


## TREATMENT MENU



BEAUTY IN THE LAKES

Contact Marie: 07733 320 701

Email: [marie@iconinthelakes.com](mailto:marie@iconinthelakes.com)

 icon in the lakes

[www.iconinthelakes.com](http://www.iconinthelakes.com)




# ABOUT ICON IN THE LAKES

Icon Beauty was founded by Beauty Therapist Marie O'Neil in 2005.

Marie was born in Lazonby, in the Eden Valley, and it was her ambition to provide an extensive range of beauty and holistic therapies for people living in and visiting Cumbria.

"Icon in the Lakes" was launched by Marie in 2016. Marie and her team provide in house treatments for residents at various Hotels and properties in the Lake District.

Marie, and her fully qualified and experienced team, look forward to meeting the guests, and delivering a high quality service to all clients.



# PURE LAKES BESPOKE BODY TREATMENTS



Icons body treatments are a unique source of energy and equilibrium that leave the skin toned and radiant. Created by our shiatsu and naturopathy specialist, the treatments include ancestral traditions of Japanese acupressure, Swedish and Indian massage along with Egyptian reflexology techniques.

## ICON BESPOKE BODY MASSAGE

**TREATMENT TIME 1 HOUR** £85.00

An indulgent massage taking influence from Japanese acupressure, Swedish and Indian massage along with Egyptian reflexology, it will relieve tension to leave you feeling recuperated, energised and worry-free.

## HOT STONE MASSAGE

**TREATMENT TIME 30 MINS\*** £55.00

**TREATMENT TIME 1 HOUR** £95.00

Our treatment works by using different sized heated volcanic stones. The therapist will select, then place and massage the parts of the body thus promoting a relaxed state it allows a deeper massage working the muscles and alleviating stress, also helping relieve aches and pains. A great treatment for everyone but those who suffer from back pain, stress, anxiety, insomnia and depression will benefit greatly.

## DEEP TISSUE MASSAGE

**TREATMENT TIME 30 MINS\*** £45.00

**TREATMENT TIME 1 HOUR** £85.00

This massage is designed to relieve severe tension in the muscle and the connective tissue. Recommended for individuals who experience constant pain, are involved in heavy physical activity or have suffered an injury.

Please note: therapist Marie often has a waiting list for this treatment, booking in advance is advisable.

## ICON BACK TO LIFE\*

**TREATMENT TIME 30 MINS** £45.00

A back, neck and shoulder massage using Japanese acupressure and Swedish massage techniques. This massage will bring you 'back to life', restoring your inner balance.

## ICON HEAD IN THE CLOUDS\*

**TREATMENT TIME 30 MINS** £45.00

Melt every bit of tension away with this truly amazing Indian Head inspired scalp, neck and shoulder massage leaving you with your 'head in the clouds'.

\* Please note: only available in conjunction with another treatment.



# THE ICONIC PACKAGE

2 HOURS 30 MINS £250.00

This is a pamper package designed specifically by Icon in the Lakes and has been created to be the ultimate in relaxation.

\* Please note: we offer a 1 hour version of this treatment. Call to discuss the choices you have from the package in the allocated time.

## PART ONE- FOOT RITUAL

Hot towels greet the soles of your feet before we commence with our reflexology based foot massage incorporating hot or cold stones.

## PART TWO

Iconic Personal Blend from our Aromatherapist Alison.

\*Please note: a telephone consultation is required for this choice to ensure all medical questions are complete and confirm we are happy to use essential oil in your treatment.


## PART THREE - CHOICE OF MASSAGE

### 1 HOUR FULL BODY

Deep Tissue, Aromatherapy, Relaxing, Uplifting, Hot Stones, Sports

## PART FOUR - PRESCRIPTIVE FACIAL

As recommended by our Therapist, using our Iconic Personal Blend products, including an Indian Head Massage to complete the package.



## PICK AND MIX

### 1 HOUR 15 MINS

£95.00PP

This has become a favorite in our salons.

Choose from the 3 sections of the treatments below and create your own package and add on.

### 30 MINUTE FACIAL

Please choose from the full list of named facials for your personal choice.

### 30 MINUTE BACK MESSAGES

Deep tissue, sport, relaxing, remedial, aromatherapy, Swedish.

### ADD ON:

Feet As They Should Be

Hands As They Should Be

Indian Head Massage

## CRYSTAL CLEAR FACIAL

### MICRODERMABRASION

"Instant beautiful rejuvenated skin can be yours with Crystal Clear". Crystal clear micro dermabrasion, the treatment allows you to treat lines, wrinkles, dehydrated skin, skin laxity, acne scarring congestion, sun damaged skin, using a controlled method of skin resurfacing, by gently exfoliating the outer layers of skin.

### 1 HOUR DELUXE FACIAL

£95.00

## PAMPER PACKAGES

### COUPLES MASSAGE

£140.00

### 1 HOUR

Lay side by side as you are treated to a wonderful soothing massage complete with aromatherapy oils and candles.

### SOME ME TIME (1 PERSON)

£170.00

### 2 HOURS 30 MINS

### ALWAYS BY MY SIDE (2 PEOPLE)

£300.00

### 3 HOURS

Experience 2 hours of uninterrupted bliss, treat yourself to a Warm Oil Body Massage (hot stones optional, add £10.00) easing away the stiffness and tension out of your muscles. Then indulge in a 90 minute customised facial, addressing any concerns you may have, with the extended facial massage this includes neck and scalp massage, then drift away whilst you have a 30 minute hand and foot massage.

### WALKERS ESSENTIAL

£85.00

### 1 HOUR

### (INCLUDING FOOT SALT SCRUB TREATMENT)

Once you have returned from discovering our beautiful Lake District... This treatment is a must! For the hour we work on your legs and feet to bring them back to life and ready for your next adventure.



## PURE LAKES FACIALS

### 1 HOUR SKIN CALMING FACIAL £85.00

Nurtures and naturally fortifies your skin, reducing signs of inflammation and redness. Nurturing plant oils soothe and calm sensitivities, leaving skin protected, nourished and radiant.

### 1 HOUR SKIN RESCUE FACIAL £85.00

Brings life and vitality to skin in need of a rejuvenating boost. This stimulating treatment helps minimise the appearance of pores whilst naturally firming and plumping skin. The perfect facial for a skin pick-me-up.

### 1 HOUR SKIN CLARITY FACIAL £85.00

Uses specialist preparations to help deeply cleanse, regulate and restore balance to your skin, leaving it refreshed, refined and revitalised at every level.

### 1 HOUR YOUTHFUL BOOST FACIAL £85.00

Nurtures, strengthens and hydrates skin, minimising the appearance of fine lines and wrinkles, restoring a youthful appearance to your skin.

### 1 HOUR HYDRATION BOOST FACIAL £85.00

Richly nourishes and hydrates your skin. Moisture-boosting products containing natural oils and special plant extracts deeply hydrate, making this the perfect facial for dry or sensitive skin.

## TREAT A LOVED ONE WITH A GIFT VOUCHER FOR ANY OF OUR DIVINE TREATMENTS

Ask a member of staff for further information.

We can post vouchers out to you and take payment over the phone. Please take into account the postal service charge and delivery time.



# 'BEAUTY TIPS'

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his or her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you'll find one at the end of each of your arms.

As you grow older you will discover that you have two hands, one for helping yourself, the other for helping others.

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman must be seen from her eyes, because that is the doorway to her heart, the place where love resides.

The beauty of a woman is not a facial mode, but the true beauty of a woman is reflected in her soul.

It is the caring that she lovingly gives the passion that she shows.

The beauty of a woman grows with the passing years.

Audrey Hepburn.



EST. 2005

[www.iconinthelakes.com](http://www.iconinthelakes.com)