



AVEDA  
DESTINATION SPA

at

LAKESIDE HOTEL

## 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.

### Aroma Massage (75 minutes)

£90

A deeply relaxing customised Massage using your favourite aroma. Depending on your needs a variety of 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) - Selected days only

£70

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.

### Purely A Treat Swedish Massage (75 minute booking time)

£90

This luxury treat includes a consultation followed by a 1 hour Swedish Massage treatment. Using specific techniques to give a firmer massage, targeting tense muscles and poor circulation in the tissues.

### Hot Stones Enhancement

additional cost £15

Available to add to any of our Aveda & 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.*

### Walkers Tonic (45 minutes) £70

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

### Aqua Therapy Polish (75 minutes) £90

Using a customised Aveda exfoliation formula, this spa experience exfoliates and moisturises the skin from top to toe leaving it soft, smooth and radiant. Works anytime but it's a must before holidays and special occasions.

## 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 minutes) £60

A traditional manicure customised to your specific needs.

### Pedicure (60 minutes) £60

A traditional pedicure customised to your specific needs.

### Mini Manicure (30 minutes) £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 minutes) £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 minutes) £40

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

### Gel Polish Removal

Removal of old gel enamel only (30 mins) £10

Removal of old gel enamel, file and tidy (45 mins) £20

*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.*

## AVEDA SIGNATURE FACIAL TREATMENTS

### **Tulasara™ Facial Treatments**

Uses advanced performance products that help increase the skin's ability to restore itself.

Dry, oily, ageing, uneven, sensitive and blemished skin conditions can be addressed with a customised Tulasara™ facial treatment.

After a thorough consultation, our therapists will select personalised Aveda aromas and techniques to design a customised treatment to move your skin towards balance and reveal its natural beauty.

Enjoy the full experience:

**Exfoliation, Massage and Masque (75 minutes) £90**

or choose from:

**Exfoliation or Massage or Masque (45 minutes) £70**

## LAKESIDE SIGNATURE FACIAL TREATMENTS

**Purely a Treat Traditional Facial (75 minutes) £90**

This luxury treat includes a consultation followed by a one-hour Prescription Facial customised to suit your needs.

## AVEDA SPA DAYS

*We have a range of spa days available for day visitors, with prices starting from £85 per person*