The Spa by the Lake
Nourish your Body, Indulge your Senses

Lakeside Park Hotel Spa aims to create an inspirational and relaxing location on the Isle of Wight. Just a stone’s throw away from Fishbourne Harbour, our team of experienced therapists offer a luxurious range of effective Spa Treatments. Modern facilities ensure you leave refreshed, re-energised and rejuvenated.

Lakeside Park Hotel Spa offers 4 treatment rooms and a relaxation lounge providing a wide range of beauty treatments, body therapies and holistic rituals.

Combine a relaxing Spa Day with an executive over night stay in one of our high quality bedrooms to promote total relaxation and to hide away regular day to day routines.
Skin Solution, Skin Specific & Booster Facial

Specially created for skincare concerns such as break outs, stressed and sensitive skin, Elemis’ scientific skin therapies are perfect for solutions for daily challenges.

**Elemis Skin Booster Facial**
A deeply cleansing facial for exceptional results in minimum time.
25 minutes £30

**Skin Specific Facial**
Customised to your skin type, this facial combines skin conditioning plant actives, a prescribed mask and unique eastern facial massage techniques. Your face is deeply cleansed to help renew radiance, nourish and balance skin.
60 minutes £50

**S.O.S Purifying Facial**
Purify congested skin and clear complexion.
Helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask and Absolute Vita-C Serum, helps to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful, matte complexion.
75 minutes £60

**Modern Skin Facial**
Re-balance stressed skin and restore a healthy glow. Bursting with anti-oxidant rich minerals and vitamins, this de-stressing and purifying treatment helps remove damaging toxins, regenerate skin cells and balance sebum. The exceptional results are remineralised, rebalanced and renewed skin.
55 minutes £60

**Oxygen Skincalm Facial**
Soothe sensitive skin and even skin tone.
Gentle massage techniques combined with a restructuring Japanese Silk Mask soaked in Absolute Skin Calm Serum helps to rebalance delicate, fragile and sensitive complexions. Relieves redness and evens skin tone, offering immediate comfort to irritated skin.
75 minutes £60

Recommended 1 treatment every 4 weeks.
Course of 4.
Anti-Ageing Facials

Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing facials for instant results.

**Pro-Collagen Quartz Lift Facial**
*Anti-wrinkle facial with proven results.*
Clinically proven to reduce the number of wrinkles by up to 94%* and improve skin firmness by up to 57%* after just one treatment. Specialised lifting massage, combined with proven marine extract, padina pavonica, helps to re-energies cell communication and rejuvenate skin.
75 minutes £70

**Visible Brilliance Facial**
*Revives dull, slackened skin, restoring radiance.*
Perfect pre-occasion treatment. Miniaturisation levels are clinically proven to increase by up to 61%* and elasticity by up to 40%* after just one treatment. Specialised micro-circulatory massage combined with a 2 phase amino active mask, helps smooth, firm, plump and restore radiance.
75 minutes £70

**Tri-Enzyme Resurfacing Facial**
*Peel away the years for smoother, renewed skin.*
Clinically proven to resurface by up to 75%* and increase skin smoothness by up to 32%* after just one treatment. Pioneering precision layering of Tri-Enzyme serums, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger looking skin.
60 minutes £70

**White Brightening Facial**
*Illuminates and brightens for a naturally more even complexion.*
This highly effective white brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. Precision, feather light movements delicately layer proven brightening actives onto the skin to encourage the washing out of melanin and the dullness that develops over time. This targeted treatment responds to individual skin needs helping to reduce age spots discolouration, and dull skin tone and texture on the face, neck, décolleté, arms and hands.
Leaves the complexion illuminated more even and beautifully white bright.
70 minutes £70
Body Detox

Target Problem area with therapeutic detox and sculpting therapy. Detoxify and deep cleanses to the deepest level.

Cellutox Aroma Spa Ocean Wrap
*Detoxify and kick – start your body.*
Let your thoughts drift away, whilst cocooned in a comforting wrap of rich marine algae and detoxifying juniper and lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

75 minutes £75

Musclease Aromaspa Ocean Wrap
*Muscle warming seaweed wrap.*
The power of aromatherapy combined with the riches of the ocean. This beautiful, aromatic heated seaweed body mask containing muscle warming blends of pine and rosemary essential oils, helps ease the pain of arthritis, fatigue and aching muscles. Whilst cocooned, let your thoughts drift away.

75 minutes £75
Recommended 2 treatments a week for 1 month. 1 treatment a month thereafter.
Body Wraps and Scrubs

Drift away whilst you are cocooned in a comforting foil wrap. All treatments include a relaxing foot massage or a de-stressing pressure point face and scalp massage.

Exotic Coconut Rub & Milk Ritual Wrap

Soothing body polish.
This indulgent therapy gently polishes and nourishes your skin whilst soothing the senses for smooth, soft skin. Warmed Skin Nourishing Milk Bath is drizzled over your entire body, followed by a softening Balinese coconut scrub. Relax whilst your body soaks up the enriching actives.

50 minutes £70
Recommended 1 treatment every 3 weeks.

Exotic Lime and Ginger Salt Glow

Invigorating deep cleanse.
Feel your senses lifted and your body invigorated by the sublime Exotic Lime and Ginger Salt Glow infused with skin enriching Japanese Camellia Oil Blend. After light body brushing, warm oil is drizzled luxuriously over the body, leaving it silky smooth and glowing.

40 minutes £45
Recommended 1 treatment every 3 weeks.

Frangipani Monoi Salt Glow

This luxurious salt scrub melts on contact with skin to leave it beautifully soft and nourished. Mineral rich salts and hibiscus cleanse and exfoliate, whilst an infusion of exotic Tahitian monoi oil and frangipani flowers seal in moisture. Skin is left delicately fragranced.

40 minutes £45
Recommended 1 treatment every 3 weeks.
Alternative Therapies

Lakeside Signature Massage
We invite you to enjoy an unsurpassed level of relaxation in this enhanced classic Swedish massage. A full body experience including the face and scalp. Your therapist will select aromatherapy oils to suit your needs.
85 minutes £75

Back, Neck & Shoulder Massage
A deeply relaxing massage, relieving tension and stress in the back, neck and shoulder area. This massage will leave you refreshed and relaxed.
25 minutes £30

Hot Stone Massage
A luxurious back massage using a combination of warm basalt stones and aromatherapy oils will leave you deeply relaxed and will melt away muscular tension.
25 minutes £35  55 minutes £60

Classic Full Body Massage
A massage created to give you an all over experience of manipulative techniques, releasing stress, tension and toxins.
55 minutes £55

Deep Tissue Muscle Massage
Deep rhythmic pressure massage. Alleviate high stress levels, ease aching muscles and revive the senses with powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.
25 minutes £35  55 minutes £60

Treatment Enhancements

Foot Ritual
Enjoy a relaxing foot exfoliation with a lime scented hot towel wrap and mini pressure point foot massage.
15 minutes £20
Can only be booked as an addition to a treatment.

Hand Ritual
Indulge in an intensive hand repair masque with a lavender scented hot towel wrap and mini pressure point hand massage.
15 minutes £20
Can only be booked as an addition to a treatment.
Indian Head Massage
Based on the ayurvedic system of healing, Indian Head Massage will release the stress built up in the shoulders, neck and scalp. The aim of Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.
40 minutes £40

Hopi Ear Candles
Derived from the Hopi Indians, this ancient technique deeply cleanses the ears, nose and throat. A rebalancing, relaxing and soothing treatment highly recommended for those who suffer from: tinnitus, sinusitis, headaches, migraines, head colds, glue ear, hay fever or excessive ear wax.
40 minutes £35

Tranquility Scalp Massage
A soothing warm oil scalp treatment.
25 minutes £30

Aroma Stone Therapy
Warm basalt stones melts away tension.
This ancient therapy uses the therapeutic heat from stones which is slowly released into the heart of the muscles for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body maximum relaxation.
75 minutes £70
Recommended 1 treatment every week.

Reflexology
Working on reflex points in the feet this treatment aids balance and relaxation clearing energy pathways through the body. Reflexology mirrors a reflection of the body on the feet, the left foot representing the body’s left side and right foot its right side. In reflexology practice the technique is applied to the relevant reflex area(s) to prompt a change in the related part of the body.
55 minutes £55

Indulge yourself and promote ultimate relaxation
Signature Packages

Lakeside Park Hotel and Spa... indulge, relax and renew
Afternoon Delight
(afternoon tea available between 2pm to 5pm only)
A Choice of a Booster Facial or a Back, Neck and Shoulder Massage
Use of the Spa facilities
Afternoon Tea in the Brasserie
25 minutes £54

Simply Lakeside
Exotic Lime and Ginger Salt Glow or Frangipani Monoi Salt Glow
Spa Facilities
2 Course Lunch in the Brasserie
40 minutes £60

Afternoon Refresh
Back, neck and shoulder massage.
Booster facial
Use of the spa facilities.
Afternoon tea in the Brasserie
50 minutes £74

Elemis Face and Body Sensation
The perfect duo when time is of the essence. A sensational massage, combined with an Anti-Ageing Booster Facial. Choose from the Re-Energiser, ice-cool thermal massage or the Tranquillity thermal-soothing massage whilst your facial helps smooth wrinkles and restore youthful radiance. Includes use of spa facilities
50 minutes £75

Ladies that Lunch
A Jessica Prescriptive Manicure
A Elemis Skin Specific Facial
Use of the Spa Facilities
2 Course Lunch in the Brasserie
Complementary Glass of Wine
95 minutes £175

Absolute Spa Ritual
Enjoy the number No.1 treatment. The Ultimate introduction to Elemis spa-therapies. This No.1 best-selling package combines a full body Deep Tissue or Well-being massage with an intensive Anti-Ageing or Skin Solutions facial, prescribed to your needs. Includes use of spa facilities
110 minutes £100

Luxury Retreat for Two
A Full Body Massage
Elemis booster Facial
Use of the Spa Facilities
2 Course Lunch in the Brasserie
Complementary Glass of Wine
80 minutes £195
Hen and spa packages

Bride to Be
Become a Spa Hen for the day.
Your Day will include:
A choice of either a Refresher Facial or
A Back, Neck and Shoulder Massage
A File and Polish
Use of the Spa Facilities
Glass of Champagne
40 minutes £49

Here Comes the Bride
Indulge in a little relaxation.
Your Day will include:
A Back, Neck and Shoulder Massage
A Elemis Booster Facial
Use of the Spa Facilities
2 Course Lunch in the Brasserie
Glass of Champagne
50 minutes £90

Ultimate Lakeside
Elemis Booster Facial
Tranquillity thermal soothing back, neck and shoulder massage
File and Polish
Use of the Spa Facilities
Afternoon Tea in the Brasserie
Glass of Champagne
80 minutes £110

Pamper Package
Prepare yourself to be pampered.
Your day will include:
A Mini Treatment
Glass of Champagne
2 Course Lunch in the Brasserie
Use of the Spa Facilities
25 minutes £59

Make your special day a spectacular day.
Time for Men

**Skin IQ+ Facial**
*Anti-ageing booster for tired, stressed and dehydrated skin.*
The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle and environmental stressors.
75 minutes £65
Recommended 1 treatment every 3 weeks.

**Urban Cleanse Facial**
*Deep cleanse and complete skin detox.*
This super-grooming facial decongests the skin, working to eliminate blocked pores and accelerate skin recovery. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the effects of daily pollutants, leaving the skin clean and clear.
75 minutes £60
Recommended 1 treatment every 4 weeks.

**Executive Foot Care for Men**
*A relaxing foot treatment.* Involves removing hard skin & massaging feet & legs with deep conditioning creams. Cuticles are left clean and tidy, & nails will be perfectly shaped.
40 minutes £35

**Total Time Out For Men**
*Complete face and body overhaul.*
Enjoy the best of both worlds by combining a Time for Men facial with a Deep Tissue or Well-Being Massage to improve total body performance. Rehydrates and energises the complexion, whilst deeply relaxing and recharging the body.
120 minutes £100
Recommended 1 treatment every 4 weeks.

**Executive Hand & Nail Treatment for Men**
*Hands are exfoliated to remove any dryness and massaged with treatment creams.* Cuticles are conditioned and groomed and nails are trimmed and perfectly shaped.
40 minutes £35

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<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>Eyebrow</td>
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<tr>
<td>Back</td>
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<tr>
<td>Chest</td>
<td>30 minutes</td>
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Jessica Nails

Le Remedi Hand Treatment
Your hands will be smoother, silkier and firmer with this complete exfoliating and conditioning hand treatment.
20 minutes £25

Jessica Prescriptive Manicure
Beginning with a nail analysis to treat your nail type, the manicure includes exfoliation, massage and cuticle care. Your nails will be beautifully shaped and finished with the perfect polish.
40 minutes £30

Jessica Deluxe Manicure with Thermal Mittens
This treatment combines the Jessica Prescriptive Manicure with the luxurious added benefits of Thermal Mittens, helping oils and creams to penetrate deep into the skin as well as increasing circulation and relieving stiff, painful joints.
70 minutes £40

ZenSpa Pedicure
Awaken your senses and discover the ultimate in pedicure luxury. Hard skin is removed and feet and legs are massaged with deep conditioning creams to leave them soft and smooth. Cuticles are groomed and toenails are beautifully shaped and polished.
45 minutes £35

ZenSpa Deluxe Pedicure
The ZenSpa pedicure with the luxurious added benefit of Thermal Booties for deeper penetration of oils and creams. The gentle heat is excellent for increasing circulation and relieving stiff and painful joints.
70 minutes £45

File and Polish 15 minutes £15
Jessica GELeration Manicure
Hand exfoliation, cuticle care and free edge tidied, all finished with Jessica’s GELeration gel polish.
60 mins £39.00

Jessica GELeration File and Polish
Nails are filed, shaped and finished with a fresh coat of Jessica’s GELeration gel polish to make your manicure last even longer.
40 mins £20.00

GELeration ZenSpa Pedicure
Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica’s GELeration gel polish.
70 mins £40.00

Existing Gel Removal
GELeration gel polish is gently soaked off and a rejuvenating base coat is applied.
30 mins £12.50

Removals prior to a GELeration Manicure or Pedicure.
20 mins £6.50

Discover the everlasting nail colour, Jessica’s unique gel is applied like a polish to the natural nail, with a durable strength of a gel. GELeration lasts for 2-3 weeks with no chipping, peeling or fading and is easily removed. A fantastic system with guarantee of no damage to your natural nails.
## Essentials

### Waxing

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<tbody>
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<td>Half Leg</td>
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<td>Full Leg &amp; Bikini</td>
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<td>Underarm</td>
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<td>Lip &amp; Chin</td>
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### Tinting

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<td>Eyebrow Tint</td>
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<tr>
<td>Lash &amp; Brow Tint</td>
<td>30 minutes</td>
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Arrival Information
We request that you arrive 15 minutes prior to your appointment time to complete a consultation form and to prepare and unwind before your treatment. Your treatment is allocated the length of time stated in the brochure, so if you are late your treatment time will be shortened to make sure the next client starts on time. However, you will still be liable for the full treatment cost. We recommend that any personal valuables are securely placed in a locker if one is available. Lakeside Park Hotel cannot accept any responsibility for any loss of, or damage to, any valuables.

What to bring
Swimwear is obligatory when using the spa facilities. We recommend you bring any essentials, and a pair of slippers or flip flops, for walking around the facilities (slippers can be purchased for £1.50). Limited lockers are provided for your belongings and require a returnable one pound coin. On busy days please be aware that all lockers may be in use.

The Spa can also provide towels should you need them at a small charge of £1.00 per towel. Robes to be provided to the guests at the therapists discretion in line with the treatment requirements.

Spa Facilities
All Spa guests and members should be aware that, as part of the Lakeside Park Hotel, the facilities are provided to all hotel overnight guests and children on a complimentary basis at any time during their stay.

Spa Etiquette
As a courtesy to others we request that mobile phones are switched off at all times in all areas. The Spa, including The Spa Garden, is fully non smoking. Anyone wishing to smoke will be directed to smoking areas by The Spa staff. Swimwear should be worn at all times when using the facilities, and under garments or dry swimwear must be worn during treatments. Inflatables, and jumping into the pool from the sides, are not allowed in the pool.

Use of the Spa Facilities
Use of the Spa facilities has a two hour time limit.

Food and Drink
All food inclusive in any Spa package must be chosen from the Spa Special Menu. Any food and drink items consumed in The Brasserie that are not part of an inclusive package must be paid for in The Brasserie. Footwear MUST be worn in The Brasserie at all times. Slippers can be purchased in The Spa for £1.50.

Booking Policy
We always recommend pre booking your treatments due to high demand and to avoid disappointment. To book your treatment or package contact The Spa team on 01983 885522 or email us at spa@lakesideparkhotel.com

Card details will be required for any treatment booking or day package. Please have your card details at hand when you book. Refunds will not be given on pre paid courses, gift vouchers and products.

Cancellation Policy
We understand that on occasions you may have to cancel your appointment. However, 24 hours notice is required otherwise 50% of the total cost of your booking will be charged.

Gift Vouchers
Gift Vouchers can be purchased from The Spa on 01983 885522. Vouchers are valid for 6 months from the date purchased and cannot be lengthened or used if expired. Vouchers can be redeemed against any treatment, package or product. Please quote your voucher number when booking and please make sure you bring the voucher with you on the day. Failure to produce the voucher on the day will result in the full charge being made.

Customer Service Policy
We will always endeavour to provide the very best quality of service and client care at The Lakeside Spa.

All treatments are subject to availability. Consultation time within treatment time.
How to Find Us

**BY CAR** *(Sat Nav enter PO33 4LJ)*

**Portsmouth to Fishbourne**
*Wightlink Ferry* - follow Fishbourne Lane to the traffic lights, turn right onto A3054 towards Newport. The entrance to the Hotel is on your left directly after crossing Wootton Bridge.

**Southampton to East Cowes**
*Red Funnel Ferry* - follow the main road out of East Cowes onto the A3021. Turn left onto the A3054 towards Ryde. Drive through Wootton High Street and the Hotel entrance is on your right before crossing Wootton Bridge.

**Lymington to Yarmouth**
*Wightlink Ferry* - travel out of Yarmouth on the A3054 towards Newport, pass through Newport staying on the A3054 towards Ryde. Drive through Wootton High Street and the Hotel entrance is on your right before crossing Wootton Bridge.

**ON FOOT**

**Portsmouth to Ryde**
*Wightlink* - Fast Cat service, 20 minutes. From Ryde interchange take the number 4 or 9 bus towards Newport, ask for Wootton Bridge.

**Southsea to Ryde**
*Hovertravel* - Hovercraft service, 10 minutes. From Ryde interchange take the number 4 or 9 bus towards Newport, ask for Wootton Bridge.

**Southampton to Cowes**
*Red Funnel* - Red Jet service, 20 minutes. From Cowes bus station take the number 1 bus to Newport and change at Newport bus station to number 9 towards Ryde, ask for the Wootton Bridge.

Further public transport information is available from all ferry terminals.
Elemis is the leading luxury British spa and skincare brand favoured by as many as 6.5 million spa-goers per year. The successful combination of natural active ingredients with cutting-edge technology has enabled Elemis to bring to market some of the most influential anti-ageing products and professional spa-therapies the beauty industry has ever seen.

Leading the way in innovation, professional therapies and superior formulations for over 20 years, Elemis is the only professional British Brand to clinically trial the efficacy of its advanced facial, proven to be effective after just one treatment.

Expert body therapies and unique massage techniques are combined with potent natural active formulations for maximum results. Our highly experienced therapists are trained to intuitively nurture your well-being, treat your skin and achieve results specific to you.

Considered the world’s leading authority on natural nail care, Jessica Cosmetics understands what it takes to achieve and maintain naturally beautiful nails.

Jessica Nails was started in the 1970s when Jessica Vartoughian started her own nail salons in America. As her reputation as a manicurist grew, celebrities became her clients and referrals poured in.

Every part of Jessica Nails is about promoting the well-being of the natural nail. The system of Jessica is to analyse and recognise each nail type and treat each nail with specially formulated treatments. Any man or woman can achieve healthy nails with proper care and maintenance.