

# SPA & FITNESS GUIDE



HORSESHOE BAY RESORT.

A close-up photograph of a person's hands, wearing a white long-sleeved shirt, holding three dark, smooth, rounded stones. The stones are arranged in a small cluster in the palm. The background is a soft, out-of-focus light beige color. The text "Where Indulgence Meets Elegance" is overlaid in a white, elegant cursive font across the center of the image.

*Where Indulgence  
Meets Elegance*

# *Bayside Spa*

at Horseshoe Bay Resort

Escape to ultimate relaxation. Our full-service spa features gentlemen's and ladies' lounges with Eucalyptus-scented steam rooms, a spacious dry sauna and a co-ed indoor pool area complete with resistance pool and whirlpool. Experience the lasting benefits of a wide array of massage and body treatments, facials and nail services while slipping into total relaxation, soothing the body and quieting the mind.



## facials & skin care

Optimum skin health combined with our signature line of 100% pure skin care products containing botanical and natural extracts is only part of what our certified estheticians offer. Our treatments will leave your face feeling defined, silky smooth and wonderfully hydrated.

Perfectly pampered is how you will feel. One of our skin care therapists will be happy to discuss a customized program to fit your individual needs. Treatments include deep cleansing, toning, exfoliation, massage, masque, extractions as needed and an application of a moisturizer for your skin type.

### **Advanced AHA**

80 minutes

\$170

Transform skin using ancient healing traditions from Egypt and Rome combined with current, proven, effective actives to deliver a luxurious treatment. Experience the deep cleansing multi-effect of AHA from citrus fruits, skin rejuvenating exfoliation with moisture delivery system, and specific renewing and firming treatments for the delicate eye contour and hands areas that often show early signs of aging and stress. This treatment will leave your senses refreshed and your skin hydrated with a healthy, vibrant glow. Outdoor recreation is not recommended immediately following this treatment.

**Ultimate Skin Rejuvenation**                      80 minutes                      \$170  
The most advanced anti-aging skin care on the market today is used in this facial to deliver immediate skin rejuvenation and free radical protection. The products used will help prevent skin aging at its cellular source by decreasing the appearance of fine lines and wrinkles and improving uneven skin tone and texture. Outdoor recreation is not recommended immediately following this treatment.

**Bayside Custom**                                      50 minutes                      \$110  
This traditional European facial is customized for your skin type. After a detailed consultation, your esthetician will help guide you to the choice of products that is perfect for you. Each facial includes deep cleansing, toning, exfoliation, massage of hands, neck and shoulders, masque, extractions as needed and an application of moisturizer.

**Gentlemen's Executive**                              50 minutes                      \$110  
A nutritive facial designed specifically to neutralize the effects of sun, stress, sports and harsh abrasives that a gentleman is exposed to on a daily basis. Rich in botanical extracts, this treatment helps prevent razor burn and sensitivity. Deep cleansing and mild exfoliation is accompanied with a tranquil massage for the face, neck, shoulders and scalp. Please shave at least two hours before treatment.

**Teen Facial**    50 minutes                      \$90  
This personalized, teen-focused facial begins with an educational consultation with the esthetician to help teens start a healthy skin care regimen. The facial includes deep cleansing, toning, exfoliation, massage of hands, neck and shoulders, masque, extractions as needed and an application of moisturizer.

**Anti-Aging**    50 minutes                      \$135  
This powerful and luxurious anti-aging, antioxidant treatment was designed to help rejuvenate, refine and improve fatigued and lackluster complexions due to chronological and environmental aging. Ideal for those who have needs for specialized anti-aging treatments.

**Bayside Mini**    25 minutes                      \$90  
This mini facial utilizes many of the same aspects as the Bayside Custom Facial. The mini facial will include deep cleansing, toning, exfoliation, massage of neck and shoulders, masque and an application of moisturizer. Extractions will not be performed due to time constraints.

**Add-on Eye Rejuvenation**                              15 minutes                      \$25  
Eye rejuvenation provides a "pick-me-up" to the delicate skin around the eyes. The eye rejuvenation treatment is the perfect compliment to any facial.

Services and prices are subject to change.

## body treatments

Our enriched mineral product line, combined with each of our rejuvenation treatments, renews, remineralizes and revitalizes one's physical feeling of well being.

**Saffron and Silk** 90 minutes \$185

This captivating full body massage, inspired by exotic treasures of the Eastern Silk Route, combines an exquisite saffron body oil and specific silk foulard wrapping ritual to alleviate daily stress and revive the senses.

**Executive Sportsman** 90 minutes \$185

If you're in need of some serious reenergizing and de-stressing or are a keen sportsman seeking some post-activity renewal, this treatment is for you. Enjoy the desert gold clay wrap, scalp and neck massage and then completely melt away with a full body Swedish massage using ylang ylang and orange essential oils to help calm nerves and stimulate the skin's natural balance.

**Age-Defying Marine Repair** 80 minutes \$165

Delight your senses with this silky rich anti-aging treatment that is packed with powerful "nano technology" firming agents which will visibly tighten slacked skin. By stimulating cellular turnover during your marine gel masque, your skin will be richly hydrated while your tension is soothed and melted away.





**Awakening Ritual** 80 minutes \$165  
This invigorating spa ritual reveals the age-old Hawaiian secret for improving the metabolism and smoothing away fat deposits. Begin with a warm body exfoliation using organic coffee body polish to revive your senses and stimulate cellular circulation. Coffee increases blood flow to the cells, minimizing the appearance of varicose veins and cellulite. End with a warm application of our deeply relaxing and hydrating organic coconut vanilla massage cream.

**Hill Country Envelpment** 80 minutes \$165  
Renew body and mind with this stimulating and nurturing body scrub and massage. During this signature treatment, you are exfoliated, smoothed and softened using essential oils and rosemary and pecans from the Texas Hill Country.

**Luscious Lavender Indulgence** 50 minutes \$130  
This Texas Hill Country inspired scrub and wrap are infused with lavender essential oil and buds from a local lavender farm. Exfoliate with a soy and lavender scrub and rehydrate with our lavender body wrap for nourishing effects that will be felt for days.

**Marine Firming Masque** 50 minutes \$130  
This incredible skin firming treatment begins with a sea salt scrub exfoliation followed by an algae-based serum wrap that combines marine collagen and vitamin B5 to moisturize and protect skin's elasticity. Your treatment is capped off with seaweed and algae firming cream to help tighten lines and firm, plump and nourish the skin while removing toxins.

**Herbal Wrap** 50 minutes \$130  
Utilize nature's herbs including lavender, eucalyptus, calendula, rosemary, comfrey, sage, cloves, ginger root, chamomile and rose petals to not only detoxify the body, but also help boost the immune system, increase circulation and calm the nervous system.

**Mommy Maintenance** 50 minutes \$130  
Nourish your body and baby with remineralizing, hydrating and toning benefits from the sea. This three-part treatment starts with refining the skin's surface; next, receive an infusing body wrap utilizing algae and seaweed extracts, and finish with a firming cream to leave the skin moisturized and ready to face the elements.

**Add-on Body Polish** 25 minutes \$85  
Unveil silky skin with this effective, yet gentle, body polish. Our polish is a creamy blend of chamomile, cucumber, comfrey, ivy and jojoba beads that help refine the roughest and flakiest areas on the body without irritation. Replenishing oils penetrate and condition the skin during this treatment.

Services and prices are subject to change.

# massage therapy

Benefits include improved circulation, relief from muscle soreness and reduced stress. Skilled massage therapists will work closely with you to soothe your body, quiet your mind and lift your spirits.

<b>Swedish Massage</b>	80 minutes	\$150
	50 minutes	\$110

Gentle manipulation of the muscles using massage oils to improve circulation, ease muscle tension and improve flexibility. Pressure ranges from very light to medium.

<b>Stone Therapy</b>	80 minutes	\$170
	50 minutes	\$125

Warm rocks and Swedish massage techniques provide deep relaxation for the body and mind. Warm stones are used to penetrate into the muscles to melt away tension and stress.

<b>Warm Pinda Spice</b>	80 minutes	\$170
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Infuse and energize the senses with the most exotic spices of the Far East. Using an exotic Oriental scented oil, a massage is performed with Pindas, sacks of crushed energy stones, and an Ox Horn. This treatment encourages the body to rid itself of toxins, tension, knots and kinks.

<b>Couples</b>	50 minutes	\$220
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Two 50-minute Swedish massages.

<b>Heart-to-Heart</b>	50 minutes	\$110
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A prenatal massage of therapeutic bodywork focusing on the special needs of the mother-to-be, relieving mental and physical fatigue. Choose from two massage options: sideline massage or the prenatal table. Sideline massage uses a specific pillow that relieves pressure on the lower back and knees. The mother-to-be will lie on her side and receive the massage for her back on her side. The second form of prenatal massage is given on a specific table that has cutouts for the breast area and the stomach region, allowing the expectant mother to lie completely flat, face down.

<b>Chair Massage</b>	10-20 minutes	\$3.20 per minute
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## Massage Therapy Add-ons

Aromatherapy	\$10
Deep Tissue	\$15
Sport Specific	\$15
Reflexology	\$15

Services and prices are subject to change.





## nails

<b>Classic Manicure</b>	40 minutes	\$40
<b>Spa Manicure</b>	50 minutes	\$60
<b>Classic Pedicure</b>	50 minutes	\$65
<b>Spa Pedicure</b>	80 minutes	\$85
<b>Mini Manicure</b>	25 minutes	\$30

## body waxing

<b>Chin, Lip or Brows</b>		\$25
<b>Chin, Lip &amp; Brows</b>		\$50
<b>Full Face</b>		\$70
<b>Bikini</b>		\$55
<b>1/2 Legs</b>		\$55
<b>Full Legs</b>		\$95
<b>Chest or Back/Shoulders</b>		\$85
<b>Underarm</b>		\$30

*Brazilian waxing is not available.*

## tinting

<b>Brows or Lashes</b>	30 minutes	\$35
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*Please arrive without mascara.*

## salon services

### Cut & Style

<b>Children under 10</b>	\$30
<b>Women (shampoo, cut &amp; style)</b>	\$65
<b>Men (shampoo, cut &amp; style)</b>	\$35
<b>Shampoo &amp; Blow-dry</b>	\$50
<b>Party Style &amp; Updos</b>	\$80
<b>Consultation</b>	\$40

### Coloring

<b>Permanent</b>	\$80
<b>Semi-permanent</b>	\$65
<b>Partial Highlights</b>	\$95
<b>Full Highlights</b>	\$135
<b>One-step Color &amp; Cut</b>	\$130
<b>Partial Highlights &amp; Cut</b>	\$155
<b>Full Highlights &amp; Cut</b>	\$195

### Treatments

<b>Clarifying</b>	\$20
<b>Deep Conditioning</b>	\$20

### Makeup

<b>Makeup Application</b>	\$65
<b>Makeup Consultation</b>	\$40

Services and prices are subject to change.





## treatment & massage packages

**Bay Way** \$210

A pampering way to rejuvenate the skin, relax the body and calm the mind. This exclusive package includes a 50-minute Bayside Custom Facial followed by a relaxing 50-minute Swedish massage.

**Executive Day Spa** \$310

This rejuvenating spa package is designed to nourish and pamper. The Executive Package includes the relaxing combination of a 50-minute Swedish massage, a 50-minute Bayside Custom Facial, Classic Pedicure and an afternoon meal.

**Sun Up** \$155

For those on the run, this package is a great start for your day! Enjoy a 25-minute Bayside Custom Facial and a 25-minute Swedish massage.

**Ultimate Spa Experience** \$310

For head-to-toe pampering, this comforting package includes your choice of one 50-minute body treatment, a 50-minute Bayside Custom Facial and the Classic Manicure and Pedicure. This day will revitalize and profoundly relax you as well as nourish your mind, body and spirit.

Services and prices are subject to change.

# fitness

## Paseo Fitness Center

Located between Paseo buildings 5 and 6, the Paseo Fitness Center offers hotel guests key card access to cardiovascular equipment and free weights 24 hours a day, 7 days a week. Complimentary access.

## Bayside Fitness Center

Begin your journey at the state-of-the-art fitness center featuring cardio and weight training equipment, a variety of free-standing weight machines and classes in the aerobics studio.

**Bayside Fitness Access**                      \$15 per visit

# fitness programs & personal training

## Fitness Programs

Individually Priced

Address all your health and fitness goals by taking advantage of the experience and education of our nationally-certified health and fitness specialists who will customize a fitness and spa plan with you.

## Personal Training Session

60 minutes

Train with a health and fitness professional. Whether a beginner or an elite athlete, you can take part in a motivating personal training session.

1 session	\$75
5 sessions	\$310
10 sessions	\$550

## Partner Training

60 minutes

\$120

Two train at the same time with one personal trainer.

*Cancellation Policy - 24-hour advance notice requirement for personal training sessions.*

Services and prices are subject to change.

## exercise classes

Please check with the Concierge or Fitness Center for our class schedule. Reservations are not required.

All classes \$10 each.

### **Aqua Tone**

Use water's natural resistance to improve cardiovascular fitness, muscular strength, flexibility and endurance while decreasing stress on joints. Fear not non-swimmers, this class is designed to be done while standing, incorporating the use of belts, noodles and dumbbells.

### **Zumba**

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic aerobic fitness program. Begin to achieve long-term benefits in one exhilarating hour of caloric-burning, body-energizing movements. All fitness levels welcome.

### **Pilates**

Pilates enhances the fundamental understanding of core strength and stabilization. This matwork class focuses on improving flexibility and strength for the total body without building bulk.

### **Pilates For Men**

This men's-only class introduces the fundamental principles of Pilates at the entry level, focusing on improving total body flexibility, stability, and strength to improve with golf, tennis, and overall health.

### **Sculpt & Strengthen**

This class is designed for all fitness levels to improve muscular strength and endurance. Each major muscle group is targeted using a variety of resistance equipment, body bars and hand weights. If you want to lose body fat and sculpt your muscles, this class is a must.

### **Sculpting Yoga**

Light meditation is utilized to facilitate relaxation. Sculpting yoga is a complete workout for the mind, body and soul.

### **Cardio Fit**

This class is a medium-intensity cardio workout focusing on interval training, basic resistance training and step moves for a complete, total body workout experience. You'll be sweating your way through some very unique and energetic movements while having fun at the same time. All fitness levels welcome.

Services and prices are subject to change.



# spa information

The Spa features 12 treatment rooms, gentlemen's and ladies' lounges, a whirlpool, steam rooms and sauna facilities. We also offer a coed relaxation area and tranquil water garden.

The Spa is designed for guests 16 years of age or older. Salon services are available for all ages; individuals under the age of 16 must have parent/guardian release. Pool and recreational facilities are reserved for guests age 16 and older; adult supervision required if not 18.

Most body treatments are enjoyed without clothing; however, wear whatever is comfortable for you. Disposable undergarments are available upon request. During all treatments, the body is fully draped except for the area being worked on. Robes and slippers are provided.

Shaving is recommended for men prior to a facial. If you choose to shave prior to your facial, please do so at least two hours before your appointment. Shaving is not recommended prior to body treatments or hair removal services.

Lockers are available for personal items. Cell phones and pagers should be turned off while you are in the Spa.

Your Spa experience is your time, and you should delight in it to the fullest. If you experience discomfort because of room temperature, massage pressure, music volume or any other conditions, tell your therapist immediately.

## **Reservations**

When making reservations, notify the agent if you have high blood pressure, allergies, any physical ailments or disabilities, or if you are pregnant. There are a few services that should be avoided during pregnancy, but many can be enjoyed. A credit card number or Member account number is required when making reservations. Please arrive 30 minutes before your first scheduled treatment.

## **Cancellations**

Members and Guests - 24-hour advance notice required or full service fee charged. Groups - 72-hour advance notice required or full service fee is charged.

## **Service Charge**

For your convenience, a 20% service charge will be added to each spa service received. Additional gratuities are at your discretion.



**HORSESHOE BAY RESORT™**

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