Spa Day	Monday - Sunday £140	
Overnight Spa Escape	Sunday - Friday £180	Saturday £210

QUICK SPA ESCAPE

If you need a night away to relax and unwind but no time for treatments then this is the Escape for you, offering the same benefits as all of our Overnight Spa Escapes, without the treatments. Relax...Dine...Sleep...

Overnight Spa Escape	Monday - Sunday £140	Saturday £170
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SUNDAY NIGHT SPA ESCAPE

The perfect way to finish your week and recharge for the next 7 days! Enjoy an invigorating and energising massage concentrating on the back, neck and shoulders, a quick fix to get you started, enthused and feeling great. The power facial allows you to look your best incorporating a power cleanse and mini massage.

- The Power Facial – 25 minutes
- Media Matins: Touch and Go – 25 Minutes

Overnight Spa Escape	Sunday	£160
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ABOUT OUR ROOMS...

MASTER SUITES

The magnificent Master Suites overlook our beautifully manicured gardens; have canopied four poster beds, luxurious marble bathrooms and all modern amenities featured in the Junior Suites with the addition of an iPod docking station.

HENLEY SUITE

Situated in the main house, Henley has a traditional four poster bed, marble surround two person bath, separate walk in power shower, 'His and Her' basins plus a large drawing room area overlooking the surrounding countryside.

Suite size 1200 Square Feet.

HUNTINGDON SUITE

Huntingdon has a contemporary four poster bed and features a stand alone Victorian Roll Top bath, separate walk in power shower, 'His and Her' basins plus a large drawing room area overlooking Alexander House's manicured South Lawn.

Suite size 860 Square Feet.

SPA SUITES

These premier Spa Hotel Rooms are individually designed with a unique style and panoramic spa garden views, deep sprung mattresses guaranteeing you the most restful, refreshing nights sleep. Marble bathrooms featuring walk in steam or monsoon showers and stunning baths. Spa suites are equipped with the same amenities as a Junior Suite with the addition of a Cappuccino maker and an iPod docking station.

Average spa suite size 598 Square Feet.

JUNIOR SUITES

These larger rooms have distinct layouts and truly individual interior styling. Oversized deep sprung luxury King or Twin beds. Bathrooms feature polished Victorian style Bateau baths and oversized walk-in power showers. Junior Suites are equipped with LCD TV, CD/DVD player, personal safe, luxury tea and coffee tray, mineral water, fruit plate, and mini bar.

Average suite size 420 Square Feet.

LUXURY BEDROOMS

Luxury bedrooms are individually designed large rooms with luxury King-size or twin deep sprung beds. Most bathrooms include polished Victorian style Bateau baths, separate walk-in power shower. Luxury bedrooms are equipped with LCD TV, DVD player a luxury tea and coffee tray, mineral water, fruit plate and mini bar*.

Average bedroom size 374 Square Feet.

CLASSIC BEDROOMS

Our Classic bedrooms are all individually designed and decorated. Double or twin deep sprung beds are available. All have good-sized bathrooms with bath and separate walk-in power shower, use of luxury toweling robes and slippers are provided during your stay. For your comfort a tea & coffee tray and mineral water will await you.

Average bedroom size 322 Square Feet.

* Not applicable to all bedrooms

ROOM RATES

	SINGLE	DOUBLE	
	Sun - Fri	Sun - Fri	Sat
CLASSIC BEDROOMS	210	240	270
LUXURY BEDROOMS	250	280	310
JUNIOR SUITES	320	350	380
SPA SUITES	n/a	410	440
HUNTINGDON SUITE	n/a	460	500
HENLEY SUITE	n/a	510	550

Rates are per room, including Full English Breakfast and Temporary Membership to Utopia Spa.



OUR SIGNATURE DAYS & STAYS

YOUR TEMPLE...YOUR CHOICE

As our guests favourite package in 2009, this is all about you...Depending on how you feel, create your perfect day or stay from our menu of over 40 treatments that best suits you. If you need some recommendations let us help you...we'd love to.

OPTION A	Includes £200 to spend on your choice of treatments
Spa Day	Monday - Sunday £230
Overnight Spa Escape	Sunday - Friday £300
	Saturday £330

OPTION B	Includes £160 to spend on your choice of treatments
Spa Day	Monday - Sunday £200
Overnight Spa Escape	Sunday - Friday £260
	Saturday £290

OPTION C	Includes £120 to spend on your choice of treatments
Spa Day	Monday - Sunday £170
Overnight Spa Escape	Sunday - Friday £220
	Saturday £250

TOTALLY SPOILED

An ultimate day of pure indulgence, with over 3 hours of amazing treatments. Experience the sensation of a sequence of brushes running up and down your body from top to toe, to massage, relax, drain toxins and smooth on delicious preparations to the face and body. You will be lavished in rich warm body oil, cocooned and then treated to the exclusive Temple Spa facial treatment carried out entirely with brushes, while you doze. A manicure and pedicure will finish your day leaving you to sparkle. WOW!

- A Brush with Heaven Face and Body Treatment – 85 minutes
- Luxury Pedicure – 55 minutes
- Luxury Manicure – 55 minutes

Spa Day **Monday - Sunday £260**





BORING BUT IMPORTANT BITS...

TREATMENTS

As a courtesy to all our clients and to ensure you enjoy the full benefit of your treatment, please be prompt for your appointment. We respectfully advise all our guests to be seated in the treatment reception area five minutes prior to appointment time. If you are late for your appointment, we can offer you a shortened service.

A prepayment will be required for all individual treatments.

We respectfully advise all guests that we are unable to give specific appointment times until the day of your arrival. For those guests enjoying the Utopia experience with friends, we will endeavour to arrange similar treatment times.

If you need to cancel your appointment, please call us 24 hours prior to your scheduled appointment otherwise we will have to charge you for the full amount of the service(s) booked. We strongly advise all guests to consider insurance to cover the unfortunate cancellation of their spa treatments and Spa Days.

Please inform us of any health related problems prior to any treatments to ensure treatments are not contraindicated. All treatments and product ranges are used at guests own discretion, Utopia Spa cannot take any responsibility for any unknown allergies or reactions.

VOUCHERS

A wide range of Gift vouchers are available to purchase from a Spa Day, Spa Experience or dining in Alexander's Restaurant. All Gift vouchers are non-refundable and valid a year from purchase date.

SPA DAYS

Full prepayment for your Spa Day and add on treatments is required at the time of booking in order to confirm your reservation.

Spa Days are non-refundable and require 7 days notice of cancellation at which time the date of your booking can be transferred. If a cancellation is made within the 7 days, the booking is unable to be transferred to another date.

OVERNIGHT SPA ESCAPES

A non-refundable deposit of £100 per person is required at the time of making your reservation and a credit card number taken in order to confirm your booking.

All prices quoted are per person per 'Spa Escape' based on a double occupancy. All bedrooms feature ensuite bathroom and W.C, direct dial telephones, remote controlled colour television, bedroom safes, waffle robe and slippers. A supplement of £45 per night will apply to single occupancy. A £100 cleaning charge will be applied to your account where smoking has occurred in our non smoking bedrooms.

Spa facilities are available to all guests on a 'Spa Escape' over the age of 18, and include full use of the swimming pool, therapy pool, Jacuzzi, sauna, steam room, Technogym fitness gym and a full timetable of classes in the aerobics studio. Face, body, hand and hair treatments for men and women are also available.

Your room is normally available from 3pm on the day of your arrival. On your departure day, we ask that you check out of your room by 11am, after which time we can store any luggage you might have while you continue to enjoy the spa facilities at your leisure until 3pm. Please note treatments can be booked on your day of arrival from 3pm subject to availability.

SPA ETIQUETTE

The spa environment is one of tranquillity and relaxation. Please respect the privacy of other guests by speaking in a soft voice or simply enjoy the peace and quiet.

We kindly request that you refrain from using your mobile phone and camera while enjoying the spa. Smoking is prohibited throughout the Spa.

NB. We do not take responsibility for loss, damage or injury to either yourself or your belongings whilst on the premises or in the grounds. Within Utopia Spa there are various wet areas, suitable care and provided spa sandals from Spa Reception should be worn to reduce the risk of injury. Utopia Spa respectfully takes no responsibility for injuries caused due to incorrect use of these areas. Please ensure you take the necessary personal precautions for yourself and your belongings. We strongly advise all guests to consider insurance to cover the unfortunate cancellation of their spa break.

Details are correct at time of going to print. The management reserves the right to alter or amend any of the treatments, details or prices without prior notice. For further accommodation information, please refer to Alexander House Hotel and Utopia Spa Tariff & Terms and Conditions.

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HOW TO FIND US

When using satellite navigation please use post code RH10 4QD.

For written instructions and maps please visit our website www.alexanderhouse.co.uk.

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