



# spa brochure



# emerge brighter

eforea spa is a place like no other, an award-winning spa offering the ultimate relaxation experience. A hideaway where you can find yourself emerging brighter, refreshed and reconnected.

Located within the stunning Hilton Southampton - Utilita Bowl, the tranquil eforea spa is the perfect getaway from all of lifes' stresses.

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

We can't wait to welcome you.

# spa breaks

Discover our array of luxurious spa breaks. All spa breaks include a stay at Hilton Southampton - Utilita Bowl, breakfast at BEEFY'S by Lord Botham Bar & Restaurant and eforea gym access.

## HARMONY PASS

10% off 50 min treatments booked prior to arrival  
eforea afternoon tea in spa café  
📅 1 night stay  
From £168 for two

Sink into serenity and restore harmony – let stress melt away and wake up refreshed. Spa access between 9:00-13:30 or 14:00-18:00.

## TWILIGHT EXPRESS

🕒 15 min massage chair use  
📅 1 night stay  
From £198 for two

Join us as the sun sets and immerse yourself in pure relaxation. An evening of blissful relaxation. Spa access between 18:30-20:30.

## SUNDAY RESET

15% off 50 min treatments booked prior to arrival  
2 course dinner at BEEFY'S Restaurant  
📅 1 night stay - Sunday only  
Late check out of 1pm  
From £168 for two

The perfect weekly pause – designed to melt away stress and prepare you for the week ahead. Spa access between Sunday 16:00-18:00 or Mon 09:00-11:00 or 10:00-12:00.

## BLISSFUL DREAMS

🕒 30 min treatment each  
📅 1 night stay - Sun - Thurs  
From £245 for two

Soothe your senses and lull yourself into a state of blissful slumber. Spa access between 14:00-18:00.

Choose **one** treatment lasting **30 mins**:

- 👉 Sole Serenity
- 👉 Back, Neck & Shoulder Massage

## DISCOVERY

🕒 50 min treatment each  
📅 1 night stay  
From £305 for two

Escape the hustle and bustle of everyday life and embark on a journey of self-discovery. Spa access between 9:00-13:30 or 14:00-18:00.

Choose **one** treatment lasting **50 mins**:

- 👉 Signature Face & Body Reset
- 👉 Body Balance
- 👉 Recovery Full Body Massage
- 👉 Mii Statement Gel Manicure
- 👉 Mii Statement Gel Pedicure

## SERENITY

🕒 50 min treatment each  
📅 2 night stay  
From £460 for two

Rejuvenate your body and mind with our most indulgent spa break, spanning over two nights. Spa access between 9:00-13:30 or 14:00-18:00 on both days.

**Day 1:** Begin with a soothing 30-minute treatment, followed by a spa session.

Choose **one** treatment lasting **30 mins**:

- 👉 Soul Serenity
- 👉 Back, Neck & Shoulder Massage

**Day 2:** Continue your pampering with a 50-minute treatment and another session of spa access to ensure complete relaxation.

Choose **one** treatment lasting **50 mins**:

- 👉 Signature Face & Body Reset
- 👉 Body Balance
- 👉 Recovery Full Body Massage
- 👉 Mii Statement Gel Manicure
- 👉 Mii Statement Gel Pedicure

# spa + par

All spa breaks paired with Boundary Lakes Golf Course, include a stay at Hilton Southampton – Utilita Bowl, breakfast at BEEFY'S by Lord Botham Restaurant & Bar and eforea gym access.

## PAR & PAMPER

🕒 30 min treatment for one  
🏌️ Round of golf for one  
📅 1 night stay  
💷 From £170 for two

Created for golf and spa lovers who value both personal passions and shared moments.

Unwind in style doing what you love most, then come back together to enjoy your stay and dining experience as a couple. Spa access between 9:00-13:30 or 14:00-18:00.

Choose **one** treatment for one lasting **30 mins**:

- 👉 Sole Serenity
- 👉 Back, Neck & Shoulder Massage

## TEE OFF & TRANQUILLITY

🕒 30 min treatment each  
🏌️ One round of golf for two  
📅 1 night stay  
💷 From £235 for two

Golf and spa lovers alike can unwind together in style. Quality time is guaranteed while experiencing all Hilton Southampton – Utilita Bowl has to offer, in one short, but memorable stay.

Spa access between 9:00-13:30 or 14:00-18:00.

Choose **one** treatment each lasting **30 mins**:

- 👉 Sole Serenity
- 👉 Back, Neck & Shoulder Massage

Please note single players or pairs may be grouped with other pairs on tee times. All golf bookings are subject to availability.



# spa experiences



## SUNRISE

⌚ 09:00-11:00 or 10:00-12:00

**From £39pp**

A blissful morning escape designed to awaken your senses and restore your glow. Start the day right.

Upgrade to eforea afternoon tea in spa café for £19.50pp.

## TWILIGHT

⌚ 18:30-20:30 (Sun 16:00-18:00)

**From £39pp**

As the day fades, unwind in style. Whether you're easing into post-work relaxation or indulging in an evening of self-care, immerse yourself in the spa - designed for rejuvenation at one of the most beautiful times of the day.

## JOURNEY

⌚ 09:00-13:30 or 14:00-18:00

**Includes eforea afternoon tea in spa café**

**From £79pp**

Embark on a journey around eforea spa. Whether you're seeking a quiet solo reset or a leisurely experience with friends, this is your invitation to soak, steam, and simply be.

Treatments can be added to all spa experiences, please enquire

## EMERGE

⌚ 50 min treatment (1 treatment)  
eforea afternoon tea in the spa café  
⌚ 09:00-13:30 or 14:00-18:00

From £149

Emerge from the everyday and step into a day designed entirely around your wellbeing. Indulge in restorative treatments, unwind in tranquil surroundings, and leave feeling refreshed, radiant, and rebalanced.

Choose **one** treatment lasting **50 mins**:

- 👉 Any ELEMIS Touch facial†
- 👉 Face & Body Reset
- 👉 Body Balance
- 👉 Recovery Full Body Massage
- 👉 Mii Statement Gel Manicure
- 👉 Mii Statement Gel Pedicure

## MUM TO BE

⌚ 50 min treatment (1 treatment)  
eforea afternoon tea in the spa café  
⌚ 09:00-13:30 or 14:00-18:00

From £149

Perfect for an expectant mother, this package offers the ultimate zen reset before your little one arrives. Our Mum-to-Be experience is thoughtfully designed to nurture and pamper, ensuring you enjoy deep relaxation and gentle care.

Choose **one** treatment lasting **50 mins**:

- 👉 Elemis expert™ pregnancy massage **or**
- 👉 Any ELEMIS Touch facial

†Upgrade any 50-minute elemis facial to an ELEMIS Pro-Glow+ Facial for a £10 supplement, subject to availability.

## BALANCE

⌚ 80 mins of treatments (2 treatments)  
eforea afternoon tea in the spa café  
⌚ 09:00-13:30 or 14:00-18:00

From £159

Perfect for anyone who has recently begun a lifestyle transformation or simply needs an immune-boosting recharge. This restorative spa day supports your body's natural vitality while calming the mind and replenishing your energy.

👉 Outer Glow **30 mins**

Next choose from:

- 👉 Face & Body Reset **50 mins** **or**
- 👉 Recovery Full Body Massage **50 mins** **or**
- 👉 Any ELEMIS Touch facial† **50 mins**

## ESCAPE

⌚ 80 mins of treatments (up to 2 treatments)  
eforea afternoon tea in the spa café  
⌚ 09:00-13:30 or 14:00-18:00

From £205

Step away from the everyday and immerse yourself in pure relaxation. Our Escape spa package is designed to melt away tension, calm the mind, and restore your sense of wellbeing.

Choose from:

👉 Escape Massage **80 mins**

**Or:**

- 👉 Any ELEMIS Touch facial† **50 mins** **and**
- 👉 Back, Neck & Shoulder Massage **30 mins**

## TIME FOR TWO

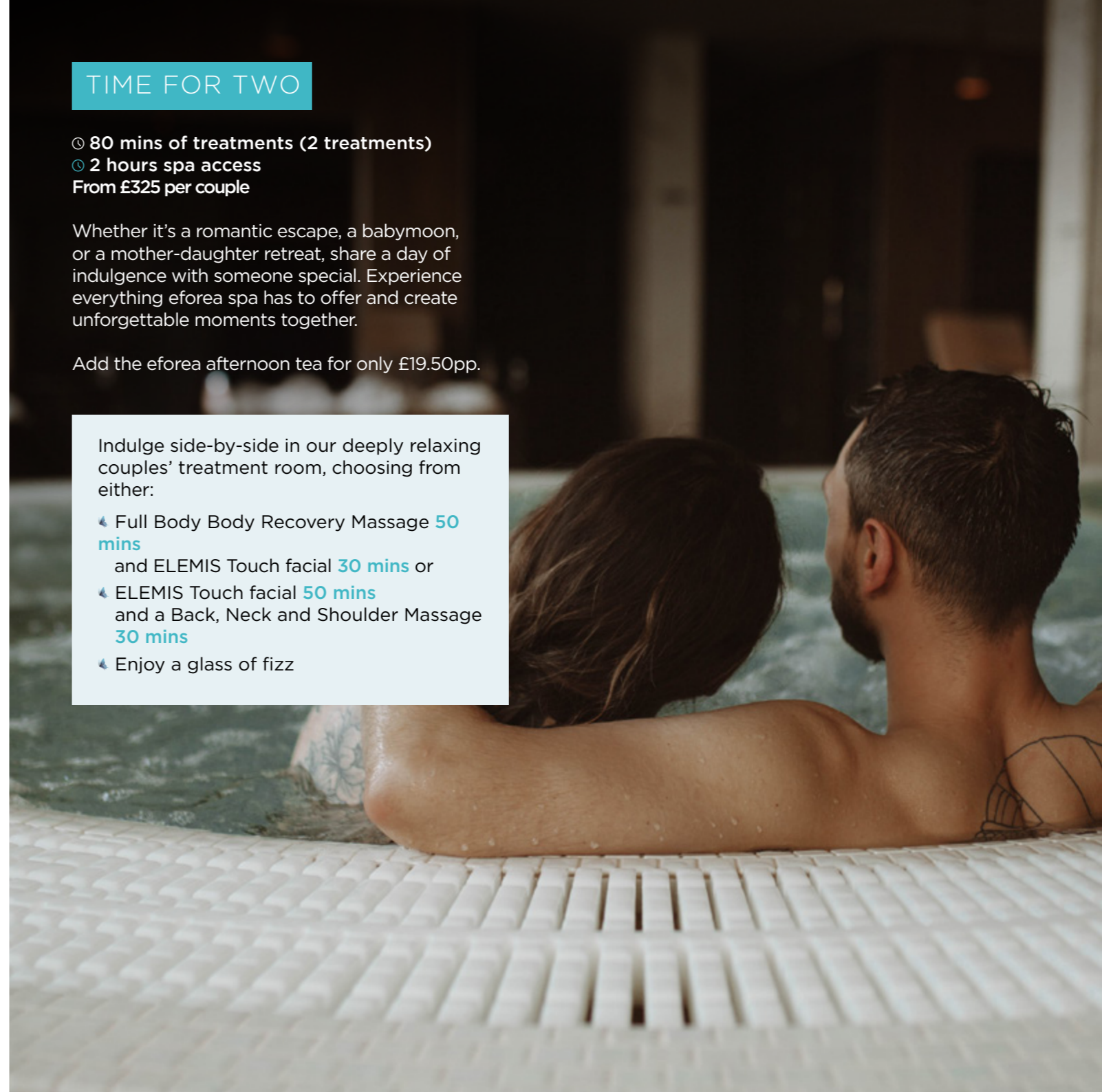
⌚ 80 mins of treatments (2 treatments)  
⌚ 2 hours spa access  
From £325 per couple

Whether it's a romantic escape, a babymoon, or a mother-daughter retreat, share a day of indulgence with someone special. Experience everything eforea spa has to offer and create unforgettable moments together.

Add the eforea afternoon tea for only £19.50pp.

Indulge side-by-side in our deeply relaxing couples' treatment room, choosing from either:

- 👉 Full Body Body Recovery Massage **50 mins**  
and ELEMIS Touch facial **30 mins** **or**
- 👉 ELEMIS Touch facial **50 mins**  
and a Back, Neck and Shoulder Massage **30 mins**
- 👉 Enjoy a glass of fizz



# treatments

## face

### BIOTEC FACIALS

#### ELEMIS EXPERT™ Tech Lift + Rejuvenate Facial

⌚ 50 mins | From £109

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted

#### ELEMIS EXPERT™ Tech Radiance + Revive Facial

⌚ 50 mins | From £109

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant.

#### ELEMIS EXPERT™ Tech Smooth + Polish Facial

⌚ 50 mins | From £109

Reset uneven skin tone and texture with our Ultrasonic Peel to refine and Galvanic technology to nourish, revealing bright, polished and smooth skin.

### FACIALS

#### ELEMIS EXPERT™ Touch Nourish Facial

⌚ 50 mins | From £105

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

#### ELEMIS EXPERT™ Touch Renew Facial

⌚ 50 mins | From £105

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

#### ELEMIS EXPERT™ Reveal Facial

⌚ 50 mins | From £105

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

## body

#### Outer Glow

⌚ 30 mins | From £72

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

#### Body Balance

⌚ 50 mins | From £105

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.

#### Face & Body Restore

⌚ 80 mins | From £125

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.

## face + body

#### ELEMIS EXPERT™ Absolute Face + Body Ritual

1) Choose your treatment length:

⌚ 50 mins | From £115

⌚ 80 mins | From £145

⌚ 100 mins | From £175

Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatment, or let your therapist prescribe the perfect treatment to leave you feeling restored from head to toe.

2) Next choose your treatment combination to equal total treatment length

#### Bespoke Face

👉 ELEMIS EXPERT™ Touch 25 mins

👉 ELEMIS EXPERT™ Touch 50 mins

#### Bespoke Body

👉 Deep Tissue Tension Ease Back Massage 25 mins

👉 Cleansing Salt Scrub 25 mins

👉 Cleansing Salt Scrub + Frangipani Body Wrap 50 mins

👉 Cleansing Salt Scrub + Tension Ease Back Massage 50 mins

👉 Deep Tissue Tension Ease Body Massage 50 mins



# massage

## BODY TREATMENTS

### Massage Chair

⌚ 15 mins | £15

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

### Back, Neck & Shoulder Massage

⌚ 30 mins | From £72

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

### Sole Serenity

⌚ 30 mins | From £72

Melt away stress with a soothing foot massage designed to relax tired muscles and restore balance. Gentle pressure and flowing techniques improve circulation, ease tension, and leave you feeling refreshed from the ground up.

### Japanese Head Spa

⌚ 80 mins | From £85

A state-of-the-art spa ritual blending traditional Japanese techniques with modern wellness practices for a deeply relaxing, multi-sensory experience.

A combination of soothing neck, décolleté and shoulder massage, with a purifying and hydrating scalp treatment and massage. Complete with a steam session infused with aromatic essential oils.

### ELEMIS EXPERT™ Deep Tissue Tension-Ease Massage

⌚ 50 mins | From £115

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

### Recovery Full Body Massage

⌚ 50 mins | From £115

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.

### Himalayan Salt Stone Massage

⌚ 50 mins | From £119

Benefit from 84 minerals and trace elements, these Himalayan salt stones aid a deep sense of relaxation by manipulating the muscles in the body. Additional benefits of this treatment include light exfoliation, generation of negative ions helping create a sense of peace and deep tranquility.

### ELEMIS EXPERT™ Peaceful Pregnancy Massage

⌚ 60 mins | From £119

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

### Escape Massage

⌚ 80 mins | From £140

Unwind completely with this indulgent full body 80-minute massage experience. The extra time allows for unhurried, flowing techniques and focused attention on areas of tension, leaving you deeply relaxed, balanced, and renewed.

# Mii

## manicures & pedicures

### Fly-By Mii, File & Polish

⌚ 30 mins | £38 (Mon-Thur) | £48 (Fri-Sun)

### Treat Mii Statement Gel Manicure

⌚ 60 mins | £62 (Mon-Thur) | £72 (Fri-Sun)\*

### Treat Mii Statement Gel Pedicure

⌚ 60 mins | £62 (Mon-Thur) | £72 (Fri-Sun)\*

### Gel Removal

⌚ 30 mins | £12

\* Includes gel or standard polish

# eforea fitness

**Join eforea gym today**  
From £29 a month

Gym access 7 days a week, 24 hours

Complimentary on-site parking

20% discount on treatments

20% discount in the spa café

10% discount on retail products

20% discount in BEEFY'S by Lord Botham Bar & Restaurant

Minimum contract term of six months

All members discounts are not in conjunction with any other promotion

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





**eforea spa**

Mezzanine Floor, Hilton Southampton - Utilita Bowl  
Botley Road, West End, Southampton, SO30 3XH

**To book, contact:**

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We kindly ask for a minimum of 48 hours' notice for any changes or cancellations. Cancellations made after this time may incur the full booking fee. Full terms and conditions can be found on our website.