



AVEDA
DESTINATION SPA
at
LAKESIDE HOTEL

It's all about you

AVEDA SIGNATURE MASSAGE

Aveda Back Massage (45 minutes)

A customised back massage experience using Aveda's Aroma Blends. Depending on your needs a variety of massage techniques will be used.

£85

Aveda 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.

£85

Aveda Aroma Combination (60 minutes)

Our Back, Neck & Shoulder Massage followed by our Refreshing Facial

£105

It's all about you

AVEDA DESTINATION SPA at Lakeside Hotel

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



LAKESIDE MASSAGE AND BODY TREATMENTS

Back, Neck & Shoulder Massage (30 minutes)
Designed to release tight and tense muscles and to soothe nerve endings in the tissues.
£75

Aveda Aroma Full Body Massage (75 mins)
A deeply relaxing customised massage using your favourite aroma. Depending on your needs a variety of techniques will be used.
£110

Full Body Swedish Massage (75 mins)
This luxury treatment uses specific techniques to give a firmer massage, targeting tense muscles and poor circulation in the tissues.
£110

Walkers Tonic (45 mins)
A Wonderful relaxing treatment targeting tired, aching and sore feet and legs. Begins with a relaxing foot cleanse and skin exfoliation following by a deeply relaxing foot and leg massage. Using our much-loved Cooling Balancing Concentrate its just the tonic guaranteed to revive those tired muscles.
£85

It's all about you

AVEDA DESTINATION SPA at Lakeside Hotel

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

Pre & Post Pregnancy Massage (75 mins)
A wonderful treatment specially designed for Ladies in their pre/post pregnancy stages.
Available between 12-36 weeks pregnant.
£110.00

Aveda 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.
£110

Hot Stones Therapy (75 mins)
A deeply relaxing body massage incorporating the added benefits of hot stones. Stimulating yet soothing as the heat harnessed within these amazing black basalt stones is slowly released into the muscle tissues; targeting those difficult to reach areas of tension to leave you totally relaxed and with a feeling of well-being.
£125



LAKESIDE MASSAGE AND BODY TREATMENTS

Pressure Point Massage (45 minutes)

This relaxing foot treatment helps to align the body's functioning and encourages the body's natural healing process. Using simple pressures to the minute reflex points of the feet leaves you with a sense of calm, clarity and well-being.

£90

Aveda Body Wrap (75 mins)

A nurturing and skin-softening combination of exfoliation, body mask and body wrap with focused foot and scalp massage to awaken the senses and renew body and mind.

£110

Warming Body Wrap (75 mins)

A nurturing and skin-softening combination of exfoliation followed by an application of deeply nourishing body butter. Whilst cocooned in warm sheets and blankets, a relaxing foot massage will awaken the senses and renew body and mind.

£100

It's all about you

AVEDA DESTINATION SPA at Lakeside Hotel

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

Lakeside Indulgence (135 mins)

A wonderful pleasurable way to soothe total body tensions, incorporating dry skin brushing, body exfoliation, soothing massage and concluding with a total face and scalp revival.

£185



HAND AND FOOT TREATMENTS

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.

£35

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.

£35

Manicure (60 mins)

A traditional manicure customised to your specific needs, with a "take home" midi colour of your choice.

£65

Pedicure (60 mins)

A traditional pedicure customised to your specific needs, with a "take home" midi colour of your choice.

£65

It's all about you

AVEDA DESTINATION SPA at Lakeside Hotel

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

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. Please ensure you book a Gel Polish Removal first if needed.

£45

Gel Polish Removal (30 mins)

Removal of old gel enamel only.

£15



FACIALS

Refreshing Facial (30 minutes)

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. Parent/Guardian permission required and present.

£65

Aveda Tulasara Facial (45 minutes)

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.

£85

Aveda Tulasara Facial (75 minutes)

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.

£100

It's all about you

AVEDA DESTINATION SPA at Lakeside Hotel

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

Facial & Energising Eye Treatment (60 minutes)

See your eyes come alive with the vital energy of plants combined with energising pressure points to revitalise the look of the skin around the eyes as well as reduce dark circles and puffiness.

£100

Botanical Skin Resurfacing Treatment (75 minutes)

Aveda's botanical alternative to microdermabrasion reveals a truly radiant complexion and smoother skin - without irritation or redness.

£105

Aveda Dual Exfoliation Peel (75 minutes)

This Treatment delivers visible results in improved skin texture and radiance; smoothed appearance of fine, dry lines; and refined pores, revealing fresher, younger-looking skin.

£105



FACIALS

Aveda Perfecting Plant Peel (75 minutes)

This professional facial treatment helps retexturise skin; smooth fine, dry lines; refine the look of pores; and restore radiance. Safe for acneic skin conditions, not suitable for sensitive skin.

£105

CatioVital Anti-Ageing eye treatment (30 minutes)

Facial features are lifted and contours resculpted. This treatment helps restore youthful tone to the skin for a face lifting and rejuvenating effect.

£75

CatioVital Lifting facial (75 minutes)

Facial features are lifted and contours resculpted. This treatment helps restore youthful tone to the skin for a face lifting and rejuvenating effect.

£125

It's all about you

AVEDA DESTINATION SPA at Lakeside Hotel

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




AVEDA
DESTINATION SPA
at
LAKESIDE HOTEL

