



# Treatments & Experiences

UTOPIA RETREAT  
AT GREAT FOSTERS



# Massage

## SIGNATURE UTOPIA TREATMENTS

### SWEDISH BODY MASSAGE

**ULTIMATE FULL BODY** - 85 MINUTES £175 per person

**FULL BODY** - 55 MINUTES £145 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 £130 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 £140 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)

Copyright Alexander Hotels 2021. Terms and conditions apply. Prices are correct at the time of print and may vary when booking.  
For full terms and conditions please visit [greatfosters.co.uk](http://greatfosters.co.uk)





## MEDITERRANEAN INFUSED BY TEMPLE SPA

### **ROCKS OF THE MEDITERRANEAN - 55 MINUTES £140 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 £95per 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 £110 per person**

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

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

Copyright Alexander Hotels 2021. Terms and conditions apply. Prices are correct at the time of print and may vary when booking.  
For full terms and conditions please visit [greatfosters.co.uk](http://greatfosters.co.uk)



# Side by Side Treatments

## COUPLES TREATMENT

Our signature Utopia Retreat experience designed for two to enjoy.

### SIDE BY SIDE MASSAGE - 55 MINUTES £280 per couple - 85 MINUTES £330 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	£75

PEDICURE	£60
LUXURY PEDICURE	£75

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

Copyright Alexander Hotels 2021. Terms and conditions apply. Prices are correct at the time of print and may vary when booking.  
For full terms and conditions please visit [greatfosters.co.uk](http://greatfosters.co.uk)

