

UTOPIA
SPAS & RETREATS
&

AT
ALEXANDER HOUSE



PARADISE FOUND

Welcome to Utopia Spa at Alexander House.
Here, we will guide you on your personal wellness journey, whether you are joining us for a treatment, a spa day or an overnight spa break.

Crafted from a desire to transport the senses away from the everyday, Utopia is a spa destination like no other.

As you step into our subterranean pools and thermal suites we encourage you to pause, exhale, and let go. Give yourself time and begin to heal from the stresses and strains of life outside of Utopia.

Nurture and fortify your body with heat, water & scent. Reconnect with your centre and find equilibrium, with a range of bio-nutritional therapies from Oskia and deeply aromatic treatments from Temple Spa, along with our own unique Utopia rituals.

Recover, renew and reconnect.
Surrender yourself to Utopia, paradise found.

DISCOVER UTOPIA

Utopia at Alexander House includes a number of unique hydrotherapy experiences, our iconic spa garden, hair & nail bar, and fitness suite with studio.

Poolside, you will discover our therapeutic pools, plunge pool & swimming pool; all serviced by our pool concierge team.

In the spa garden, take a dip in our hot tub or let tensions melt away in our barrel sauna. Private hot tubs are available for hire too – ideal for a special occasion.

Our treatment rooms are inspired by nature, using high quality natural materials that comfort and sooth. We have a range of single treatment rooms and a few treatment rooms designed to enjoy as a couple.

After your treatment, our dedicated candle-lit relaxation room offers a space to meditate and take time for yourself.

Our changing rooms include dedicated saunas & steam rooms, as well as every little luxury you could wish for – from Temple Spa amenities to GHD hair straighteners.

Our fitness suite is fully equipped with free weights, training machines & cardio equipment.





OUR SPA PARTNERS

Utopia Spa has, for more than two decades, been at the forefront of the latest spa treatment advances, as well as champions of tried and tested favourites. We have a special relationship with each of our spa partners and are proud to present their treatments to our guests.

OSKIA



Georgie Cleeve founded OSKIA after experiencing the skincare benefits of MSM. MSM boosts collagen production, detoxifies cells, decreases inflammation and promotes an even skin tone. OSKIA's modern approach to skincare focuses on the power of the essential building blocks of life: vitamins, minerals, proteins and omegas. These are paired with advanced natural actives (including plant stem cells, enzymes, prebiotics and extracts) that support skin cells against the wear and tear of ageing, as well as environmental and lifestyle factors.

TEMPLE SPA



Temple Spa make a range of aromatic spa products and are based in the Home Counties, along with us. Their exceptional skincare products are infused with the spirit of the Mediterranean, and make a real difference to your skin and soul health.

FRANK & ROSE



The product range is designed for all skin types and concerns. Full of minerals, vitamins, anti oxidants and natural enzymes, to nourish, soothe and restore radiance. The Frank & Rose massages use ancient cupping techniques and are deeply detoxifying.

JENNIFER YOUNG



Founded by Jennifer Young in 2013, Beauty Despite Cancer is the recognised expert in specialist skincare for those living with and beyond cancer.

SIGNATURE TREATMENTS

OSKIA ∞

OSKIA LUXURY FACE & BODY 85 min ∞ £175
A sensational experience, The Luxury Face & Body Treatment combines our most luxurious **radiance-boosting** and **anti-ageing** facial techniques with the very best **deep pressure massage** to entirely **renew your complexion** and your sense of well-being and ensure you leave radiating with good health.

OSKIA FACIAL, HEAD & SHOULDERS 55 min ∞ £140
A sensational experience, The Luxury Face & Body Treatment combines our most luxurious radiance-boosting and anti-ageing facial techniques with the very best deep pressure massage to entirely renew your complexion and your sense of well-being and ensure you leave radiating with good health.

JENNIFER YOUNG ∞

JENNIFER YOUNG TOP TO TOE 85 min ∞ £190
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, complexion and your sense of well-being and ensure you leave radiating with good health.



FACIAL TREATMENTS

OSKIA



OSKIA SIGNATURE GLOW 70 min ~ £140

Described as a **non-surgical facelift**, this all-encompassing signature facial uses a combination of modern and traditional **glow-inducing** techniques to illuminate the skin and leave face, body and mind feeling rejuvenated and skin brighter. This treatment uses **specialised facial and eye contour massage** techniques, **lymph drainage** and **acupressure** to lift, relax & contour the face and increase nutritional ingredient transportation deep into the skin. A **head and hand release** will ease tension while **fragrant steam and warmed compresses** gently open blocked pores. A **passion fruit enzyme and AHA mask** will reveal radiant skin and a **highly specialised LED mask** stimulates collagen production at a cellular level for improved suppleness. The ultimate radiance-boosting facial.

OSKIA REVITALISING FACIAL 55 min ~ £130

An **ultra-hydrating facial** designed specifically to sculpt and provide immediate **anti-ageing** benefits. This treatment concentrates on reducing visible fine lines and lifting the contours of the face.

OSKIA GENTLEMAN'S FACIAL 55 min ~ £130

The Gentleman's Facial is designed to leave your skin thoroughly cleansed and hydrated, featuring a **deep steam cleanse** and stimulating facial massage. **Cool eye stones** and a focused **neck and shoulder massage** helps to soothe and revive both mind and body.



TEMPLE SPA HYDRATING FACIAL 70 min ~ £130

This facial is the ultimate in **anti-ageing**. This divine facial includes a **face and décolleté massage** including a specialised eye massage to stimulate circulation and muscle tone. Skin is then exfoliated and treated to a **double layer hydrating cryogenic mask** including an application of the Temple Spa Quench Hydrating Mask.

TEMPLE SPA BESPOKE FACIAL 55 min ~ £110

To begin your skin will be deeply cleansed and exfoliated, followed by a face and décolleté massage, an application of a **bespoke treatment mask** and a **prescribed moisture treat**. Whilst you drift off your treatment is completed with a choice of a tension relieving hand and arm massage or a divine scalp massage.



FRANK & ROSE DETOX FACIAL 85 min ~ £155

This holistic **vegan facial** combines powerful 100% natural ingredients 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.



JENNIFER YOUNG GLOW FACIAL 55 min ~ £115

Designed 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**.

B O D Y TREATMENTS

OSKIA



OSKIA WARM OIL MASSAGE 55 min ~ £130

A restorative full body treatment to soothingly release deeply held patterns of stress and anxiety. Infused heated towels and warmed oil immediately unravel tension while Eastern inspired compression and pressure points reduce muscular aches and pains, leaving you and your body profoundly relaxed yet reinvigorated.



UTOPIA HOT STONE MASSAGE 70 min ~ £150

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UTOPIA BAMBOO MASSAGE 55 min ~ £130

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.

UTOPIA REFLEXOLOGY TREATMENT 55 min ~ £130

SWEDISH FULL BODY MASSAGE 55 min ~ £125

INDIAN HEAD MASSAGE 40 min ~ £105

TEMPLE SPA BODY SCRUB 40 min ~ £100

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!



FRANK & ROSE CUPPING MASSAGE 55 min ~ £130

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. Note that skin may mark or bruise slightly due to the toxins being removed.



JENNIFER YOUNG BODY & MIND 55 min ~ £130

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. The experience is extended to include the scalp ensuring that your massage brings total release.

JENNIFER YOUNG RICH MASSAGE 55 min ~ £130

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.





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

JENNIFER YOUNG



SPECIALIST MANICURE

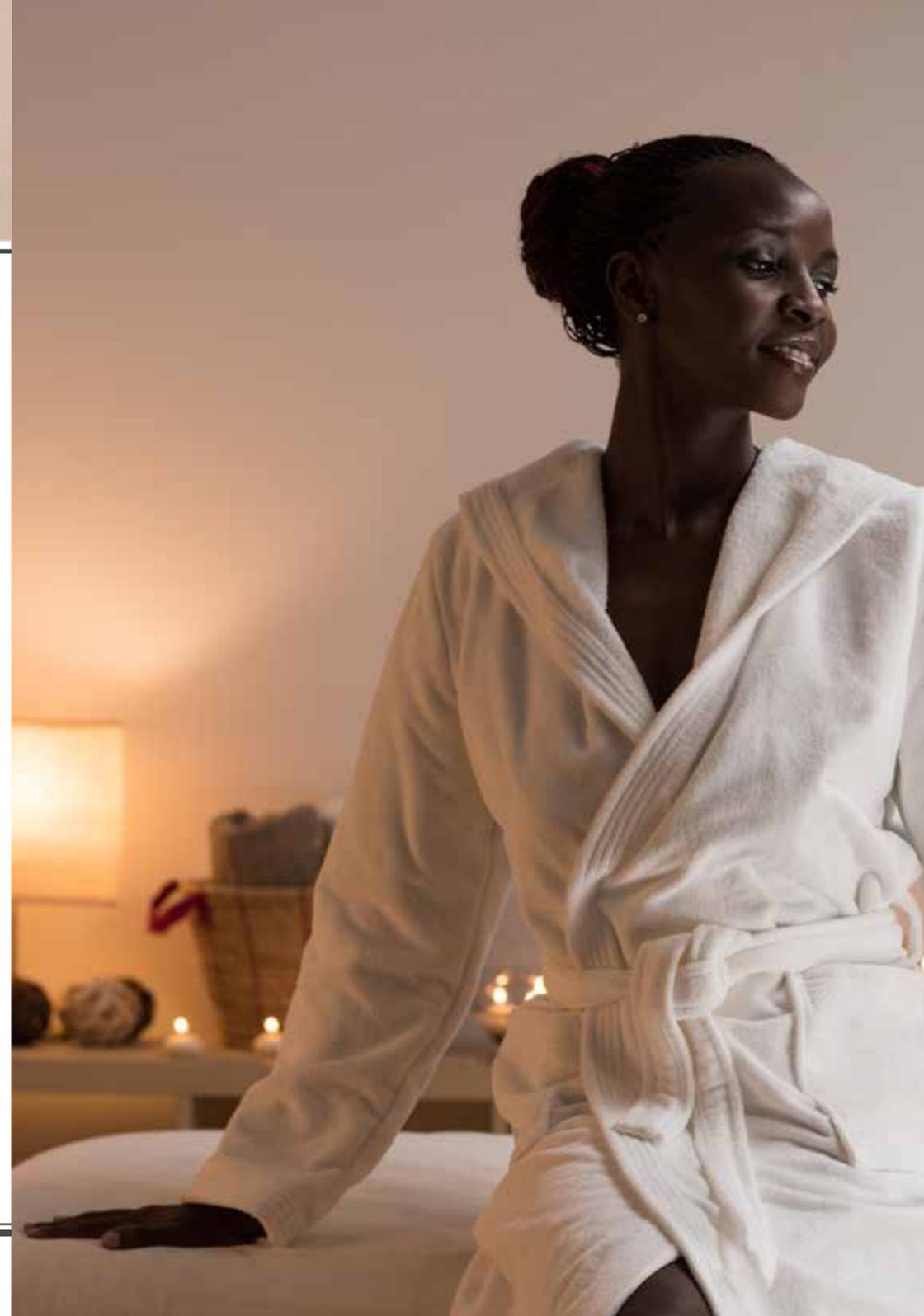
55 min ≈ £60

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.

SPECIALIST PEDICURE

55 min ≈ £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.





TREATMENTS FOR TWO

Our treatment rooms designed for two are the perfect way for couples to mark the special moments in a relationship, or perhaps for two friends to share a special experience.

COUPLES CONNECT

120 min ~ £440

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 min ~ £260

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

ULTIMATE SIDE BY SIDE MASSAGE

85 min ~ £320

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

OSKIA



OSKIA GLOW TOGETHER FACIAL

85 min ~ £320

Described as a **non-surgical facelift**, this all-encompassing signature facial uses a combination of modern and traditional **glow-inducing** techniques to illuminate the skin and leave face, body and mind feeling rejuvenated and skin brighter. This treatment uses **specialised facial and eye contour massage** techniques, **lymph drainage** and **acupressure** to lift, relax & contour the face and increase nutritional ingredient transportation deep into the skin.

ANTE NATAL TREATMENTS

MOTHER TO BE MASSAGE

55 min ~ £130

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.





SPA DAYS

Our spa day packages offer access to our beautiful facilities, coupled with specially curated spa treatments, or a credit to spend on treatments as you wish. Our full spa days include 6-hours at the spa, whilst half-days include 4-hours. Each spa day includes either a two-course lunch or afternoon tea.

Please note our pricing varies by day, and the prices listed are the starting price.

BESPOKE



TAILOR-MADE DAY

~ £300

Enjoy a full day at Utopia with £240 to spend on treatments as you wish.

SPA MORNING, AFTERNOON OR TWILIGHT SPA

~ £150

Enjoy a half day at Utopia, with a 40 minute treatment of your choice from:

- Back, neck & shoulder massage
- Express facial
- Body Scrub
- OPI Replenishing Manicure or Pedicure



OSKIA SPA DAYS



LUXURY BODY & FACE RITUAL DAY

~ £230

Enjoy a full day at Utopia, with an 85 minute Oskia Luxury Body & Face ritual. The ritual begins with a tension-relieving bespoke deep pressure massage, encompassing ancient reflexology techniques and OSKIA's skin smoothing massage candle, fragrant with Rose de Mai, to leave your skin soft and glowing. Following the body ritual, the facial routine concentrates on reducing visible fine lines and lifting the contours of the face in the short term while also harnessing a breakthrough biomimetic serum and smart Vitamin C to maintain a youthful complexion in the long term.

LUXURY BODY & FACE RITUAL HALF DAY

~ £225

Enjoy a half day at Utopia, with an 85 minute Oskia Luxury Body & Face ritual.

LUXURY FACE, SCALP & SHOULDER DAY

~ £180

Enjoy a full day at Utopia, plus our unique 55 minute Oskia 'Face, Scalp & Shoulder' treatment. During the treatment, reflex points on the feet, ancient scalp massage techniques, and a soothing shoulder massage begin the treatment, using our unique Skin Smoothing Massage Candle, which guarantees that you will be in a deeply relaxed state enabling the nutritional formulations to work optimally while you rest. The treatment is completed with OSKIA's signature rejuvenating gentle exfoliating peel & nourishing moisture mask, which smooths, softens and skilfully restores the skin's acid mantle & protective microbiome.



HOW TO S P A

ETIQUETTE AT UTOPIA



To ensure a blissful time at Utopia for yourself and fellow spa-goers, we kindly ask that guests observe our spa etiquette below.

Use of Utopia Spa is available to all guests over the age of 18

Please arrive at least 5 minutes prior to your appointment – late arrival may lead to a shortened service

Please note that no food or alcoholic drinks are allowed in wet areas

For the courtesy of all guests, mobile phone usage is not permitted within the spa

Smoking is not permitted in any area of the spa, including our spa garden

Please be careful when entering the pools, use steps and handrails provided

We ask that you change for lunch, casual clothing or sportswear are suitable (ARE ROBES NOT OK?)

Please ensure clean trainers are worn in the gym and studio

We kindly ask that you do not wear wet swimwear on upholstered furniture

Please remember that relaxation rooms are quiet areas





THE GIFT OF SPA

GIFT VOUCHERS



Discover a range of gift vouchers across the Alexander Hotel Collection, including Utopia Spas & Retreats.

Wrapped in our signature turquoise ribbon and presented in a luxury gift box, our vouchers make a statement when gifted for a special occasion or at Christmastime, beneath the tree.

Perfect to celebrate anniversaries, Mother's & Father's Days, birthdays, graduations and everything between.

Shop at alexanderhotels.co.uk/gift-voucher or scan the code below.



UTOPIA
SPAS & RETREATS



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ALEXANDER HOUSE

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