



Lake House Spa™  
AT LAKE AUSTIN SPA RESORT

# MENU OF SPA SERVICES

~ 2010 ~







# Table of Contents

---

<b>WELCOME FROM THE OWNER.....</b>	<b>5</b>
<b>SPECIAL OUTDOOR TREATMENT OPTIONS .....</b>	<b>6</b>
<b>TREATMENT LOCATIONS.....</b>	<b>8</b>
<b>MASSAGE THERAPY.....</b>	<b>8</b>
<b>BODY TREATMENTS.....</b>	<b>10</b>
<b>TRADITIONAL EAST ASIAN THERAPIES.....</b>	<b>13</b>
<b>SPA TREATMENT ADD-ONS .....</b>	<b>14</b>
<b>FACIALS.....</b>	<b>14</b>
<b>FACIAL ADD-ONS .....</b>	<b>16</b>
<b>RESULTS-DRIVEN TREATMENTS .....</b>	<b>16</b>
<b>WAXING .....</b>	<b>17</b>
<b>MEN’S TREATMENTS.....</b>	<b>17</b>
<b>TEEN TREATMENTS .....</b>	<b>17</b>
<b>NAIL THERAPY.....</b>	<b>18</b>
<b>IRIS SALON SERVICES .....</b>	<b>19</b>
<b>MAKE-UP .....</b>	<b>20</b>
<b>LAKEHOUSE SPA DAY PACKAGES .....</b>	<b>20</b>
<b>GENERAL INFORMATION .....</b>	<b>21</b>







# Welcome to the LakeHouse Spa™ at Lake Austin Spa Resort!

---

Blending the casual Hill Country elegance we are known for with wonderfully innovative amenities, this 25,000-square-foot retreat is truly the most extraordinary spa in North America. We hope you enjoy your time here and leave feeling relaxed, refreshed and rejuvenated.

The LakeHouse Spa has many special features, so explore and enjoy! Each room is exquisitely furnished with art, antiques and textiles. The 20 indoor treatment spaces, with private showers, soundproof walls and doors, and a state-of-the-art sound system, were designed with your comfort in mind. The magnificent Blue Room provides a cozy waiting area for guests, and tandem treatment suites, including the Bamboo Room – our private outdoor garden suite with an in-ground hot tub and outdoor shower – allow you to experience treatments with a friend or significant other. Our Treatment Cabanas and the Treatment Porch offer more unique opportunities for outdoor treatments.

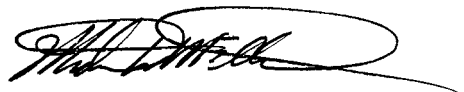
There are two magnificent swimming pools at the LakeHouse Spa, including our Junior Olympic-length lap pool housed in a grand pool barn. And separate men’s and women’s wet areas feature whirlpools, saunas and steam rooms that look out onto private, stone-walled gardens. The Iris Salon, the LakeHouse Boutique and the Aster Café, where you’ll experience a taste of Lake Austin Spa Resort’s award-winning cuisine, will enhance your spa experience.

In addition to our grand facilities, we are excited to offer a completely refreshed menu of spa treatments – more than 100 in all – developed by our in-house experts. These customized treatments are drawn from and inspired by our serene natural setting and by the best of the world’s ancient and modern therapeutic techniques. Let us help you select the treatments that are right for you.

Again, we are honored to welcome you to our home. If there’s anything we can do to make your time with us more enjoyable, please let us know.



William W. Rucks, IV  
*Owner*

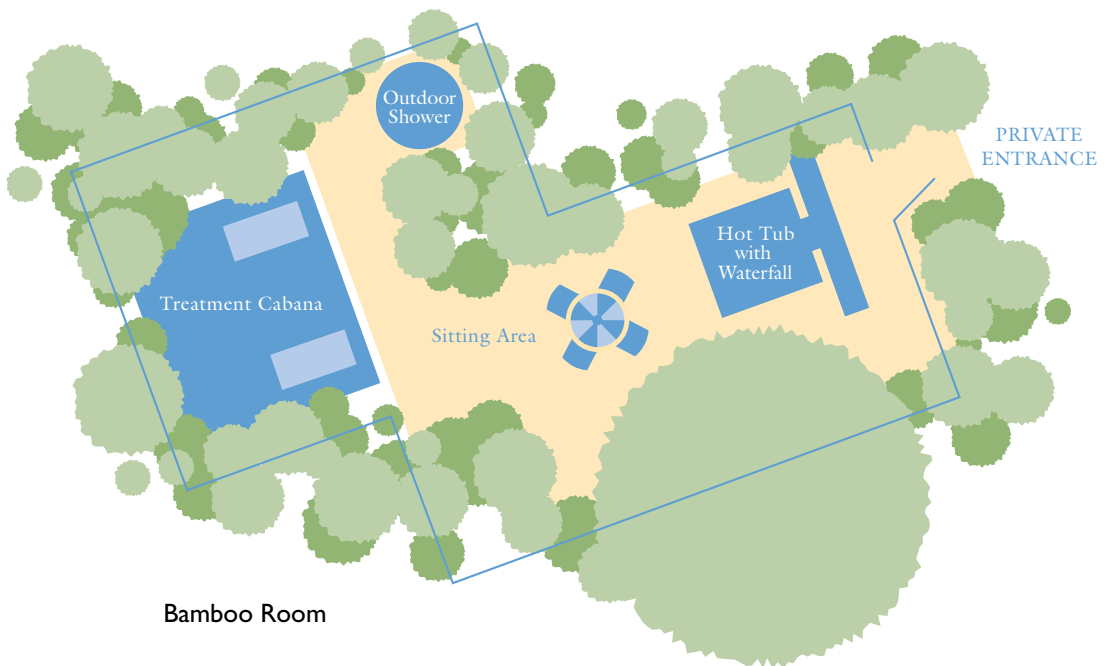


Michael W. McAdams  
*Owner*

# Special Outdoor Treatment Options

---

The LakeHouse Spa offers an array of treatment environments to enhance your spa experience. To share the experience of tandem spa treatments with a friend or significant other, choose our indoor suite or the Bamboo Room – our private outdoor garden suite with an in-ground hot tub, outdoor shower and treatment cabana for two. Our outdoor Treatment Cabanas in both the women’s and men’s courtyards and the Treatment Porch, a screened veranda overlooking the tree-covered hillside, offer other unique opportunities for treatments in the presence of nature.





# Menu of Spa Services

---

Welcome to the LakeHouse Spa at Lake Austin Spa Resort. We look forward to helping you feel refreshed, less stressed and more balanced. Service offerings are divided as follows:

---

TREATMENT LOCATIONS	WAXING
MASSAGE THERAPY	MEN'S TREATMENTS
BODY TREATMENTS	TEEN TREATMENTS
TRADITIONAL EAST ASIAN THERAPIES	SALON SERVICES
SPA TREATMENT ADD-ONS	MAKE-UP
FACIALS	NAIL THERAPY
FACIAL ADD-ONS	DAY PACKAGES
RESULTS-DRIVEN TREATMENTS	

---

The spa schedule fills quickly, so we recommend that you reserve appointments well in advance. Please call the LakeHouse Spa at 512-372-7380 to arrange your services a minimum of two weeks in advance. The LakeHouse Spa is open 365 days a year, with appointments available for scheduling between 9 a.m. and 9 p.m. Spa Coordinators are available to assist you Monday – Friday from 8 a.m. to 7 p.m. and Saturday – Sunday from 9 a.m. to 5 p.m.

Most of the body and skin care products we use in our treatments are available for purchase in our LakeHouse Boutique. We encourage you to ask your therapists how to use these products to continue your spa experience at home.

## TREATMENT LOCATIONS

Upgrade your package – or an à la carte service – with any of the following:

### Bamboo Room – Outdoor Garden Suite

A private place to gather with friends. Enjoy an in-ground hot tub with waterfall, lush gardens and an outdoor treatment cabana for two, complete with a private outdoor shower. Our Bamboo Room can accommodate up to six guests. Cost is in addition to your package or à la carte treatments.

\$50 per hour, with a two-hour minimum (weather permitting).

### Indoor Suite

Enjoy a treatment with a friend or your significant other in this tandem treatment room, complete with private bathroom and oversized dual head shower.

Please inquire for details.

### Outdoor Treatment in Treatment Cabanas or Porch

If you would prefer to receive your treatments outdoors, ask about our luxurious Treatment Cabanas and the Treatment Porch, which can accommodate larger groups.

Subject to weather and space availability.

## MASSAGE THERAPY

### Texas Starry Night

Gentle lavender oil application, massage and body wrap, the perfect nightcap. After a lovely lavender oil massage, you'll be wrapped to soak in the soothing lavender benefits, with an herbal heat pack on your tummy and an herbal eye pillow over your eyes. Night, night!

50 minutes \$160    80 minutes \$210

### Marma Chikitsa

An Ayurvedic Vital Energy Point treatment. Combining touch therapy, transdermal aromatherapy and herbal therapy, this treatment speeds natural healing agents to your vital organs. Profoundly relaxing and balancing.

50 minutes \$160

### Day Dreaming

A relaxing oil application, massage and body wrap. Have the day's stress massaged away with lavender oil. Then luxuriate in lavender goodness with a body wrap. With an herbal eye pillow and a soothing heat pack, you're free to daydream!

50 minutes \$160    80 minutes \$210

### Custom Comfort

A massage customized to your needs. In consultation with your therapist, you'll create a massage to alleviate your stress, pain, muscle spasms, inflammation and/or discomfort. Deep tissue bodywork, hot or cold packs, or Moor mud may be used depending on what your body craves most.

50 minutes \$160    80 minutes \$205

### LakeHouse River Rock Massage

Massage with warmed river rocks. Make your relaxing massage more deeply rewarding with warmed river rocks. You'll feel their soothing energy seep into your body. Warmed aromatherapy oils add to the exquisite experience. It rocks!

70 minutes \$195

### From Sweden to Tibet and Back

A Swedish massage combined with our Energy Balance with Healing Sound. East meets West in this inspired pairing. You'll enjoy the hands-on benefits of a full-body Swedish massage, plus your major energy points – your chakras – will be cleansed and your energy enhanced through the therapeutic sound and vibrations of Tibetan singing bowls.

80 minutes \$200

### Muscle Tension Melt

A muscle-relieving massage with a blend of lavender and chamomile oils. Herbal steamed aromatic oil compresses are applied directly to your skin and massaged into your muscles, followed by a Swedish massage. A combination of heat and pressure melt away your muscle tension.

80 minutes \$195

### Best Foot Forward Massage

A soothing foot massage. Not only will your feet feel great, but the acupressure on reflex points will target areas throughout your body. A good treatment for poor circulation. Balancing and calming.

50 minutes \$140

### Energy Balance with Healing Sound

Energy point cleansing with Tibetan bowls. This profound treatment calls upon the wisdom of other centuries and cultures to help you feel energized and in balance. Your vital energy – your auras – and major energy points – your chakras – will be cleansed and gently energized while Tibetan singing bowls are used to promote sound and vibrational healing. Each treatment is non-invasive and unique.

50 minutes \$140    80 minutes \$185

### Beautiful Balance Head to Toe

A relaxing scalp massage, foot scrub and foot massage. From the top of your head to the soles of your feet, this treatment will bring you to a beautiful balance. First, you'll enjoy a foot scrub, followed by a foot massage that uses acupressure on reflex points to send relief throughout your body. Then, enjoy a stress-relieving scalp massage with the option of soothing chamomile oil. Warm towels finish a treatment that's great for improved balance, circulation and relaxation.

50 minutes \$160

### **Thai Massage**

Energizing Thai massage. An ancient way to stimulate energy flow, this treatment is performed on a Thai massage mat and a table, and involves stretches, applied yoga exercises and compressions. Comfortable, loose fitting pants and top are essential for this exquisitely traditional experience.

70 minutes \$210    100 minutes \$270

### Two of a Kind!

Swedish massage for two. Enjoy your Swedish massage right alongside your daughter, mother, partner or friend. At the end, all four of your feet will be wrapped in hot towels steeped in eucalyptus essential oil. Shared bliss!

50 minutes per person \$140    80 minutes per person \$185

### 🌸 Mom-To-Be Massage

Gentle aromatherapy massage for mothers-to-be. Expect a great massage with beautifully scented aromatherapy oils of lavender, neroli, red tangerine and ylang-ylang – excellent for cell regeneration, circulation and stretch mark prevention. Special pillows and bolsters make this a safe and soothing massage for mothers-to-be.

50 minutes \$150    80 minutes \$195

### Aromatherapy Massage

Aromatherapy massage. Choose the aromatherapy essential oil that's right for you. Options include "Revive," "De-stress" and "Relax." The essential oil you select will be used in a deeply relaxing Swedish massage. Find the aroma that's meant for you!

80 minutes \$205

### 🌸 Dosha Balancing

Balancing Ayurvedic massage. Enjoy a massage created to complement your individual constitution – your dosha. The right herbal massage oil is carefully chosen based on your elemental make-up, and your customized massage is then enhanced with herbal heat packs on the body. After this soothing experience, the perfect refreshment: a calming cup of Ayurvedic tea.

80 minutes \$195

### Marma & Dosha

A calming combination of our Dosha Balancing Ayurvedic massage and Marma Chikitsa vital energy point therapy. A magnificent massage with warm herbal oils especially attuned to your individual constitution – your dosha – is followed by "touch therapy" that stimulates internal wellness. Deeply relaxing and balancing.

80 minutes \$215

### Shiatsu

A scintillating shiatsu massage. To unblock your body's natural energy flow – your chi – our therapist rhythmically massages you with finger, thumb, palm and other techniques. This Japanese massage style, done on the floor, improves circulation, relieves stiff muscles and alleviates stress. As no oils are used, you'll want to wear comfortable, loose-fitting clothes for the session. Release your chi!

80 minutes \$210

### 🌸 Seven Centers of Life Chakra Massage

An energy-balancing, harmonizing massage. This deeply relaxing treatment uses seven wonderfully scented essential oils, each attuned to one of your seven basic chakras (energy points) and its corresponding color. Each essential oil is introduced with simple key words that carry you deeper on your journey through the seven centers of life. Go with your energy flow.

80 minutes \$195

### 🌸 Ultimate Swedish Massage

80 minutes \$185

### 🌸 Full-body Swedish Massage

50 minutes \$140

### Partial-body Massage

25 minutes \$90

## BODY TREATMENTS

### Jasmine Java

A reviving scrub, body masque and massage. Wake up and smell the coffee – and the flowers! This luxurious treatment begins with a gentle, naturally foaming exfoliant made from finely milled organic espresso and vibrant citrus oils that smooth and soften your skin. Next, a moisturizing cocoon of wild orchid extract and powerful antioxidants covers you head to toe, renewing your body's natural defenses. It ends with a massage featuring crème of coffee, cocoa and shea butters infused with exotic jasmine and organic ylang-ylang. Reviving and refreshing.

110 minutes \$315

### 🌸 Lime and Ginger Pick-Me-Up

Scrub and body butter application, featuring lime leaves fresh from our garden. The ginger and lime salt soufflé will leave you feeling invigorated and refreshed. It's a healthy combination: Limes are known for being antibacterial, antiseptic, antispasmodic, calming and uplifting, while ginger stimulates digestion, increases circulation, strengthens the body against colds and flu, and helps with nausea and rheumatoid arthritis. At the end, we'll anoint you with lime and ginger body butter. It's lime time!

50 minutes \$160    80 minutes \$195

### Pumpkin Body Wrap

A body masque, wrap, shower and massage, all packed with pumpkin goodness. Your skin will be anointed with an aromatic masque of vitamin- and mineral-rich pumpkin, cinnamon and clove, with caffeine to stimulate cellulite reduction, as well as healthful botanical extracts and essential oils. Enjoy a face and scalp massage while wrapped to absorb the curative powers of pumpkin. After a shower, you'll be treated to a 70-minute massage with a pumpkin-rich body butter that includes a glorious blend of shea, mango and cocoa butters plus grapeseed, avocado, sesame and sweet almond oils. Yummy!

110 minutes \$315

### Rosemary Sea Salt Scrub

Sea salt exfoliation. Draw upon the secrets of the sea to invigorate and replenish your skin. Fresh rosemary from our Healing Garden is combined with sea salts for an exhilarating exfoliation. A rehydrating spritz of seaweed extract and essential oils leaves your skin soft and glowing.

50 minutes \$150

### Tour of Texas

*Signature treatment.* Take a trip deep into the heart of Texas-style rejuvenation. Your tour begins with an exfoliating scrub featuring prickly pear, a plant native to Texas and rich in skin replenishing benefits. Next stop: an Aloe Vera wrap to moisturize, remineralize, nourish and soften your skin. While you're swathed in soft linens, we'll massage your face and scalp. Then you strike oil – soothing warm essential oils are blended together with massage cream and anointed during a Texas-size 50-minute full-body massage. Welcome to a state of relaxation.

110 minutes \$315

### Seaweed Sensation

A purifying scrub, shower and oil application. See for yourself how vitamin- and mineral-rich seaweed can repair and nourish your skin. First, a seaweed scrub removes toxins from your skin. After a shower with sea algae shower gel, you'll sink into a soothing laminaria grapeseed oil application.

50 minutes application only \$155

80 minutes with massage \$210

### Japanese Adzuki Bean Treatment

This unique treatment features an exclusive exfoliating body scrub with full-body massage. In Japan, adzuki beans are known for their healing properties. High in magnesium, potassium, iron and B vitamins, they are also used to support kidney and bladder function. The soft, paste-like consistency of this scrub allows the gentle adzuki bean particles and sea salt to polish and refine your skin while the sesame seed, patchouli and vetiver oils soften and condition it. Refreshing and cleansing ginger and balancing geranium leave a subtle, lasting aroma.

80 minutes \$210

### Deep Sea Wrap & Bath

Deep Sea body masque, bath and wrap. Dive into the remineralizing, replenishing power of pure seaweed. After a body brushing, you'll receive a seaweed body masque that is nourishing, purifying and detoxifying. Enjoy a wrap, then sink into a bath with essential oils and let the therapeutic jets soothe you. The seaweed and essential oil bath will relax you and remove toxins from your skin. Afterward, enjoy a deep massage with a high-pressure hydrotherapy hand jet. Then cool down while your feet are massaged and finish with a mini-massage using seaweed based oil. Especially recommended if you're on a slimming regime. Not recommended if you're sensitive to iodine or allergic to seaweed.

100 minutes \$315

### Eucalyptus Uplift

A restorative body wrap and massage. Breathe in the scent of green leaves and experience the cleansing, clearing and decongesting benefits of essential oil of eucalyptus. An Ayurvedic scalp massage lightens your heavy head, while drainage movements help unblock your sinuses and ease your headaches. This treatment is designed to boost your natural immunity and to keep your mind and body oxygenated and feeling alive. Let the eucalyptus lift you up.

80 minutes \$195

### Perfect Pomegranate

*Signature treatment.* A soothing scrub, shower and massage. This treatment calls upon the anti-aging properties of the pomegranate. After a pomegranate salt glow scrub and shower, you'll indulge in a full-body massage with pomegranate body butter with shea and aloe. Leaves you feeling soft and tingly all over.

80 minutes \$195

### Fruits of the Shore

*Signature treatment.* An indulgent scrub, bath, oil application, body wrap and massage. Inspired by the fig trees right on our lakeshore and their luscious, aromatic fruit, this is our most extended treatment. After a gently exfoliating fig scrub, you'll soak in a fig bath. Then you'll be anointed with essential oil and wrapped to absorb its skin-soothing properties. Finally, you'll experience a full-body fig lotion massage, with the scent of sun-ripened fruit and woody leaves. The sensation is amazing.

130 minutes \$365

### Nurturing the Mother-to-Be

A gentle scrub, shower and aromatherapy application. After a delicate scrub and a soothing shower, you'll be gently anointed with a special blend of aromatherapy oils formulated just for mothers-to-be. Special pillows and bolsters ensure your comfort and safety. This treatment delivers stress-relieving comfort to the expectant mother.

50 minutes \$165

### Star of India

Ayurvedic scalp and neck massage with full-body herbal treatment. Balancing for your mind, body and spirit, this is a combination of a Shirodhara treatment and an herbal body treatment. You will also receive a gentle herbal Marma point facial and massage with an oil chosen for your individual dosha, or vital energy. The Shirodhara concludes with warm essential oil streamed over your forehead (in Ayurvedic tradition, the famous "third eye") and massaged into your neck and scalp. Soothing and balancing.

110 minutes \$315

### Gifts of our Garden

*Signature treatment.* A relaxing exfoliation, shower, massage and body wrap, plus an herbal elixir. Experience a world of healing that's as natural as the good earth around us. This LakeHouse Spa signature treatment draws upon the therapeutic herbs we cultivate right here in our Healing Gardens. You will be given the opportunity to see, smell and learn about our array of healing herbs. Select one that meets your needs and it will form a principal part of a gentle exfoliant enhanced with shea butter, sea salts and essential oils. After a shower with a scintillating aromatherapy gel, you'll relax into a full-body massage. Then, enjoy an enveloping 10-minute body wrap with an herbal eye pillow, followed by a fresh herbal elixir. This is a homegrown treatment you won't find anywhere else.

100 minutes \$315

### Coffee Scrub and Massage

An invigorating scrub and massage. Coffee grounds exfoliate dead skin cells, preparing your skin to drink in a soothing, moisturizing blend of olive and hemp sea oil, shea butter and herbal extracts. Caffeine increases circulation, helping to reduce the appearance of cellulite. Refreshes tired muscles and provides protection from oxidation, sunlight and pollution.

80 minutes \$210

### LakeHouse Lavender

*Signature treatment.* A luxurious sugar rub exfoliation. Let us lavish you with natural lavender, gathered seasonally from our organic Healing Gardens. The lavender is combined with a sugar rub to gently exfoliate, replenish and invigorate your skin. Warm lavender lotion is soothed into your skin, leaving you calm and your skin soft and supple.

50 minutes \$160

### Cranio-Sacral Therapy

Energy-releasing cranio-sacral therapy. Stimulate your body's powers of self-healing and release your blocked energy with this light, non-invasive treatment that gently manipulates the rhythm of your cranio-sacral system, from your head to the tip of your spine.

50 minutes \$140

### Essential Rose Body Wrap

An indulgent exfoliation, aromatherapy application, body wrap and massage. The roses are ready for you in this skin-nourishing, wonderfully scented treatment. Ground olive stones gently exfoliate your skin before you're treated to a rose skin boost and rose cream moisturizer. After a relaxing body wrap, you'll bloom under a fabulous full-body massage with organic essential oils of rose and frankincense. Sumptuous.

110 minutes \$315

### Olive Our Love

*Signature treatment.* A wonderful scrub, shower, oil application, wrap and massage. The humble olive is alive with vital nutrients and antioxidants, and its oil is a marvelous moisturizer. First, ground olive stones will gently exfoliate your skin. After a cleansing in-room shower, your body will be anointed with warm olive oil, enhanced with natural extracts. Then you'll be wrapped for 20 minutes to absorb all of the olive's benefits. While you're wrapped you can experience our optional olive oil scalp massage – olive oil is also an excellent hair conditioner! Finally, you'll enjoy a 50-minute full-body massage with olive body lotion. Great for sensitive skin. You'll love the olive!

110 minutes \$315

### Skin Quencher Aloe Body Wrap

A skin-soothing body wrap followed by a hydrating body lotion sealing in the goodness of the aloe. If your skin is burning for a little relief from the effects of the sun, this relaxing wrap is a cool choice. Restorative, skin-queenching aloe restores moisture to dry, dehydrated skin. Ideal for reenergizing after a day by the pool, or for instant sunburn relief.

50 minutes \$150

## TRADITIONAL EAST ASIAN THERAPIES

### Gentle Acupuncture

Acupuncture session. Relieve your stress and alleviate your pain through the gentle and effective art of Japanese acupuncture. Our resident acupuncturist combines ancient and modern techniques to help you feel balanced and renewed.

50 minutes \$150

### Manaka Tapping

Manaka wooden hammer treatment. For a unique way to relax and invigorate your body, this ancient and very gentle treatment is hard to beat. Your body's accupoints are softly tapped with a wooden hammer and peg in a percussive stimulation technique that has won supporters for its marvelous restorative effects.

50 minutes \$155

### Tour of Asia

A customized combination of several East Asian therapies to relieve your pain and enhance your relaxation and well-being. The treatment includes acupuncture and/or hari (a needle-free, non-invasive option). Additionally, the ancient techniques of moxibustion, cupping and tapping will be drawn upon in a treatment personalized just for you and your unique energies.

110 minutes \$315

### Taiji Moxa

Taiji Moxa warming and energizing treatment. A warm and wonderful ancient way to alleviate pain and fight fatigue, Taiji Moxa warms and energizes targeted points on your body, through a special process known as moxibustion. Needle-free.

50 minutes \$160

### Calming Cupping

Cupping treatment. Here's to a great way to untangle the knots in your shoulders and de-stress. Cupping is a time-honored technique wherein glass cups are applied to the surface of your skin with a mild suction in order to draw fresh oxygen-rich circulation into the achy and tired muscles below. Cuplifting! Best used as an add-on to any of our Traditional East Asian treatments. Some discoloration may appear on the skin's surface following this treatment.

25 minutes \$90

## Hari – The Traditional Energy Work of Japan

A rejuvenating and relaxing experience from the ancient tradition of Japanese healing. In Japan, the highest ideal for a traditional acupuncturist is to treat the body without the insertion of needles. Instead, gentle pressure is applied to specific points on the body with a special 14 kt gold instrument called a teishin. The result is a completely pain-free experience that provides you a feeling of deep relaxation and well-being.

50 minutes \$150

## SPA TREATMENT ADD-ONS

### Color Bath Therapy

Our LakeHouse Spa offering of special color stimuli is calming and soothing. Slip into an aromatic bath with a choice of essential oils, and enjoy the benefits of an underwater massage. This treatment is available only as an add-on to a massage or scrub.

20 minutes \$70

## FACIALS

### Personal Best Facial

Customized facial. Your face is beautifully unique, and so is this facial. After a deep pore cleansing, you'll receive a special masque created for your needs. No matter what your lifestyle, needs or desires, we'll devise the facial that leaves you radiant.

50 minutes \$150

### “C” the Difference Anti-Aging Facial

A facial designed for skin that's dehydrated, environmentally damaged or just getting older. This specially chosen combination of products uses vitamin C and other natural ingredients to leave your skin feeling and looking more youthful, with a radiant, firmer complexion. Get ready to glow!

50 minutes \$170

### Pick-Me-Up Facial

Fast, refreshing facial. A quick pick-me-up facial that steams, cleanses, tones, exfoliates and moisturizes your skin. You'll feel fresh and clean, fast. Extractions not available with this treatment.

25 minutes \$90

## Diamond Facial

*Signature treatment.* Our most advanced rejuvenation treatment. With the latest anti-aging technologies, this treatment is a girl's best friend. It reactivates cellular metabolism and stimulates collagen production, reducing the appearance of wrinkles and sagging and promoting a more youthful complexion. Your skin is refreshed, plumped and, thanks to light-reflecting diamond particles, appears instantly softer. A sparkling idea.

80 minutes \$250

### Back Magic Facial

A facial for your back with a relaxing scrub and masque. Specially designed to get your back back to feeling good, this treatment begins with a steam and shea butter salt scrub, followed by a deep-cleanse with extractions. Next is a soothing algae gel mask. And that's not all – we've also got your back with a relaxing back rub with a wonderfully hydrating lotion. Welcome back!

50 minutes \$170

### Sweet Dreams Facial

What better way to end the day than with a deeply relaxing, lavender-scented facial? It begins with an evaluation of your skin, followed by exfoliation and deep-pore cleansing. Then an antioxidant hydrating masque will leave your skin with a soft, clean glow. Along the way, we'll massage French lavender oil into your neck and shoulders. Then we'll send you off to bed with a gift to extend the treatment and enhance your relaxation. Night, night!

50 minutes \$170

### No-Tox Facial

An alternative anti-aging treatment to invasive surgical procedures. This sophisticated, results-oriented facial helps rejuvenate, refine and lift fatigued and sallow complexions caused by chronological and environmental skin aging. Its powerful blend of antioxidants, including alpha lipoic acid, vitamins A & E and stabilized vitamin C, helps combat free radicals that attack collagen and elastin which causes skin to age.

50 minutes \$170

### **Breathe Easy Facial**

A clearing and cleansing facial for the sinuses and the skin. Inhale the freshness and the natural anti-bacterial powers of eucalyptus, tea tree and pine to maintain healthy breathing and clear your nasal passages. Rose absolute and geranium nourish and hydrate your skin, while pressure point techniques and lymph drainage movements assist in unblocking sinus passages and easing tension and headaches. Great for seasonal allergies or just as a boost to your immune system and skin! A breath of fresh air.

50 minutes \$170

### **Radiant Results Facial**

Purifying facial with face, neck, shoulder, arm and hand massage. Based on traditional European deep cleansing techniques, this treatment begins with a stimulating lymphatic massage to help remove toxins from your tissues. Your face will be cleansed with sulfate-free cleansers, toned with bio-active floral waters and gently exfoliated to remove dull surface cells. Your face, neck and shoulders will be massaged with botanical serums, and you'll be re-hydrated with a masque chosen for your individual skin. Good for all skin types.

50 minutes \$170

### **Destination: Rejuvenation! A Travel Fatigue Facial**

A skin-repairing, fatigue-fighting facial. Long distance travel, especially when it's accompanied by a lack of fresh air and water, can leave your skin dull, lifeless and parched. In this treatment, inca inchi and larch extract stimulate collagen formation to firm your skin, and rosehip seed and raspberry seed oil unleash their cell renewing power. The treatment includes a scalp and foot rub, plus a foot masque and warm booties for your feet. Destination: rejuvenation!

80 minutes \$250

### **Skin Solutions Facial**

A facial personalized by your esthetician to address specific skin concerns, including acne, rosacea and extra-dry skin. Sophisticated, pharmaceutical-grade ingredients and advanced delivery technologies are used to give you a healthier, more beautiful-looking complexion. We supply targeted solutions optimized to your skin type.

50 minutes \$150

### **Personalized Power Peel**

A professional strength peel customized for your skin type by your esthetician, with a choice of Alpha Beta, Lactic, Glycolic or Enzyme peels. This specialized treatment removes dead skin cells and increases cellular turnover to minimize the appearance of fine lines and wrinkles, create a more even skin tone and increase skin brightness and clarity. Essential vitamins, minerals and nutrients fortify and revive dull, tired-looking skin for a smoother, healthier-looking complexion. Ideal for aging and environmentally damaged skin.

25 minutes \$90

### **Lavish Lashes, Eyes and Brows**

An advanced treatment which helps to strengthen and refresh lashes and brows using a powerful, revitalizing lash fortifier. The treatment is enhanced with vitamins, peptides and natural plant extracts, that are applied to lashes and brows to help boost micro-circulation of the hair follicles for longer, healthier lashes and defined brows. A must-have treatment for anyone concerned about thinning lashes and brows. Now that is something to bat your eyes at!

25 minutes \$65

### **Anti-Aging Skin Brightening Facial**

This anti-aging treatment addresses uneven skin tone and the signs of aging, revealing your skin's radiant brilliance while restoring its peak health and vitality. Ideal for skin that's been discolored by excessive sunlight, hormonal fluctuations or acne. Powerful antioxidants are infused into your skin, followed by a soothing hydrating masque with pigment-correcting boosters. The treatment also includes a rejuvenating eye massage. For luminous, brilliant skin, it's a bright idea!

50 minutes \$170

## FACIAL ADD-ONS

### Lip Treatment

This lip repair treatment can be added to any facial. Reduce the fine lines around your lips with the antioxidant lip repair of slymarin and vitamin E.

\$25

### For Your Eyes Only

A beauty-defining brow wax, brow dye and lash dye. Defined and dyed brows and lashes will brighten your eyes and give a more youthful frame to your face.

25 minutes \$80

## RESULTS-DRIVEN TREATMENTS

Facial and body treatments with an emphasis on healthy end results. Like dermatologists, we employ the latest pharmaceutical and skin-care technologies to deliver skin-nourishing, anti-aging benefits, head to toe.

### 🌸 Antioxidant Anti-Aging Peel

An advanced anti-aging treatment, drawing on the skin-enhancing properties of idebenone – a scientifically developed, clinically tested molecular compound that is the most potent antioxidant on the market today. This peel brightens your complexion and reduces the appearance of redness, fine lines and accumulated sun damage, improving your skin texture, tone and clarity. Specifically designed for mature skin.

50 minutes \$170

### 🌸 CoffeeBerry Natureceuticals Anti-Aging Facial

An anti-aging treatment utilizing the CoffeeBerry – the red fruit of the coffee plant (not the bean used for the beverage), a powerful antioxidant. This treatment reduces tension and brightens and evens your overall skin tone, leaving your skin feeling firm and lifted. For the areas most prone to visible signs of aging: your face, neck, décolletage and hands.

80 minutes \$250

### Resveratrol Antioxidant Facial

An advanced, results-oriented facial formulated to lighten and brighten your skin and repair sun damage. Your epidermis is infused with a sophisticated blend of resveratrol and Vitamin C to stimulate sluggish skin cells to promote collagen synthesis for smoother, firmer skin. The treatment also prevents premature aging by providing your skin with the armor it needs to defend itself from damage by UV-induced oxidation. A cocktail of super-antioxidants (açai, co-enzyme Q10, Vitamin E, bilberry) helps fight the free radicals that attack your cells and damage DNA. The results: your complexion is given a boost to increase clarity and rejuvenation.

50 minutes \$150

### 🌸 Advanced AHA Facial

An anti-aging treatment incorporating a facial massage with soothing balm and replenishing mask to firm, hydrate and exfoliate your skin. Alpha Hydroxy Acids (AHA) are used, also known as “fruit acids” because they occur in fruit and other foods. This Advanced AHA treatment gives you multi-layer skin renewal and essential moisture to the dermal level while plumping and smoothing your skin.

50 minutes \$170

### 🌸 Cosmopolitan Corrective Facial

A soothing treatment featuring a therapeutic lymphatic massage to release toxins and promote deep relaxation. Earthy crystals polish your skin, while the patented antioxidant Phloretin helps correct and prevent environmental damage to your skin. Corrective peptides diminish under-eye circles and puffiness.

80 minutes \$250

### Age Arresting Facial

*Signature treatment.* An innovative anti-aging treatment utilizing medical-grade Proxylane to arrest and reverse sagging, wrinkling, creping, crow’s feet and other signs of aging. This facial is formulated to rehabilitate mature skin and reverse your skin’s laxity and dryness. Blueberry extract promotes and protects healthy collagen. Leaves your skin visibly firmer and more radiant.

80 minutes \$250

### Advanced AHA Anti-Aging Body Treatment

A relaxing yet intensive body treatment that delivers multi-layer skin renewal for your dry, sun-damaged or devitalized skin. This sophisticated treatment uses the most advanced cosmeceuticals with Alpha Hydroxy Acids (AHA) and a liposome delivery of essential vitamins to reduce signs of aging. It exfoliates and evens your skin tone while deeply hydrating at the dermal level, leaving your skin with a smoother, softer, brighter look and feel. It's like a facial for your body.

80 minutes \$205

### CoffeeBerry Natural Slimming Body Treatment

An advanced body treatment with natural ingredients that help slim your hips, abdomen, thighs and other problem areas. The CoffeeBerry, the antioxidant-rich red fruit of the coffee plant, is one of the natural ingredients that help firm your skin and reduce inches. The treatment includes a massage and lymphatic drainage that helps minimize the appearance of cellulite. We'll recommend home care and discuss lifestyle choices that will help you maintain revitalized, smoother skin.

80 minutes \$210

## WAXING

Please inquire about our wide variety of depilatory waxing services.

Prices start at \$20

## MEN'S TREATMENTS

### Java Pedicure

An invigorating pedicure. Your calves are soothed, each foot is cleansed and rough spots are rubbed away. Your lower legs, heels, arches, foot pads, toes and the tops of your feet are exfoliated and massaged with a blend of ground coffee, Dead Sea salts, peppermint, spearmint and rosemary essential oils. A pick-me-up for your feet.

50 minutes \$75

### Men's Fitness Facial

A nourishing facial formulated for men. Includes cleansing, exfoliation and a skin-smoothing masque with more than 35 active minerals. Plus wrinkle-smoother serum and oil-free moisturizer to make your face look and feel younger.

50 minutes \$150

## MANICURE

A man's manicure, with attention to the distinct needs of men's hands. Includes nail buffing.

25 minutes \$45

### Moor Mud, More Relaxation

Body brush, Moor mud application, body wrap and massage. This treatment uses Moor mud, a nourishing substance that includes healing herbs, flowers and grasses that began forming 30,000 years ago! After a gentle body brush exfoliation, you'll receive a masque of Moor mud. Then you'll be wrapped to absorb the mud's healing properties while your face and scalp are massaged. After the wrap, a gentle massage. Good for relief of arthritis and joint pain.

80 minutes \$205

## TEEN TREATMENTS

### Bye Bye Blemishes

Acne treatment. Acne is a fact of life, and this treatment helps you face up to it. Focusing on balancing combination, oily and acneic complexions, this is a gentle and effective treatment for teenage or adult acne.

25 minutes \$100    50 minutes \$150

### Starlet Teen Pedicure

A fun pedicure for teens. The star of this pedicure is the juicy, beautiful star fruit. This vitamin-C-rich fruit helps us give the five-star treatment to your feet. So you'll be ready to step on the red carpet, we've got all the hottest, hippest nail polish colors for you to choose from too. It's time for your feet to shine!

50 minutes \$70

### Nail Candy Manicure

Manicure for teens. Impress your friends. This manicure includes a nail buff and polish with a choice of the hottest colors, plus tips on how to take care of your nails at home.

25 minutes \$45

## NAIL THERAPY

Beautify your hands and feet at the LakeHouse Spa. Our nail salon, including our relaxing LakeHouse Pedicure Bar, overlooks a private garden. A private pedicure station is available upon request.

<b>Pedicure</b> (50 minutes)	\$75
<b>Classic Manicure</b> (50 minutes)	\$65
<b>Traditional Manicure</b> (25 minutes)	\$45
<b>Polish Change</b>	\$25
<b>French Manicure</b>	an additional \$10
<b>French Pedicure</b>	an additional \$10
<b>Nail Repair</b>	\$10
<b>Paraffin</b>	an additional \$5
<b>French Polish Change</b>	\$30
<b>Acrylic Full Set</b>	\$75
<b>Acrylic Fills</b>	\$45

### **Aloe Vera Manicure and Pedicure**

Manicure with hand wrap or pedicure with foot wrap. Soothe your sore, dry or cracked hands or feet with an aloe vera wrap, enhanced with lavender and tea tree essential oils.

Manicure, 50 minutes \$70

Pedicure, 50 minutes \$80

### **Pumpkin Pedicure**

Pedicure with pumpkin peel masque. Add the skin-softening properties of pumpkin to your pedicure. The pleasant-smelling, vitamin- and mineral-rich pumpkin masque replenishes and helps your skin repair itself to reverse the signs of aging. The pedicure includes massage, skin exfoliation for rough and dry feet, cuticle removal, nail conditioning, and buff or nail polish.

80 minutes \$165

### **LakeHouse River Rock Pedicure**

Pedicure with river rock foot massage. Add the stress relief of river rocks to your pedicure. Heated basalt stones massage your feet and legs, soothing reflex points and relieving tension.

50 minutes \$80

### **Essential Rose Manicure and Pedicure**

Manicure or pedicure with rose boost and hand or foot massage. In addition to a marvelous manicure or pedicure, treat your hands or feet with an aromatherapy extra. This treatment includes exfoliation with ground olive stones, a rose boost and a relaxing hand or foot massage with luxurious aromatherapy products.

Manicure, 50 minutes \$70

Pedicure, 50 minutes \$80

### **Pomegranate Manicure and Pedicure**

Soothe your hands or feet with a combination of salts and pomegranate. Soak your feet in a swirling bath with the wonderful aroma of pomegranate. Then a scrub will rub away the rough spots leaving your skin feeling soft and silky. Finish with a hand or foot massage using pomegranate shea butter.

Manicure, 50 minutes \$70

Pedicure, 50 minutes \$80

# IRIS SALON AT LAKE AUSTIN SPA RESORT

The Iris Salon offers an array of services designed to harmonize with your own personal elements of beauty.

---



## CUTS

Designers	from \$85
Barbering cuts	from \$45

## COLOR

One process color	from \$100
Partial highlights	from \$120
Full highlights	from \$150
Correction color	priced upon consultation

All above service prices include style and dry.

## STYLES

Perms	priced upon consultation
Style and dry	from \$65
Style and dry with curling or flat iron	from \$85
Formal updo	\$110
Straightening	priced upon consultation

## HAIR TREATMENTS

Essential oil scalp treatment	\$45
-------------------------------	------

## BRIDAL

Bridal consultation and pretrial	please inquire
Formal styling or updo	\$125

## MAKE-UP



### Your Individual Make-Up

A make-up application plus step-by-step guide to applying the make-up that's right for you. Colors are chosen to complement your skin tone and the color of your hair and eyes. Our experts can create a refreshed day or evening look for you.

25 minutes \$45


## LAKEHOUSE SPA DAY PACKAGES

### LakeHouse Full Day Away

Choose any two of our rejuvenating 50-minute package spa treatments marked with this icon  and one indulgent 80-minute package spa treatment marked with this icon . Package includes spa lunch, spa gift and gratuities.

\$555

### LakeHouse Half Day Away

Choose any two of our rejuvenating 50-minute package spa treatments marked with this icon . The package includes spa lunch, spa gift and gratuities.

\$365

### Mother-To-Be Day Away

For the mother-to-be, this package delivers a 50-minute pregnancy massage, Essential Rose Manicure and Pedicure, spa lunch, special spa gifts for mom and baby, and gratuities.

\$365

### The Austin Experience

This package brings together treatments that indulge you in the natural bounty of the Texas Hill Country. You'll enjoy a Rosemary Sea Salt Scrub, a LakeHouse River Rock Pedicure and a 50-minute massage. Plus you get a CD of great Austin music. Package includes spa lunch, spa gift and gratuities.

\$455

### Bridal Essentials

Walk down the aisle in style (and with your nerves becalmed) after an Essential Rose Body Wrap, Radiant Results Facial, Essential Rose Manicure and Pedicure. Package includes spa lunch, spa gift and gratuities.

\$755

### Bamboo Room for Two

Our top package for two, and a very special day at the LakeHouse Spa. You'll be welcomed with relaxation time in our outdoor Bamboo Room with a private in-ground spa. Then you'll each enjoy our Skin Quencher Aloe Body Wrap in your outdoor treatment tent, followed by lunch at the Aster Café. Afterwards you'll each enjoy an 80-minute Ultimate Swedish Massage and a 25-minute Best Foot Forward Massage. Your indulgent day closes with time together in our private outdoor suite. Package includes spa lunch, spa gift for two and gratuities.

\$1,115

### The Well-Groomed Groom

Our package for the well-groomed groom includes a 50-minute Facial, 80-minute Custom Comfort Massage, Java Pedicure and MANicure. Package includes spa lunch, spa gift and gratuities.

\$485

### Mother-Daughter Delight

Enjoy together-time with an 80-minute Aromatherapy Massage for each of you in a suite specially designed for the occasion. Then sit together for a 50-minute pedicure and classic manicure. Bonding is beautiful! Package includes spa lunch, spa gift and gratuities.

\$755

## GENERAL INFORMATION

### Appointments

As spa appointments are very popular, we ask that you arrive at the spa reception desk a minimum of 30 minutes prior to your scheduled appointment time and allow additional time if you plan on enjoying use of the locker-room retreats and pool facilities. Late arrivals will not receive an extension of scheduled services. Reservations are required, and all spa services are subject to availability. You may schedule spa appointments by calling 512-372-7380.

**Spa appointments must be guaranteed with a credit card.**

### Cancellation Policy

Please allow 24 hours notice of cancellation or change to avoid a 100% treatment charge. Prices and services are subject to change without notice.

### Facility Fee

For day guests receiving à la carte treatments only, a \$25 facility fee will be charged for use of the pool areas, locker rooms, spa robe, sandals, and sauna, steam and whirlpool. Please inquire when making reservations.

### Gratuities

Gratuities are included in all day packages. For your convenience, a 15% gratuity will be added to all à la carte services.

### Group Retreats

Experience the LakeHouse Spa with your family, friends or colleagues! Work with a dedicated group coordinator to design a custom day for your group of 6 to 30 that balances refreshing spa treatments with team-building and social activities. A sample day for your group retreat might include a signature spa treatment, four-course gourmet lunch in our casually elegant SunRoom, and a private boat cruise along Lake Austin. Our unique environment serves as the perfect place to host your next bridal shower, birthday celebration or corporate retreat. Call 512-372-7380 for more information on group packages.

### Gift Certificates

The perfect gift solution! Gift certificates are available in any dollar amount or for spa packages. They can be purchased online at [www.lakehousespa.com](http://www.lakehousespa.com), over the phone at 512-372-7380 or in person at the LakeHouse Spa.

### Hours of Operation

7 Days a Week

Spa: 9 a.m. – 10 p.m.

Aster Café Lunch Service: 11 a.m. – 3 p.m.

Sauna, Steam, Whirlpool: 8:30 a.m. – 10:30 p.m.

Iris Salon Services:

10 a.m. – 7 p.m. (Mon – Sat)

10 a.m. – 5 p.m. (Sun)

The Palm Pool: 8:30 a.m. – 10 p.m.

LakeHouse Boutique: 9 a.m. – 9 p.m.

### Spa Cuisine

Enjoy lunch in the Aster Café, open daily from 11 a.m. to 3 p.m. Choose from a variety of healthy entrees created by our Executive Chef. All packages include lunch. For à la carte treatments, lunch may be purchased separately.

### Special Considerations

In order to provide a relaxing spa experience, we do not permit pagers, cell phones or smoking anywhere in the LakeHouse Spa. Guests must be at least 14 years old, and guests under 18 must be accompanied by an adult.

Alcohol is not permitted in the LakeHouse Spa.

### Your Spa Experience

Please be sure to inform your service provider if you are pregnant, have high blood pressure, heart ailments or any condition that may counteract with heat therapies, massage or skin care. For your safety and well-being, we highly discourage alcohol consumption prior to, during or immediately following spa therapies, and shaving prior to and after exfoliation treatments. Some treatments may not be performed on sunburned skin. Please remove contact lenses prior to facial treatments. While you are welcome to request a male or female therapist, all of our licensed therapists utilize proper draping techniques to accommodate your needs. Communication with your therapist about your treatment is essential to help personalize your spa experience. However, due to scheduling demands, we cannot always guarantee your choice for a particular therapist.

**Enjoy your experience at the LakeHouse Spa! For more information, call 512-372-7380 or visit [www.lakehousespa.com](http://www.lakehousespa.com).**



For driving directions go to [lakehousespa.com](http://lakehousespa.com).



Lake House SPA<sup>™</sup>  
AT LAKE AUSTIN SPA RESORT

12611 Riverbend Road, Austin, Texas 78732  
512-372-7380, [www.lakehousespa.com](http://www.lakehousespa.com)