

## HYDROTHERAPY

### VICHY SHOWER 20'|50€

Beneficial water-jet massage combined with a local massage.

### VICHY SHOWER WITH SEA SALTS EXFOLIATION 50'|80€

Start with a body exfoliation followed by a local manual massage and water-jet.

### NUVOLA 30'|35€

Relaxation treatment consisting of letting the body float, producing the incredible feeling of floating on the Dead Sea. The 30 minutes of treatment are equivalent to 7 hours of deep sleep. It also relieves sciatic pains and backache and reduces minor muscular pains.

### JET SHOWER 12'|35€

A high impact hydro massage done with a jet. The heated seawater is sprayed by the hydro-therapist with a variable pressure at a distance of more or less 4 meters. Is indicated in cases of muscle tension, cellulite and circulatory deficiencies.

## FINAL TOUCH

### MANICURE SPA 60'|40€

Hand treatment with exfoliation and hydrating cream, includes hand massage. Ends with nail varnishing if wished.

### PEDICURE SPA 70'|60€

## WAXING

### FULL LEG |50€

### HALF LEG |30€

### BIKINI |20€

### FULL BIKINI |30€

### UNDERARMS |20€

### UPPER LIP |10€

### EYEBROWS |15€

## DAY SPA

Choose a personalized Spa Program for your stay.

Price per program and person.

### FACIAL 55'

Personalized Facial

### MASSAGES 50'

Blue&Green

Aromatherapy

### EXFOLIATION 25'

Sea salt exfoliation

### HYDROTHERAPY 20'

Vichy shower

### Day Spa 1 - 2 treatments |140€

### Day Spa 2 - 3 treatments |200€

### Day Spa 3 - 4 treatments |250€

### OPEN DAILY FROM 10am UNTIL 7pm

Subject to alteration depending on seasonality. Please check with the SPA reception.

### Reservation:

Telephone: +351 289 320 733

email: [spa@thelakeresort.com](mailto:spa@thelakeresort.com)

At the hotel room, please dial 43140

resorts with a new attitude  
**blue & green**



the  
spa

## SIGNATURE TREATMENTS

### EUROPE - LAVENDER TREATMENT 50'|90€

Achieve the perfect balance through a relaxing treatment with all the benefits of French Lavender. Welcome ritual with foot exfoliation followed by a relaxing massage with Lavender essential oil.

### AFRICA - CACAO TREATMENT 50'|90€

Let yourself be carried away by the aroma of cacao to far-off lands in the African continent and feel revitalized from head to foot. Welcome ritual with foot exfoliation followed by a relaxing massage with Cacao essential oil.

### ASIA - JASMINE TREATMENT 50'|90€

Begin an exotic journey with the calming power of jasmine and experience a feeling of total non-stress. Welcome ritual with foot exfoliation followed by a relaxing massage with Jasmine essential oil.

### OCEANIA - COCONUT TREATMENT 50'|90€

Enjoy this tropical Coconut treatment and feel you are on holiday on the islands of French Polynesia. Body exfoliation followed by a relaxing massage with organic Coconut oil.

### AMERICA - VANILLA TREATMENT 50'|90€

Discover the anti-oxidizing power of Vanilla and its capacity to produce a feeling of renewal and well-being. Body exfoliation followed by a relaxing massage with Vanilla essential oil.

## BLUE&GREEN RITUALS

### LA CULLA DI OLOS 105'|150€

Let yourself in the warm embrace of steam in a unique ritual where the body and face find the perfect balance. With the final massage you will achieve absolute relaxation and regeneration of the senses.

### YIN-YANG MOMENTS 85'|250€

A perfect ritual for couples that begins with a romantic bath in the VIP Suite and continues with a relaxing massage for two with Ylang-Ylang and Patchouli essential oils. Finish your experience with a special tea for two.

### NÉROLI 85'|140€

A delicious ritual that begins with an exfoliation based on Lavender and Orange, ends with an ultra-relaxing massage with orange-flower essential oil.

### THE WORLD AT YOUR FEET 85'|120€

A revitalizing ritual that begins with a Peppermint foot bath and ends with a refreshing massage with Rosemary and Lemon essential oils.

## MASSAGES

### BLUE&GREEN MASSAGE 25'|60€ 50'|80€

Relaxing massage that produces a feeling of tranquility and general wellbeing.

### AROMATHERAPY MASSAGE 50'|85€

Personalized massage with essential oils chosen by you, which produces a state of harmony.

### SPORTS MASSAGE 50'|85€

Deep massage aimed at toning the muscle tissue by acting through muscular decompression.

### HOT STONES MASSAGE 80'|110€

Relaxing massage using hot stones, producing total relief from stress and a perfect balance between the body and soul.

### ENERGY OF THE ALPES 80'|110€

Revitalizing and relaxing massage, combining deep manual techniques with warm linen bags full of salts from Himalayas.

### MOTHER TO BE MASSAGE 70'|95€

Specialized treatment for all pregnant women. Enjoy a body and face massage, with special attention to the lower back and legs reaching a perfect balance and wellbeing.

## ORIENTAL THERAPIES

### AYURVEDIC MASSAGE 70'|95€

Deep massage technique that combines vigorous movements across the whole muscular mass with traction and stretching exercises. Produces a feeling of levity and tranquility.

### THAI MASSAGE 70'|95€

A vigorous whole-body massage carried out on the floor, which includes rhythmic movements, palm and thumb pressure on specific points of the body along the energy meridians, combining stretching movements and conscious use of breathing. Ideal for restoring energy and combating stress.

### SHIATSU 70'|95€

Japanese therapeutic method that uses pressure on the meridians in order to re-establish energy flow, producing a state of physical and energy equilibrium.

### REIKI 50'|85€

Japanese therapeutic technique based on channeling universal energy by means of the hands in order to re-establish the vital energy of the recipient.

### REFLEXOLOGY 50'|70€

Therapy based on the principle of the existence of reflex points in the feet that are connected to other organs of the body. The stimulation of the feet provides balance and wellbeing.

## FACIAL CARE

### BY ANNE SEMONIN

### L'EXPERIENCE ANNE SEMONIN 70'|110€

Luxurious and deeply rejuvenating treatment, designed for you, with new generation products. It awakens the radiance of the face, neck and eye contour. It uses classic techniques and offers personalized corrective solutions.

### FACIAL CLEANSING 70'|100€

Complete detox, while smooth and intense, it combines a sea-weed peel off mask, steam, extraction and cleansing of high frequency for a magnificently clarifying result.

### MEN'S SPECIAL 70'|95€

A "made to measure" treatment, according to skin condition and skin type, with essential oils, trace elements and massage techniques exclusive to Anne Semonin.

### PERSONALIZED FACIAL 55'|85€

Let us assess your skin's needs and give it back the glow, hydration or balance that it needs.

### MOTHER-TO-BE TREATMENT 70'|95€

Facial treatment rejuvenating, with a foot and leg massage to help drain and deplete all the swelling and fatigue. Extremely relaxing.

## BODY TREATMENTS

### SEA SALTS EXFOLIATION 25'|45€

Exfoliating treatment that purifies and smoothes the skin, eliminating dead cells.

### BY THALION

### CELLU-CONTOUR 55'|90€

Localized treatment on the abdomen, hips, thighs, knees. Massage with specific techniques to act in the localized cellulite.

### FIRMING PERFECTION 55'|90€

Localized treatment on the abdomen, hips, thighs, knees. Several techniques to reshape the silhouette, firming and smoothing the skin.

### BODY DRAINAGE 55'|90€

Localized treatment on the abdomen, hips, thighs, knees. Several techniques to slim the silhouette drain and eliminate toxins.

## BY PURE ALTITUDE

### WRAPPING "COMME LA NEIGE" 50'|90€

Exfoliation with white sugar crystals, hazelnut oil, boom grass and juniper, followed by a sweet body wrap of snow creamy "Comme La Neige".

### WRAPPING OF CRABERRY 50'|90€

Rejuvenating body treatment. Begins with a soft sugar snow exfoliation, followed by wrap of cranberries of the North America.

### BY ANNE SEMONIN

### WRAPPING OF KAOLIN HYDRATING ROSE 55'|90€

Ultra hydrating body wrap, designed for dehydrated, sun-damaged and very dry skin. Body scrub followed by application of kaolin pink clay and a combined treatment with oil rich in nutrients.

## SPECIFIC TREATMENTS

### PRESSOTHERAPY 20'|35€

These are leg sleeves where air circulates at controllable pressure. Improves blood and lymph flow, reduce the edema and restores the lightness sensation. Indicated for tired legs, cellulite and circulatory problems.

### LYMPHATIC DRAINAGE 50'|85€

Treatment with a soft, subtle massage technique that stimulates the lymphatic system to work at a faster rate, moving the lymph to the lymph glands and eliminating excess liquid and toxins.

