



## BODY TREATMENTS

Decadent treatments from head to toe.

### BEAUTIFUL BACK TREATMENT \$80

This is a complete facial treatment on the back, with massage to de-stress the skin.

### BODY SCRUBS \$100

Reap the benefits of an exfoliating scrub and the moisturizing benefits of shea butter. Experience our Hydrotherapy Jet Shower and heated bed. Complete the treatment with a gentle moisturizing massage to seal in the goodness!

### LAKESIDE SIGNATURE BODY WRAPS \$130

Give your skin the ultimate in treatments!! Choose from our in-spa menu of nutrient-rich scrubs and decadent body wraps that leave your skin renewed, refreshed, toned or tightened!

## TEEN SPA

Ages 12-15 years old.

### TEEN SPA MANICURE \$30

This treatment includes nail work, massage and polish with nail decal option.

### TEEN SPA PEDICURE \$45

This treatment includes nail work, massage, and polish with nail decal option.

### TEEN FACIAL \$75

Addressing special needs, treating and caring for breakouts, oiliness and sensitivity treatment includes cleansing, toning, massage, masque and moisturizing.

## GIRLIE GIRL SPA

Ages 7-11 years old. Parent supervision required.

### GIRLIE GIRL SPA MANICURE \$20

This treatment includes nail work, massage and polish with nail decal option.

### GIRLIE GIRL SPA PEDICURE \$25

This treatment includes nail work, massage, and polish with nail decal option.

### GIRLIE GIRL FACIAL \$30

This treatment includes cleansing, toning, massage, masque and moisturizing.

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## SPA PACKAGES

### THE CLASSIC \$126

Classic Manicure, Classic Pedicure and Express Facial.

### LAKESIDE SPA ESCAPE

with Aromatherapy Massage \$285

with Registered Massage Therapy \$277

This is everything you need to escape reality... renew yourself head to toe with our Signature Facial, 60 minute Aromatherapy or RMT Massage, and complete your day with our Spa Manicure and Spa Pedicure in time to bring you back! Light lunch included.

### RETREAT FOR TWO \$369

A sweet retreat for couples or friends, beginning with a relaxing 60 minute Aromatherapy Massage and completing the day with a Spa Manicure and Spa Pedicure.

### MOMMY-TO-BE

RMT \$162

FACIAL \$144

The perfect way to celebrate becoming a mommy. Choose from a 45-minute pre-natal RMT Massage or an Express Facial, finishing up with our Spa Manicure and Spa Pedicure.

### THE VALORIE SPECIAL \$261

A Lakeside Spa MUST try! This truly decadent experience includes a custom blended aromatherapy massage, a premium facial and a spa pedicure.

### PICK 3 \$126

Pick 3 services for only \$126! Choose from:

- Anti-Stress Massage
- Express Manicure
- Express Facial
- Express Pedicure
- Facial Waxing

### PERSONALIZED INDULGENCE

Create your own personalized spa package and enjoy the ideal experience because it was designed for you, by you. Ask us about our special rates when you choose a minimum of three or more services and our talented spa team will take care of the rest.



## GENTLEMEN'S TREATMENTS

Designed specifically for men.

### GENTLEMEN'S FACIAL \$90

Men deserve great skin too! Designed for a man's skin and his individual needs.

### GENTLEMEN'S MANICURE \$35

includes pushing back of cuticles, trimming and filing nails.

### GENTLEMEN'S PEDICURE \$45

includes pushing back of cuticles, trimming and filing nails.



Packages are to be completed within one day. Substitution of services may result in a price increase.

All prices subject to change without notice.

Please provide 24 hours notice of cancellations. Please arrive 15 minutes before appointment. A credit card number is required when booking services of \$50 or more.

Unwind, revitalize and renew yourself at the **Lakeside Spa**. Enhance your stay with our intimate environment and indulge in our treatments. All Eminence Organic Skincare Products used are environmentally friendly and are made by hand to ensure the best quality.

## MASSAGE THERAPY

Registered Massage Therapists. Please specify upon booking if a receipt is required.

### REGISTERED MASSAGE THERAPY

Designed to relieve the body of pain and tension created by muscle soreness.

\$55 – 30 min · \$75 – 45 min · \$90 – 60 min

\$125 – 90 min · Deep Tissue Massage, add \$10

### PRE-NATAL MASSAGE

Designed to help deal with the aches and pains associated with pregnancy.

\$55 – 30 min · \$75 – 45 min · \$90 – 60 min



## HOURS

(519) 238 - 7334

### FALL & WINTER

By appointment only

Tuesday 10 - 4pm  
Wed - Sat 9 - 5pm  
Sunday 10 - 4pm

### SPRING & SUMMER

Mon - Sat 9-5pm  
Sunday 10-4pm

## GROUPS

Group bookings available any day with advance notice. Ask us for details!



## ANTI-STRESS TREATMENTS

Relaxation treatments performed by our Certified Spa Therapists. \*Please specify upon booking if a receipt is required.

### ANTI-STRESS MASSAGE

Experience our relaxing Swedish massage using stress reducing techniques to provide the ultimate treatment.

\$50 – 30 min · \$65 – 45 min · \$80 – 60 min

### AROMATHERAPY MASSAGE

Choose the aromatherapy essential oil that's right for you. The essential oil you select will be used in a relaxing Swedish massage.

\$60 – 30 min · \$80 – 45 min · \$100 – 60 min

### AROMA-TOUCH TECHNIQUE

NEW! This technique incorporates a carefully crafted combination of essential oils for multiple health benefits and overall well-being. It is a simple yet powerful way to provide every individual with an essential oil experience.

\$85 – 45 min

### LAKESIDE BEACH STONE MASSAGE

Make your relaxing massage more deeply rewarding with warmed beach stones. You'll feel their soothing energy seep into your body. Warmed oils add to the exquisite experience.

\$65 – 30 min · \$85 – 45 min · \$100 – 60 min

Aromatherapy add \$10

### COUPLE'S MASSAGE\*

Swedish massage for two in our couple's room. Enjoy your massage right alongside your daughter, mother, partner or friend. Shared bliss!

\$190 – 60 min

## FACIAL TREATMENTS

Treat your skin to our Eminence Organics facials. All facials include cleanse, tone, exfoliation, masque(s) moisturizer and massage techniques. All facials are customized just for you to give your skin what it needs. Each product is chosen to target your specific concerns and skin care needs.

### EXPRESS FACIAL

A quick pick me up for those on the go! A short but sweet treat for your precious skin. Excellent as an add-on to any massage or Body Treatment.

\$55 – 30 min

### LAKESIDE SPA SIGNATURE FACIAL

An hour of bliss, concentrating on areas that need it the most. Includes hand and foot massage.

\$90 – 60 min

### LAKESIDE SPA PREMIUM FACIAL

Upgrade your skin care for optimum results. Includes 2 of our indulgent Add-Ons.

\$130 – 60 min

### THE DEEP CLEAN

This is a deep pore cleansing facial, great for acne prone and sensitive skin types. This facial treats breakouts and helps reduce oiliness and pigmentation.

\$70 – 45 min

### ARCTIC BERRY ILLUMINATING FACIAL

What if you could target aging, hyperpigmentation, sensitive, rosacea and acne prone skin? During this facial we will exfoliate, activate and illuminate your skin with the specially formulated ingredient. Best results are seen with a series of professional treatments, supported by home care with the illuminating system which is available for purchase in the spa.

\$110 – 60 min

### FACIAL ADD-ONS:

Lip Fix \$40

Bright Eyes \$40

## HANDS & FEET

All treatments include cuticle and nail care, gentle callus exfoliation for the feet, and relaxing moisture massage.

CLASSIC MANICURE \$35

CLASSIC PEDICURE \$50

SPA MANICURE \$45

SPA PEDICURE \$60

includes a scrub, creme massage & masque with heated boots or mitts, paraffin treatment available upon request.

### PARAFFIN TREATMENT

HAND \$15 FEET \$15 COMBO \$25

FRENCH POLISH Add \$5

POLISH CHANGE Add \$20

### CND SHELLAC

Imagine leaving the spa with your nails instantly dry!

CND SHELLAC MANICURE \$50

CND SHELLAC PEDICURE \$65

SHELLAC APPLICATION \$35

Removal of CND Shellac \$15 +

## BEAUTY TREATMENTS

### WAXING

Eyebrow \$15

Lip \$10

Chin \$10

Lip & Chin \$15

Half Leg \$35

Full Leg \$60

With Bikini \$70

Bikini from \$25

Underarm \$20

Arm \$30

Arm Including

Shoulder \$40

Back \$40 +

Chest \$40 +

### LASHES & BROWS

Eyelash Tint \$25

Eyebrow Tint \$15

Tint Combo \$30

Lash Lift & Tint \$90