

let us take you
on a journey



emerge brighter

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eforea spa is a place like no other, a true oasis of luxury offering the ultimate relaxation experience. A hideaway where you can find yourself emerging brighter, refreshed and reconnected.

Located at the picturesque Utilita Bowl resort, within the stunning 171- bedroomed Hilton Southampton - Utilita Bowl, the gorgeous eforea spa is the perfect getaway from all of life's stresses.

Here at eforea spa we are committed to your overall well-being. Our selection of thermal experiences, immersive treatments and luxurious journeys are designed to revive and rejuvenate mind, body and soul.

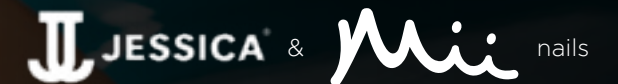
Let us take you on a journey.

EFOREA PARTNERS

We are honoured to be partnered with two industry-leading skincare and beauty brands, the creators behind our incredible range of treatments and journeys.

ELEMIS

Skincare, beauty and wellness lie at the heart of ELEMIS, the #1 Luxury British Skincare brand. A 'certified B corporation', every ground-breaking treatment is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team and encompassing the most powerful biological actives available from both 'above and below' the Earth's surface.



JESSICA NAILS is a part of world-leading brand JESSICA Cosmetics and the perfect way to easily achieve and maintain naturally beautiful nails. JESSICA Nails was started in the 1970s by Jessica Vartoughian, who pioneered natural nail care and eventually became known as The First Lady of Nails.

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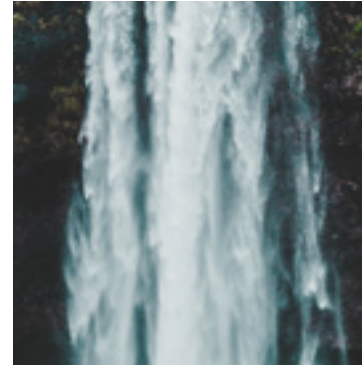
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eforea journey

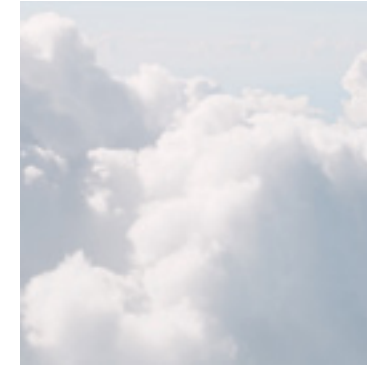
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A restorative journey through eforea's luxurious spa facilities can be enjoyed either before or after any eforea treatment.

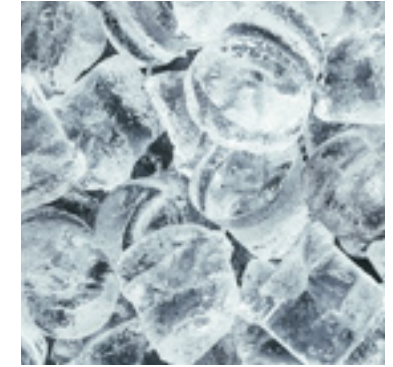
For optimum relaxation and nourishment, we recommend experiencing eforea's facilities in the following order:



First, enjoy our soothing rainforest shower. Wash away any built up stress with immersive mood lighting and fresh rainforest scents.



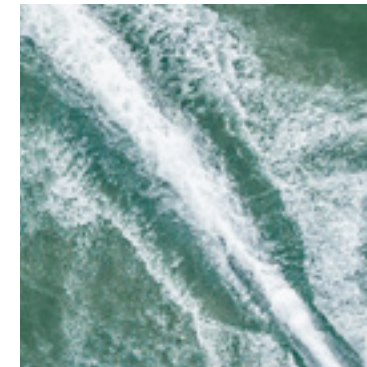
Lay back and relax in our light and dark steam chambers to restore the respiratory system and ease sensory tension. In our tepidarium, gently warm your body on our heated mosaic loungers to reduce stress and deep-relax. Stimulate and strengthen your circulatory system in our bio sauna; the warm temperature allowing your skin to breathe through the removal of toxins.



The body is just as responsive to cooler temperatures as it is to heat. The crystals of ice in the eforea ice baths constrict blood vessels, helping to reduce swelling in the body, and providing a light exfoliation of the skin.



Unwind further by indulgently sinking your feet into the effervescing targeted foot spas and feel your muscles loosen and relax.



Spend time soaking in the large hydrotherapy pool with targeted jets above and below the water's surface to help target tension hot spots and aid removal of waste toxins in the muscles.



Finally, for the complete eforea experience, savour time in outdoor Jacuzzi, sunken into the expansive roof terrace and perfect for basking in the sunshine.

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spa breaks

DISCOVERY

⌚ 60 mins

Price available upon request

Relax with a 60 minute treatment and spa facility access*, before enjoying a one night stay at the Hilton Southampton - Utilita Bowl with breakfast in BEEFY'S by Lord Botham Restaurant the next morning.

Choose one treatment lasting 1 hour:

- Any ELEMIS Pro-Glow Facial lasting 1-hour*
- ELEMIS Nectar Nourishing Body Wrap
- Signature Voyage Treatment
- eforea Body Balance
- eforea Recovery Massage
- JESSICA GELeration Manicure
- JESSICA GELeration Pedicure

**Upgrade to an ELEMIS Pro-Glow+ Facial for an additional fee, subject to availability.*

*Choose a bookable spa session of 09:00am-13:30pm | 14:00-18:00pm

LUXURY ESCAPE SPA

⌚ 120 mins

Price available upon request

Savour and indulge in extended moments of pure bliss with an incredible 120 minute eforea treatment and spa facility access*, before enjoying a one night stay at the Hilton Southampton - Utilita Bowl with breakfast in BEEFY'S by Lord Botham Restaurant the next morning.

Choose from the following treatments:

- Any ELEMIS Pro-Glow Facial lasting 1 hour
- Signature Voyage Treatment
- eforea Recovery Massage

Your treatment will start with a full body scrub and conclude with a Foot Journey.

GIRLS' NIGHT SPA

⌚ 45 mins

Price available upon request

Make this spa break one to remember with spa facility access*, a 45 minute treatment each - choose from a JESSICA GELeration Manicure or Pedicure or a Body Scrub, before enjoying your one night stay at the Hilton Southampton - Utilita Bowl with breakfast in BEEFY'S by Lord Botham Restaurant the next morning.

spa days

Choose a bookable spa session of 09:00am-13:30pm | 14:00-18:00pm

EMERGE

Adaptable for mothers-to-be after 12 weeks of pregnancy.

£145pp (Mon-Thur) | £155pp (Fri-Sun)

This day package is the ultimate introduction to the gorgeous eforea spa. Choose from one of our best-selling treatments and emerge feeling a brighter, rejuvenated you.

Choose one treatment lasting 1 hour:

- 👉 ELEMIS Touch Facial*
- 👉 ELEMIS Nectar Nourishing Body Wrap
- 👉 Signature Voyage Treatment
- 👉 eforea Body Balance
- 👉 eforea Recovery Massage
- 👉 JESSICA GELeration Manicure
- 👉 JESSICA GELeration Pedicure

**Upgrade to an ELEMIS BIOTEC facial, or hot stones to your massage for an additional £10pp supplement, subject to availability.*

EMERGE includes an eforea buffet lunch in the Spa Café, a complimentary robe, towel, slippers and access to spa facilities.

BALANCE

£155pp (Mon-Thu) | £165pp (Fri-Sun)

This day package is sure to leave you feeling refreshed and rebalanced. Perfect for those who have recently embarked on a healthier lifestyle journey or perhaps are in need of an immune booster.

Start your treatment with a 30 minute ELEMIS Deeply Cleansing Body Scrub followed by the choice of one treatment lasting 1 hour:

- 👉 A Signature Voyage Treatment
- 👉 An eforea Recovery Massage
- 👉 Any ELEMIS touch facial lasting 1 hour

BALANCE includes an eforea buffet lunch in the Spa Café, a complimentary robe, towel, slippers and access to spa facilities.

ESCAPE

£195pp (Mon-Thu) | £205pp (Fri-Sun)

The ultimate eforea package, which promises to leave you emerging brighter, refreshed and reconnected.

Enjoy 2 hours of treatments, beginning with a Soothing Foot Soak, before awakening you skin with an ELEMIS Deeply Cleansing Body Scrub. Next choose from:

- 👉 A Signature Voyage Treatment
- 👉 An eforea Recovery Massage
- 👉 Any ELEMIS touch facial lasting 1 hour

Your treatment will conclude with a choice of either the foot journey, or the head and face enhancement*.

ESCAPE includes an eforea buffet lunch in the Spa Café, a complimentary robe, towel, slippers and access to spa facilities.

JOURNEY

£76pp (Mon-Thu) | £86pp (Fri-Sun)

JOURNEY includes a eforea buffet lunch in the Spa Café, a complimentary robe, towel, slippers and access to spa facilities in the bookable time sessions*.

*Choose a bookable spa session of 09:00am-13:30pm | 14:00-18:00pm



TIME FOR TWO

⌚ 90 mins
£315 per couple (Mon-Thu) | £325 per couple (Fri-Sun)

Perfect for a romantic escape, a baby-moon, or even a mother-daughter getaway. Includes twilight spa facility access from 18:30-20:30pm.

- Indulge side-by-side in our deeply relaxing couples' treatment room, choosing from either:
- 👉 1 hour Full Body Recovery Massage and a 30 minute ELEMIS Hands On Facial
 - 👉 1 hour Hands On ELEMIS Facial and a tension busting 30 minute Back, Neck and Shoulder Massage

In addition, enjoy a glass of fizz in our tranquil Spa Café after your treatments.

Add the eforea pantry dining experience for only £19.50pp.

spa evenings

TWILIGHT

£35pp (Mon-Thu) | £45pp (Fri-Sun)*
⌚ 18:30-20:30pm

The ultimate evening retreat, enjoy eforea spa facilities. Wind down post work or simply enjoy an evening of self care.

Treatments can be added to your booking, prior to or during, your session.

Arrive from 18:30pm and enjoy unlimited use of the luxury eforea facilities until 20:30pm.

Includes complimentary towel and slippers.

**Please note the Twilight session is from 16:00-18:00 on Sundays*

EXCLUSIVE TWILIGHT

From £59pp (Mon-Thu) | £69pp (Fri-Sun)*
⌚ 18:30-21:00pm exclusive spa access

The ultimate spa experience for you and your friends eforea spa is available for private evening hire for groups of ten or more.

Arrive at the café at 18:30pm for a glass of fizz per person, then enjoy the tranquillity of the spa between 19:00-21:00pm

Treatments can be added to your booking, prior to or during, your session.

face

TECHNOLOGY

Pioneering ELEMIS BIOTEC technology works to turn back the effects of time on your skin, increasing its natural cellular energy.

Leaving you with visibly healthy, nourished and energised skin.



Spots



Wrinkles



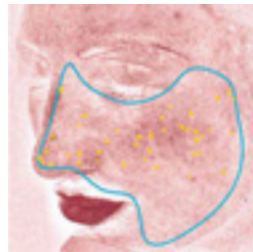
Texture



Pores



Brown spots



Red areas

High Resolution Skin Analysis Consultation

⌚ 15 mins | £15*

Allow our Skin Analysis Technology to show you exactly what stands between you and the skin you desire. Allow us to thoroughly analyse your skin type and show you how to address all of your personal skin concerns, including fine lines, sun damage and more. You'll also receive a printed report for you to take home.

**Redeemable as credit against all ELEMIS products available at eforea spa' on the day of analysis*

ELEMIS Pro-Glow Smooth +

⌚ 50 mins | £105 (Mon-Thur) | £115 (Fri-Sun)

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

ELEMIS Pro-Glow Brilliance +

⌚ 50 mins | £105 (Mon-Thur) | £115 (Fri-Sun)

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin.

ELEMIS Pro-Glow Resurface +

⌚ 50 mins | £105 (Mon-Thur) | £115 (Fri-Sun)

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines.

ELEMIS Pro-Glow Genius +

⌚ 75 mins | £152 (Mon-Thur) | £162 (Fri-Sun)

Harnessing the powerful benefits of all 6 ELEMIS BIOTEC 1.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration.

EFOREA RECOMMENDS

For those wanting to focus on gently stimulating and tightening the delicate eye area, we recommend the Speed Spa 'Eye Do' treatment, on page 24.



TREATMENTS

face

TOUCH

The hands of a highly trained ELEMIS therapist are profoundly effective tools to promote healthy ageing. Using a combination of massage techniques from around the world, this is where instinct meets expertise with clinically proven results.*

ELEMIS Pro-Glow Smooth

⌚ 50 mins | £99 (Mon-Thur) | £109 (Fri-Sun)

Powerful resurfacing technology lifts away deadskin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. Suitable for 25+.

ELEMIS Pro-Glow Brilliance

⌚ 50 mins | £99 (Mon-Thur) | £109 (Fri-Sun)

Turn up the brightness with our double cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

ELEMIS Pro-Glow Resurface

⌚ 50 mins | £99 (Mon-Thur) | £109 (Fri-Sun)

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

**Independent clinical trials*

massage & body

eforea Hot Stone Massage

⌚ 70 mins | £115 (Mon-Thur) | £125 (Fri-Sun)

Balinese stones bathed in moisture-enriched body oil are worked deep into the muscles. With Ayurvedic inspired pressure point techniques, this treatment promotes total tranquillity throughout the body, with the additional benefit of intensely hydrated skin.

ELEMIS Peaceful Pregnancy Massage

⌚ 70 mins | £115 (Mon-Thur) | £125 (Fri-Sun)

This unique pregnancy massage is profoundly nurturing and tranquil. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted - along with wisdom, empathy and respect.

ELEMIS Intensely Cleansing Salt Scrub

Choose between Lime & Ginger or Frangipani

⌚ 30 mins | £62 (Mon-Thur) | £72 (Fri-Sun)

Delicately fragranced salt gently removes dead skin cells, encouraging cell regeneration. This skin is left a smooth and responsive canvas, ready to absorb the nourishing body oil for total hydration.

eforea Body Balance

⌚ 60 mins | £99 (Mon-Thur) | £109 (Fri-Sun)

Alleviating muscular pain and removing toxins, a detoxifying scrub is performed after a balancing back massage and calf and foot massage. A purifying back masque completes this comprehensively nourishing treatment.

18 eforea Recovery Massage

⌚ 60 mins | £109 (Mon-Thur) | £119 (Fri-Sun)

Designed by you and your eforea therapist, this massage uses a variety of techniques and pressures to relieve muscular tension and is followed by a stimulating Indian-inspired scalp massage.

Signature Sail Away Massage

⌚ 60 mins | £109 (Mon-Thur) | £119 (Fri-Sun)

Embark on a journey of tranquillity. This healing massage incorporates a variety of techniques, pressures and rhythmic movements to help eliminate toxins as well as ease muscular aches and pains.

ELEMIS Targeted Toning Tightener

⌚ 90 mins | £115 (Mon-Thur) | £125 (Fri-Sun)

A powerful blend of massage and detoxifying clay for targeted toning and tightening. Clinically proven* to reduce the appearance of cellulite after just one treatment.

Your treatment will focus on arms, hips, thighs and abdomen. For optimum results a course of two treatments per week for four weeks is recommended.

ELEMIS Deep Tissue Massage

⌚ 60 mins | £109 (Mon-Thur) | £119 (Fri-Sun)

Address muscle pain, stress relief, relaxation or balance through aromatic massage. Your therapist will work deep beneath the skin to relieve tension in the body and encourage circulation.



TREATMENTS

Signature Marine Revive and Renew

⌚ 90 mins | £119 (Mon-Thur) | £129 (Fri-Sun)

A warming blend of nourishing marine plants is drenched over the body, followed by a cocooning body wrap and de-stressing scalp treatment. Finish with an anti-aging face and eye treatment, helping to protect against signs of aging.

Signature Maritime Face & Body Treatment

⌚ 90 mins | £119 (Mon-Thur) | £129 (Fri-Sun)

A reviving face and body treatment, using aromatherapeutic actives. The body is cocooned in a comforting wrap, followed by a deep tissue back massage. A face and eye treatment rejuvenates, accompanied by a de-stressing scalp massage.

Signature Voyage Treatment

⌚ 60 mins | £109 (Mon-Thur) | £119 (Fri-Sun)

Experience a full-body voyage of discovery, awakening the senses through touch and aroma. Relish a full back massage and prescribed ELEMIS Booster Facial, before concluding with a Signature Foot Cleanse to leave you relaxed and revived from top to toe.

ELEMIS Nectar Nourishing Body Wrap

⌚ 60 mins | £95 (Mon-Thur) | £105 (Fri-Sun)

The velvety texture of Frangipani-fragranced Monoi Oil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

Back, Neck and Shoulder Massage

⌚ 30 mins | £69 (Mon-Thur) | £79 (Fri-Sun)

This intense massage alleviates stress and revives the senses by encouraging circulation in the neck, shoulders and back.

EFOREA ENHANCEMENTS

Shoulder, Neck & Scalp

⌚ 30 mins | £69 (Mon-Thur) | £79 (Fri-Sun)

Relieve stress, reduce muscle tension, oxygenate the muscles and improve blood flow in your shoulders, neck and scalp. Featuring trigger point therapy and joint stimulation, this combination of techniques will leave you feeling renewed and full of energy. The relieving of tired muscles also encourages a sense of tranquillity and balance.

Head & Face

⌚ 30 mins | £69 (Mon-Thur) | £79 (Fri-Sun)

The head and face journey enhancement has been developed using deep breathing techniques to transmit an air of serenity and tranquillity. The treatment seamlessly mixes chakra stimulation, muscle relaxation and energy point activation stretching of both the spine and facial muscles. You will leave feeling realigned, creating a deep sense of balance and wellbeing.

Foot Journey

⌚ 30 mins | £69 (Mon-Thur) | £79 (Fri-Sun)

Drawing from essential and ancient methods of healing through the feet, this enhancement combines the pressing of specific reflex and energetical points along with nerve stimulation, joint activation and relaxation techniques to create a completely revitalising and luxurious treatment.

Add any of these enhancements to a spa day or treatment over 1 hour for only £38



speed spa

Our innovative Speed Spa treatments use the latest in skin analysis technology from luxury British skincare brand ELEMIS, to deliver outstanding results in record breaking time.

BIOTEC Facials

⌚ 30 mins | £62 (Mon-Thur) | £72 (Fri-Sun)

Pioneering ELEMIS BIOTEC technology works to turn back the effects of time on your skin, revealing visibly healthy, nourished and energised skin. Can be tailored to your skins needs.

Eye Do

⌚ 30 mins | £62

Gently stimulate and tighten the delicate eye area without disturbing or damaging fragile skin.

High Resolution Skin Analysis Consultation

⌚ 15 mins | £15*

Identify the needs of your skin through advanced clinical imagery

**Redeemable as credit against all ELEMIS products available at eforea spa* on the day of analysis*

PLEASE NOTE

Speed Spa treatments will be performed over clothes and at your discretion.

Massage

⌚ 15 mins | £32

Head First

The pressures on! Release the pressure of tension headaches and re-energise your scalp with a blissful head massage.

Past Tense

Loosen up! Melt away tension in the neck and shoulder. This targeted treatment will alleviate stress and revive senses to leave you floating on air!

Combine both Head First & Past Tense for a discounted price of £52.

The Unwinder*

Cut through tension in your back, neck and shoulders to relieve sore, tired and aching muscles. Powered by hot stones, this treatment leaves you feeling recharged and energised.

**Please note this treatment is carried out in a shiatsu chair.*

Modern Day Massage

⌚ 15 mins | £15

Relax and unwind whilst receiving a full body massage performed by our state-of-the-art massage chair.

MANICURE & PEDICURE

File & Polish

⌚ 30 mins | £35 (Mon-Thur) | £45 (Fri-Sun)

GELeration Removal

⌚ 30 mins | £10

JESSICA Manicure

⌚ 60 mins | £59 (Mon-Thur) | £69 (Fri-Sun)*

ZenSpa Pedicure

⌚ 60 mins | £59 (Mon-Thur) | £69 (Fri-Sun)*

** Includes Gel or standard polish*

BROWS & LASHES

Eyebrow Tint

⌚ 20 mins | £12

Eyelash Tint

⌚ 30 mins | £12

Eyebrow & Lash Tint

⌚ 45 mins | £18

Lash Lift

⌚ 75 mins | £49

This treatment is a great alternative to lash extensions or if you are just looking to improve the strength and appearance of your lashes (lasts 6-8 weeks).

All semi-permanent tinting and lash lift treatments require a compulsory patch test 24 hours before.

eforea memberships

TOTAL EFOREA

£115pp per month

- Spa access Mon-Thu in any of our spa session times (must be pre booked)
- Includes 1 x 15 minute choice of either the massage chair or skin lab per month
- Gym access (Mon-Sun)
- 10% off retail
- 20% off food and drink in the Spa Café
- 20% off food and drink in BEEFY'S by Lord Botham*
- 20% off any 1-hour treatments

6 month minimum term

Limited numbers apply, subject to availability

SPA CLUB

£75pp per month

- 1x 60 minute treatment per month (Tue-Thu)*
- 10% off retail
- 20% off food and drink in the Spa Café
- 20% off food and drink in BEEFY'S by Lord Botham*
- 20% off additional treatments

6 month minimum term

GYM ONLY

£29pp per month

- Gym access between: 09:00am-20:45pm Monday-Saturday & 09:00am-18:00pm Sunday
- 10% off retail
- 20% off food and drink in the Spa Café
- 20% off food and drink in BEEFY'S by Lord Botham*
- 20% off treatments

6 month minimum term

EFOREA INFORMATION

Booking at eforea spa

To book spa access, a spa treatment or a spa day, please call the eforea team on **02382 027093** or email spa@utilitabowl.com

Please note a valid gift voucher, debit or credit card details are required to secure your booking, however no charge will be made until prior to departure from the spa.

Please give 48 hours notice to change or cancel your booking, otherwise we will have to charge you for the full price of your treatment.

GIFT VOUCHERS

Treat yourself or a loved one to an eforea spa gift voucher, which can be used against spa facility usage, spa treatments, spa days or memberships.

To purchase a gift voucher please visit us at eforea spa, call **02382 027093** or visit our website www.utilitabowl.com/voucher

STAY IN THE KNOW

Want to know about our exclusive offers, the latest news and more from eforea spa?

[Click here](#) to keep up to date with all things eforea.

EFOREA ETIQUETTE

- An e-consultation will be sent to you via email, and our spa reception team will contact you to complete this in advance of your treatment.
- We are currently operating on a cashless basis for hygiene reasons and so upon arrival we will ask for your payment, and we can only accept Credit/Debit cards or Apple Pay.
- All treatments are required to be booked in advance, so if you wish to book additional treatments please contact our spa reception team who would be happy to assist.
- There are water refill stations located around the spa, we ask you to please bring a water bottle with you, to help us combat plastic waste.
- The car park exit code will be supplied to you upon your departure.

All members discounts are not in conjunction with any other promotion

*BEEFY'S discount valid Tuesday-Thursday and must be pre-booked.

* 1 x 60 minute treatment per month from a choice of: Recovery massage, Deep Tissue, elemis facial, voyage, manicure or pedicure. Supplement of £10 pp apply for Biotec upgrade or hot stone upgrade





EFOREA SPA

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Eforea Spa Southampton



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Eforea Spa