



AT THE LAKE HOTEL

Swedish body Massage

Increase blood circulation, improve muscle tone and eliminate stiffness and tension with a brisk massage.

Back, neck, shoulders	30 mins	£25
Full body	1 hour	£35

Aromatherapy

Eliminate those unwanted toxins with the use of pure organic essential oils known for their healing and soothing properties. Restore balance within the body.

Back, neck, shoulders	45 mins	£30
Full body	1 hour 15 mins	£40

Manual Lymphatic Drainage

A detoxifying treatment to help break down fat and improve waste removal. Very effective for swollen ankles etc as helps to drain excess fluid and eliminate toxins.

Full body	1 hour 15 mins	£40
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Deep tissue massage

Uses neuro muscular technique to break down muscle adhesions, knots and tension. This treatment applies deep pressure to release the blocked energy and relieve aches and pains.

Full body	1 hour	£35
Back, neck, shoulder	45 mins	£30

Indian head massage

This includes massage to the shoulders, upper arms, neck, scalp and face. It is fairly stimulating and great for improving health and appearance of the hair and skin alike.

Full treatment	45 mins	£30
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Reflexology

Reflex points on the feet are connected to corresponding areas throughout the body. This helps correct imbalances and initiates the bodies self healing ability by boosting the immune system.

Mini treatment	30 mins	£25
Full treatment	1 hour	£35

Organic Holistic Facial

Using luxury 'Green people' organic products. This facial includes cleanse, tone, exfoliate, massage to shoulders, neck and face, mask (including complimentary massage to either hands feet or scalp) and moisturise. Great for improving circulation to skin and muscle tone in face.

Without mask	30 mins	£25
	1 hour	£35

All treatments are tailored to suit your needs. At consultation I can help you decide which treatment or combination of treatments will benefit you the most.

To book appointment please call Hannah Davies on 07790308979.