



AVEDA SIGNATURE MASSAGE TREATMENTS

Aroma™ Massage (45 minutes)

£70

A customised back massage experience based on Aveda's Elemental Nature™ philosophy and your favourite Aveda aroma. Depending on your needs, a variety of massage techniques will be used.

Ayurvedic Head Massage (45 minutes)

£70

An ideal massage for anyone suffering from aching shoulders, tight neck, tension headache and eyestrain. This treatment uses eastern techniques to relax and rebalance the upper body.

Pressure Point Massage (45 minutes)

£70

Selected days only

This relaxing foot treatment helps to align the body's functioning and encourage the body's natural healing process. Begin with an energising foot cleanse before the very roots of your being are soothed and massaged, using simple pressures to the minute reflex points of the feet. Designed to leave you with a sense of calm, clarity and well-being.

LAKESIDE SIGNATURE MASSAGE TREATMENTS

A back, neck and shoulder massage (30 minutes)

£65

Designed to release tight and tense muscles and to soothe nerve endings in the tissues, this treatment uses traditional Swedish Massage techniques.

Hot Stones Enhancement

additional cost £15

Available to add to any of our Aveda and Lakeside signature Massage Treatments.



Please note..... In line with current guidelines and with safety in mind of both our guests and our staff, our spa therapists will be wearing PPE during all treatments.

We also request that our guests wear a simple face mask/covering whilst in the treatment room/area. For your comfort, the mask can be removed or released from the face whilst lying face down during massage treatments.

Disposable masks are available in the spa if required.



Walkers Tonic (45 mins) £70

A wonderful deeply relaxing treatment targeting tired, aching and sore feet and legs. Begins with a relaxing foot cleanse followed by a full skin exfoliation to smooth those dry, rough patches of skin and concluding with a deeply relaxing massage foot and leg massage. Using our much-loved Cooling Balancing Concentrate it's just the tonic guaranteed and revive those tired muscles.

HAND AND FOOT TREATMENTS

Our Aveda hand and foot treatments can be customised to your specific needs, just leaving you to decide how much time you have and what sort of treatment you need.

Manicure (60 mins) £60

A traditional manicure customised to your specific needs.

Pedicure (60 mins) £60

A traditional pedicure customised to your specific needs.

Mini Manicure (30 mins) £40

This mini treatment includes cleansing and sea salt exfoliation, nail shaping and enamelling with a "take home" midi colour of your choice.

Mini Pedicure (30 mins) £40

This mini treatment includes cleansing and sea salt exfoliation, nail shaping and enamelling with a "take home" midi colour of your choice.

Gelish Gel Polish® (60 mins) £40

Nail tidy and polish, choose one of our beautiful, long-lasting Gelish gel colours, finish with a luxurious hand massage.

Gel Polish Removal (30 mins) £10

If you require removal of gel polish prior to your manicure, please allow for additional time.

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