



Menu of Services

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Massage

Massage has long been known as a therapeutic treatment. Let us help aid in alleviating stress, relieving pain, and allowing your body to boost it's natural healing ability.

Swedish Massage

60 min: \$75

90 min: \$105

Our signature Swedish Massage will leave you feeling relaxed and refreshed. Soothing strokes help to reduce stress and anxiety, a wonderful way to calm body, mind, and spirit.

Deep Tissue Massage

60 min: \$90

90 min: \$125

Hampton Lake's Deep tissue massage incorporates deep precise strokes to work deeper into muscle and connective tissues, allowing for the release of muscle tension, adhesions, and increasing circulation. This massage is deeply relaxing and beneficial for healthy muscle function.

Therapeutic Massage

60 min: \$90

90 min: \$125

A massage tailored just for you. Therapeutic massage focuses on one or more areas of pain, tension, or discomfort. Each therapist uses their unique therapeutic skills to facilitate personal healing. Great for those training in the gym or for a specific sport, sports related injuries, general back, neck, or body pain.

Pre-Natal Massage

60 min: \$80

90 min: \$110

Let our certified therapists help you achieve a profound state of calm with this nurturing and soothing massage. Choose to focus on specific areas like low back and hip pain, or just relax and receive. *Must be past 1st Trimester

Reflexology Massage

30 min: \$40

60 min: \$75

Reflexology is a natural healing art in which pressure is applied, mostly, to the hands, ears, and feet. These referral zones correspond to specific areas of the body. This rejuvenating massage is meant to relieve and remove blockages in the qi, our life force energy.

Hot Stone Massage

60 min: \$95

90 min: \$130

This massage uses the heat of river stones to gently melt away muscle tension. This warm and nurturing massage allows for deep relaxation and the sensation of tension melting away.

*Not recommended if diagnosed with diabetes or high blood pressure.

Back and Neck Massage

30 min: \$40

A massage that only focuses on back and neck areas. Choose from Swedish massage techniques or incorporate therapeutic modalities.

Reiki

75 min: \$90

90 min: \$125

Reiki is an ancient form of hands-on energy healing that comes to us from Japan. Reiki works by removing blockages of energy, known as qi, and stimulating its flow. Reiki is a deeply relaxing, nurturing therapy that can be done on it's own, or in combination with massage for a 90 minute treatment.



Dry Brush and Massage

90 min: \$95

This exceptional body treatment combines massage and the stimulating, exfoliating properties of dry brushing. This therapy promotes healthy skin and aids in lymphatic drainage. Hot towels and aromatherapy are included in this restorative experience.

Leave on Body Mask and Massage

60 min: \$90

90 min: \$125

Incorporating massage and the skin rejuvenating properties of a leave on body mask, this luxurious treatment will soothe and renew.



Add-Ons for Massage & Body

Aromatherapy

\$10 add-on for any treatment

Aromatherapy is the practice of using plant oils, known as essential oils, for emotional health and well being. It has long been used in the therapeutic healing arts. Each of our aromatherapy blends are meant to induce different effects for the body and soul. The use of essential oils enhances any body treatment, and facilitates the body's natural ability to balance, regulate, heal and maintain. Treat yourself to the added benefit of aromatherapy today!

*Some oils not for use with Pre-Natal Massage.

Aromatherapy Hot Compress

\$15 add-on for any treatment

This relaxing therapy combines heat and essential oils to create a soothing, healing effect within the body. Use on a targeted area or simply relax and receive the benefits of aromatherapy. Wonderful treatment for old injuries, joint stiffness, muscle tension, chronic back pain and tendonitis, increasing your energy, and improving circulation.

Aromatherapy Cold Compress

\$15 add on for any treatment

A Cold Compress infused with essential oils is wonderful on a hot summer day. It is also the perfect treatment for recent injuries, sprains, bruising, reducing pain, as well as alleviating stress and tiredness.



Skin Care Services

Esthetics has been proven to aid in younger looking skin, maintain and improve skin tone, and induce relaxation. Our knowledgeable Estheticians at Hampton Lake are caring and nurturing while focused on restoring your skin's natural glow and beauty.

European Facial

60 min: \$75

Our signature European facial is a relaxing, thorough treatment for the face and neck. Both soothing and uncomplicated; it will leave your skin feeling balanced and supple.

Deep Cleansing Facial

60 min: \$85

Our deep cleansing facial is ideal for giving your skin a glowing, youthful appearance. Based upon the analysis of your skin, the Esthetician will perform a personalized facial designed to cleanse deep within and extract the pores.

Men's Facial

60 min: \$75

Specifically formulated for men and male specific skin needs; Chronic razor burn, shaving and soap build up, sensitivity, and dullness are just a few things that can be addressed.

Back Facial

60 min: \$75

Back facials can be beneficial in cleansing those tough-to-reach spots, targeting a variety of skin care needs such as clogged pores, acne, and dehydrated skin. This treatment mimics many of the traditional techniques used while performing treatments for the face.

Add-Ons for Skin Care

Specialized Skin Care

\$50, Adds 30 min to treatment

Consult with the knowledgeable Estheticians at Hampton Lake and receive a targeted treatment for any condition, including: acne, redness, or discoloration.

Waxing

Lip and Brow Wax

30 min: \$30

Back Wax

45 min: \$45

Full Leg Wax

60 min: \$55

* Areas being waxed cannot have had recent exposure to chemical peels, massage therapy the day of, tanning, radiation, or chemotherapy. Not suitable for those on certain medications such as Retinoids or Accutane, or for people with diabetes or particular skin conditions.



Nail Services

Nail and cuticle care has been proven to induce relaxation, stimulate healthy skin and help alleviate aches and pains. Nourish your hands and feet with these soothing treatments.

Signature Manicure 45 min: \$30

Signature Pedicure 60 min: \$40

Manicure and Pedicure Combination 90 min: \$65

The healing properties of lemon and the sweet exfoliating properties of sugar are combined in our Signature Manicure and Pedicure. Both treatments will leave your nails beautiful and your skin rejuvenated and happy!

Hot Stone Pedicure 60 min: \$55

Incorporating the soothing warmth of our heated river stones. This pedicure aims to put you in a state of deep relaxation.

Add-Ons for Nail Services

French Manicure \$5

French Pedicure \$5

Lemon or Lavender Paraffin Hand Wrap \$15

Lemon or Lavender Paraffin Foot Wrap \$15

