

FACIAL TREATMENTS

Kerstin Florian - Spa Face is a progressive skin care system based on antioxidants. Established over 30 years Spa face products are formulated to help maintain the natural balance, elasticity and appearance of healthy, youthful skin.

<p style="text-align: center;">Refresher Facial</p>	<p style="text-align: center;">30 mins - £30</p>
<p>A refining and cleansing introductory Facial based on Hungarian Moor Mud, which refines and re-mineralises dull, lifeless skin.</p>	<p>Great for people in a hurry!</p>
<p style="text-align: center;">European Deep Cleansing Facial (Customised Facial)</p>	<p style="text-align: center;">60 mins - £55 75 mins - £65</p>
<p>A Purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin.</p>	<p>60 min version includes a Facial Massage 75 min version includes a Facial and Acupressure Massage</p>
<p style="text-align: center;">Antioxidant Vitamin C Facial (Anti-aging)</p>	<p style="text-align: center;">90 mins - £85</p>
<p>This Facial uses ingredients brimming with 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.</p>	<p>Includes Vitamin C Ampoule to take away.</p>
<p style="text-align: center;">Lakeside Aromatherapy Facial</p>	<p style="text-align: center;">60 mins - £55 90 mins - £75</p>
<p>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.</p>	<p>90 minute version includes an invigorating foot soak, foot massage and couperose ampoule.</p>
<p style="text-align: center;">Teen Facial</p>	<p style="text-align: center;">60 mins - £45</p>
<p>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.</p>	

Mother –to- be Facial	60 mins - £55
<p>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 remineralising masque to rejuvenate and balance the Skin.</p>	

Gentlemen’s Facial	60 mins - £55
<p>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.</p>	

Soothing After Sun Facial	30 mins - £35
<p>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.</p>	<p>Theme with Golf / Sailing etc.</p>

Facial Upgrades *	£15 each
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The following can be added to any facial as an upgrade:

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

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

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

Glycolic Treatment - This remarkable exfoliation treatment helps to refine skin texture, minimize the appearance of fine lines and encourage a balanced skin tone. Promotes a youthful glow.

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 30mins: £20



LAKESIDE PARK
HOTEL & SPA

Body Treatments

KUR RITUALS

A Kur Ritual is a treatment that will de-stress, balance the mind and body or aid as part of a slimming or Detox programme. At the end of the treatment each client is given their product kit in order to continue their treatment at home.

Lavender Dreams Ultimate Experience (Aromatherapy)	90 mins - £105
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.	Include Lavender Dreams Kit
Lakeside Aromatherapy Kur (Aromatherapy)	90 mins - £105
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.	Include Aromatherapy Bath Kit
Marine Therapy Detox Kur (Thalassotherapy)	90 mins - £115
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.	Include Marine Mineral Detox Kit
Gentlemen's Kur	90 mins - £105
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.	Include Men's Kit

Body Scrubs

Turkish Salt	30 mins - £40
An invigorating thermal mineral salt exfoliation. Rich in minerals and trace elements, with your choice of Aromatherapy oils.	
Thermal Mineral	30 mins - £40
A deep cleansing body exfoliation utilising a thermal mineral Body Scrub based on granulated pumice stone, thermal minerals and aromatherapy oils.	
Gentle Chamomile Luxury Scrub	60 mins - £55 30 mins - £40
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.
Lavender Crush	60 mins - £55
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.	

BODY WRAPS

Spirulina Wrap	60 mins - £65
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.

Essential Oil Wrap	60 mins - £55
This luxurious application of selected Aromatherapy Oils mixed with remineralising body crème relieves muscle tension, promotes detoxification and hydration. During the wrap, drift peacefully through a face and scalp massage.	

SUN

Sunless Tanning Treatment	60 mins - £45
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.	

Hydrating Wrap	60 mins - £55
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.	



MASSAGE

Lakeside Signature Massage	90 mins - £60
<p>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.</p>	
Back, Neck & Shoulder Massage	30 mins - £30
<p>A deeply relaxing massage, relieving tension and stress in the back, neck and shoulder area. This massage will leave you refreshed and relaxed.</p>	
Classic Full Body Massage	60 mins - £45
<p>A massage created to give you an all over experience of manipulative techniques, releasing stress, tension and toxins.</p>	
Pregnancy Massage	60 mins - £60
<p>With this nurturing massage your therapist will soothe and calm your ever changing body through this special time, leaving you feeling pampered and indulged.</p>	
Extremities Massage	60 mins - £60
<p>Pampering for hands, head and feet. This treatment begins with a luxurious foot bath and massage including signature Pressure Points. The treatment continues with a hand and arm massage, shoulders and neck, and finishes with a Scalp massage.</p>	



MASSAGE

Hot Stone Massage	60 mins - £55
A full body massage using warm basalt stones anointed with aromatherapy oils, this luxurious massage leaves you deeply relaxed and muscle tensions melt away.	

Reflexology	45 mins - £26
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.	

Soothing & Detoxifying massage	60 mins - £45
This massage concentrates on the back of the body. Beginning with a vigorous body brushing to increase circulation, then a warm 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.	

Hopi Ear Candling	45 mins - £26
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.	



MANICURES & PEDICURES

Aromatherapy Manicure	60 mins (with polish)- £45
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
Alpine Foot Treatment	60 mins (with polish) - £45
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.	
Moor Mud/Spirulina Pedicure	75 mins (with polish)- £75
This Pedicure helps to stimulate circulation as well as revitalise and remineralise 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.	
File and Polish	15 mins - £15
Basic file and polish using Nail Varnishes from the Jessica Range.	



BEAUTY TREATMENTS

WAXING

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

TINTING

Eyeshash tint	30mins	£12.00
Eyebrow tint	15mins	£ 7.00
Lash & brow tint	30mins	£19.00

WEDDING MAKE-UP

Price on application

Terms & Conditions of Treatment

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.

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.

Booking policy

Credit card details will be required to book any treatments of 2hrs and over.

Lakeside Park Hotel Spa
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