



AVEDA
DESTINATION SPA
at
LAKESIDE HOTEL



It's all about you

AVEDA SIGNATURE MASSAGE

Aroma Massage (45 minutes)

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.

£70

Ayurvedic Head Massage (45 minutes)

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.

£70

Hot Stones Enhancement

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

additional £15

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Call 015395 30001 to book
reservations@lakesidehotel.co.uk
Lakeside Hotel & Spa, Newby Bridge, Cumbria, LA12 8AT



LAKESIDE MASSAGE AND BODY TREATMENTS

A back, neck and shoulder massage (30 minutes)
Designed to release tight and tense muscles and to soothe nerve endings in the tissues, this treatment uses traditional Swedish Massage techniques.

£65

Aroma Massage (75 mins)

A deeply relaxing customised Massage using your favourite aroma. Depending on your needs a variety of techniques will be used.

£90

Purely A Treat Swedish Massage (75 mins)

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.

£90

Hot Stones Enhancement

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Walkers Tonic (45 mins)

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.

£70

Aqua Therapy Polish (75 mins)

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.

£90



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HAND AND FOOT TREATMENTS

Manicure (60 mins)
A traditional manicure customised to your specific needs.
£60

Pedicure (60 mins)
A traditional pedicure customised to your specific needs.
£60

Mini Manicure (30 mins)
This mini treatment includes cleansing and sea salt exfoliation, nail shaping and enamelling with a "take home" midi colour of your choice.
£40

Mini Pedicure (30 mins)
This mini treatment includes cleansing and sea salt exfoliation, nail shaping and enamelling with a "take home" midi colour of your choice.
£40

Gelish Gel Polish® (60 mins)
Nail tidy and polish, choose one of our beautiful, long-lasting Gelish gel colours, finish with a luxurious hand massage.
£40

Gel Polish Removal (30 mins)
If you require removal of gel polish prior to your manicure, please allow for additional time.
£10

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FACIALS

Exfoliation, Massage and Masque (75 minutes)

A customised treatment to move your skin towards balance and reveal its natural beauty

£90

Exfoliation or Massage or Masque (45 minutes)

Choose one of the three techniques

£70

Purely a Treat Traditional Facial (75 minutes)

A luxury treat including a consultation followed by a one-hour prescription facial customised to your needs

£90

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