

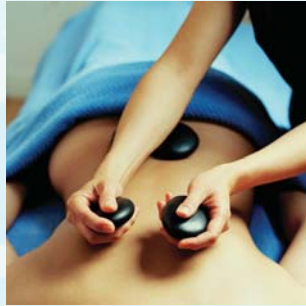


LAKESIDE SPA

LAKE WINDERMERE



WE OVERLOOK NOTHING BUT THE LAKE



Lakeside Spa occupies an idyllic position on the tranquil shores of Lake Windermere.

Surrounded by woodland fells, crystal clear streams and pure mountain air.

AVEDA SIGNATURE FACIAL TREATMENTS

Botanical Skin Customised Facial

A custom facial to restore balance.

Tourmaline Charged Resurfacing Facial

Aveda's natural alternatives to microdermabrasion creating a smoother texture and reviving a dull complexion using tourmaline charged products to leave the skin positively glowing.

Outer Peace Blemish Relief Facial

A total solution for blemished skin that encourages a clean and clear complexion.

Green Science Facial

A combination of the powerful plant technology and high touch-skin therapy to renew, repair and regenerate the skin. This unique treatment is clinically proven to lift and firm the skin and reduce fine lines and wrinkles.

Enbrightenment Facial

Combines Asian inspired massage techniques with products proven to reduce dark spots, redness, areas of discolouration and uneven pigmentation.

Allowing our therapists to personalise your facial leaves you just to choose how long you wish to spend having it, choose from:

Focusing on either Exfoliation, Massage or Masque (45 mins) **£55**

Including Exfoliation, Massage and Masque (1 hr 15 mins) **£75**

Including Hand, Foot and Scalp Treatments for complete relaxation (1 hr 45 mins) **£95**

Your therapist will then customise your treatment according to your specific needs.

Revitalising Eye Treatment (45 mins) **£35**

A cooling and soothing treatment, relieving tired eyes and reducing puffiness and dryness around the delicate eye area *(For the ultimate experience include the eye treatment with any facial for £20).*

PURELY LAKESIDE

Purely Retreat

£195

Day One – Pampering 2 hour experience, tailored to your needs, combining techniques of cleansing, massage, mask therapy for this total body care programme.

Day Two – A trio of treatments completes our Purely Retreat. Calming and therapeutic. The eye treatment nourishes and refreshes the delicate tissue around your eyes. Combining treatments for the hands and feet to enrich those often neglected parts, leaving you completely nourished.

Purely Gentleman (2 hrs and 15 mins)

£115

Rejuvenating and therapeutic this complete back, face and foot treat includes the essential techniques of cleansing, steaming, dry skin brushing and massage leaving you totally cleansed and calmed.

Purely Indulgence (2 hrs and 15 mins)

£115

A wonderfully pleasurable way to soothe total body tensions, incorporating dry skin brushing, body exfoliation, soothing massage and finally concluding with a total face and scalp revival.

Purely Revival (2 hrs and 15 mins)

£115

This invigorating body treatment is designed to cleanse, boost the circulation and leave you feeling revitalised. Comprising of a glowing salt rub or exfoliation, warm paraffin envelopment, scalp and full body massage.

Purely Volcanic (2 hrs and 15 mins)

£130

This unique body, mind and soul treatment takes you on a timeless reassuring journey, where elements are unleashed with dramatic use of hot basalt rocks and cold marble to massage the entire face, body and scalp.

Purely Back (1 hr)

£80

This truly calming treat uses our magical hot basalt rocks for a thorough deep and warming massage. It will help alleviate muscle aches and pains, cleansing and hydrating the skin of the back.

Purely a Treat

£79

This luxury treat includes a consultation followed by either a 1 hour facial, a 1 hour body massage or a face and body combination customised to suit your needs.

Lakeside Prescription Facial (1 hr)

£69

A classic facial tailor-made to treat individual and specific skin concerns, combining relaxation and hydration techniques to improve all skin conditions.

Lakeside Traditional Massage

Traditional body massage using Swedish techniques to help soothe aches, pains and restore vitality.

Back, Neck and Shoulder Massage (30 mins)

£49

Full Body Massage (1 hr)

£79









What more perfect place could there be to cleanse and restore you in mind, body and spirit?

Come and be nurtured by life's natural elements.

HAND AND FOOT TREATMENTS

Manicure (1 hr)

A traditional manicure customised to your specific needs.

£49

Pedicure (1 hr)

A traditional pedicure customised to your specific needs.

£49

Aveda Luxury Spa Manicure (1 hr 30 mins)

This luxurious treatment revitalises your hands by incorporating shaping, soaking, cuticle minimising and massage to the hands and lower arm. A special warm mask ensures the hands are visibly softer and smoother. The treatment includes a nail buff, or an application of polish.

£65

Aveda Luxury Spa Pedicure (1 hr 30 mins)

Indulge yourself with this relaxing treatment where the feet are thoroughly pampered. Feel the tension releasing with our unique sea salt exfoliation, and a customised warm mask followed by reflex foot and leg pressure point massage, leaves your feet feeling smooth and revitalized. Your choice of a nail buff or polish application finishes the treatment.

£65

Mini Hand Treat (30 mins)

This mini treat includes our unique sea salt exfoliation, nail shape and varnish with 'a take away' of your chosen miniature colour.

£35

Mini Foot Treat (30 mins)

This mini treat includes our unique sea salt exfoliation, nail shape and varnish with 'a take away' of your chosen miniature colour.

£35

Reflexology (45 mins)

An ancient therapy which uses stimulation of pressure points on the feet that relate to tissues, organs and systems of the body. By working these pressure points the body's own self-healing mechanism is stimulated, tensions are eased, blockages are released and a feeling of balance is restored. Includes foot cleanse, exfoliation and massage leaving the feet, body and mind feeling refreshed and rejuvenated.

£49

(Please note: All our Aveda manicure and pedicures are treatment based although polish can be applied we advise against this. If you are requiring polish please be aware to allow yourself adequate drying time, post treatment.)

AVEDA SIGNATURE BODY TREATMENTS

Aveda Elemental Nature Massage

A personalised massage experience based upon the Aveda Elemental Nature Philosophy and your favourite Aveda aromas.

Back, Neck and Shoulder Massage (45 mins) **£59**

Full Body Massage (1 hr 15 mins) **£79**

Full Body, Face and Scalp Massage (1 hr 45 mins) **£99**

Chakra Balancing Massage

An innovative massage experience that focuses on the seven chakra centres using a variety of massage techniques. Combining the Aveda Chakra Balancing Blends with massage, reflexology and chakra energy work will lead to stress relief, decreased muscular tension and increased energy.

(1 hr 15 mins) **£85**

(1 hr 45 mins) **£105**

Back Relaxer (1 hr 15 mins) **£69**

Designed to bring purity and balance to the skin on the back, this treatment will focus on cleansing, skin exfoliation, back massage and masque therapy. Perfect if you are having skin challenges on your back, seasonal skin changes or prior to a special occasion.

Rosemary Mint Awakening Body Wrap (1 hr 15 mins) **£69**

Renew body and mind with this stimulating and nurturing dry wrap. Your body is exfoliated, smoothed, softened and wrapped. Essences of rosemary and peppermint will awaken your senses while a scalp and foot massage balance and invigorate the whole body.

Caribbean Therapy Body Treatment (2 hrs) **£105**

A rejuvenating and nurturing body treatment that uses the healing touch and plant ingredients of the Caribbean to create inner calm and renew the body and senses. The treatment begins with a dry exfoliation followed by a smoothing, detoxifying seaweed mask, a comforting body wrap and a scalp and face massage. After a refreshing shower, a restorative body massage completes this island-inspired experience.

Caribbean Body Scrub (1 hr 30 mins)

£79

A stimulating exfoliating treatment, using the healing touch of plant ingredients from the Caribbean. Designed to rejuvenate the skin and senses this island inspired experience includes body exfoliation and moisturising to leave you feeling refreshed and renewed.

Aqua Polish (1 hr 15 mins)

£69

A full body exfoliation and refinement of your skin using the therapeutic benefits of marine elements such as Dead Sea salts along with skin conditioning oils. The result is conditioned, soft, polished skin.

Ayurvedic Head Massage (45 mins)

£49

An ideal treatment for anyone who suffers from aching shoulders, tight necks, tension headaches and eye strain. This treatment uses traditional eastern techniques to relax and rebalance the upper body.



We offer a unique combination of our own **Purely Lakeside** therapies and Aveda signature facials and body treatments · **Purely Indulgence** the ultimate head to toe experience – detoxing, conditioning **Purely Revival** – therapeutic **Purely Gentleman** or **Purely Volcanic's** energy awakening use of warm basalt and cool marble stones · Our **Caribbean Therapy** elicits the healing sensations of the tropical seas, exotic fruits and leisurely pace of life, taking you to deeper levels of restfulness · from Aveda's **Elemental Nature** range of **Infinity, Air, Fire, Water, Earth**, we create an individual treatment for you to balance, nourish, cool, clarify or purify according to your body's needs.

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