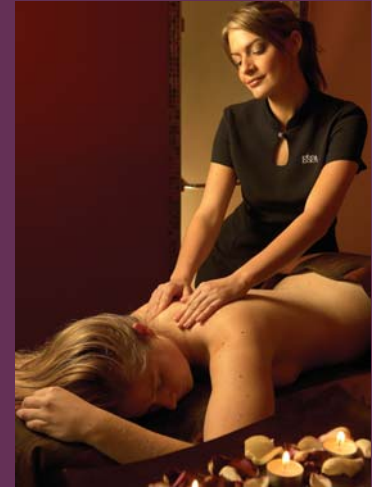


Lakeside Spa at the Legacy Botleigh Grange Hotel

The creation of Lakeside Spa was for a purpose. First came the need, then the concept and then finally the creation of a dream. We were created to bring together a collection of treatments with an environment to meet the demands of today's hectic lifestyle.

Facilities

- Heated Indoor Pool with Spa Bath
- Sauna and Steam Room
- Experience Monsoon Showers
- Rasul Mud Steam Room
- Beautifully Appointed Treatment Rooms
- Relaxation Room
- Air Conditioned Gymnasium
- Jessica Nail Bar



Products

ESPA: ESPA are the worlds leading brand for luxury hotel spas. ESPA brings you the most effective treatment techniques from around the world, using blends of products sourced from the finest ingredients, tailored to the clients needs, and ensures that the benefits can be continued at home.

JESSICA: JESSICA Nails is a treatment and product system devised by renowned manicurist Jessica Vartoughian. Considered to be the world's foremost authority on natural nail care. Jessica nails has a unique understanding of the importance of what it takes to achieve and maintain naturally beautiful nails.

Attentive and personalised service by our highly qualified spa therapists ensures the perfect spa experience.



Let us restore
both mind and body



Lakeside Spa Treatment Programme

FOR YOUR FACE

ADVANCED FACIALS - These advance facials take you well beyond the basic cleanse, tone and moisturise. They are a whole new experience, leaving your skin feeling radiant and your inner self with a sense of wellbeing.

Regenerating and Firming Eye Treatment - This treatment is designed to combat the effects of premature ageing and stress to the eye area; it is also beneficial to those who suffer from irritable, puffy or sensitive eyes. A firming, hydrating treatment using specific products rich in seaweed extract, green tea and vitamin C, to help reduce the appearance of fine lines and protect against environmental damage. *25 minutes*

Regenerating Facial - An intense boost for maturing, stressed or distressed skin. Products from the ESPA Concept range are used in this facial, to give protection and nourishment. This treatment works particularly well to help combat the signs of premature ageing and environmental stresses. This facial leaves the skin refreshed, revitalised and toned. *55 minutes*

De-luxe Facial with Firming Eye Treatment - Specifically designed for mature, dry or dehydrated skins, this facial concentrates on reviving the skins natural moisture and pays particular attention to the delicate eye area, helping to minimise the appearance of fine lines. Dull lifeless skin responds to intensive acupressure point massage and lymph drainage to the face, neck and shoulders and deeply relaxing oriental head massage to the scalp and eye area brings harmony and tranquillity. *1 hour 10 minutes*

Age Defyer Facial - Connective energy bonding between the therapist and client helps to release deep facial tension while naturally lifting and firming maturing, stressed or distressed skin. This therapeutic facial helps to lift and firm, leaving your skin nourished, hydrated, toned; bringing back forgotten freshness and long term benefits to body and spirit. Selected hot stone placement on vital chakra points to help ease tensions generated by everyday life and emotional pressures. Cold stones are precisely placed on the eye lids for cooling peace. *1hour 25 minutes*

Holistic Aromatherapy Back, Face and Scalp -

An all embracing treatment incorporating a full ESPA facial with acupressure, face and head massage. The initial, deep cleansing back exfoliation is followed by a deep massage using aromatic oil bringing powerful de-stressing benefits to mind and body.

Can incorporate a hot stone massage*

*1hour 25 minutes 1hour 40 minutes**

Aromatherapy Facial - Highly recommended and suitable for all skin types, this deep cleansing, relaxing aromatherapy facial purifies, refines and hydrates leaving the mind clear and the skin radiant and moisturised. *55 minutes*

Rebalancing Facial - Skin problems can appear unexpectedly and are often caused by stress or diet. Specific massage techniques and aromatherapy products, combined with a warm marine mask to cleanse the skin leaving it calm, clear and rebalanced. *55 minutes*

Skin Brightening - This effective facial is perfect for all skin conditions and particularly when everyday pressure and stress result in dull, lifeless skin. This facial includes a special application of Skin Brightener, which combined with other skin regenerating products rich in anti-oxidants, leaves the skin soft and smooth and visibly improves both texture and radiance. *55 minutes*

Rehydrator Facial - This facial is designed as an intensive boost and is superb for dry, dehydrated, stressed or tired complexions. The treatment includes a reviving facial massage and nourishing facial mask to drench the skin with moisture, cleansing the mind and bringing harmony and tranquillity. The result is exceptionally nourished skin and an inner sense of wellbeing. *55 minutes*

Express Facial - A gentle cleansing treatment for all skin types provides an excellent introduction to the ESPA range. *25 minutes*

FOR YOUR BODY

Holistic Total Body Care - This all encompassing treatment commences with a full body skin brushing and exfoliation to prepare the skin leaving it feeling soft and smooth. This is then followed by a deep body, face and scalp massage using a blend of essential oils chosen to suit individual requirements. This truly holistic experience will bring harmony to both mind and body. Can incorporate a hot stone massage* (Female treatment only). *1hour 25 minutes 1hour 40 minutes**

Aromatherapy Massage - Experience the benefits of massage and individually chosen essential oils in one of the finest antistress treatments available. This complete face, scalp and body massage focuses on acupressure points, helping to strengthen the nervous system, thus restoring lost energy. *1 hour 10 minutes*

Back, Neck and Shoulder Massage - Enjoy a relaxing massage to relieve the tension in this particularly stressed area. *25 minutes*

Luxury Scalp Massage - A deeply relaxing and therapeutic massage to the head, neck and shoulders. Scalp massage helps improve mental clarity and imparts a feeling of wellbeing. You are left feeling relaxed and refreshed. *25 minutes*

Detox Algae Wrap - This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and algae rich in minerals. Designed to ease away tension, help boost the metabolism and speed up the elimination of toxins. This treatment includes a full scalp treatment for total relaxation. *55 minutes*

Restorative Mud Envelopment - A therapeutic treatment ideal for aches and pains and superficial skin problems using marine mud. It includes a full body exfoliation and a full scalp treatment to help ease tension. *55 minutes*

Skin Hydrator Wrap - Skin brushing and full body exfoliation prepare the skin for this luxurious body wrap. Using a skin conditioning compound of marine mud, skin toning essential oils and nourishing body creams to envelop the body. Together with a mind calming Oriental head massage, this tranquil treatment is specifically designed for dry or dehydrated skin. *55 minutes*

Oshadi Envelopment Wrap - Plants and herbs have been used in traditional healing practices for centuries. After a sea salt and aromatherapy oil exfoliation, plants and spices are infused to form a nourishing masque which warms and hydrates the skin and helps to relieve aching muscles and joints. *55 minutes*

Exfoliating Salt Scrub or Body Polish Treatment - A skin enhancing body treatment, cleanse your body with a complete exfoliation to remove dead and dry skin, ideal as a pre massage treatment. Choose from a spearmint body polish or a salt and oil scrub using natural salts and essential oils combined, leaving skin refreshed and smooth. *25 minutes*

ESPA Stimulating Hip and Thigh Treatment - A specialised treatment to stimulate the circulatory and lymphatic system, concentrating on the areas of the body prone to "blockages", cellulite, fluid retention and uneven skin texture. After a deep exfoliation with a seaweed and salt rub there follows a detoxifying massage using stimulating essential oils and an application of warm marine algae. The feet reflex zones and pressure points are activated, then pressure point and lymphatic drainage massage is undertaken to the eye area, gentle helping to purify and cleanse the body. *55 minutes*

ESPA Pre Natal Treatment - This total body treatment has been carefully designed for pregnant and nursing mother to take account of all contra-indications and aid in relaxation and tonicity of the skin during this very special time. The treatment avoids the use of essential oils as advised by the Aromatherapy Organisation Council and is a luxurious treat using a calendula infused oil various mud's and creams and advanced massage techniques to safe areas. It leaves the skin toned and yourself blissfully relaxed. *1hour 25minutes*

Hot Stone Massage - Add hot stones to any body treatment for just £10.00



IDEAL TREATMENTS FOR MEN

Aromatherapy Face Treatment For Men - Specifically formulated for the male complexion, this treatment uses natural balms and oils to help purify, hydrate and revitalise the skin. Ideal for city dwellers, frequent air travellers and those with a stressful or hectic lifestyle. *55 minutes*

Lifesaving Back Treatment - An ideal treatment for problematic skin. The back is deep cleansed and exfoliated to help stimulate circulation, then calmed and relaxed with a luxurious aromatherapy massage leaving the skin soft, smooth and revitalised. *40 minutes*

Aromatherapy Fitness Massage - This full body treatment is appropriate either before or after exercise as it uses essential oils to help increase circulation and warm muscles, preventing strains and relieving aches and pains. Ideal for anyone involved in sport, fitness or heavy physical work. *55 minutes*

Aromatherapy Massage - Experience the benefits of massage and individually chosen essential oils in one of the finest antistress treatments available. This complete face, scalp and body massage focuses on acupressure points, helping to strengthen the nervous system, thus restoring lost energy. *1 hour 10 minutes*

Back, Neck and Shoulder Massage - Enjoy a relaxing massage to relieve the tension in this particularly stressed area. *25 minutes*

Luxury Scalp Massage - A deeply relaxing and therapeutic massage to the head, neck and shoulders. Scalp massage helps improve mental clarity and imparts a feeling of wellbeing. You are left feeling relaxed and refreshed. *25 minutes*

ESPA Purifying Face, Shoulder and Scalp massage - The men's purifying facial, shoulder and scalp massage is a deeply relaxing facial treatment, incorporating the new ESPA men's products, specifically designed to suit men's skincare need – bringing a sense of peace, whilst revitalising the skin. *55 minutes*



Manicure - File of nails and cutical work, then a relaxing massage of your hand and arm. *30 minutes*

Pedicure - Foot soak and exfoliation, removal of hard skin, nails cut and filed. Cuticle tidy and leg and foot massage. *30 minutes*

Back Wax - *25 minutes*

Chest Wax - *25 minutes*



SPA SPECIALS

Rasul Mud Steam Experience - The Rasul is a steam chamber designed for use by 1 or 2 persons which combines mud application, steam inhalation and pure aroma essences. Your therapist provides you with a palette of different coloured muds or clays that you then apply to yourself before sitting in the gentle aromatic steam of the inner chamber. The action of applying muds helps to thoroughly exfoliate the body and the treatment is completed by a warm tropical rain shower within the chamber. *45 minutes*

FINISHING TOUCHES

Make Up Application - Guidance and application of full make up with helpful tips to help you update or learn new techniques to achieve a fresh new look. *45 minutes*

Bridal Make Up - Two sessions including a trial application for perfect results on your special day.
Trial 1 hour, Day 45 minutes

NAILS

Jessica Manicure - Nail shape, cuticle soak and tidy, hand and arm massage, moistures and polish of your choice. *40 minutes*

Jessica Luxury Manicure - As per the Jessica manicure plus mask application and thermal heated mitts. *55 minutes*

File and Polish - Cut, shape and application of nail colour.
Hands 25 minutes. Feet 25 minutes



ZEN SPA PEDICURES - Zen Spa is a sophisticated state of the art system that caters for individual needs. Once thought of as a pure luxury, a pedicure is therapy for the stress of modern life. Zen Spa is all of this and much more by cleansing and exfoliating dry, dull skin cells and rejuvenating skin to a healthier and softer condition.

Zen Spa Pedicure - Foot soak, nail trim and shape, cuticle tidy, scrub, foot and leg massage. Softening of hard skin, moisturise and colour of your choice. *45 hour*

Zen Spa Luxury Pedicure - Foot soak, nail trim and shape, cuticle tidy, foot and leg massage. Exfoliation and masque with heated foot gloves. Softening of hard skin, moisturise and colour of your choice. *55 minutes*



Lakeside Spa Information

Booking & Cancellation Policy - A 50% deposit is required when booking any packages. Guests who wish to cancel or re-schedule appointments are requested to give 24 hours notice. Cancellations made after this time will be charged at full rate. Any "No-Show" for an appointment will be charged the full rate. Any late arrival may be refused treatment or have treatment time reduced but will still be charged full rate.

Consultation and Health - For your first visit to the Spa, a 15 minute consultation will be added to your treatment time. Our qualified Therapists will analyse your skins' needs and ensure suitability for all treatments. Please inform your Therapist if you have any health concerns or if you are pregnant. Personal details will be kept secure and confidential.

Treatment Time - Please arrive 15 minutes early to change and relax prior to treatment.

Lakeside Spa Etiquette - For the comfort and consideration of all guests. Please ensure all mobile phones or pagers are switched off during your visit to the Spa. The Spa environment encourages peace and relaxation, please therefore keep noise to a minimum.

Lockers, Robes, Towels - We will provide you with a robe, slippers and towel for use in the Spa area. Swim wear is obligatory for all Spa areas. Underwear is required to be worn with all treatments.

Valuables - Some treatments require the removal of jewellery. Please ensure you retrieve all valuables before leaving the Spa as we cannot be responsible for lost items.

Refreshments - Drinks and light meals are available from the hotel during your Spa visit. Please ensure you drink adequate amounts of fluid during your visit to the Spa particularly during gym sessions and when using the sauna, steam room or mud rasul.

Products - A full range of skin care products used during your treatments are available for purchase. Your Therapist will be able to advise you on these products.

Children - Children under the age of 18 are not permitted to use the Spa facilities.

Gift Vouchers - Gift vouchers for all Lakeside Spa services are available for purchase from Reception. A delightful gift to suit all occasions available for any monetary value and for any treatment or package.

Staff - All our staff wish to help you achieve your perfect Spa experience. Should you wish to show your appreciation to members of staff either individually or as a team, gratuities may be left with the Receptionist.

