

SPA TREATMENT MENU

SIGNATURE TREATMENTS

Five Lakes Signature Treatment 120 minutes £125

Our signature experience offers top-to-toe pampering. It begins with a relaxing full body massage, followed by a luxury facial tailored to suit you with a choice of Elemis or ESPA products. Finally, a foot cleanse, exfoliation and sensual massage is applied to tie in the whole treatment.

Hot Stone Full Body Massage 70 minutes £77

Hot stone massage is an ancient practice dating back thousands of years, and involves the use of flat, heated stones (basalt stones) that your massage therapist places on key spots across your body. These special areas are said to control your body's energy flow and when recharged can help to rebalance body and soul. Why not experience the healing benefits of this deeply therapeutic treatment and get some chi on the go?

Pregnancy Full Body Massage 70 minutes £75

The perfect treatment for any mum-to-be. This experience includes a soothing full body massage with an express facial to leave you feeling pampered, restored and stress-free.

Available for those who are over 12 weeks pregnant

Full Body Massage 60 minutes £60

A relaxing full body Swedish massage to relieve any areas of tension for total relaxation.

Reflexology 60 minutes £65

An ancient pressure point massage technique for the feet combined with massage to help unblock energy channels. Increases circulation and creates a state of relaxation.

Décolleté Back, Face and Scalp Massage 60 minutes £60

An ideal treatment for easing tension and stress leaving you feeling rebalanced and relaxed.

Heavenly Scalp Massage 45 minutes £49

A soothing and relaxing treatment designed to relieve stress and tension.

Hot Stone Back Massage 45 minutes £55

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated. Includes: Hot Stone Aromatherapy massage to back.



FIVE LAKES
RESORT

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Indian Head Massage 45 minutes £49

This a gentle yet powerful massage of the shoulders, neck, scalp and face working with the body's energy chakras.

Hopi Ear Candling 45 minutes £49

A relaxing American Indian therapy to remove excess wax and infection from the ears. Helps to alleviate sinusitis, flu, headaches and migraines. Combined with a pressure point massage to ease away tension.

Back and Scalp Massage 45 minutes £49

A soothing back, neck and shoulder massage followed by a gentle scalp treatment to help relieve tension. It's particularly good for those who suffer with upper back tension and headaches.

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

BOOK YOUR TREATMENT TODAY

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