



HORSESHOE BAY RESORT.

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BAYSIDE SPA & FITNESS CENTER AT HORSESHOE BAY RESORT

At Bayside Spa & Fitness Center at Horseshoe Bay Resort, located in the heart of the Texas Hill Country, the importance of well-being is understood. The spa offers a variety of healthful options to suit any body. Guests may enjoy deluxe treatment rooms, gentlemen's and ladies' lounges with Eucalyptus-scented steam rooms and spacious dry saunas. A wide array of massage and body treatments and facials are available as well as nail and hair services.

Bayside Spa allows for guests to experience the lasting benefits of the treatments; including improved circulation, relief from muscle soreness, stress and total relaxation. Nail care technicians pamper hands and stimulate feet and expert aestheticians beautify skin with personalized, relaxing Bayside Custom facials. Bayside Spa is the ultimate escape from worldly cares. Visitors must be 16 years of age or accompanied by an adult.

FACILITIES

- 12 body/facial treatment rooms
- Three pedicure stations
- Three manicure stations
- Full-service salon
- One co-ed whirlpool
- Two steam rooms
- Two saunas
- Separate men's and women's locker rooms
- Robes and slippers provided
- Relaxation lounge
- Indoor, heated resistance pool
- Tranquil water garden
- Group exercise classroom

SPA SERVICES

• Body Treatments

- o **Herbal Wrap** (50 minutes) - 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.
- o **Eucalyptus Bliss** (50 minutes) - Let go of stress and toxin with this powerful antioxidant rich body wrap, excellent for all skin types and especially beneficial for upper respiratory circulation and detoxification.
- o **Executive Sportsman** (90 minutes) - For those in need of serious reenergizing and de-stressing, or for the keen sportsman seeking some post-activity renewal, this treatment uses the desert gold clay wrap paired with a scalp and neck massage followed by a full body Swedish massage.
- o **Aloe Quench** (50 minutes) - Aloe Vera has been used for hundreds of years to treat burns and aid the body in healing itself. In this treatment, the body is soothed with a botanical mist and a wrap of healing aloe gel. The Aloe Quench is recommended after pregnancy and for sun-damaged and sun- or wind-burned skin.

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- **Botanical Body Polish** (25 minutes) - Unveil silky skin with this effective yet gentle body polish. The Botanical Body 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.
- **Green Tea Experience** (90 minutes) - Visitors forget all their worries and savor the moment as they are wrapped in a warm, silky fusion of green tea and rich sea basin clay. The wrap gently bathes skin in China cut green tea leaves, Japanese green tea extract and mineral rich seaweed.
- **Marine Firming Masque** (50 minutes) - 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. The treatment is capped off with seaweed and algae firming cream to help firm, plump and nourish the skin and tighten lines while removing toxins.
- **Hill Country Envelopment** (80 minutes) - Body and mind become renewed with this stimulating and nurturing body scrub and massage. During this signature treatment, bodies are exfoliated, smoothed, and softened using rosemary and pecans from the Texas Hill Country and essential oils.
- **Age Defying Marine Repair** (80 minutes) - This silky rich anti-aging treatment is packed with powerful "nan 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 tension is soothed and melted away.
- **Mommy Maintenance** (50 minutes) - This treatment nourishes the body and baby with re-mineralizing, hydrating and toning benefits from the sea. The three-part treatment starts with refining the skin's surface; next, an infusing body wrap utilizing algae and seaweed extracts, and finishing with a firming cream to leave the skin moisturized and ready to face the elements.

- **Facials**

- **Bayside Custom Facial** (50 minutes) - A traditional European facial customized for skin type. After detailed consultation with an esthetician, clients are guided through the product choices. Each facial includes deep cleansing, toning, exfoliation, massage of hands, neck and shoulders as well as a masque, extractions as needed and moisturizer application.
- **Gentleman's Executive Facial** (50 minutes) - A nutritive facial designed specifically to neutralize the effects of sun, stress and harsh abrasives that a gentleman is exposed to daily. 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.
- **Baby Boomers Facial** (80 minutes) - Developed by B. Kamins' chemists for dehydrated and depleted skin, this facial uses products such as revitalizing booster concentrate, nutrient replacement cream and hydrating serum to diminish fine lines and wrinkles and to increase suppleness, softness and resiliency, leaving the skin feeling firmer.
- **Micro-Dermabrasion** (80 minutes) - Reveal youthful skin with micro-dermabrasion and chemical peel. The proven exfoliating and lightening effects of micro-dermabrasion are introduced with True's peel to uncover youthful skin while the exclusive super anti-oxidant Idebenone undoes the inflammation and redness normally expected with serious treatment. Followed by a refreshing R&R eye contour treatment, renewing hand treatment and neck and shoulder massage.

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- **Transformation** (80 minutes) - Transform skin and spirit with this 5-in-1 deluxe facial treatment by True, which borrows from both ancient healing tradition and current proven effective actives to deliver a luxurious service. Experience the deep cleansing multi-effect of exfoliating enzymes, therapeutic skin rejuvenating aromatherapy, acupressure facial massage and specific renewing and firming treatments for the delicate eye contour and hands areas that often show early signs of aging and stress.
- **Anti-Aging** (50 minutes) - This powerful and luxurious anti-aging, anti-oxidant treatment was designed to help rejuvenate, refine and improve fatigued and lack-luster complexions due to chronological and environmental aging. Ideal for those who have needs for specialized anti-aging treatments.
- **Bayside Mini** (25 minutes) - Includes deep cleansing, toning, exfoliation, massage, masque and moisturizer application. Extractions are not included due to time constraints.

- **Massage Therapy**

- **Swedish Massage** (50-, 80-minute options) - Gentle manipulation of the muscles using massage oils to improve circulation, ease muscle tension and improve flexibility. Pressure ranges from very light to medium.
- **Stone Therapy** (50-, 80-minute options) - Utilizes warmed rocks and Swedish massage techniques to provide deep relaxation for the body and mind. Warm stones are used to penetrate into muscles to melt away tension and stress.
- **Couples** (two 50-minute massages) - Performed in a couples' suite with two side-by-side tables. Two receive Swedish massages in the same room, at the same time, by two different massage therapists. This massage is a great way to spend time together.
- **Heart-to-Heart** (50 minutes) - Massage during pregnancy is therapeutic bodywork which focuses on the special needs of the mother-to-be, relieving mental and physical fatigue. Choose a sideline massage or the prenatal table with cut outs that allow the expectant mother to lie completely flat, face-down.
- **Chair Massage** (10-20 minutes) - A great choice for anyone suffering from a stiff neck, aching wrist, or tight shoulders. This massage is a quick and easy stress reliever for people on the go and as serves as a great introduction to massage.
- **Deep Tissue Massage** (add-on) - Following a warming of the tissue, slow strokes with greater pressure target the deeper muscle groups. Deep tissue massage uses firm to deep pressure to help increase circulation, release knots, and break up scar tissue.
- **Sport-specific Massage** (add-on) - Focuses on balancing muscle groups and soft tissue by improving range of motion and muscle flexibility as well as performance and blood flow.
- **Aromatherapy** (add-on) - Essential oils may be added to any massage treatment to create an aromatherapy massage and enjoy the benefits of highly concentrated extracts of herbs, flowers, shrubs, and other plants. The oil contains substances that have been found to be very therapeutic when inhaled and applied to the skin and help create a deeper relaxation.
- **Reflexology** (add-on) - A healing art in which reflexes in the feet and hands correspond to every part of the body. Massaging or pressing each area can stimulate the flow of energy, blood, nutrients, and nerve impulses to the corresponding body zone and thereby relieve ailments in those zones.

- **Salon Care**

- **Classic Manicure** (40 minutes) - Hand and nail care includes a luxurious soak, exfoliating scrub and massage that leaves hands feeling revitalized as well as the polish color of choice. French and American polish also available.

- **Spa Manicure** (50 minutes) - Hand and nail care includes a luxurious soak, exfoliating scrub, massage and moisturizing paraffin dip that leaves hands feeling revitalized as well as the polish color of choice. French and American polish also available.
- **Classic Pedicure** (50 minutes) - A luxurious, replenishing soak, exfoliating scrub and massage leaves feet feeling silky smooth. Foot treatment is finished off with polish color of choice. French and American polish also available.
- **Spa Pedicure** (80 minutes) - A luxurious, replenishing soak, exfoliating scrub, massage, warm paraffin dip and a detoxifying masque leaves feet feeling silky smooth. Foot treatment is finished off with polish color of choice. French and American polish also available.
- **Mini Manicure** (25 minutes) - Nail buff and repair followed by polish change with polish color of choice. French and American polish also available.
- **Brow or Lash Tinting** (30 minutes)
- **Hair Removal By Waxing**
- **Full-service Hair Salon**

- **Spa Packages**

- **Bay Way** 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.
- **Sun Up** For those on the run, this package is a great start for the day! A 25-minute Bayside Custom facial is followed by a 25-minute Swedish massage.
- **Executive Day Spa** The ultimate spa package designed to nourish and pamper. The Executive Package includes the relaxing combination of the following: 50-minute Swedish massage, 50-minute Bayside Custom facial, 50-minute Classic Pedicure and an afternoon meal.
- **Ultimate Spa Experience** For head-to-toe pampering, this comforting package includes your choice of one 50-minute body treatment, the 50-minute custom facial, and the classic manicure and pedicure. This day will re-vitalize and nourish the body, mind and spirit.

SALON SERVICES

Bayside Spa & Fitness Center at Horseshoe Bay Resort boasts a full-service salon with services including shampoo and style, deep conditioning, up-dos, hair cuts, highlighting, semi-permanent and permanent color, permanents, manicures, pedicures, waxing treatments and tinting.

SPA PRODUCTS

Bayside Spa offers a variety of therapeutic and esthetic products to extend the spa experience at home. The Spa carries popular skincare products by True and B. Kamins as well as make-up products by True Mineral Make-up.

FITNESS SERVICES For the guest seeking a demanding workout, the journey begins at Bayside Fitness Center. Overlooking Lake LBJ, the Fitness Center offers many options, including cardio and weight training equipment as well as a variety of freestanding weight machines. An indoor, heated resistance pool is available to Resort guests as well as an array of aerobics classes from Kickboxing, Cardio Fit, Water Aerobics and Pilates designed to improve cardiovascular health, increase muscle strength and extend flexibility.

Bayside Fitness Center features a full line of Badger Magnum weight training equipment designed for upper and lower body training as well as top-of-the-line cardiovascular equipment featuring TechnoGym treadmills, Ozone Ellipticals and Vision Fitness Bicycles.

The Fitness Center also offers certified and degreed personal trainers skilled in the field of

comprehensive fitness appraisals. Computerized technology is also available to test blood pressure, body composition, muscular strength, muscular endurance and flexibility.

Bayside Fitness Center offers many activities designed to help guests create a balanced life. The resistance, aerobic and nutritional programs are designed to show practical methods for living a longer, healthier life.

Fitness packages available:

Single Training Session - 1 Hour A training session includes a personalized workout session with a certified fitness trainer. A session includes an in-depth assessment of personal health goals and fitness objectives while utilizing the most current training techniques and exercise equipment.

Five Training Sessions - 5 Hours This package is for those serious about starting a rigorous workout program with a certified fitness trainer. The trainer will specifically modify the fitness package to reflect fitness and health goals.

Ten Training Sessions - 10 Hours This package is for the fitness guru that wishes to create a precise workout program with a certified fitness trainer. The trainer will specifically modify the fitness package to reflect fitness and health objectives. Fitness packages can concentrate on various medical and fitness issues, including: weight loss, cardiac rehabilitation, and sport-specific strength training.

Personalized Fitness and Spa packages are also available. Interested parties should speak with a Spa Reservation Agent for pricing and availability.

FITNESS FACILITIES

Fully-equipped cardio studio and strength training equipment

Stability balls and bands

Cardio machines: Ellipticals, stationary bikes, recumbent bikes, Woodway Treadmills

Four flat screen televisions

Two dumb bell sets (5 lbs-100 lbs)

Indoor, heated resistance pool

One group exercise studio

BAYSIDE SPA & FITNESS CENTER REGULATIONS

In order to provide a relaxing spa experience pagers, cell phones and smoking are not permitted anywhere in Bayside Spa & Fitness or on the grounds.

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

Horseshoe Bay Resort is a non-cash resort. Cash is not accepted. Fees may be charged directly to the guest's room or to a credit card.

Founded in 1971 and purchased by the Jaffe Group in 1996, Horseshoe Bay Resort is Texas' original lakeside resort. Located in the exquisite Hill Country, the 7,000-acre Resort offers three championship Robert Trent Jones, Sr. golf courses, and scheduled to open in 2009, a highly anticipated Jack Nicklaus Signature Golf Course, Summit Rock. Horseshoe Bay Resort also offers a made-to-scale, 18-hole par 72 Bermuda grass putting course, four swimming pools, a spa and fitness facility, a full-service marina, seven dining facilities, 12 adult tennis courts, and three USTA-sponsored kids' tennis courts. Accommodations include hotel rooms and suites (385 bedrooms) within the Horseshoe Bay Resort Marriott Hotel and adjacent Paseo villas and in addition 50 luxury lakefront condominiums available for rent at The Waters at Horseshoe Bay Resort. The resort also features a jet center with a 6,000-foot runway and private charter jet service via Air Horseshoe.

For more information on Horseshoe Bay Resort, please call 830-598-2511 or visit www.hsbresort.com.

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