LAKE HOUSE
HOTEL & RESORT

LET NATURE TAKE ITS COURSE

SPA MENU
MASSAGE TREATMENT  
_Therapeutic, healing, relaxation - techniques to suit every individual_

**swedish**  
Our Swedish massage circulates blood, lymph, and breath so that you can get in touch with your own unique flow.

60 minutes: $110  
90 minutes: $140

**deep**  
Release further with our deep tissue therapeutic massage. As your therapist carefully works, you will notice a softening of the deeper layers of facia and muscle. Soften the tissue and strengthen the spirit.

60 minutes: $120  
90 minutes: $150

**ebb & flow**  
The best of both worlds. Your therapist will artfully combine both Swedish and Deep massage elements to fulfill your body’s desire. Muscles are massaged deeply for tension release and then soothed by comforting touch.

60 minutes: $115  
90 minutes: $145

**modern love**  
Our couple’s massage is a sweet way to increase union with someone you love. Your therapists will pamper you with our “still water” session as you lay head to head in pure bliss.

60 minutes: $240  
90 minutes: $300

**balance point**  
A combination of Swedish and pressure point massage performed on the feet & hands using nourishing treatment oil. An incredibly therapeutic treatment.

60 minutes: $110

**ambrosia**  
Your therapist will gently pour botanic aromatic oils over your head and then carefully massage your scalp, neck and shoulders using trigger point therapy to balance energy channels, balance the nervous system and melt stress away. You will feel the weight of the world lift.

50 minutes: $140

**prenatal**  
A special session for mothers to be. this soothing, relieving massage can promote circulation and relaxation, ease achy joints and muscles and bring on a sense of renewal. Great for the well being of mom and baby.

60 minutes: $115  
90 minutes: $145
**thigh radiance** Expired skin is removed by dry brushing and kneading massage is applied to the thighs and buttocks. Deep pressure releases fatty accumulations and toxins to reveal tighter, smoother skin.

50 minutes: $120

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**BODY TREATMENTS**

*Soothing care from head-to-toe*

**sweet spot wrap** Pamper yourself with the classic luxury of milk and honey. Begin with a dry brushing treatment to remove dead skin cells and invigorate the body. A combination of milk and honey then nourishes and moisturizes tired skin leaving it soothed and fresh.

90 minutes: $190

**lochnessa salt scrub** Remove dead skin and encourage new cell growth with this aromatic and therapeutic blend of sea salt and healing treatment oil. This treatment is finished with a moisture application to seal in hydration. Your skin will feel brand new.

60 minutes: $130

**green glow** This warm seaweed based mud mask enhances circulation, detoxifies the muscles and joints and nourishes the skin with its high mineral content.

90 minutes: $190

**soothe wrap** Be wrapped in renewing cool white lily gel as this treatment soothes the sting of sunburn, chaffed and dry skin.

90 minutes: $190

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**FACIALS**

*All facials include aromatherapy & are customized for each and every client. We proudly use CA Botana products.*

**ripple effect** Deep cleansing, gentle exfoliation, skin specific mask, and vitamin hydration.

60 minutes: $120
**MASSAGE TREATMENT**

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- **ripple effect**
  - Deep cleansing, gentle exfoliation, skin specific mask, pore clearing extractions, and vitamin hydration.
  - 60 minutes: $120

- **koi calm**
  - Deep cleansing, fruit enzyme peel, skin specific mask, pore clearing extractions, and vitamin hydration.
  - 60 minutes: $120

- **sublime**
  - Our koi calm facial enhanced with hand & foot massage.
  - 75 minutes: $140

- **the big drink**
  - Our men’s facial. everything to polish you up plus acupressure massage to the head, neck and face.
  - 75 minutes: $140

**TO SCHEDULE YOUR TREATMENTS**

**PLEASE CALL: 760.744.0120**

### cancellation policy

Any cancellation must be received within 3 hours of your appointment. Any late cancellations will incur a 50% cancellation fee. A full fee will be imposed for a no show client. A credit card number is needed to hold your reservation.

### gratuities

Gratuities are appropriate and appreciated but not expected. Customarily clients “tip” as they would in a restaurant with an 18% gratuity reflecting good service.

### refund policy

Treatment packages are non-transferable, non-refundable and non exchangeable.

### special consideration

Guests who have any medical issues are advised to consult a physician before signing up for spa services. Please report any medical conditions to your spa therapist.

### hours of operation

- **Monday through Friday**
  - 10am - 8pm
- **Saturday & Sunday**
  - 8am - 8pm
- **Off hours fee:**
  - extra $20 per appt.
LET NATURE TAKE ITS COURSE

Listen to the rhythmic sounds of the lake lapping at the shores

See the clear blue skies as they warm with a San Diego sunset. Feel the relaxation wash over you as you experience your customized spa service in the comfort of your own room at Lakehouse Hotel and Resort. Experience true luxury with your in room spa treatment.

Our professional massage therapists offer facials, massages, body treatments, yoga, fitness services and complete spa packages. When the spa service is complete, your experience of relaxation can truly begin. Relax your mind and body as you awaken all your senses at Lakehouse Hotel and Resort.
STEP AWAY FROM THE EVERY DAY

Whether hiking, boating, relaxing, family-gathering, memory-making, or meeting for business in a stress-free setting - from serene lake views to cozy fireplaces, Lakehouse provides the quintessential escape. Just a stone’s throw away from dozens of nearby endless summer excursions, this peaceful Southern California lakeside resort is a step away from the everyday.