



LAKESIDE PARK
HOTEL & SPA



Spa & Treatment Rooms

terms & conditions

Your Day in the Spa

We ask that you arrive 15 minutes before your appointment to either fill in a medical questionnaire if you are a new client or to simply relax prior to your treatment.

If you are late for an appointment, it may be necessary to reduce the time allocated to your treatment in order not to inconvenience other clients; however the full treatment charge will be levied.

Personal items

We recommend that you look after your valuables, as we cannot accept responsibility for their loss.

Reservations

We recommend that your Spa reservation be made at least 3 weeks in advance of your treatment.

Booking policy

Credit card details will be required to book any treatments of 2 hours or more.

Cancellation policy

If you wish to cancel your appointment, please provide 24hrs notice, otherwise 50% of the treatment cost will be charged. If you are on a pre-paid course, your treatments may be deducted.

facial treatments

body treatments

body scrubs and wraps

sun and tanning treatments

reflexology

manicures and pedicures

beauty treatment

facial treatments



Refresher Facial

A refining and cleansing introductory Facial based on Hungarian Moor Mud, which refines and re mineralises dull, lifeless skin.

30 minute treatment £30

European Deep Cleansing Facial

(Customised Facial)

A purifying treatment which includes a gentle exfoliating peel to remove dull surface skin cells, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin.

60 minute treatment £55

includes a facial massage

75 minute treatment £65

includes a facial and acupressure massage

Antioxidant Vitamin C Facial

This Facial antioxidants, including Spirulina Algae rich in protein, vitamins, minerals and Botanical Extracts, to combat premature aging, disrupt hyper pigmentation and provide skin with a healthy glow looking smoother and younger looking. Includes a Vitamin C Ampoule to take away after the treatment.

90 minute treatment £85

Lakeside Aromatherapy Facial

This Aromatic Facial is based on the ancient and influential art of Aromatherapy. Centred on a global bouquet of skin renewing aromatic oils, a sensory experience that imparts complete relaxation. 90 minute version includes an invigorating foot soak, foot massage and couperose ampoule.

60 minute treatment £55

90 minute treatment £75

Teenage Facial

A deep cleansing facial treatment for Teenagers which includes a gentle exfoliating peel to remove dull surface skin cells, extractions and masque to calm and balance the skin. The Client will be educated on their skin and how to properly treat it.

60 minute treatment £45

facial treatments

Mother To Be Facial

This deep cleansing, relaxing Facial treatment for the expectant Mother is anything but basic. It includes a gentle peel, a relaxing face, neck and shoulder massage and a re mineralising masque to rejuvenate and balance the Skin.

60 minute treatment £55

Gentlemen's Facial

A deep-cleansing, therapeutic Facial designed specifically for the special skin care needs of Men. Relaxes the Skin as it refines Pores. Includes a luxurious massage and deep-cleansing masque. Specifically addresses sensitivity and razor burn.

60 minute treatment £55

Soothing After Sun Facial

An après-sun Facial which soothes, hydrates and nourishes skin that has been over exposed to the elements. Includes a calming Lavender and Aloe masque as well as a cooling application of hydrating Botanicals to protect skin while calming redness.

30 minute treatment £35

Facial Upgrades The following can be added to any facial as an additional treatment.

Vitamin C Ampoule

This antioxidant treatment strengthens skin elasticity and helps prevent premature aging caused by UV exposure.

extra treatment £15

Intensive Repair Ampoule

A Healing and Soothing Treatment for Cell rejuvenation. Lending elasticity and firmness to skin tissue, visibly smoother and more youthful.

extra treatment £15

Eye Rescue

This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, improve dark circles, relieve puffy eyes, improve clarity and totally rejuvenate this delicate area for brighter, more luminescent eyes.

extra 30 minute treatment £20

Couperose Ampoule

HYDRATING ANTI-REDNESS TREATMENT - Gentle - This anti-redness serum cools, calms and leaves the skin feeling velvety soft. Benefits fragile capillaries.

extra treatment £15

Glycolic Treatment

This exfoliation treatment helps to refine skin texture, minimize the appearance of fine lines and encourage a balanced skin tone.

extra treatment £15

Kerstin Florian - Established over 30 years their products are formulated to help maintain the natural balance, elasticity and appearance of healthy, youthful skin.

body treatments



Lavender Dreams Ultimate Experience (Aromatherapy)

Relax. Dreams of Lavender, inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating spa experience which includes an invigorating full body scrub, a warm wrap, and body massage including stones.

90 minute treatment

£95

Lakeside Aromatherapy Kur (Aromatherapy)

This unique treatment begins with a foot soak and foot massage, then an invigorating mineral salt and essential oil exfoliation followed by a luxurious aromatherapy massage using essential oils chosen by the guest. Includes Aromatherapy Bath Kit

90 minute treatment

£105

Marine Therapy Detox Kur (Thalassotherapy)

Spirulina Algae, rich in trace elements, is believed to cleanse the body from impurities as it simultaneously nourishes the body with vitamins, oxygen and amino acids. A dry brush is followed by the wrap and a crème and oil application.

90 minute treatment

£115

Gentlemen's Kur

This energising treatment uses essential oils, leaving the body relaxed and revitalised. The treatment begins with a brisk salt/eucalyptus oil exfoliation followed by a relaxing massage.

90 minute treatment

£105

Lakeside Park Hotel and Spa
...indulge, relax and renew

body scrubs

Thermal Mineral

A deep cleansing body exfoliation utilising a thermal mineral Body Scrub based on granulated pumice stone, thermal minerals and aromatherapy oils.

30 minute treatment £40

Gentle Chamomile Luxury Scrub

Chamomile and gentle granulated pumice stone are swirled over the body to gently buff delicate skin types. The treatment is completed with the application of a delicately scented chamomile body spray or chamomile body lotion. 30 min version includes application of Chamomile Body Spray. 60 min version includes 2-step scrub, Chamomile Body Crème application and Massage.

60 minute treatment £55
30 minute treatment £40

Turkish Salt

An invigorating thermal mineral salt exfoliation. Rich in minerals and trace elements, with your choice of Aromatherapy oils.

30 minute treatment £40

Lavender Crush

Starts with an invigorating full body exfoliation to detoxify the skin. Lavender Body Spray is massaged into the body. Known for its healing and soothing benefits, Lavender also draws out toxins and balances the senses.

60 minute treatment £55



Beautiful skin for every woman at every age

body wraps



Spirulina Wrap

Using an all-natural, live Spirulina Algae, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body. Very effective when used as part of a slimming or nourishing program. Includes a mini-Facial during the wrap.

60 minute treatment £65

Essential Oil Wrap

This luxurious application of selected Aromatherapy Oils mixed with re mineralising body crème relieves muscle tension, promotes detoxification and hydration. During the wrap, drift peacefully through a face and scalp massage.

60 minute treatment £55

Sunless Tanning Treatment

Kerstin Florian has searched worldwide for natural elements to create the most natural looking tan without the sun. This luxurious treatment begins with a gentle exfoliation and continues with an application of a botanical firming sunless tanning lotion.

60 minute treatment £45

Hydrating Wrap

The perfect hydrating treatment for dry, sun exposed skin. Pure Algae blended with Aloe Vera is warmed and applied with essential oils of your choice to create this fast absorbing therapy which soothes the body. The guest will also enjoy a luxurious scalp, foot and hand massage.

60 minute treatment £55

Touch was never meant to be a luxury,
the healing hands of touch are reciprocal

manicures & pedicures

Aromatherapy Manicure

This Deluxe Manicure incorporates a unique French Gommage hand exfoliation treatment. The Hands are soaked in thermal minerals, the cuticles enriched with our special Myrrh Nail Oil. A relaxing hand and arm massage completes the treatment.

Suitable for Men & Women

60 minute treatment (with polish) £45

Alpine Foot Treatment

Begins with a relaxing foot soak in Thermal Mineral salts. Rough skin is exfoliated with a creamy Eucalyptus salt mixture then soothed with a massage featuring a natural foot balm rich in Menthol, Eucalyptus and Lavender.

60 minute treatment (with polish) £45

Moor Mud /Spirulina Pedicure

This Pedicure helps to stimulate circulation as well as revitalise and re mineralise tired feet. Using the purifying and remineralising Moor Mud (Spirulina Masque optional), the feet are wrapped in thermal bags and heating booties. A remineralising foot bath, and massage with therapeutic Foot Balm follows.

75 minute treatment (with polish) £75

File And Polish

Basic file and polish using Nail Varnishes from the Jessica Range.

15 minute treatment £15



Our facilities are unsurpassed on the Island with attention to detail on every level

massage



Lakeside Signature Massage

We invite you to enjoy an unsurpassed level of relaxation in this enhanced classic Swedish massage. Choose from a selection of aromatherapy oils. Enjoy soothing menthol foot balm massaged into the feet. Treatment finishes with an acupressure facial and scalp massage.

90 minute treatment £60

Back, Neck & Shoulder Massage

A deeply relaxing massage, relieving tension and stress in the back, neck and shoulder area. This massage will leave you refreshed and relaxed.

30 minute treatment £30

Classic Full Body Massage

A massage created to give you an all over experience of manipulative techniques, releasing stress, tension and toxins.

60 minute treatment £45

Pregnancy massage

With this nurturing massage your therapist will soothe and calm your ever changing body through this special time, leaving you feeling pampered and indulged.

60 minute treatment £60

Extremities Massage

Pampering for hands, head and feet. This treatment begins with a luxurious foot bath and massage including signature Pressure Points. The treatment continues with an hand and arm massage, shoulders and neck, and finishes with a Scalp massage.

60 minute treatment £60

Expert hands by qualified therapists will ensure your stresses of everyday life will disappear

Hot Stone Massage

A full body massage using warm basalt stones anointed with aromatherapy oils, this luxurious massage leaves you deeply relaxed and muscle tensions melt away.

60 minute treatment £55

Reflexology

Working on the reflexes of the feet this treatment aids balance and relaxation. Energy pathways through the body are cleared through the manipulation of mini massage movements.

45 minute treatment £26

Soothing & Detoxifying Massage

This massage concentrates on the back of the body. Beginning with a vigorous body brushing to increase circulation, then a warm moor mud masque is applied to the back area to cleanse and detoxify whilst your therapist massages the backs of the legs using lymphatic drainage movements. The moor masque is then removed and a deeply relaxing back massage will follow.

60 minute treatment £45

Hopi Ear Candling

Ear candling will balance and relieve tinnitus, sinus blockage and help with tension headaches, this ancient technique is relaxing and soothing, treatment is followed by a pressure point massage.

45 minute treatment £26

Indulge yourself and promote ultimate relaxation



wedding packages



Mini Pamper Day

This is an indulgent treat ideal for Brides pre-wedding parties.

You will be welcomed into our Spa before your day of pampering. We will then escort you to our Pool facilities, which include Sauna, Steam Room, Spa Pool, 10 metre Swimming Pool and Experience shower. A two course lunch including a complimentary glass of house champagne awaits you in The Brasserie. Your day concludes with a relaxing mini facial and back massage and full use of our relaxation area. Please remember to bring swim wear and wear leisure clothing for this relaxing treat.

minimum of five people required

£90 per person

Wedding Preparation Day

Let some of the stress of your wedding preparation drift away. Recommended a few days prior to wedding day and ideal for the bride, bridesmaids and mothers of the bride and groom.

You will begin your day using our pool facilities, which include: Sauna, Steam Room, Spa Pool, 10 metre Swimming pool and experience shower. We will then conclude your preparation day with a Refresher Facial, Express Pedicure, Aromatherapy Manicure* and an Eye brow shape.

price per person

£100

*Manicure and Pedicure includes a polish. French polish extra £5.00

Make your special day
a spectacular day

wedding packages

Bride to Be

A perfect way de-stress on the run up to the big day. Recommended a few days prior to wedding day. We will begin your day with the Turkish scrub making your skin super silky and ready for your honeymoon. Indulge in a refresher facial, express manicure and express pedicure* finishing your treatments with an eye brow shape and lash tint.** Allow your polish to dry while you enjoy full use of our relax area with complimentary herbal tea of your choice.

price per bride

£110.00

Use of spa facilities £10.00 extra

*Manicure and Pedicure includes a polish. French polish extra £5.00

**Tint test is required 24hrs prior to treatment

Stag Package

The ultimate way to start your stag celebrations. Relax using our pool facilities including; Sauna, Steam Room, Spa Pool, 10 metre Swimming pool and experience shower. Then be escorted to the treatment room where you will receive a back massage to soothe tired muscles and a gentleman's facial which will leave you thoroughly relaxed. Finish your day at the Brasserie and enjoy a 2 course meal with a complimentary bottle of beer or glass of house wine.

price per person, minimum of 3 stags

£110.00

let the stress of your wedding day
drift away with our expert services

Professionally applied wedding make-up.

Discuss your exact wedding make-up needs at a consultation and pre run, we can provide make-up application for the bride, and anyone in the bridal party that would like to feel extra special for the big day. Prices are based on individual needs and requirements.

Please book at least 10 weeks prior to the wedding date.



day spa programmes



Mini Pamper Day

This is an indulgent treat for small groups and ideal for Brides pre-wedding parties. You will be welcomed you in our Spa before your day of pampering. We will then escort you to our Pool area, which includes Sauna, Steam Room, Spa Pool and Swimming Pool. A two course lunch including a complimentary glass of house champagne awaits you in The Brasserie. Your day concludes with a relaxing mini facial and back massage and full use of our relaxation area. Please remember to bring swim wear and wear leisure clothing for this relaxing treat.

minimum of 5, price per person £90

Afternoon Delight (from 2pm to 5pm only)

This mini pamper session includes use of our fantastic spa facilities including steam room, spa pool, sauna and 10 metre swimming pool. Then relax by having a taster back, neck and shoulder massage & a taster facial. Finish your afternoon by continuing on to the Brasserie where you can indulge in a full cream tea: to include tea or coffee, tea cakes, and sandwiches.
£40.00 per person

Chill Out Spa Day

Begin your day with a refreshing experience in the spa pool, sauna, steam room and swim in the 10metre pool. Then relax and enjoy the Brasserie with a two-course lunch. Finish your day with either a full body massage and eastern scalp massage or a 60 minute facial and back massage - Be totally spoilt!

price per person £100

Two of a kind package

Pampering and massage for two at Lakeside Park Hotel and Spa.

This enjoyable and relaxing day includes full use of our pool area which includes spa, steam room, sauna and swimming pool. The Brasserie overlooking the lake, awaits you for a three-course lunch including complimentary glass of wine.

Finish your day with a full body massage and facial and leave totally revived and relaxed.
price per person £135

beauty treatments

Romantic Couples Spa Day

Treat your loved one to a pampering treat at Lakeside Park Hotel.

Indulge in our Spa's pool area, which includes steam room, sauna and swimming pool before enjoying a Romantic three-course lunch in our Brasserie overlooking the lake including a complimentary glass of house Champagne.

Finish your day with a soothing back massage to complete some well deserved "you" time. Based on two people, price per person £115

Deluxe Pamper Days

Begin your day with use of our fantastic spa facilities including steam room, spa pool, sauna and 10 metre swimming pool. Then continue on to our Brasserie for a three-course lunch, including a complimentary glass of house wine, finishing with a facial, full body massage, and a choice of either a manicure or pedicure in our spa.

price per person £160

Waxing

Full leg	45 minutes	£24.00
½ leg	30 minutes	£17.00
Full leg & bikini	60 minutes	£33.50
Bikini	15 minutes	£ 9.50
Underarm	15 minutes	£ 9.50
Eyebrow	15 minutes	£ 7.00
Lip/Chin	15 minutes	£ 6.50
Lip & Chin	15 minutes	£13.00
Back	30 minutes	£14.00
Chest	30 minutes	£12.00

Tinting

Eyelash tint	30 minutes	£12.00
Eyebrow tint	15 minutes	£7.00
Lash & brow tint	30 minutes	£19.00

For the very best in service and attention ask at reception about our 'Spa Membership' packages



LAKESIDE PARK

HOTEL & SPA



Spa & Treatment Rooms

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