



The Lake Spa

FULL BODY MASSAGES

available as 30 minute sessions

STRESS RELIEF FULL BODY MASSAGE

A combination of deep-tissue, Swedish and lymph drainage techniques. Relieves tensions, body aches and relaxes the muscles.

HOT STONE MASSAGE THERAPY

Enjoy the healing power of Mother Nature with various types and sizes of hot stones, combined with traditional massage.

HOLISTIC MASSAGE WITH HERBAL OILS

Using pure aromatic plant oils to stimulate the senses. A gentle massage with holistic touch, balancing body & mind.

AFRICAN HEAD MASSAGE

Africa's version of the ancient art of head massage includes the head, neck and shoulders.

TENSION COMBO, BACK AND FEET

A combination therapy focusing on main areas prone to tension, back, shoulders, neck and feet.

EGYPTIAN FOOT REFLEXOLOGY

A relaxing massage where the highly trained hands of the therapist focus on the reflex points of your feet.

All treatments may be started with 15 minutes complimentary Hydrotherapy session.