



FIVE LAKES  
RESORT

## SPA TREATMENT MENU

### FIVE LAKES SIGNATURE TREATMENTS

Five Lake Signature Treatment	120 minutes	£125
Hot Stone Full Body Massage	70 minutes	£77
Pregnancy Full Body Massage	70 minutes	£75
Full Body Massage	60 minutes	£60
Reflexology	60 minutes	£65
Back, décolleté, face and scalp massage	60 minutes	£60
Heavenly Scalp Massage	45 minutes	£49
Hot Stone Back Massage	45 minutes	£55
Indian Head Massage	45 minutes	£49
Hopi Ear Candling	45 minutes	£49
Back and Scalp Massage	45 minutes	£49

### ESPA TREATMENTS

Espa Back, face and Scalp treatment with hot stones	100 minutes	£110
Espa Back, face and Scalp treatment	90 minutes	£85
Espa Mud Wrap	75 minutes	£75
Espa Algae Wrap	60 minutes	£65
Espa Aromatherapy Facial	60 minutes	£60
Espa Optimal Facial	60 minutes	£60
Espa Hip and Thigh Treatment	60 minutes	£65
Espa Inner Calm Massage	60 minutes	£65
Espa Hot stone Massage	60 minutes	£65
Espa Introductory facial	45 minutes	£49
Espa Salt and Oil Body Scrub	45 minutes	£49

### GLYCOLIC TREATMENTS

Glycolic resurfacing facial	60 minutes	£65
Glycolic resurfacing facial with hand treatment	75 minutes	£75
Glycolic resurfacing back treatment	45 minutes	£55

### SPRAY TAN

Sienna X spray tan	20 minutes	£20
--------------------	------------	-----

### ELEMIS TREATMENTS

Elemis Introductory Facial	45 minutes	£49
Pro collagen Facial	70 minutes	£75
Superfood Pro radiance Facial	70 minutes	£75
Men's Energiser Facial	70 minutes	£70
Hot Mineral Body Boost	70 minutes	£75
Freestyle deep tissue massage	70 minutes	£75
Body Nectar Nourishing Wrap – <i>frangipani</i>	70 minutes	£79
Thousand Flower Detox Wrap	70 minutes	£79
Intensely Cleansing salt Scrub – <i>lime and ginger or frangipani</i>	70 minutes	£49



FIVE LAKES  
RESORT

### ELEMIS BIO TECH FACIALS

Firm a lift facial	70 minutes	£80
Line Eraser Facial	70 minutes	£80
Radiance Renew facial	70 minutes	£80
Anti- pigment Brightener facial	70 minutes	£80
Skin Resurfacer facial	70 minutes	£80
Blemish Control facial	70 minutes	£80
Sensitive Skin Soother facial	70 minutes	£80
Super charger for men facial	70 minutes	£80

### MANICURE AND PEDICURES

File and Polish	15 minutes	£15
Manicure	45 minutes	£32
Pedicure	45 minutes	£32
Luxury Pedicure	60 minutes	£40
Geleration Manicure	45 minutes	£35
Geleration Pedicure	60 minutes	£40
Geleration French Manicure	60 minutes	£40
Geleration French Pedicure	70 minutes	£45
Mens Hand Ritual	45 minutes	£32
Mens Foot Ritual	45 minutes	£32

Please note that all treatments times include consultation and dressing time.

## BOOK YOUR TREATMENT TODAY

01621 862 324 | [spa@fivelakes.co.uk](mailto:spa@fivelakes.co.uk) | [fivelakes.co.uk](http://fivelakes.co.uk)