



UTOPIA
SPAS & RETREATS
∞

TREATMENTS
at
ROWHILL GRANGE

PARADISE FOUND

Welcome to Utopia Spa at Rowhill Grange.

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.

OUR SPA PARTNERS

OSKIA



OSKIA's next-generation formulations are designed using bio-available nutrients and clinically trialled actives to give you a beautifully radiant & revived complexion. OSKIA specialise in cellular nutrition through patented micro-encapsulation and liposome technology. Vitamins, minerals proteins & omegas all combine to improve cellular activity and ability leading to skin that's healthier, happier and glows from within.

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.

JENNIFER YOUNG



Jennifer Young & Beauty Despite Cancer is the recognised expert in specialist skincare for those living with and beyond cancer. All the Jennifer Young products are 100% organic & natural and effective against the challenging skin conditions common to those affected by cancer.

AT A GLANCE

SPECIALTY THERAPIES - PAGE 6

OSKIA BODY & FACE RITUAL	85 min ~ £155
OSKIA FACE, SCALP & SHOULDERS	55 min ~ £110

MASSAGE & SCRUBS - PAGE 6 & 7

OSKIA WARM OIL MASSAGE	55 min ~ £110
	85 min ~ £135
UTOPIA HOT STONE MASSAGE	70 min ~ £135
UTOPIA BAMBOO MASSAGE	55 min ~ £105
	85 min ~ £130
UTOPIA REFLEXOLOGY TREATMENT	55 min ~ £130
SWEDISH FULL BODY MASSAGE	55 min ~ £100
	85 min ~ £125
INDIAN HEAD MASSAGE	40 min ~ £80
TEMPLE SPA BODY SCRUB	40 min ~ £80
MOTHER TO BE MASSAGE	55 min ~ £110

MANICURES & PEDICURES - PAGE 10

	MANI	PEDI
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

TREATMENTS FOR TWO - PAGE 7

SIDE BY SIDE MASSAGE	55 min ~ £210
ULTIMATE SIDE BY SIDE MASSAGE	85 min ~ £260

FACIALS - PAGE 8 & 9

OSKIA SIGNATURE NURTI-GLOW	70 min ~ £120
OSKIA REVITALISING SUPER-C	55 min ~ £110
OSKIA PURIFY & REVIVE	55 min ~ £100
TEMPLE SPA HYDRATING FACIAL	70 min ~ £115
TEMPLE SPA BESPOKE FACIAL	55 min ~ £100
DERMALUX LIGHT THERAPY	25 min ~ £60
CACI ANTI-AGEING	85 min ~ £155
CACI NON-SURGICAL FACE LIFT	55 min ~ £120
CACI MICRODERMABRASION	40 min ~ £80
HIGH-SPEC LED TREATMENT	15 min ~ £20

JENNIFER YOUNG

Treatments for those living with and beyond cancer.

TOP TO TOE MASSAGE	85 min ~ £190
BODY & MIND MASSAGE	55 min ~ £130
INDULGENT MASSAGE	55 min ~ £130
GLOW FACIAL	55 min ~ £115
SPECIALIST MANICURE	55 min ~ £60
SPECIALIST PEDICURE	55 min ~ £62

MASSAGE & BODY

OSKIA BODY & FACE RITUAL 85 min ~ £155

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.

OSKIA FACE, SCALP & SHOULDERS 55 min ~ £110

First, 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.

OSKIA WARM OIL MASSAGE 55 min ~ £110 85 min ~ £135

A restorative full body treatment to soothingly release deeply held patterns of stress and tension. Infused heated towels and potent, warmed oils immediately induce relaxation while Eastern inspired compression and pressure points reduce muscular aches and pains, leaving you and your body profoundly calm yet rejuvenated.

UTOPIA HOT STONE MASSAGE 70 min ~ £135

Using warm basalt lava stones to massage the body.

UTOPIA REFLEXOLOGY TREATMENT 55 min ~ £130

Re-balancing treatment which works on reflex points in the feet corresponding to the rest of your body, leaving you relaxed but helping to restore lost energy.

UTOPIA BAMBOO MASSAGE 55 min ~ £105 85 min ~ £130

Warmed, solid bamboo sticks are used to give deep and long massage strokes to the body, breaking down tension, alleviating stress, aiding lymphatic drainage and stretching tight muscles.

SWEDISH FULL BODY MASSAGE 55 min ~ £100 85 min ~ £125

INDIAN HEAD MASSAGE 40 min ~ £80

MOTHER TO BE MASSAGE 55 min ~ £110

Our specially trained therapists know exactly how to work those sore, tired and aching muscles, whilst you feel completely relaxed.

SIDE BY SIDE MASSAGE 55 min ~ £210

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

ULTIMATE SIDE BY SIDE MASSAGE 85 min ~ £260

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

TEMPLE SPA BODY SCRUB 40 min ~ £80

This invigorating all over treatment uses body brushing techniques and sugar buff body scrub to leave you revitalised and hydrated.

FACIAL TREATMENTS

OSKIA SIGNATURE NUTRI-GLOW 70 min ~ £120

This all-encompassing signature facial uses a combination of essential skin nutrients, bio-actives and modern & traditional glow-inducing techniques to illuminate the skin and leave face, body and mind feeling rejuvenated and skin immediately radiant. Fragrant steam and aromatic compresses gently unblock pores, a passion fruit enzyme, Swiss cress liposomes and AHA mask accelerate cellular renewal, while a warm rose oil mask hydrates and smooths. Natural Face Therapy and eye contour massage techniques, lymph drainage and acupressure lift, relax & contour the face and increase the bio-nutritional transportation into the skin. Therapeutic head, hand and back massages are worked into the treatment to soothe residual tension and complete this ultimate radiance-boosting facial.

OSKIA REVITALISING SUPER-C 55 min ~ £110

Described as a non-surgical facelift, this ultra-hydrating, super-nutrient facial provides immediate anti-ageing benefits. This treatment harnesses our smart Vitamin C to maintain a youthful complexion in the long term.

OSKIA PURIFY & REVIVE 55 min ~ £100

This reviving facial is perfect for younger, oilier skin types and gentlemen alike. Natural, scientifically advanced products are used to enhance the deep steam cleanse and stimulating facial massage.

HIGH-SPEC LED LIGHT 15 min ~ £20

Add this high spec LED Light treatment to any one of our facials, to enhance the skin's own cellular processes and enjoy a hand rejuvenation treatment while your facial works overtime.

TEMPLE SPA HYDRATING FACIAL 70 min ~ £115

This facial is the ultimate in anti-ageing. Skin is 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 ~ £100

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.

DERMALUX LIGHT THERAPY 25 min ~ £60

Dermalux is clinically proven to reverse the visible signs of ageing, relaxing wrinkles whilst deep cleansing imperfections. Skin is bathed in a bespoke light therapy sequence with product finishing to complete the treatment.

CACI ANTI-AGEING 85 min ~ £150

Will leave you with smoother, lifted, plumped and more hydrated skin. Incorporating microdermabrasion, the non-surgical face lift, wrinkle comb with L.E.D light therapy and a hydratone mask, this is the ultimate CACI treatment.

CACI NON-SURGICAL FACE LIFT 55 min ~ £120

Gently lifts, tightens, tones and re-educates the facial muscles whilst smoothing the appearance of fine lines and wrinkles.

CACI MICRODERMABRASION 40 min ~ £80

The superficial layer of skin is gently removed to help skin imperfections. L.E.D light therapy is also used. A hydratone mask is applied to hydrate and calm, leaving skin brighter & clearer.

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
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OPI REPLENISHING 40 min	≈ £50	≈ £52
QUICK FIX FOR MEN 25 min	≈ £40	≈ £42
JENNIFER YOUNG MANICURE 55 min		≈ £60
JENNIFER YOUNG PEDICURE 55 min		≈ £62

UTOPIA
SPAS & RETREATS



AT
ROWHILL GRANGE

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The
ALEXANDER HOTEL
Collection

A boldly beautiful selection of privately owned country
house destinations and spas in Surrey, Sussex and Kent.

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