

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

Enjoy a massage with comforting, light, medium or firm pressure techniques to revive and nurture your body.

Please note we don't currently offer deep tissue massages.

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.

Please note you must be post-12 week scan and have your Doctors approval.

ALL TREATMENTS & POOL DAYS ARE AVAILABLE TO BOOK ONLINE AT WWW.GREATFOSTERS.CO.UK

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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

ALL ABOUT THE GLOW- 55 MINUTES £140 per person

This advanced skin transforming facial turns up your glow with instant and visible results for a firmer feeling and brighter, healthy-looking skin. Your complexion is transformed thanks to active ingredients boosted by vitamin C and glycolic acid complexes and unique skin-lifting massage techniques for better radiant skin.

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.

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.

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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 £260 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. Enjoy with a glass of bubbles!

LUXURY MANICURE £75

LUXURY PEDICURE £75

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