

Swedish Full Body Massage

55 min - **£105** | 85 min - **£130**

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

Signature Best of Both Massage

55 min - **£120**

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.

Utopia Hot Stone Massage

60 min - **£140**

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

Express Back, Neck & Shoulder Massage

40 min - **£95**

Indulge in a relaxing 40 minute express massage focusing on your Back, Neck and Shoulder in our Blue Utopia Retreat Rooms

Mother to Be Massage

55 min - **£130**

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

Side by Side Massage

55 min - **£250** | 85 min - **£300**

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

Indian Head Massage

40 min - **£85**

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

Temple Spa Bespoke Facial

55 min - **£130**

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.

Express Facial

40 min - **£90**

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

Temple Spa All About the Glow Facial

55 min - **£140**

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.

Go Guy Facial

55 min - **£120**

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

Day By the Pool

From **£149**

Enjoy 6 hours of poolside relaxation, including a light lunch from the Pool Menu, full use of the pool and poolside amenities. Available booking times are 9am–3pm, 10am–4pm, or 11am–5pm.

Pool & Picnic

From **£129**

Enjoy 4 hours of poolside relaxation, including a two-course picnic in the estate grounds, a sun lounger with full use of the pool and poolside amenities. Available from 9am–1pm or 10am–2pm.

Pool & Pamper

From **£229**

Enjoy 6 hours of poolside relaxation, including a 55-minute ‘Best of Both’ treatment, a light lunch from the Pool Menu, and full use of the pool and poolside amenities. Available booking times are 9am–3pm, 10am–4pm, or 11am–5pm.

Sip, Dip and Supper

From **£95**

Enjoy 3 hours of evening relaxation, with full use of the pool and poolside amenities, plus £40 towards supper in the Estate Grill. Pool access is available from 5pm–8pm.

For the comfort and relaxation of all guests, children are not permitted in Utopia Retreat and Pool between the hours of 10am to 4pm. Bookings are non-refundable; however, amendments may be made up to 7 days before arrival. Cancellations or changes made within 7 days of arrival cannot be transferred to another date.

For added flexibility, guests may purchase our ‘Flex Cover’, which allows booking amendments up to 24 hours before arrival. To add Flex Cover to your booking, please contact us.