

A Stunning Spa Experience

Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit.

For flexibility and convenience our day spa packages are time orientated, as opposed to treatment led. They incorporate a combination of dedicated therapist treatment time coupled with relaxation in our luxurious spa facilities.

So booking a Lakeside Spa experience is based on you making just two decisions:

1. How much time you can spend with us.
2. How you want to feel when you leave us – relaxed, revitalised or restored.

Our time packages come in either half day or full day options, so, once you know how long you will be spending with us, you can choose between three programmes, each designed to provide a slightly different experience.

The Discover experience - for the first time spa goer who may be unsure about having treatments and therapies, or for those who prefer to have more time in the luxurious thermal suite, the Discover package offers a great way for you to discover the delights of the day spa.

The Enrich experience – if you can't decide whether its more treatment time or relaxation in our thermal suite time you want, why not opt for the Enrich experience giving you time to make the most of both. Kick back and we will bring you back to your very best and leave you feeling on top of the world.

The Indulge experience – is pure pampering at its best! With extended treatment time you can enjoy more of our fabulous therapies and still have plenty of time to relax and unwind.

At this stage however no specific treatment booking is required in advance. Part of your overall experience is the freedom to select your treatment on the day of your visit.

When you arrive – Sit down tell us how you feel, if there are specific areas you would like to concentrate on and most importantly how you would like to feel on leaving us relaxed, restored or revitalised. Our therapists will then go through our range of face, body and alternative treatments and help you to create a personalised plan tailored to meet your needs. (See brochure insert for a full list of treatments available at Lakeside Spa.)

When you leave – We want you to have both enjoyed your time and developed a greater understanding of the short and long term benefits of Spa treatments. All we ask is that you tell us how you feel, what worked for you and how you imagine your next visit to us will be.

So now you know the Lakeside Spa concept simply use our at a glance guide to select the perfect package for you.

Length of visit	Experience	Your Therapist time	Your Spa time	Mon-Fri	Sat-Sun
2 hours	Discover	30 mins	90 mins	£46	£56
Half Day	Discover	30 mins	210 mins	£50	£60
	Enrich	60 mins	180 mins	£80	£90
Full Day	Discover	60 mins	420 mins	£90	£100
	Enrich	90 mins	390 mins	£110	£120
	Indulge	120 mins	360 mins	£140	£150

All full day experiences include a light lunch.

Sample Itinerary of a Half Day Spa Day

Arrival

Welcome complimentary Tea or Coffee

Complete consultation form & select treatments

Show around & change into Spa attire

Enjoy Spa Facilities

Spa Treatments

Take time to relax in our relaxation area with your champagne & chocolates

Lakeside Spa Courtesy Conduct

Appointments

Please arrive 10 minutes prior to your treatment.

Late arrival will result in shortened treatment time. Treatments will be charged at full price.

Cancellations

To cancel or change an appointment, a minimum of 48 hours notice is required; otherwise a 100% charge may be implemented, if we are unable to sell your appointment.

Appointments missed will be charged at full price.

Pre Payments

We reserve the right to request a pre payment in order to secure an appointment. Any changes to the appointment must be made in accordance with the Cancellations Policy.

Gift Vouchers

Available for treatments and products, are non-refundable and must be produced at the time of your treatment. Vouchers are valid for 6 months from date of purchase. Our expert team will be delighted to assist you if you need advice.

Prices

Our prices are subject to change without notice.

Refunds

All pre payments are non refundable.

Hotel Guests & Children Times

Please be aware that guests from the hotel are entitled to use the spa facilities during their stay. In accordance to the hotel we also operate children swim times between 9-11 and 2-4.

Treatments For Men

Lakeside Spa is the perfect place to relax and unwind after a stressful day at the office or tough exercise session. All of our treatments are suitable for both men and women; however we have selected a few treatments which we feel are most suited to our male clients.

Men's Energy Release Facial

30 minute treatment

£30

60 minute treatment

£60

This specially designed facial for men gives skin renewed strength and vitality. Often external and internal stress factors can upset the harmony of your skin. This facial will deeply cleanse and soothe your skin improving its resilience. The healing power of plants will restore balance and our special men's pressure point and scalp massage will leave you feeling energized.

Scentao of Asia

30 minute treatment

£30

60 minute treatment

£60

Experience a unique face and body treatment using hot stones and Shiatsu massage techniques. Based on a holistic approach the main emphasis is on relaxing the skin and the senses. After enveloping the body in warm, therapeutic oil of Ginkgo Biloba, Green Tea and Ginseng, the heated lava stones work their magic on tired muscles promoting a sense of calm and deep down muscle relaxation. This deeply relaxing treatment will bring the body, mind and soul into harmony.

Deep Tissue Massage

30 minute treatment

£30

A massage that is ideal for relieving muscular aches and pains, the therapist will apply pressure that ensures you will achieve physical and psychological equilibrium. Using essential oils to suit your particular requirements this massage will be tailored to your desired outcome - leaving you relaxed, revitalised or restored.

Men's Manicure

30 minute treatment

£20

Intensive conditioning and grooming for men's hands and nails including matt treatment specifically for men.

Men's Pedicure

30 minute treatment

£20

This revitalizing foot therapy treatment includes an exfoliation and refreshing foot spa bath for a deep invigorating massage.

Body Treatments

At Lakeside Spa, we have developed a range of treatments for your body designed to relax, revitalise or restore you.

All of our therapists are trained to perform all of our treatments and they will happily recommend the treatment or treatments that will benefit you the most. All treatments will also be individually tailored to your exact needs.

Exfoliations

30 minute treatments

£30

Maritime Salt Peeling

A 'Lakeside Spa' signature treatment to stimulate the skin and leave it feeling as soft as silk. We use rich fine grain mineral sea salts to remove dead superficial skin cells at the same time as stabilising moisture levels and promoting the skin's enzymatic activities. Effective!

Khanya of Africa

This full body exfoliation cleanses the skin with natural sea salt and sweet marula oil and symbolises purity, health, well being and new life. The warm salt helps to remove any unwanted dry skin and leaves the skin soft to touch. Gorgeous!

Scentao of Asia

A gentle exfoliation treatment to bring relaxation to the mind and body. Your body will feel soft and sensual after this calming treatment. You'd never imagine it could be this good!

Body Treatment Wraps

60 minute treatments

£60

Firming Algae Wrap

Revitalise and re-mineralise your body through the power of the ocean. We start with a whole body exfoliation using fine grain mineral salts before a highly effective warm blue-green algae mask is applied all over. The algae detoxifies, firms and nourishes your skin leaving it feeling silky soft and looking healthy.

Anti-cellulite Firming treatment

Say goodbye to cellulite and uneven skin tone with this detoxifying and firming treatment, using the highly effective properties of blue-green algae rich in vitamins and minerals. After an invigorating salt exfoliation, detoxifying algae powder is combined with a nourishing body pack and applied to localised areas under our unique self heating mask. Your skin will be left feeling softer, smoother and firmer. Try it and the results will mean that you keep coming back for more.

Spa Special

Rasul Mud Steam Experience

30 minute treatment

£45 (1 person) £80 (2 people)

The Rasul is a steam chamber designed for use by 1 or 2 persons which combines mud application, steam inhalation and pure aroma essences. Your therapist provides you with a palette of clay that you then apply to yourself before sitting in the gentle aromatic steam of the inner chamber. The action of applying muds helps to thoroughly exfoliate the body and the treatment is completed by a warm tropical rain shower within the chamber.

Massage

Massage is one of the oldest and simplest forms of therapy and has been used for centuries to induce benefits of health and wellbeing – a system of stroking, manipulating and kneading the soft tissues of the body. Massage can be applied to parts of the body or successively to the whole body, to relieve muscle tension, ease psychological stress and improve circulation, among other benefits.

We offer a selection of massages, from the traditional to our own specially created signature treatments, all of which will be tailored to your own individual needs.

Deep Tissue Massage

30 minute treatment

£30

A massage that is ideal for relieving muscular aches and pains, the therapist will apply pressure that ensures you will achieve physical and psychological equilibrium. Using essential oils to suit your particular requirements this massage will be tailored to your desired outcome – leaving you relaxed, revitalised or restored.

Rain Drop Massage

30 minute treatment

£30

A warming, relaxing treatment that will leave you feeling as good as you do after walking through a tropical rainfall. Your therapist will slowly drip essential oils along your spine and back of legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from back ache.

Khanya of Africa

30 minute treatment

£30

60 minute treatment

£60

Enjoy a holistic approach to well-being through a deeply relaxing and re-energising whole body treatment based on traditional African methods. Enjoy the mystical African ritual using maracas, marula oil and crystals to revitalise the body and restore balance. The wonderful sweet, exotic aroma of the Marula massage oil will provide intensive moisture to the skin.

Scentao of Asia

30 minute treatment

£30

60 minute treatment

£60

Experience a unique face and body treatment using hot stones and Shiatsu massage techniques. Based on a holistic approach the main emphasis is on relaxing the skin and the senses. After enveloping the body in warm, therapeutic oil of Ginkgo Biloba, Green Tea and Ginseng, the heated lava stones work their magic on tired muscles promoting a sense of calm and deep down muscle relaxation. This deeply relaxing treatment will bring the body, mind and soul into harmony.

Face & Eye

Our skin faces real challenges throughout the year. In winter extreme differences between the temperature inside and out can leave skin looking red and feeling tender and rough whilst in summer, exposure to the sun's harmful UV rays can cause long-term skin damage.

At Lakeside, we have a range of treatments designed to help bring the shine back to your face and the glow back to your skin. All of our therapists are trained to perform all of our treatments and you can rest assured that each treatment will be tailored to your skin's specific requirements.

Prescriptive Discovery

30 minute treatment

£30

60 minute treatment

£60

Using innovative skincare systems that are as individual as your skin, this facial is designed for you to find out more about your skin and how to keep it looking radiant and healthy. After a thorough consultation and skin analysis, a gentle exfoliation precedes the application of a rich vitalising mask which helps us diagnose your skin condition. You will then enjoy a facial massage and prescriptive mask*, all topped off with eye and face hydration and protection.

*The facial massage is only included in the 60 minute version.

Rose Quartz Radiance

60 minute treatment

£65

This exquisite facial will breathe life back into a tired complexion. Enjoy a relaxing massage using our unique Energising Oxygen cream. Cell renewing ingredients ooze oxygen into your skin. Cool rose quartz crystals are used to stimulate and re-awaken the skin while the vitamin packed mask renews the complexion. Your skin will feel fantastic.

Collagen Infusion

60 minute treatment

£65

This triple hit is perfect if you have dry, tight, red or sensitive skin. We use the highest quality collagen to ensure that this facial will intensively hydrate, calm and firm your skin whilst leaving it well toned with reduced fine lines and wrinkles. We promise you results that are better than you can imagine with this treatment – WOW!

Lakeside Anti-Aging Power lift

60 minute treatment

£70

Imagine the most effective facial ever; one which is not only the most enjoyable and relaxing you've tried, but also has a truly noticeable effect. This is it! The exclusive High Skin Refiner products have instant results you can see and feel; fine lines and wrinkles are noticeably smoothed, giving the skin a more refined appearance. Experience our unique detoxifying algae fluid to flush out impurities whilst adding a host of other extremely active & anti-aging ingredients. Your skin will be left noticeably firmer with a youthful complexion.

Eye Treatments

Sensational Eyes

30 minute treatment

£30

It is said that the eyes are the window to our soul, so enhance this delicate area with this nourishing, refreshing and firming eye treatment. Active complexes help to drain, brighten and firm while reducing the appearance of fine lines and wrinkles. Have this treatment as a stand-alone or an add on to any facial.

Eyebrow / Eyelash Tinting & Shaping

	Time	Cost
Eyelash tint	30 mins	£15
Eyebrow tint	15 mins	£10
Eyelash and brow tint	30 mins	£20
Eyebrow shape	15 mins	£12
Eyebrow shape and tint	30 mins	£18
Eyebrow shape, tint and eyelash tint	30 mins	£30

Make-up Lesson/Application

30 minute treatment

£30

60 minute treatment

£60

Learn about our make-up range and how to apply it – the therapist will advise you what you should be using on your skin and why. Alternatively, just come and relax while we apply your make-up for you, perfect after one of our luxurious facials.

Hands & Feet

Luxury Therapeutic Manicure

60 minute treatment

£35

A luxury treatment for the hands, this specialist manicure will strengthen and condition your hands and nails and includes use of our specially designed heated mitts with a refreshing nail paint to finish.

Luxury Therapeutic Pedicure

60 minute treatment

£35

Sheer bliss for your feet, this conditioning treatment nourishes and softens the skin, using our unique heated mitts to leave your skin feeling silky soft and finished with revitalising nail paint.

Mini Manicure/Mini Pedicure

30 minute treatment

£20

A maintenance treatment to help keep your nails in tip top condition. Create a sparkle or a gloss by adding a splash of colour for that perfect finishing touch.*£5 supplement for midi polish.

Deluxe Manicure with gel overlay

60 minute treatment

£45

Includes the benefits of luxurious products. Your hands will be smoother, silkier & firmer. Cuticles will be cared for nails will be shaped and finished with a gel polish. Smudge and chip resistant giving active women the freedom to literally work hard and play hard whilst keeping their nails looking their best.

Deluxe Pedicure with gel overlay

60 minute treatment

£45

Choose from either Calming Green Tea, Energising Ginger or Revitalising Citrus for this luxurious foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with gel polish.

File and polish with gel overlay

30 minute treatment

£30

With the health of the natural nail in mind, gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. Nails are filed, shaped and finished with a gel overlay polish. Available in a variety of colours.

Gel overlay removal

15 minutes treatment

£10

Or £6 when added onto any other service.

Waxing & Finishing Touches

Complete your visit to Lakeside Spa with our waxing and finishing touch treatments. Just the thing to bring you that extra touch of class before you leave.

Waxing

	Time	Cost
Full leg	45 mins	£33
Three quarter leg	30 mins	£26
Half leg	30 mins	£22
Bikini wax	15 mins	£10
High leg bikini	15 mins	£15
Brazilian	30 mins	£30
Forearm	30 mins	£20
Underarm	15 mins	£10
Eyebrow	15 mins	£10
Lip or Chin	15 mins	£10
Chest	30 mins	£25
Back	30 mins	£25

Tanning Treatment

	Time	Cost
Full Body	1 hour	£45
Half Body	30 mins	£25
Face only	15 mins	£10