



TREATMENTS WITH US

UTOPIA SPA

AT ALEXANDER HOUSE



SPA SIGNATURE FACIALS...

The Power Facial 25 Minutes £45 – If you are looking for quick results, need to look your best and don't have much time, this is the one for you. We have created this revitalising facial that includes a power cleanse, mini massage, Power Breakfast mask - face and hand exfoliation. Matins Soul Therapy aromas are used and you will be very ready to face the day.



Windows Of The Soul 25 Minutes £45 – Perfect for when you look tired, this treatment is designed for the delicate eye area that needs special attention. Using intensive formulations and specific very clever massage techniques we will lift, smooth and revitalise to put the sparkle back into your eyes. Lovely to add to any facial.

Repose Aromatherapy Facial 55 Minutes £70 – An indulgent aromatherapy facial treatment, infused with generous anti-inflammatory ingredients to soothe an irritated skin and essential oils to relax a stressed mind and body. Pure bliss.

Go Guy – Male Executive Facial 55 Minutes £68 – Whether your day is just beginning or is coming to an end, this facial is perfect to revive, refresh, and invigorate. Your skin will be revitalised with our Power Breakfast mask. In addition, aching neck muscles will be massaged, worry lines erased and headaches soothed. It will leave you feeling glad you gave us an hour of your time.



My Kinda Skin Prescriptive Facial 55 Minutes £68 – Are you the sensitive type? Classic combination? Dreadfully dry? Perhaps you don't really know. We'll analyse and prepare for you a wonderful menu of treatments and suitable products specifically for your skin type. Just relax and we'll do the rest.

The Mediterranean Marinade 55 Minutes £70 – A totally luxurious facial packed with local ingredients from the garden along with vitamin boosters that will leave the skin, body and mind smoothed and soothed. This treatment is specially designed to reduce the effects of 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 not to be missed.



The Totally Quenched and Drenched Facial 85 Minutes £90 – The ultimate in anti-ageing, this lavish facial is 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 our Windows Of The Soul eye therapy and a rather special secret remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron.

...FACIALS

Hydra-lift Express 55 Minutes £70 – This 'work out' for the face creates a lifting effect in just under an hour. After preparing the skin, a gel with firming wheat and malt 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 £110 – This ultimate combination offers the luxury of an Express Lifting Facial with a deep cleansing Hydradermie Facial.

Hydradermie 70 Minutes £85 – This facial uses the hydradermie technique, manual massage and bespoke plant based extracts to restore the skin's natural beauty. The skin is cleansed and gently exfoliated. Then carefully selected gels and a mild galvanic current are used to help the active ingredients penetrate deep into the skin to remove impurities and toxins. High frequency action is then used to oxygenate and boost cells before a massage and customised mask. A moisturiser for the eyes, face and neck concludes the treatment, leaving your skin refreshed and ready to face the world.

Hydradermie Plus 85 Minutes £95 – 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 neck and decollate areas.

Caci Facial 55 Minutes £70 – The original 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. WOW!!

Super Caci Facial 85 Minutes £90 – An intense Caci facial with extended time concentrating on specific areas of concern.





BODY SCRUBS, WRAPS & INFUSIONS

I'll Be Back 25 Minutes £45 – Warm purifying mud is smoothed all over your back for a deeply cleansing treatment, following an invigorating skin exfoliation with our Mediterranean scrub. Warm fragranced mitts are used to remove the back mask before enjoying a stimulating massage, leaving you energised and with a back to be proud of. A facial for the back you might say!



The Mediterranean Infusion 55 Minutes £77 – 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 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 hydrated and is perfect for sunburn.

Glorious Mud Complete Detox 55 Minutes £77 – Using the finest blends of ingredients for detoxifying and purification of the body, this treatment starts with top to toe body-brushing to encourage lymphatic flow. The body is then smoothed with warm vitamin & 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 & botanicals, helping to eliminate harmful toxins and sore muscles, resulting in relaxation and softer skin. You'll never believe wallowing in mud could feel so good!



The Outer Glow 25 Minutes £45 or 55 Minutes £72 – Using our unique Sugar Buff Body Scrub, we polish your body and exfoliate your face with Power Breakfast. This invigorating and refreshing all over treatment leaves the skin top to toe soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation. Go and glow!

Description above relates to the 55 minute treatment.

AAAHHH! Foot and Leg Energiser 25 Minutes £45 – Don't you just hate it when your legs & feet beat like drums?! 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 Aaahhh!



MASSAGE TREATMENTS

Vespers – Drift Away 55 Minutes £75 or 85 Minutes £98 – This is our really relaxing top to toe massage, formulated with a dreamy blend of essential oils guaranteed to have you drifting away. It's completed with a face and scalp massage using our aromatherapy resting cream *Repose*. It will soothe nerve endings, relaxing the muscles and the mind.

Media Vespers – Chilled Out 25 Minutes £45 – 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, great for when you don't have a lot of time, but you do have a lot of stress.

Matins – Fully Restored 55 Minutes £75 or 85 Minutes £98 – An invigorating and energising massage designed to leave you full of vitality. Starting with Mediterranean massage movements to encourage circulation, tone muscles and stimulate the whole body, we move on to a revitalising ritual, guaranteed to restore & revive. The treatment is completed with our rescue gel, *Wake Up Call* after which, you will soon be raring to go!

Media Matins – Touch and Go 25 Minutes £45 – An invigorating and energising massage packed into twenty five minutes, concentrating on the back neck and shoulders, a quick fix to get you started, enthused and feeling great.

New Beginnings 55 Minutes £72 – Pregnancy is a wonderful time in your life that requires treatments especially designed just for you. You will enjoy a full body massage without any discomfort on your bump!. Our specially trained therapists know exactly how to work those sore tired muscles while you feel completely comfortable and relaxed and you never know, the little one might enjoy the sense of calm too!

Full Body Massage 55 Minutes £75 – Using the Swedish technique. A classic light to medium pressure massage using traditional movements such as kneading to promote relaxation and stress relief.

Japanese Hot Oil Massage 55 Minutes £75 – 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.





RELAXING BODY TREATMENTS

The Mediterranean Siesta (Indian Head Massage) 25 Minutes £45 – This amazing massage of the head, neck and shoulders promotes physical and psychological well-being. Reduces muscular and nervous tension and improves circulation, leaving a feeling of tranquillity. It also reduces aches & pains associated with long journeys, too much time at the desk or when you've been under the weather.



Footprints In The Sand (Reflexology) 55 Minutes £72 – 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 our 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.

Rocks Of The Mediterranean 70 Minutes £90 – 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 Mediterranean Float 85 Minutes £98 – 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 we will moisturise your body from top to toe, a sensation to be experienced.

A Brush with Heaven 85 Minutes £98 – Imagine the sensation of a sequence of brushes of varying sizes and textures 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.



SPECIALISED BODY TREATMENTS

Express Ionithermie 55 Minutes £75 – For those of you where time is precious, our Ionithermie Express is a shortened version of the Ultimate Treatment

Ultimate Ionithermie 85 Minutes £100 – After an invigorating body exfoliation and refreshing body toner, a mixture of slimming products are applied on to 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 the 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.

Caci Lymph Drainage 45 Minutes £55 – 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 Contour/Slimtone 25 Minutes £45 – The therapist will expertly advise the most suitable program 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.

Xen-Tan 55 Minutes £68 – A revolutionary fake tan carefully developed to provide a beautiful olive glow. With its unique ingredients Xen-Tan won't go patchy or streaky and if that's not enough, it smells delicious too! A full body exfoliation is followed by the application of a moisturising and hydrating self tanning cream to leave your skin looking radiant and healthy.





HANDS, FEET & HAIR

Luxury Manicure 55 Minutes £55 – 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 25 Minutes £40 – A basic manicure including nail shape, cuticle tidy and nail paint.

Hand & Nail Grooming for Men 25 Minutes £40 – This treatment has been designed specially for Men to maintain the overall condition of hands & nails.

Luxury Pedicure 55 Minutes £55 – Relax your tired, aching feet with this luxurious experience. It refreshes, restores, moisturises and revives the feet, including exfoliation, a nourishing footbath, heated boots, foot and leg massage, nail shape, cuticle care and nail paint.

Express Pedicure 25 Minutes £40 – A basic pedicure including nail shape, cuticle tidy and nail paint.

Executive Foot Care for Men 25 Minutes £40 – This basic pedicure includes exfoliation, foot file, cuticle tidy & file.

Hair Salon – A full range of services are available. Please contact us for further details.



Terms and conditions relating to treatment bookings please refer to our 'Days With Us...Stays with Us' brochure or visit our website, www.alexanderhouse.co.uk



ALEXANDER HOUSE HOTEL & UTOPIA SPA
TURNERS HILL, EAST GRINSTEAD, WEST SUSSEX, RH10 4QD

TEL +44 (0)1342 714914

FAX +44 (0)1342 859759

EMAIL admin@alexanderhouse.co.uk