



The Lake Spa

FULL BODY MASSAGES

available as 30 minute sessions

S TRESS RELIEF FULL BODY MASSAGE

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

H OT STONE MASSAGE THERAPY

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

H OLISTIC MASSAGE WITH HERBAL OILS

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

A FRICAN HEAD MASSAGE

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

T ENSION COMBO, BACK AND FEET

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

E GYPTIAN 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.