

SPA SERVICES

50-minute
services \$89
80-minute
services \$129

MASSAGE

Muscle Repair Massage

Anti-inflammatory extracts of Arnica is blended with massage oil to ease muscle pain and joint stiffness. Intense, constant pressure is applied to specific points to alleviate muscle tension and soreness. Recommended for athletes or weekend warriors. (50 minutes)

Prenatal Massage

A perfect treat for moms-to-be. This calming massage soothes the aches and pains associated with pregnancy. Performed while lying on your side & comfortably supported by pillows, this massage will be just what you (and the baby) need. (50 minutes)

The "All-in-One" Massage

Why endure the stress of choosing between our different massages? Just say, "I want it all", and you can enjoy this unique treatment which blends a relaxation-style massage with a touch of hot stones. Chances are, it will be exactly what those tense muscles need. (50 minutes)

Aromatic Hot Towel Massage

Engage all your senses with this remarkable recipe for renewal. A soothing massage is combined with steaming towels steeped in aromatic essential oils. The result is a sensation - calming, rejuvenating, and completely uplifting. (80 minutes). Not recommended for pregnant women.

Relaxation Massage

Allow yourself to completely relax and enjoy the benefits of a therapeutic massage. Long, smooth strokes are adjusted from light to firm pressure, depending on your comfort level. This standard massage increases circulation and creates an overall sense of well-being. (50 minutes) & (80 minutes)

Ultimate Hand and Foot Treatment

Refresh your tired tootsies and hard-worked hands with a medley of delights, including steamy towels, hot stones, and loads of massage. Wrapped in a blanket, all you do is lie back and close your eyes ...your hands and feet never had it (or felt) so good. (50 minutes)

Hot Stone Massage

Those in the know say this 80-minute treatment puts the "ahhhh" in spa. Soothing massage techniques combined with the use of 40 warm basalt stones melt away body aches, tension and stiffness. Together, the heat and pressure of the stones promotes a profound sense of relaxation. It's an experience unlike any other. (80 minutes). Not recommended for pregnant women.

FACIALS

European Facial

Customized for your skin's specific needs, this traditional European facial uses nourishing all-natural formulations, rich in vitamins and antioxidants, to refine and pamper your complexion. A relaxing shoulder, décolleté, and hand massage complement this refreshing treatment. (50 minutes)

Milk and Honey Facial

Quench dull, dry, tired complexions with a healthy drink of moisture. This treatment includes a freshly prepared mask of organic milk & locally-harvested raw honey, created especially to comfort skin in need. (50 minutes)

Men's Rescue Facial

This effective facial is designed to deep clean and soothe aggressively exposed skin caused by sports or shaving. Pure plant-based products fortified with vitamins and antioxidants ensure visible results. A foot massage locks in the rescue. (50 minutes)

PARAFFIN PURE RESULTS FACIALS

These unique treatments are pure pampering. They include all the steps from the European facial supplemented with a condition-specific serum. To ensure maximum benefits, a mask of warm, melted paraffin is applied over the serum forming a barrier & enabling the vitamins and nutrients to fully penetrate your skin. Choose from the following Paraffin Pure Results Facials:

"C" Your Skin Glow

Perfect to combat the first signs of aging. This facial is supplemented with a facial firming Vitamin C serum & a deep penetrating eye mask. The Vitamin C stimulates collagen production and cell renewal, resulting in visibly plump, glowing skin. (80 minutes)

Solar Repair

Are age-spots & uneven skin tone a daily reminder of your days as a Sun-Goddess? Lighten sun-exposed skin with this botanical skin brightening serum, rich in natural licorice extract. The result is smooth, polished skin. (80 minutes)

BODY TREATMENTS

Green Tea Detoxifying Body Treatment

Need to de-stress, de-tox, or de-puff? This refreshing remedy flushes out water retention and improves skin tone with a four-step treatment, including light exfoliation, a warming clay mask, full body wrap, and a clarifying body cream. (80 minutes). Not recommended for pregnant women.

Sweet Dreams Body Wrap

You'll sleep like a baby after this relaxing stress-buster of a treatment, one of our spa specialties. Warm oil infused with essential oils is poured over and then gently massaged into the skin. A welcoming cocoon of warm blankets helps the nourishing herbal oil to penetrate. (50 minutes). Not recommended for pregnant women.

Rosemary-Mint Salt Glow

Think of it as a sweet treat for your skin. Simultaneously softening and smoothing, this service includes light body brushing, the invigorating rosemary-mint salt scrub, and a super-rich finishing cream. You emerge beautifully replenished. (50 minutes)

Thai Herbal Body Polish

Brighten your skin (and outlook) with this invigorating all over body treatment, designed to stimulate circulation and replenish parched skin with essential oils of lemongrass and ginger. Light body brushing followed by a creamy sugar polish softens and refines. A rich body butter seals in the moisture. Ideal for sensitive skin. (50 minutes)

Lakeview at Fontana Resort & Spa | Bryson City, NC | Reserve online by visiting www.lakeviewatfontana.com
We have a 48-hour cancellation policy for all spa services.