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UTOPIA

AWAITS



ROWHILL GRANGE

Hotel & Utopia Spa

WELCOME



Welcome to Utopia Spa

At Rowhill Grange.

A sanctuary for the senses, where wellness begins the moment you arrive.

Whether you're here for a treatment, a spa day, or an overnight escape, we invite you to pause, breathe deeply, and let go. Beneath the surface, our serene pools and thermal suites offer a space to unwind and restore.

Relax.
Rejuvenate.
Reconnect.

Nourish your body with the healing power of heat, water, and scent. Rebalance with bio-nutritional therapies from OSKIA, aromatic rituals from Temple Spa, and our own signature treatments.

OSKIA

L O N D O N

Nutritional Skincare That Works

Pioneering nutritional skincare, OSKIA blends MSM with bio-active to boost collagen, calm inflammation and enhance radiance. Treatments combine traditional massage and lymphatic techniques with modern exfoliation and microbiome care, for visibly healthier skin and deep, holistic restoration.



TEMPLE SPA

Holistic Wellness for Skin, Body & Soul

Inspired by the Mediterranean and rooted in wellness, Temple Spa fuses botanical actives with advanced science to deliver visible results. Their treatments blend soulful rituals with modern techniques to restore balance, nourish skin and uplift the spirit, leaving you deeply renewed from head to toe.

OSKIA SPECIALITY TREATMENTS

	Mins	Price
FACE, HEAD & SHOULDER RITUAL	55	£115
DEEP CLEANSING BACK RECOVERY	70	£130
CIRCADIAN DEEP SLEEP TREATMENT	85	£135
BODY & FACE RITUAL	85	£160
NUTRI-HYDRATION THERAPY	85	£160

MASSAGE & SCRUBS

INDIAN HEAD MASSAGE	40	£85
UTOPIA REFLEXOLOGY TREATMENT	55	£135
UTOPIA HOT STONE MASSAGE	70	£140
SWEDISH FULL BODY MASSAGE	55	£105
	85	£130
UTOPIA BAMBOO MASSAGE	55	£110
	85	£135
OSKIA WARM OIL MASSAGE	55	£115
	85	£140

ANTENATAL TREATMENTS

MOTHER-TO-BE MASSAGE	55	£115
OSKIA LUXURIOUS MOTHER-TO-BE	85	£160

SIDE-BY-SIDE TREATMENTS

COUPLE'S MASSAGE	55	£220
	85	£270

OSKIA SIGNATURE FACIALS

	Mins	Price
PURIFY & REVIVE	55	£105
REVITALISING SUPER-C	55	£115
SIGNATURE NUTRI-GLOW	70	£125

TEMPLE SPA FACIALS

BESPOKE FACIAL	55	£105
ALL ABOUT THE GLOW	55	£120

MANICURES & PEDICURES

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

Please arrive with bare nails for Gel, OPI Luxury and Replenishing treatments.
For removal, book Gel & Soak Off.



Book your treatment in seconds – just scan!

OSKIA Indulgent Face, Head & Shoulder Ritual

Exclusive to Utopia Spa

55 min - **£115**

A conditioning facial with gentle exfoliation, nourishing mask, and lymphatic massage. Includes a soothing scalp massage for total relaxation and skin renewal.

OSKIA Cleansing Back Recovery

70 min - **£130**

Target tension in the back, neck and shoulders with a detoxifying clay ritual and hot stone massage to restore balance and ease muscle strain. A warm compress and antioxidant-rich oil enhance this deeply relaxing massage.

OSKIA Circadian Deep Sleep Treatment

85 min - **£135**

A multi-phase ritual designed to enhance sleep, skin vitality, and mental wellbeing. Soothing aromas, plush towels, and calming oils infused with magnesium, melatonin, and optional CBD* ease you into deep relaxation and restful sleep. *CBD use optional.

OSKIA Luxury Body & Face Ritual

85 min - **£160**

A luxurious fusion of full-body massage and anti-ageing facial techniques to ease tension and restore radiance—leaving you relaxed, glowing, and rebalanced.

OSKIA Nutri-Hydration Body Therapy

85 min - **£160**

A full-body ritual to exfoliate, hydrate, and renew. Fruit enzymes and Himalayan salts prep the skin for a triple-weight hyaluronic acid infusion. Includes a warming back massage and a blissful facial and scalp massage.

Temple Spa Body Scrub

40 min - **£85**

An invigorating Mediterranean-inspired exfoliation to smooth, hydrate, and refresh skin from head to toe.

Indian Head Massage

40 min - **£85**

A calming treatment focusing on the head, neck, and shoulders to relieve stress and restore clarity.

Utopia Reflexology Treatment

55 min - **£135**

A therapeutic foot massage targeting the reflex points that correspond to the rest of the body to rebalance energy and restore vitality.

Utopia Hot Stone Massage

70 min - **£140**

Heated basalt stones melt away stress and soothe muscle tension, leaving you deeply relaxed and harmonised.

Swedish Full Body Massage

55 min - **£105** | 85 min - **£130**

A classic massage to ease muscle tension, improve circulation, and promote relaxation.

Utopia Bamboo Massage

55 min - **£110** | 85 min - **£135**

Warmed bamboo sticks deliver deep, flowing strokes to release tension and reduce stress.

OSKIA Warm Oil Massage

55 min - **£115** | 85 min - **£140**

A restorative full-body massage using warm oils and infused towels. Eastern-inspired pressure techniques release deep tension and restore calm.

Mother-to-Be Massage

55 min - **£115**

A comforting full-body massage tailored to ease pregnancy-related tension and promote relaxation.

OSKIA Luxurious Mother-to-Be

85 min - **£160**

A nurturing ritual for expectant mothers (12+ weeks). Includes a full-body massage using nourishing Rose De Mai oils, foot scrub and gentle facial to soothe, hydrate and relax.

Side-by-Side Massage

55 min - **£220** | 85 min - **£270**

Enjoy a full-body massage for two in our serene dual treatment room.

OSKIA Purify & Revive

55 min - **£105**

Ideal for oily or men's skin. Features deep steam cleansing, gua sha massage, and targeted neck and shoulder work for a refreshed, balanced complexion.

OSKIA Revitalising Super C Facial

55 min - **£115**

A brightening facial powered by advanced Vitamin C and biomimetic serums to smooth, even tone, and boost radiance.

OSKIA Signature Nutri-Glow

70 min - **£125**

A glow-enhancing facial using essential nutrients, AHA masks, and rose oil. Includes acupressure, facial massage, and a soothing head and hand ritual.

Temple Spa Bespoke Facial

55 min - **£105**

A tailored treatment using products suited to your skin's unique needs, we will analyse your skin and prepare a treatment bespoke to you - whether your skin is sensitive, dry, or combination.

Temple Spa All About the Glow

55 min - **£120**

A results-driven facial with active ingredients boosted by Vitamin C and glycolic acid to firm, brighten, and transform dull skin into a radiant glow.

Opening Hours

Monday-Friday: 6:30am – 9:00pm.

Saturday & Sunday: 7:00am – 8:00pm.

Pool Information

Main Pool: 15m, 28°C.

Hydrotherapy Pool, Jacuzzi: 35–38°C.

What to Wear

Swimwear, robe, and flip flops/slippers.

Towels provided for all guests.

Flip flops/slippers: Complimentary for hotel guests, £4 for spa day guests.

Dining in Robes

Lunch: Robes welcome.

Dinner: Smart casual attire required.

Lunch Hours

Tuesday to Friday: 12:00 – 2:30pm.

Saturday to Monday: 12:30 – 2:30pm.

Unplug & Unwind

Phones are allowed, but we recommend unplugging to fully relax.

The spa is generally quiet, though jets may create some background noise.

Age Policy

Spa access is for guests aged 18 and over.

Other Essentials

To help everyone enjoy a safe and relaxing experience, please note the following:

Smoking is not permitted in the spa garden. A designated smoking area is available nearby.

Pets are not allowed within the spa premises.

Outside food is not permitted. Refreshments are available via spa reception or by scanning the QR codes provided.

Safety first: There is no lifeguard on duty. Please avoid diving or jumping and behave responsibly around water.

Cancellations

Spa Days: 7 days notice required.

Treatments: 24 hours notice required.