



An Adirondack Style Retreat on Historic Highland Lake.

The LakeHouse Lodge & Spa sits like a pearl in the midst of robust nature (just about where the old Rhett Mill stood) and frankly my dear, it's wonderful!

Blue herons...lily pads...all the sweetness we just forget we long for.

Our spa treatments are tailored to re-awaken good health through the balancing of body, mind and spirit.

We use organic skin care products and essential oils in each of our individualized treatments.

Join us at The LakeHouse Spa.
Let's get inspired and renewed!

Spa Menu

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Massages

Our highly trained and gifted therapists work with deep presence and sensitivity, honoring the body as it unfolds. Each session, designed to awaken the body and enliven the spirit, includes warm compresses and refreshing hot towels. Add aromatherapy to any massage for \$10. Services provided by North Carolina Licensed Massage and Bodywork Therapists.

Pure Relaxation Massage 30 minutes \$45 60 minutes \$80 90 minutes \$110

Close your eyes, float away as your therapist applies light pressure Swedish massage techniques to help you de-stress, unwind in deep relaxation.

Deep Tissue / Deep Listening Massage 30 minutes \$55 60 minutes \$90 90 minutes \$120

With a firmer touch and therapeutic focus our therapists are skilled at listening to the tissue as it opens to receive deeper work. Each touch is delivered with sensitivity, specificity and depth in a healing dialog.

Integrated Session 60 minutes \$90 90 minutes \$120

The best of the best. Let our expert therapists listen to your needs and harmonize the healing touch! The session may include any of the following: deep tissue massage and Swedish techniques blended with cranial sacral, energy healing or positional release to create a session specific to your body and your spirit.

Hot Stone Massage 75 minutes \$110

A deep state of relaxation is attained with the healing touch of massage combined with warmed smooth river stones. The stones sink into the muscles melting away all stress and tension.

Aromatherapy Massage 30 minutes \$50 60 minutes \$85 90 minutes \$115

Integrates the ancient art of using pure essential oils from plants, flowers and trees to balance and restore the natural energy of the body. A custom blend is selected to create an aromatic healing massage for the mind, body and spirit.

Integrated Reflexology 75 minutes \$110

We combine foot, hand and ear reflexology for an incredibly valuable experience. This approach can improve lymphatic drainage, circulation and can facilitate a state of deep relaxation. It has been found that integrating foot, hand and ear reflexology in one powerful session allows the benefits to last longer with more dramatic improvements.

Integrated Reflexology with Energy Balancing 2 hours \$200

A potent, soothing and nurturing combination, reflexology is a stand alone modality that works on mapped reflex points which stimulate the body's return to homeostasis. Energy balancing further galvanizes this integration and reconnection by focusing awareness to the inner and multidimensional resources using diverse methods which synchronize Hara, Chakras and Subtle Energy Bodies.

Cranial Sacral Therapy 60 minutes \$90

This gentle holistic treatment involves the lightest of techniques applied along the cerebral spinal pathways. The receiver is left with an overall sense of balance and harmony of the central channel and core of the body.

Energy Healing 30 minutes \$45 60 minutes \$80

A blend of gentle and focused healing techniques such as Reiki, Cranial Sacral, Chakra Balancing, and Esoteric Healing are performed to balance and clear the human energy body. You may experience a profound sense of peace, understanding and connection that can advance your personal growth.

Mother-to-Be 60 minutes \$80

With this massage, special attention is given to ease stress on the joints, neck, back and legs. Expectant mothers must be past their first trimester to receive this massage and should consult with their physician prior to the massage.

Facials

The face is our most active and visible expression of self. The LakeHouse Spa facials are created to assist in experiencing your outward glow and inward confidence. We use Eminence Organic Skin Care, a truly exquisite experience with products that are so natural you can see and smell the fresh fruit pulps, seeds, and fresh herbs. All facials begin with a skin care analysis to choose specific products for maximum benefits.

The LakeHouse Facial

30 minutes \$55

60 minutes \$95

Uses specially blended serums to ensure the deepest possible penetration of concentrated herbal ingredients to create beautiful glowing skin. Your skin is deep cleansed, exfoliated and toned, a customized mask is then applied. You will be further relaxed with a shoulder and hand massage.

The Deluxe LakeHouse Facial

90 minutes \$145

Similar to the LakeHouse Facial, lymph stimulation and acupressure face lift massage techniques are used along with intense concentrations of vitamins and antioxidants to strengthen and firm skin. Your ritual begins with an aromatherapy foot soak and a soothing foot and leg massage.

Restorative Facial

90 minutes \$155

Youthful skin at any age. With skin care maintenance degrees of aging can be prevented. A rejuvenating facial that incorporates the techniques of The Deluxe LakeHouse Facial along with a customized alpha hydroxyl acid peel which is consistent in relieving the presence of fine lines and wrinkles, refining pores, rebuilding collagen and repairing sun damaged skin leaving a radiant natural glow.

Men's Fitness Facial

60 minutes \$95

Designed specifically for men, this relaxing, deep pore cleansing facial features an enzyme peel, a skin repair treatment for razor burn, sensitivity or folliculitis and an anti-stress massage of the head, neck and shoulders.

Clarifying Facial

60 minutes \$100

Calm troubled skin. This treatment diminishes surface oils, clears pores, soothes problem skin and reduces the appearance of acne.

Rosacea Facial

60 minutes \$100

Designed for hyper-sensitive skin types using serums brimming with healing herbs that help reduce inflamed and irritated areas. The complexion is soothed and calmed and immunity against free radicals is increased to reduce the signs of aging.

Back Renewal

45 minutes \$65

We treat the back and shoulders to a deep pore cleansing and steam to lift impurities, followed by gentle extractions, a relaxing massage and specialized mask.

Enhancements

These wonderful additions can be added to any spa service.

De-Stress Eye Treatment for Puffiness or Wrinkles add \$15

Focus on your delicate eye area with this cooling treatment for puffiness, dark circles and wrinkles.

Aromatherapy Scalp Treatment add \$25

Oils to delight your senses are massaged into the hair and scalp. There is no need to rinse after your treatment. The oils are safe for chemically treated hair. Choose one for the following healing qualities:

- Rejuvenate - a blend of stimulating Lavender, Cedar, Rosemary and Thyme oils, best for strengthening and re-growth.
- Relax - a sensual blend of Chamomile, Geranium, Carrot Seed and Frankincense oils, perfect for relaxing the scalp and soothing the mind.
- Rebalance - an invigorating blend of Lavender, Juniper and Sandalwood cleanses and restores balance to the scalp leaving hair silky and soft.

Full Body Dry Brushing add \$25

Dry brushing loosens dead cells, stimulates your immune system, tickles your chi, massages your meridians, moves the lymph, helps reduce cellulite, and makes your skin soft and velvety.

Body Treatments

Marvelous on their own or add these full body treatments to any facial or massage for a complete experience of luxurious sensation and deep healing.

Body Wraps

Wrap up in a cocoon of healing muds & herbal creams to stimulate detoxification, relaxation and deep hydration. All wraps begin with a whole body dry skin brushing technique that stimulates circulation and lymph flow and prepares the skin for absorption.

- **Herbal Cellulite Stimulating Body Wrap**

Zone treatment	30 minutes	\$55
Full Body	50 minutes	\$95

An extremely active treatment that is designed to increase circulation and a deep detoxification of the underlying tissues. A hot, tingling feeling may be experienced.

- **Seaweed Mineral Mud Wrap** 60 minutes \$95

Relax in a sea of health. This mineral enriched algae and essential oil blend promotes deep tissue detoxification and boosts metabolism. A nourishing treatment that re-balances, energizes, and de-stresses the body, mind and spirit.

- **Shea Butter Moisture Wrap** 45 minutes \$95

Hydrates and regenerates the skin. For centuries the healing properties of shea butter have been used to heal and moisturize dry skin, scalp and hair. Your body is dry brushed to stimulate the lymphatic system followed with a shea butter enriched lotion massage. The results are smooth, soft, hydrated skin.

- **Chocolate Truffle Body Wrap** 60 minutes \$95

A wrap for all the senses. Cocoa is high in flavanol antioxidants that drench the skin and promote deep hydration and healing. As you relax in your aromatic cocoon you will be treated to a head and scalp massage.

Body Exfoliation

- **Organic Sugar Polish**

25 minutes \$50

The ultimate treatment to energize and renew your skin with the natural exfoliation of raw sugar cane with the vitamin enriched blend of natural extracts. Good for all skin types. Choose unscented, cucumber mint or cranberry pomegranate.

- **Sea Salt Scrub**

25 minutes \$50

A therapeutic mixture of organic sea salts and essential oils are applied in circular motion to remove the old surface skin cells, improve circulation and alkalize the skin. Not recommended for sensitive skin. Please do not shave legs before this treatment.

Far Infrared Sauna no charge when receiving spa services / \$15

All spa clients are encouraged to enjoy our Far Infrared Sauna. In an infrared sauna, the heater produces radiant energy, which is the same as the heat from the sun, only without the harmful ultraviolet rays. The detoxifying effect from this sauna is 7 to 10 times greater than a conventional sauna because it operates more effectively at temperatures 60 to 80 degrees lower than conventional saunas.

Make-up

Jane Iredale Natural Mineral Make-up

30 minutes \$30 Application & Instruction

Combines the most up-to-date colors with skin-care benefits.

- Offers UVA & UVB protection, up to SPF 20
- Anti-inflammatory, helps to calm and soothe irritated skin
- Free of chemical preservatives and dyes
- Non-comedogenic, will not block pores

Hands and Feet

These care rituals let your hands be a joyous expression of who you are and your feet carry you through the world with ease. All hand and foot treatments feature SpaRitual, the first line of manicure and pedicure products to be completely vegan and free of DBP and Toluene.

Joyful Hands Treatment

20 minutes \$35

A gentle exfoliation smoothes the skin, followed by a hand and forearm massage with a rich energizing cream with wild crafted Indonesian Ginger to soothe and nourish dry, chapped hands. A must for overworked, dry hands.

Sole Delight Treatment

30 minutes \$45

Begins with a warm herbal foot soak to soften skin and relieve stress. Next, your feet are exfoliated to remove rough, dry skin. In an experience like no other, smooth, warm stones are massaged on your feet and calves, rubbing out tension, finishing with a silky lotion.

The LakeHouse Manicure

45 minutes \$50

French Manicure \$60

Treat your hands to a luxurious soak in aromatic oils with a blend of beneficial salts. A relaxing massage for the hands and arms will follow. Next is a gentle scrub, paraffin dip and an emollient cream. Finish with cuticle care and nail shaping with either a polish or buff.

The LakeHouse Pedicure

60 minutes \$60

French Pedicure \$70

Give your tired feet a sense of renewal with a delightful soak in aromatic sea salts. And then they are exfoliated to remove rough, dry skin. Now settle in for a massage over your feet and calves, relieving any fatigue and fluid retention. After a silky lotion is applied, we trim, clean, shape and polish your nails.

The LakeHouse Manicure and Pedicure

1 hour 45 minutes \$100

French \$110

Polished Gentleman

Manicure – 30 minutes \$35 Pedicure – 60 minutes \$55

Modern men have truly discovered the joy and pride of self care. Enjoy a soak and a massage of hands/arms or feet, followed by trimming, shaping, and buffing of the nails and cuticles.

Paraffin Hand Treatment

20 minutes \$20

This warm aromatic wax masque offers therapeutic benefits such as increased circulation, improved skin color, and relief for aching joints while being very soothing and relaxing and leaving your hands smooth and soft.

Detoxifying Foot Bath

40 minutes \$45

Working through osmosis this is a gentle and effective way to detoxify, cleanse and balance the body by drawing the impurities out through the feet. As your feet soak, your body will undergo an amazing cleanse of years' worth of stored toxins.

Spa Packages

The LakeHouse Spa Day \$299 / \$394 includes manicure and pedicure

- Organic Sugar Polish
- Shea Butter Moisture Wrap
- Pure Relaxation Massage (60 minutes)
- The LakeHouse Facial (60 minutes)
- Spa lunch

Approximate time - 4 hours

Spirit Renewal \$230

- Aromatherapy Massage (60 minutes)
- Restorative Facial (90 minutes)
- De-stress eye treatment

Approximate time – 2 hours 45 minutes

Spa Sampler \$135

- Sea Salt Scrub
- Mini Massage (30 minutes)
- Mini Facial (30 minutes)

Approximate time – 1 hour 45 minutes

Men's Club Retreat \$189

- Pure Relaxation Massage (60 minutes)
- Men's Fitness Facial (60 minutes)
- Polished Gentlemen's Manicure

Approximate time – 2 hours 45 minutes

2 x 2 Getaway \$335

Begins with tea and a relaxing foot soak. Followed by two 60 minute Pure Relaxation Massages and two LakeHouse Facials. (Each treatment is designed to meet individual needs). This experience is great for couples, family or friends.

Approximate time – 2 hours 45 minutes

Special Rates

Available for all services

4 Pack	5% off regular price
6 pack	10% off regular price
12 pack	15% off regular price

The LakeHouse SAGE Club - 5% discount for customers 60 and over on all regularly priced products and services

Gift Certificates

Gift certificates available for any amount and may be redeemed for products or services. Gift certificates are non-refundable.

For appointments

Call: 828-693-5070 or 1-800-399-5070

Email: innkeeper@highlandlake.com

Spa Guidelines

Advanced Bookings – Spa services are available by appointment. A credit card is required to secure your reservation. We recommend making your spa reservations in advance.

Payments – We accept all major credit cards, checks, cash and traveler's checks. Spa services may be charged to your room if you are a guest at The LakeHouse Lodge & Spa. Please present gift certificates and discount coupons at the reception desk upon your arrival.

Cancellation/Late Arrival – A 24 hour notice of cancellation is required. Guests who cancel with less than 24 hours notice or fail to show for an appointment will be charged the full treatment price. Guests who reschedule an appointment with less than 24 hours notice will be charged 50% of the treatment price. If you arrive late for an appointment, the treatment will end on time so the next guest will not be delayed. The full price of the treatment will be charged.

Children – We welcome young spa guests over the age of 8. Children between the ages of 8-17 must have permission from a parent or legal guardian before receiving services.

Personal Property – Please do not bring jewelry or other valuables to the spa. Lockers are available for clothes and personal items.

Spa Arrival – We recommend you arrive at least 15 minutes before your first appointment. At this time you will fill out a Client Information Form and speak to your therapist or service person to discuss your expectations and wishes for your treatment. Please arrive earlier if you would like to take advantage of the sauna, hot tub, showers or grounds. Robes and slippers are provided for your comfort.

Health Conditions – Please disclose any medical conditions, if you are pregnant, or have had a recent injury or surgery on the Client Information Form. In such cases, we suggest you consult your physician before scheduling/receiving spa services. This information will be kept confidential by The LakeHouse Spa's staff and stored safely in secured files.

Spa Etiquette – To maintain a peaceful environment no cell phones, pagers, cameras or laptops are to be used within the spa. Please keep the level of your voice soft. The spa is a non-smoking facility.

Use of The LakeHouse Lodge Grounds – All spa services include the use of The LakeHouse Lodge & Spa grounds and amenities including the Far Infra-red Sauna, showers, hot tub, paddle boats, canoes, kayaks, various outdoor decks and free access to the grounds and lakefront. It is with gratitude and appreciation that we share this beautiful natural setting with all of our guests.

In Room Services – Most spa services can be provided in the room for an additional \$30.