

# Treatments & Experiences

UTOPIA RETREAT  
AT GREAT FOSTERS



UTOPIA  
RETREAT

# Massage

## SIGNATURE UTOPIA TREATMENTS

### SWEDISH BODY MASSAGE

**ULTIMATE FULL BODY - 85 MINUTES** £165 per person

**FULL BODY - 55 MINUTES** £135 per person

Choose your oil to reflect your mood before enjoying a massage with comforting medium pressure techniques to revive and nurture your body.

### **BEST OF BOTH - SIGNATURE TREATMENT - 55 MINUTES** £120 per person

A divine creation from the Utopia team, our 'Best of Both' signature treatment brings together a back, neck & shoulder massage with a seamless transition to an essential facial routine. Covering all bases in 55 minutes to leave you feeling relaxed, rebalanced and recharged.

### **MOTHER TO BE MASAGE- 55 MINUTES** £130 per person

Your treatment ritual uses a rosehip seed and argan massage oil infused with extracts of lavender, geranium and rose to replenish dry skin and support in the fight against stretch marks. Himalayan herb poultices are then slowly massaged into marma points to relieve aches and pains, excess fluid and heat. Anxiety is lifted while peace and harmony will surround you and your baby.



ALL TREATMENTS & POOL DAYS ARE AVAILABLE TO BOOK ONLINE AT [WWW.GREATFOSTERS.CO.UK](http://WWW.GREATFOSTERS.CO.UK)

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## MEDITERRANEAN INFUSED BY TEMPLE SPA

### **ROCKS OF THE MEDITERRANEAN - 70 MINUTES £130 per person**

This thermal stone massage uses basalt lava stones to massage the body from head-to-toe. The muscles are relaxed and rejuvenated in a sensation unique to stone massage.

### **THE MEDITERRANEAN SIESTA (INDIAN HEAD MASSAGE) - 40 MINUTES £85per person**

A head, neck and shoulder massage that promotes physical and psychological wellbeing, reduces muscular and nervous tension and improves circulation - leaving a feeling of tranquillity. Perfect for reducing aches and pains associated with long journeys, too much time at the desk or when you've been under the weather.



## Facials

### **MY KINDA SKIN PRESCRIPTIVE - 55 MINUTES £120 per person**

We'll analyse and prepare a wonderful menu of products specifically for your skin to either moisturise and nourish, soothe and calm, rebalance and hydrate, deep cleanse and purify or simply protect.

### **TOTALLY QUENCHED AND DRENCHED - 70 MINUTES £120pp Mon - Thurs | £130pp Fri - Sun**

The ultimate anti-ageing facial. This divine treatment combines anti-oxidants to help fight ageing with nourishing ingredients to replace lost elasticity in the skin. You could call it a facial iron.

### **GO GUY - FOR HIM - 55 MINUTES £120 per person**

The perfect facial to revive, refresh and invigorate. Worry lines are smoothed and neck aches are soothed away.

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# Side by Side Treatments

## COUPLES TREATMENT

Our signature Utopia Retreat experience designed for two to enjoy.

### **SIDE BY SIDE MASSAGE - 55 MINUTES £250 per couple - 85 MINUTES £300 per couple**

Choose your oils and pressure with bespoke Swedish-style massages delivered by two Utopia therapists simultaneously.

## Hands, Feet & Nails



Sit back and relax while your feet are freed from pressure and hands are nourished. 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 £55

LUXURY MANICURE £65

PEDICURE £60

LUXURY PEDICURE £65



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# Pool Days

## EXPERIENCE THE ROYAL RIVIERA

### **A DAY BY THE POOL from £109**

Join us by the newly refurbished 1920s heated outdoor pool at Great Fosters for a day of relaxing, champagne and more. You will have a reserved and 'naturally' distanced sun lounger from 9am until 3pm, 10am until 4pm or 11am until 5pm with towels, robes and slippers for your use and one of our tote bags to keep along with a Temple Spa kit of poolside essentials.

Soak up the rays on our sun-drenched terrace and take a dip in our beautiful heated pool at your leisure. Your package includes a glass of champagne (which you can enjoy on arrival or with lunch) and lunch taken from our poolside menu including sushi selections. You will enjoy attentive butler style service throughout the day and you're free to wander the grounds or to make use of the facilities in the historic main house too.

### **POOL & PAMPER from £189**

Including all of the above and our signature 'Best of Both' 55 minute treatment, combining a back, neck & shoulder massage with an essential facial routine.

### **DRIFT AWAY POOL DAY from £259**

Including all of the above and a 55 minute 'My Kinda Skin' facial by Temple Spa & a 55 minute full body massage.



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