



EXFOLIATION TREATMENTS

Micro-Buff Body Polish

Prior to your treatment, a sauna or steam is recommended to enhance the absorption for the hydrating portion of the body polish. The treatment begins with a neck and shoulder massage to relax you. This dramatically effective gentle body polish leaves the skin truly radiant with an even tone. The treatment is then followed by a hot towel wipedown and finished with a light massage with warm body butter.

50 minutes: \$115

Chocolate Peppermint Brown Sugar Scrub

This wet treatment will pamper you and give you the luxurious pleasure of smooth, silky skin. As the scrub exfoliates old, dry skin away, the caffeine in the chocolate firms the skin. The peppermint stimulates circulation and the added honey draws moisture into the skin. The treatment is then followed with an application of warm body butter.

25 minutes: \$80

COMBINATION THERAPY

Northern Exposure

Begins with our signature Micro-Buff Body Polish, an exfoliating, hydrating hot towel treatment. Followed by the warm, hydrating lavender-infused white clay wrap suited to dry, sensitive or aged skin. Finished with a 50-minute Swedish Massage with warm body butter.

2 hours and 15 minutes: \$220

Lake Bellaire Lift

Begins with the Micro-Buff Body Polish, making your skin silky smooth. Followed by a 30-minute Swedish Massage with warm body butter. We add cleansing, toning, mask and moisturizer to the face with Pevonia skin products to finish.

1 hours and 45 minutes: \$175

Cedar River Rejuvenater

You will begin with our scented Brown Sugar Scrub to awaken circulation while removing accumulated residue and impurities. Dull skin is massaged away leaving a warm glow to the skin. After you have taken a short warm-up in the sauna, we will begin your full body Swedish Massage with warm essential oils.

80 minutes: \$150

The
Spa
at The Lakeview Hotel



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WRAPS

Green Sea Clay

This will soothe, stimulate and detoxify your skin and body. It contains rich concentration of minerals and nutrient-rich algae from the sea. During the self-heating wrap, a scalp and face massage is done to enhance relaxation.

50 minutes: \$75

Lavender Infused White Clay

China white clay is the mildest of all clays. Derived from granite, white clay is a pure fine clay. It helps stimulate circulation to the skin while gently exfoliating and cleansing. It is so gentle that it can be used on dry or sensitive skin. The infusion of lavender is soothing, hydrating and the scent imparts a feeling of inner freedom.

50 minutes: \$85

The Body Butter Wrap

The butter wrap starts with our signature citrus-infused Micro-Buff Body Polish to exfoliate, and is then followed by a light massage with warm body butter infused with a touch of citrus oil. This self-heating wrap is a highly beneficial treatment for dry skin.

80 minutes: \$135

Deep Relaxing Hot Herbal Wrap

A perfect blend of chamomile, lavender and comfrey to soothe and moisturize the skin, paired with dandelion and sage to detoxify. This hot wrap will also deeply relax you.

50 minutes: \$85

MASSAGES

Swedish Massage

Long, slow strokes create deep relaxation, increase circulation and release toxins by flushing the tissues of lactic acid and other metabolic wastes. Special attention is given to large muscle groups. This massage stimulates the skin and nervous system on both an emotional and physical level.

25 minutes: \$50 • 50 minutes: \$80 • 80 minutes: \$120

Combo Massage

A combination of Swedish Massage strokes and hot oiled stones. We begin the Swedish Massage with your choice of warm essential oils. The treatment is finished with hot stone massage on the back.

50 minutes: \$105 • 80 minutes: \$145

Deep Tissue Massage

This massage will concentrate on areas that harbor stress. Trigger point therapy, stretching and special attention to the smaller muscle groups that can interfere with smooth and pain-free movement will be the focus of the treatment. A soothing pain-relieving gel will be applied at the end of the treatment.

25 minutes: \$55 • 50 minutes: \$95 • 80 minutes: \$140



Warm Oil Massage

Choose from three different blends of essential oils: Relax, Clear Mind or Stress Relief. The oil of your choice is warmed, applied during the Swedish or Deep Tissue Massage. The session is closed with a hot towel wipedown.

Swedish 50 minutes: \$90 • 80 minutes: \$125

Deep Tissue 50 minutes: \$105 • 80 minutes: \$150

Golfer's/Skier's Massage

This massage targets the major muscle groups used while golfing or skiing. This treatment includes deep tissue massage, trigger point therapy, and passive stretching designed to improve endurance and flexibility. The massage is finished with a soothing, pain-releasing gel.

25 minutes: \$55

Hot Stone Massage

Traditional Swedish Massage strokes are done with smooth, heated volcanic stones. As they cool, they are replaced with fresh hot stones. This specialty massage uses heat to effectively smooth out tight, sore muscles.

50 minutes: \$110 • 80 minutes: \$150

Energizing Table Shiatsu

Shiatsu is part of the ancient Asian holistic approach to wellness. The most obvious benefits of Shiatsu include: relaxation, improved circulation, flexibility, self awareness and balance through touch. You will remain fully clothed and we ask that you wear loose fitting clothing, no jeans or belts.

50 minutes: \$105 • 80 minutes: \$145

Hot Oil Hair and Scalp Treatment

Hot lavender oil is used to stimulate hair growth and peppermint is used to stimulate circulation, which is then followed by a scalp massage with a hot towel wrap. This treatment not only revitalizes the scalp, it conditions the hair naturally. A visit to the sauna is highly recommended after the treatment to maximize results.

25 minutes: \$55

Mini-facial and Massage

A cleansing, toning mask and moisturizer is applied to the face along with a neck, shoulder and scalp massage.

25 minutes: \$55

Enhance any treatment with your choice of mini-facial or hot oil scalp treatment for an additional \$45.