

## spa services

### 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	\$145
	50 minutes	\$105

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	\$160
	50 minutes	\$120

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

<b>Couples</b>	50 minutes	\$210
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Two 50-minute Swedish massages.

<b>Heart-to-Heart</b>	50 minutes	\$105
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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 cut outs for the breast area and the stomach region. This allows the expectant mother to lie completely flat, face-down.

<b>Chair Massage</b>	10-20 minutes	\$3 per minute
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### Massage Therapy Add-ons

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

Hours and prices subject to change. Prices do not reflect Member discount.

## 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.

<i>February 29-November 8</i>		
Monday-Saturday	6am-8pm	
Sunday	8am-7pm	
<i>November 9-February 28, 2009</i>		
Monday-Saturday	6am-7pm	
Sunday	8am-6pm	

<b>Bayside Fitness Access</b>	\$12 per visit
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### 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	\$77
5 sessions	\$240
10 sessions	\$420

<b>Partner Training</b>	60 minutes	\$115
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Two train at the same time with one personal trainer.

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

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### Exercise Classes (one hour each)

Check in at Bayside Fitness Center. Reservations not required.

#### Aqua Tone

*Monday, Wednesday & Friday | 8am*

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.

#### Kardio Kickboxing

*Monday & Friday | 9am*

This class is a medium- to high-intensity cardio workout focusing on basic kickboxing principles to tone and trim your total body. All levels of fitness welcome.

#### Pilates

*Monday, Wednesday & Friday | 10:30am*

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

#### Sculpt & Strengthen

*Tuesday & Thursday | 9am*  
*Saturday | 10am*

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

*Monday & Thursday | 8am*

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

#### Cardio Fit

*Tuesday & Thursday | 5:15pm*  
*Saturday | 9am*

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, having fun at the same time. All fitness levels welcome.

<b>Aerobic Class</b>	\$12 each
<b>Yoga Class</b>	\$12 each



HORSESHOE BAY RESORT™

## Hours & Prices

Spa

Fitness

830.598.9210

## spa services

*February 29—November 8, 2008*

Daily 9am-6pm

*November 9, 2008—February 28, 2009*

Monday-Saturday

9am-6pm

Sunday

9am-4pm

### 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 under garment is available upon request. During all treatments, the body is fully draped except for the area being worked on. Robes and slippers are provided for both men and women.

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.

### Treatment & Massage Packages

**Bay Way** \$200

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** \$295

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** \$145

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** \$295

If you need head-to-toe pampering, this package is for you. 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 profoundly relax you as well as nourish your mind, body and spirit.

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

*24-hour advance notice required or full service fee charged.*

#### Service Charge

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

### 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 refined, 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. All treatments include deep cleansing, toning, exfoliation, massage, masque, extractions as needed, and an application of a moisturizer for your skin type.

**Baby Boomer** 80 minutes \$160

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. By diminishing fine lines and wrinkles and increasing suppleness, softness and resiliency, the texture of the skin is left feeling firmer.

**Micro-Dermabrasion** 80 minutes \$160

Reveal youthful skin with micro-dermabrasion and this superior clinical 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 Ilebenone undoes the inflammation and redness normally expected with serious treatment. The refreshing R&R eye contour treatment, renewing hand treatment, and neck and shoulder massage lavish True loving care. Emerge bright, smooth, radiant and relaxed.

**Bayside Custom** 50 minutes \$105

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 will include deep cleansing, toning, exfoliation, massage of hands as well as neck and shoulders, masque, extractions as needed, and an application of moisturizer.

**Bayside Mini** 25 minutes \$85

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.

**Transformation** 80 minutes \$150

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 and 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. This treatment will leave your senses refreshed and your skin hydrated with a healthy vibrant glow.

**Gentlemen's Executive** 50 minutes \$105

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.

**Anti-Aging** 50 minutes \$130

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.

**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 complement to any facial.

### Body Treatments

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

**Aloe Quench** 50 minutes \$125

Aloe has been used to treat burns and aid the body in healing itself. During this treatment, the body is soothed with a botanical mist and a wrap of healing aloe gel. Our Aloe Quench is recommended after pregnancy and for sun-damaged and sun- or wind-burned skin.

**Executive Sportsman** 90 minutes \$175

If you're in need of some serious re-energizing 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.

**Marine Firming Masque** 50 minutes \$125

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 firm, plump, and nourish the skin and tighten lines while removing toxins.

**Age-Defying Marine Repair** 80 minutes \$155

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.

**Hill Country Envelopment** 80 minutes \$155

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

**Eucalyptus Bliss** 50 minutes \$125

Let go of stress and toxins with this powerful antioxidant rich body wrap, excellent for all skin types and especially beneficial for upper respiratory circulation and detoxification.

**Herbal Wrap** 50 minutes \$125

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.

**Botanical Body Polish** 25 minutes \$80

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.

**Green Tea Experience** 90 minutes \$175

Forget all your worries and savor the moment as you are wrapped in a warm, silky fusion of green tea and rich sea basin clay. The wrap gently bathes your skin in Chinese green tea leaves, Japanese green tea extract and mineral rich seaweed. Rekindle your inner youth and fight the build-up of free radicals while your skin is gently re-mineralized, moisturized, and softened.

**Mommy Maintenance** 50 minutes \$125

Nourish your body and baby with re-mineralizing, 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.

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