

The Spa

AT THE LAKE COUNTRY HOUSE

perfectly located on the idyllic banks of the lake...



Relax in the heart of Wales...

Perfectly located on the banks of the lake, The Spa at Lake Country House has searched the globe to seek out something a bit special, a lifestyle concept based upon the fusion of product, philosophy and spa. A niche brand that is to be found in unique places.

Temple Spa is a unisex range of highly advanced products and treatments created to combat the strains and stresses of those that travel a lot and those who have a demanding, fatiguing lifestyle. For you this means the very best in anti-aging skin care, aromatherapy and spa treatments. You know what you like, you're discerning and quite fussy about your choices and you love anything to do with health, living well and looking your best.

The products and treatments deliver results and you will find them thoughtful and visible, as well as calming to your soul. Spa-with-us or spa-to-go in your own space. Either way, let the words Temple Spa be a soothing balm and a reminder to take some time out every day, just for you.

Spa Packages

For full details of day, half day and overnight spa breaks please contact us or visit www.lakecountryhouse.co.uk.



Facial Therapies

The Power Breakfast Facial

30 minutes - Express Facial for all skin types

If you are looking for quick results, need to look your best and don't have much time, this is the one for you. We have taken all the ingredients that you would find in a healthy breakfast, containing oats, honey and fruit juices to create this revitalising facial that includes a power cleanse, mask and mini massage.

Windows Of The Soul

30 minutes - Divine Eye treatment

Perfect for when you look tired, this treatment is designed for the delicate eye area that needs special attention. Using intensive formulations and specific very clever massage techniques we will lift, smooth and revitalise to put the sparkle back into your eyes. Lovely to add to any facial.

Repose Aromatherapy Facial

55 minutes - Relaxing, indulgent Facial for all skin types

There is nothing like stress for lining the skin and there's nothing like relaxation for smoothing it. This indulgent aromatherapy facial treatment, infused with generous anti-inflammatory ingredients will soothe, calm and nourish a tired, irritated or unhappy complexion.

Go Guy - Men's Facial

55 minutes - Men's Facial for all skin types

This macho facial is perfect to revive, refresh, and invigorate. Your skin will be revitalised with one of our special scrubby masks, in addition, aching neck muscles will be massaged, worry lines erased and headaches soothed. You will leave feeling glad you gave us an hour of your time.

Champagne & Truffles De-luxe Treatment

90 minutes - The Crème De La Crème of Facials

This stunning treatment is just the thing if you are looking for a serious celebration for the skin, containing ingredients such as champagne, silk, diamonds, gold and of course black truffles. Highly unique elements include techniques to reveal fresher skin, a warm melting mask to help iron out the wrinkles, specialist lifting massage to strengthen and tone and an iced blend to reduce puffiness. Finally, an application of Temple Spa award winning cult product Skin Truffle and the results will leave you looking radiant, more youthful and instantly wonderful. You will receive a flute of bubbly as you admire your complexion!

My Kinda Mood

120 minutes - A prescriptive Facial and Massage bespoke to the client

Look, feel and smell oh so good with a wonderful relaxing full body massage followed by an indulgent facial.



Body Scrub, Wraps & Infusions

I'll Be Back

40 minutes - A Facial for the Back

Purifying mud is smoothed all over your back for a deeply cleansing treatment, following an invigorating skin exfoliation with our Mediterranean scrub. Warm fragranced mitts are used to remove the back mask before enjoying a stimulating massage, leaving you energised and with a back to be proud of.

Glorious Mud

55 minutes - Skin Conditioning and Detoxifying Mud Wrap

Using the finest blends of ingredients for detoxifying and purification of the body, this treatment starts with top to toe bodybrushing to encourage lymphatic flow. The body is then smoothed with vitamin and mineral rich mud which helps nourish and purify the skin. Once cocooned in a cosy wrap the relaxation process is then taken to another level with a glorious face and scalp massage. You wouldn't believe wallowing in mud could feel so good.

The Outer Glow

45 minutes - Face and Body Exfoliation

Using our unique Sugar Buff Body Scrub, we polish your body and exfoliate your face with Breakfast Smoothie. This invigorating and refreshing all over treatment leaves the skin top to toe soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your holiday. Go and glow!

AAAHHH!

30 minutes - Leg & Foot Energiser

Don't you just hate it when your legs and feet beat like drums?! This oh-so-good treatment is instant relief for tired over worked limbs. It begins with skin brushing to help eliminate excess fluids followed by our Mediterranean Scrub; An oil massage that will leave you tingling and finally a friction tap with Aaahhh! Wonderful to add on to another treatment.

Go Figure

75 minutes - A firming, toning, tightening body Detox Treatment

This is the one if you need a bit of help with the wobbly bits! Your treatment commences with brushing and sloughing movements to stimulate lymphatic flow. Hips, thighs and abs are treated to a detoxifying massage using targeted techniques followed by an intensive marine and earth mud wrap to continue the good work. Finally a friction rub with Go Figure anti-cellulite gel completes the treatment. You will feel invigorated and clothes should be that bit looser. One treatment is fab, a course of six is amazing!



Massage Treatments

Drift Away

55 minutes - Relaxing Full Body Massage

This is our really relaxing top to toe massage, formulated with a dreamy blend of essential oils guaranteed to have you drifting away. It's completed with a face and scalp massage using our aromatherapy resting cream Repose. It will soothe the nerve endings, relaxing the muscles and the mind.

Media Drift Away

30 minutes - Relaxing Back, Neck & Shoulder Massage

The best thirty minutes you'll spend, to wind you down and take your mind off your thoughts for a while, in a massage devoted to your neck, shoulders and back, great for when you don't have a lot of time, but you do have a lot of stress.

Matins

55 minutes - Energising Full Body Massage

An invigorating and energising massage designed to leave you full of vitality. The massage movements encourage circulation, tone muscles and stimulate the whole body. The treatment is completed with our rescue mask, Wake Up Call after which, you will soon be raring to go! All guaranteed to restore and revive.

Media Matins

30 minutes - Energising Back, Neck & Shoulder Massage

An invigorating and energising massage packed into thirty minutes, concentrating on the back, neck and shoulders, a quick fix to get you started, enthused and feeling great.

Fiduciae

55 minutes - Back Massage, Leg Treatment, Face Exfoliation & Scalp Massage

A great treatment for when your confidence needs a boost or when your muscles just need a hug. The treatment begins with an energising back massage using our Dream Stones, followed by rebalancing reflex zone massage and a re-assuring scalp massage. This is completed with one of our exfoliating face masks, finally we remove this with steam towels infused with an uplifting aroma.

Soul Retreat

55 minutes - Foot Ritual, Back Massage, Face Mask & Scalp Massage

Give yourself a treat with this beautifully nurturing therapy that will leave you feeling comforted and peaceful using rose based preparations, noted for their ability to help soothe frazzled nerves. We commence with our truly wonderful foot ritual where we soak, exfoliate and treat the feet, following this we massage away all the areas of tension and stress in the back, neck and shoulders. This is all completed with a face mask of your choice and relaxing scalp massage.

New Beginnings

55 minutes - Mummy To Be

Pregnancy is a wonderful time in your life that requires treatments specially designed just for you. You will enjoy a full body massage without the need to lie on your tummy. Our especially trained therapists know exactly how to work those sore tired muscles while you feel completely comfortable and relaxed and you never know, the little bambino might enjoy the sense of calm too! (Not suitable during the first trimester)



Luxury Manicure or Pedicure

60 minutes

(Includes a free bottle of nail polish) These luxury Temple Spa treatments will leave your hands/feet looking elegant and feeling 'Oh so good'

Temple Spa Side Orders

15 minutes

Can be added to any treatment (Facials, Massages, Body Treatments)

- Stressed Out? - Enjoy our calming back massage
- Head feel heavy and up tight? - You will love our sedating scalp massage
- Need all over well being? - Go for our rebalancing foot reflex massage
- Want a spring in your step? - Select our Indulgent foot ritual
- Love your face to be pampered? - Opt for our special face massage
- Want to look less tired? - Discover our secret eye remedy

Signature Treatments

Indian Head Massage

50 minutes

A revitalising massage to the back, scalp and face

Reflexology

50 minutes

A foot massage that helps to relax and rebalance the body using specific pressure points

Remedial Back Massage

35 minutes

A deeper massage for areas of specific tension

Hot Stone Massage*

Back 45 minutes Full Body 75 minutes

A deeply relaxing massage using hot volcanic stones

Thai Style Massage*

Back 45 minutes Full Body 75 minutes

An invigorating treatment using hot compresses with herbs and exotic essential oils

Lake Pedicure

55 minutes

Nail shaping, cuticle work and massage followed by a polish

Lake Manicure

50 minutes

Nail shaping, cuticle work and massage followed by a polish

File and Polish Hands or Feet

Warm Bamboo Therapy*

Back 45 minutes Full Body 75 minutes

The Healing Art of bamboo relaxes the body to its deepest level

Sticks and Stones*

Back 45 minutes Full Body 75 minutes

A fusion treatment using bamboo and hot stones

St Tropez

Full Body / Half Body / Top Up

Eyebrow Shape or Eyebrow/Lash Tint

Waxing

Full Leg / Half Leg / Bikini / Underarm / Facial

* Treatments that are not suitable during pregnancy

SPA OPENING TIMES

The spa is open from 7.30am - 8.00pm 7 days a week.
Treatments are available from 9.30am - 6.00pm.

CHILDREN AT THE SPA

Children of residents between the age of 8 and 16 are able to use the swimming pool between 4.00pm - 5.00pm Monday - Sunday.

CANCELLATION POLICY

We respectfully remind you that any cancellations need to be made within 48 hours otherwise full payment will be expected. Joining and membership fees are non-refundable.

MEDICATION

If you are taking medication it is advisable you consult your doctor before booking a treatment and also advise your therapist beforehand.

APPOINTMENT TIMINGS

We would ask that you arrive 10 minutes prior to your treatment.

Good Hotel Guide, Editors Choice, Spa Hotel of the Year 2015

THE SPA AT THE LAKE COUNTRY HOUSE

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PRICE LIST



TEMPLESPA

FACIAL THERAPIES

The Power Breakfast Facial	£42
Windows Of The Soul	£42
Repose Aromatherapy Facial	£68
Go Guy – Mens Facial	£68
Champagne and Truffles De-luxe Treatment	£95
My Kinda Mood	£120

BODY SCRUB, WRAPS & INFUSIONS

I'll Be Back	£50
Glorious Mud	£65
The Outer Glow	£50
AAHHH!	£42
Go Figure	£80

MASSAGE TREATMENTS

Drift Away	£70
Media Drift Away	£42
Matins	£70
Media Matins	£42
Fiducaie	£70
Soul Retreat	£70
New Beginnings	£70
Luxury Manicure or Pedicure	£60
Temple Spa Side Orders	£15

SIGNATURE TREATMENTS

Indian Head Massage	£60
Reflexology	£60
Remedial Back Massage	£55
Hot Stone Massage	Back £55 Full Body £75
Thai Style Massage	Back £55 Full Body £75
Lake Pedicure	£50
Lake Manicure	£50
File and Polish Hands or Feet	£20
Warm Bamboo Therapy	Back £55 Full Body £75
Sticks and Stones	Back £55 Full Body £75
St Tropez	Full Body £25 Half Body £15 Top Up £10
Eyebrow Shape or Eyebrow/Lash Tint	£15
Waxing	Full Leg £20 Half Leg £15 Bikini £15 Underarm £15 Facial £10

