

# Burnside Spa Beauty Rooms

## MASSAGE TREATMENTS

Aromatherapy Associates apply the traditional principles of aromatherapy massage; Aromatherapy Associates use a unique pressure point massage technique that targets the nervous system to restore health and vitality.

Carefully selected natural ingredients are combined to produce a distinctive blend of essential oils designed to enhance the state of physical and emotional wellbeing and bring you an aromatherapy experience that's as effective as it is luxurious.

### THE ULTIMATE AROMATHERAPY EXPERIENCE

Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation leaving you feeling deeply relaxed and re-charged.

Full Body 55 minutes £60.00

Back, Neck & Shoulders 25 minutes £40.00

**Relax**



**De-stress**



**Revive**



**Support**



**Enrich**



**Renew**

### INTENSIVE MUSCLE RELEASE

An intensive massage that works deep into tight aching muscles, to instantly release pain and tension.

Full Body 55 minutes £60.00

Back, Neck & Shoulders 25 minutes £40.00

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## LAVA SHELL TREATMENTS

Using ethically sourced, 100% natural Tiger Clam shells from the Philippines, these deep, healing and wonderfully soothing massages combine the heat and smoothness of the Lava Shells with innovative massage techniques to induce a feeling of calm relaxation and give you a seriously stress-busting experience.

**FULL BODY** 60 minutes £65.00

The shells are worked over palms, arms, neck, legs, feet, back and shoulders to release tension, muscle knots and stress.

**BACK MASSAGE** 30 minutes £45.00

A relaxing bespoke back, neck and shoulder massage to ease tension and stress.

## ALTERNATIVE THERAPIES

**INDIAN HEAD MASSAGE** 25 minutes £35.00

This treatment can provide instant relief from tension and stress symptoms and induce a state of calm, peace and tranquillity and also promote high levels of alertness and concentration focusing on the back, neck, shoulders, head and face.

*Burnside Spa Gift Vouchers*

The perfect gift for the special person in your life; prices start from £10.00 and are tailor made for the individual.

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## SCRUB & WRAP TREATMENTS

Scrubs and wraps are intensive body treatments that have been developed to bring both physical and emotional benefits. The aromas work on the emotions leaving the guest feeling uplifted, energised or relaxed. The gels, oils and creams work on more than just the skin, they are absorbed into the bloodstream and inhaled through the nose and so work on a deeper physical and emotional level.

### **ROSE HYDRATOR**

55 minutes    £60.00

If you are looking for an indulgent and uplifting treatment to bring back radiance and restore and renew your skin, then this is the treatment for you. This intensely hydrating body ritual includes a gentle exfoliation followed by a layering of hydrating and regenerating creams and oils rich in Damask Rose, renowned for their renewing and moisturising properties. The products are left to penetrate under a wrap while an Ayurvedic scalp massage works to lift and brighten your spirits.

### **PERFECT BACK**

50 minutes    £60.00

A skin conditioning treatment and back massage all rolled into one. Designed for backs prone to blemishes and oiliness, this treatment restores skin, leaving it smooth, glowing and flawless. Orange Flower, Lavender and Tea Tree essential oils work to thoroughly cleanse, eliminate toxins and rebalance the skin while an exfoliating scrub and freshwater mud mask draw out impurities and soften the skin. Get ready to show off your back, with glowing and polished skin.

### **BESPOKE SKIN POLISH**

35 minutes    £40.00

An all-over body exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

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## FACIAL TREATMENTS

### **ULTIMATE AROMATHERAPY ASSOCIATES FACIAL**

A bespoke facial, designed to suit your individual needs to restore and recondition the skin, leaving the complexion smooth and luminous.

50 minutes    £60.00

25 minutes    £35.00

### **AGE REPAIR FACIAL**

An intensive treatment for ageing skin includes a unique dual layering of hydrating and repair masks, with specific lifting and firming massage.

80 minutes    £70.00

### **ESSENTIAL ROSE FACIAL**

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

50 minutes    £60.00

### **SKIN SOLUTIONS FACIAL**

This treatment regulates problem skin, leaving the complexion instantly bright and radiant.

50 minutes    £60.00

### **SOOTHING FACIAL**

A calming facial suitable for irritated or inflamed skin, helping to reduce redness, nourish, soothe and restore the skin's natural radiance.

50 minutes    £60.00

### **ROSE INFINITY FACIAL**

Achieve instant, long lasting results that noticeably lift tone and firm the skin. The Rose Infinity facial harnesses the most advanced natural ingredients to reveal a flawless, healthy and younger looking skin with a radiant complexion.

80 minutes    £70.00

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## HAND & FOOT TREATMENTS

### **FILE & POLISH**

file and polish for the perfect finish.

20 minutes    £20.00

### **MANICURE**

Hands are exfoliated and massaged; cuticles are cared for, the nail shape is perfected and colour is applied for a beautiful finish.

60 minutes    £33.00

### **LUXURY MANICURE**

Our manicure treatment with the application of heated mittens to allow deeper penetration of oils and creams to leave your hands feeling softer and smoother.

75 minutes    £43.00

### **MANICURE WITH GEL NAILS**

A semi-permanent soaks off nail colour that applies like a polish and lasts like a gel. The nail shape is perfected cuticles are cared for and a choice of gel colour is applied.

75 minutes    £37.00

### **PEDICURE**

Feet are exfoliated and hard skin is removed, then massaged. Cuticles are treated, the nail shape is perfected and colour is applied.

60 minutes    £35.00

### **LUXURY PEDICURE**

Our pedicure combined with a complete lower leg and foot treatment and the application of either a peppermint cooling mask, or heated booties to allow deeper penetration for oils and creams.

75 minutes    £45.00

### **PEDICURE WITH GEL NAILS**

A semi-permanent soaks off nail colour that applies like a polish and lasts like a gel. The nail shape is perfected cuticles are cared for and a choice of gel colour is applied.

75 minutes    £40.00

# The Spa Experience

Our spa days have been designed to make our guests feel truly pampered with some fabulously indulgent experiences. If you wish to create your own unique spa experience, why not tailor make your own spa package!

The spa package experience includes bathrobe and towel, unlimited use of the Spa area, and all other facilities that the spa has to offer. Enjoy a light lunch and refreshment drink of your choice.

Why not extend your spa day with a totally relaxing overnight stay at the hotel? Take the opportunity to wine and dine in our fabulous restaurant and enjoy the comfort of our luxurious bedrooms.

## SPA PACKAGES

### **INDULGENCE PACKAGE**

Choose one of our ultimate aromatherapy facials, an aromatherapy full body massage, the rose hydrator scrub and wrap or the perfect back scrub with a back massage.

1 hour

£85.00

### **AROMATHERAPY HEAVEN**

Aromatherapy experience back, neck and shoulder massage with Aromatherapy Associate facial.

1 hour 30 minutes

£125.00

### **RELAX STRESS RELIEF DAY**

Intensive muscle release or Lava shell full body massage with an Aromatherapy Associate facial.

2 hours

£150.00

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## WAXING TREATMENTS FOR WOMEN

LIP OR CHIN	15 minutes	£10.00
LIP & CHIN	20 minutes	£15.00
EYEBROW	15 minutes	£10.00
FOREARM	30 minutes	£15.00
UNDERARM	15 minutes	£10.00
BIKINI LINE	20 minutes	£15.00
HALF LEG	30 minutes	£20.00
HALF LEG & BIKINI LINE	45 minutes	£30.00
FULL LEG	60 minutes	£30.00
FULL LEG & BIKINI LINE	65 minutes	£35.00

## WAXING TREATMENTS FOR MEN

BACK	30 minutes	£25.00
CHEST	30 minutes	£25.00

## LASH & BROW TREATMENTS

EYELASH TINT	30 minutes	£15.00
EYEBROW TINT	15 minutes	£10.00
EYEBROW SHAPE	15 minutes	£10.00
EYELASH TINT & EYEBROW TINT	30 minutes	£20.00
EYELASH TINT, EYEBROW TINT & EYEBROW SHAPE	30 minutes	£25.00

A patch test must be performed at Burnside Spa 24 hours prior to every tint treatment.

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## BOOKING TIPS & ADVICE

The timings listed are recommended treatment times. We want you to get the most from your experience at Burnside Spa, so we request that you arrive in good time for your appointment. This will give us the opportunity to complete a consultation form, discuss your requirements and allow you to relax. We regret that if you arrive late, your treatment time may be reduced and no pricing adjustments can be made. The spa will provide towels, robes and slippers complimentary for spa days. Robes and slippers are also available to hire for spa treatments.

Booking in advance is recommended and we may require pre-payment for some treatments.

We request 48 hours notice of any changes and cancellations and we regret that any pre-payment may not be refunded after this time. Please contact Burnside Hotel and Spa directly on 015394 42211.

For your safety and wellbeing we ask that you consult our medical questionnaire or discuss any health problems with our team at the time of booking as some medical conditions may prohibit certain treatments. Please note our Intensive Muscle Release Massage and Lava Shell Massage Treatments are not suitable during pregnancy.

## BURNSIDE HOTEL & SPA

**Lake Road, Bowness on Windermere, Cumbria, LA23 3HH, Tel: 015394 42211 [www.burnsidehotel.com](http://www.burnsidehotel.com)**

## Burnside Spa Gift Vouchers

The perfect gift for the special person in your life; prices start from £10.00 and are tailor made for the individual.

To arrange your Gift Vouchers, contact the Burnside Hotel & Spa on 015394 42211.