

spa and fitness

The Spa, located adjacent to the Horseshoe Bay Resort Marina, 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 a spacious dry sauna. Experience the lasting benefits of a wide array of massage and body treatments, facials, nail services and salon services while slipping into total relaxation, soothing the body and quieting the mind.

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. Spa appointments should be reserved in advance through your Event Manager. Please arrive 30 minutes prior to your first scheduled treatment. The Spa at Horseshoe Bay Resort is a relaxing and tranquil experience. We regret that late arrivals will not receive an extension of scheduled appointments. Guests will be charged for all treatments not cancelled at least 24 hours in advance (72 hours for groups) of appointment time. For your convenience, a 20% service charge will be added to all services received.

The Spa's resistance pool and fitness facilities are reserved for guests age 16 and older adult supervision required if not 18..

spa treatments and services

Body Treatments

Sweet Hill Country Escape

Experience the sweetest treatment deep in the heart of Texas Hill Country. Indulge in Bayside's signature sugar honey pecan full body scrub followed by a deeply hydrating honey-based glaze body wrap while the scalp and feet are treated to a soothing massage. Conclude this perfect escape with a massage of luscious honey body butter creating a lasting, sweet aroma and leaving skin silky smooth.

80 minutes \$190

Awakening Coconut Coffee Ritual

Begin this invigorating ritual with a warm full body organic coffee macadamia exfoliation and rinse with luscious coconut vanilla body lather. As you surrender to a deeply relaxing massage focusing on the back, neck and shoulders a sweet, nourishing coconut oil is drizzled along the spine and back of the legs. Combined with a hot-oil scalp treatment using a Texas coast-inspired organic blend of coconut and vanilla oil, this experience will leave your skin deeply moisturized and irresistibly beautiful from head to toe.

80 minutes \$190

Purifying Ginger Lime Clay Ritual

Capture the therapeutic scent of ginger and refreshing lime with a gentle dry brush exfoliation followed by a full body clay mask, infused with a blend of therapeutic botanicals and oils of ginger, aloe and chamomile to calm and smooth while you enjoy a hand and foot massage. After rinsing the clay the experience is completed with a full body massage of warm moisturizing body lotion leaving your skin deeply cleansed and detoxified while the benefits of all the ingredients nourish the skin, soothing away tension and stress.

80 minutes \$190

On-Par Executive Sportsman

Get back into the swing of things with this therapeutic sports treatment for the active man or woman. Start with an invigorating lemongrass sugar scrub followed by a tension taming desert gold clay wrap to smooth rough skin. Finishes with a full body cleanse and a detoxifying, pressure point full body massage.

80 minutes \$190

Bayside Lavender Indulgence

Slip into complete relaxation with a signature Bayside Texas Hill Country inspired ritual accented with lavender, peppermint, clary sage and rosemary essential oils. The body is gently exfoliated with a combination of sugar and fresh lavender buds followed by a luscious lavender body wrap and chilled stones placed over soothing chamomile infused eye compresses. This indulgent experience is completed with a relaxing mist and application of warm lavender moisturizing lotion to soften and delicately scent the skin.

50 minutes \$140

Cooling Aloe Mint Treatment

If your skin is burning for a little relief from the effects of the sun, this soothing treatment is for you. Cool down with a full body aloe mint gel application to restore dry, dehydrated skin while a cold marble stone facial massage releases heat and inflammation. Complete with a skin quenching body cream to seal in the moisture your skin craves. Ideal for energizing after a day on the lake, lounge at the pool or instant sunburn relief.

50 minutes \$140

Personalized Herbal Wrap

Customize your Bayside experience with nature's blend of powerful botanical ingredients and pure plant extracts to purify and remove deep impurities. Skin is gently exfoliated with a dry brush enhancing the therapeutic benefits of a personalized herbal infused muslin sheet wrap and an application of warm body oil is applied to the skin. Choose from a variety of natural herbs to help detoxify, boost the immune system, increase circulation and the calm the nervous system.

50 minutes \$140

Seasonal Full Body Sugar Scrub

Enjoy the scent of the season with an invigorating sugar scrub followed by a 25 minute focus massage using warm shea butter providing luscious nourishment and healthy glow from head to toe.

50 minutes \$140

Mommy Maintenance*

This personalized treatment for the mother-to-be will rejuvenate your skin with a gentle full body exfoliation followed by a cooling foot treatment and moisturizing massage using a rich shea body butter to improve elasticity of the skin.

80 minutes \$190

Yummy Tummy Treatment*

This personalized aromatherapy tummy treatment begins with a nourishing body oil application and gentle full body skin brushing to increase circulation, gently exfoliate and improve the tonicity of the skin. Warm shea butter balm, healing vitamin E and soothing jojoba oil is applied to soothe and moisturize the abdomen. Enjoy a relaxing lower leg and foot massage as the deep conditioning shea butter takes effect. Finish with a hydrating body lotion to seal in the moisture your body craves during this special time.

50 minutes \$140

*Choose from your choice of scents specifically designed for the mother and baby in mind



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Massage Therapy

Signature Golfer's Massage

A therapeutic massage tailored for the golf lover. Using heated golf balls, this technique focuses on the release of targeted muscle groups in the shoulders, back and legs. Stretching and kneading of tight muscles is also incorporated into this massage to relieve tension. Perfect for keeping golfers at the top of their game!

80 minutes \$170
50 minutes \$120

Signature Bayside Massage

This customized Swedish massage combines long, even strokes to improve circulation, relieve muscle tension, improve flexibility and create a truly relaxing Bayside experience

80 minutes \$170
50 minutes \$120

Therapeutic Deep Tissue Massage

Targeting deeper layers of muscle tissue, slow and focused techniques are performed with Bayside's custom blend of therapeutic oils. This completely tailored experience promotes the recovery of injured and strained muscles and improves flexibility and range of motion.

80 minutes \$185
50 minutes \$135

Sport Specific Massage

Appropriate before or after a long run, golf, tennis, personal training session or sporting event. This massage is designed to return oxygen to the muscles as soon as possible by stretching, applying compressions to the muscles, and cross-fiber friction to the joints and connective tissue areas using Biofreeze, a pain relieving topical cooling gel to soothe areas of tight, painful muscles and joints. You will leave feeling healthy, invigorated and stress-free.

50/80 minutes
80 minutes \$185
50 minutes \$135

Soothing Stone Massage

Relax with this unique hot and cold stone experience as your therapist uses long, fluid movements to increase circulation and soothe tired and stressed muscles. Tension melts away as our warm, inspiring oils and heated basalt stones trace your muscles while rhythmic use of hot and cold marble stones are applied to your feet increasing circulation and your face, releasing tension, inflammation and improving your skin tone. Feel connected and balanced as this ritual brings you back to your core.

80 minutes \$185
50 minutes \$135

Aromatherapy Journey

Allow your senses to navigate your escape from reality. By selecting essential oils at the start of your journey, you decide the course of your experience. Through the inhalation and application of our pure essential oils on the spine and feet, this relaxation massage restores allowing your senses to be renewed and awakened during this emotional and spiritual journey to well being.

80 minutes \$190
50 minutes \$130

Breathe Easy Massage

Designed to ease temporary sinus and lung congestion, this treatment begins with a brief upper-body massage followed by warm compresses. A restorative lavender and eucalyptus rub and a cool stone energy point massage of scalp and sinus points provide needed relief.

50 minutes \$120

In Room Massage

For ultimate relaxation we'll bring the Spa to you! The "Relaxing Bayside Massage" or Therapeutic Deep Tissue Massage may be enjoyed in the seclusion of your private suite or guest room. 24-hour advance notice required. Available 7pm-9:30pm

80 minutes \$230
50 minutes \$180

Cranial Sacral Massage

Experience a subtle touch and gentle holding techniques on the head and sacrum that generate profound assistance in relieving tension along the central nervous system. This is an ideal treatment for those with headaches, migraines, and stress or neck tension. Please wear loose, comfortable clothing.

25 minutes \$70

Reflexology Massage

In this traditional Asian practice, direct pressure is applied to acupressure points on the feet, corresponding to specific regions of the body and the vital organs. This treatment promotes well-being and increases the flow of energy along the body's meridian pathways. It is wonderful on its own or as a supplement to any massage or facial.

25 minutes \$70

Self Focus Massage

This area-specific massage pays special attention to the back, legs, or head and neck customizing the experience to your specific needs.

25 minutes \$70

Nurturing Mother Massage*

This massage is designed to nurture the expecting mother and baby. Our highly trained therapists use techniques relieving the unique stresses and strains experienced during pregnancy. This service is performed during the second and third trimesters only.

50 minutes \$120

Bayside Teen Massage

A perfect way to introduce a massage to your teen, this experience will help young spa-goers learn to deal with future stress or sports injuries. Parent or Guardian must be present for this session, and a bathing suit or underwear is required. Therapists providing massage are gender specific. Designed for teens only (ages 12-17). Amenities not included. Parent or Guardian must be present during service.

25 minutes \$65

Four-Handed Massage

Experience an overwhelmingly decadent full-body massage! This highly synchronized treatment is performed in unison by two therapists for ultimate relaxation and pampering.

50 minutes \$240

Couples Bayside Bliss**

Enjoy the Signature Bayside Massage while you unwind, side-by-side, each with your own personal therapist in the same private environment. This experience is enhanced with your choice of side-by-side pedicures or Bayside's Signature Sugar Honey Pecan Full Body Scrub.

110 minutes \$375

Couples Massage**

Share the experience of a relaxing side-by-side massage technique of your choice in one of our couple treatment rooms.

80 minutes Varies by massage selection
50 minutes Varies by massage selection

*Choose from your choice of scents specifically designed for the mother and baby in mind

** All couples treatments include complimentary signature Horseshoe Bay Resort truffles



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Massage Therapy Enhancements

Bayside Signature Sugar Honey Pecan Scrub

Discover the ultimate treatment for skin smoothing. Sugar, honey and crushed pecans, rich in vitamin E, gently massage away dull, tired skin, leaving it fresh and invigorated. Conclude with an application of warm honey body butter to moisturize the skin. There is no better treat to give to your skin.
25 minutes \$70

Exhilarating Hair & Scalp Treatment

Heated aromatherapy enriched oil is gently massaged into the scalp and brushed through your hair followed by a hot-towel wrap and neck, shoulder and décolleté massage creating a luscious treatment to relax and de-stress while conditioning and enhancing the natural healthy shine of your hair leaving it luxuriously sleek and refreshingly smooth.
25 minutes \$35

In-Room Spa Bath Butler

Sink into a luxurious bubble bath in the comfort of your guest room surrounded by rose petals. Your Spa Butler will draw your bath with essential oils and bath salts, leaving you to relax with our signature Horseshoe Bay Resort truffles.
\$60

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 Signature Massage and a 50-minute Bayside Natural Beauty Facial.
\$230

Executive Day Spa

This rejuvenating spa package is designed to nourish and pamper. The Executive Day Spa includes the relaxing combination of a 50-minute Signature Bayside Massage, a 50-minute Natural Beauty Facial and a Classic Pedicure.
\$290

Bayside Romance Package

For the couple, this package includes a 110-minute Bayside Bliss Massage, In-room Spa Butler and dinner for two at any Horseshoe Bay Resort dining outlet.
\$250

Sun Rise

For those on the run, this package is a great start for your day! Enjoy a 25-minute Pick-Me-Up Facial and a 25-minute Self Focus Massage.
\$130

Ultimate Bayside Spa Experience

For head-to-toe pampering, this comforting package includes a 50-minute Signature Bayside Massage, a 50-minute Bayside Natural Beauty Facial and a 110-minute Spa Manicure/Pedicure Combo. Includes afternoon meal.
\$380

Fit Spa Package

A Bayside personal training expert will begin with an assessment of your needs and desired results, recommendations, and guidelines on strength, flexibility and cardiovascular conditioning, which is the key to obtaining balance and a fit body. Conclude with a 50-minute Sports Specific massage designed to return oxygen to the muscles as soon as possible by stretching, applying compressions to the muscles, and cross-fiber friction to the joints and connective tissue areas. You will leave feeling healthy, invigorated and wanting to come back for more. (Allow 2 hours.)
\$205

Teen Time-Out Spa Package

The perfect package for the perfect teen. This package includes a 50-minute Bayside Teen Massage, the Total Teen Facial and a Teen Makeup Application. As a reminder, a parent or guardian is still required for young adults under the age of 16 during the massage, and a bathing suit or underwear is required. Therapists providing massage are gender specific. (Allow 2.5 hours.)
\$180



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Facials & Skincare

Age Defying AHA Facial

Targeting the face, neck décolletage and hands where signs of aging show the most, this amazing peel is designed to deeply exfoliate and increase skin's natural ability to hold moisture. The skin becomes visibly smoother, younger looking and radiant. Ideal for acne prone, mature, sun-damaged skin or normal skin that needs a boost.

80 minutes \$170

Bayside Natural Beauty Facial

Bayside's Nature Beauty Facial is customized to the needs of your skin. Rich, natural ingredients, hydrate and soften the skin, followed by a gentle exfoliation to remove impurities and even out skin tone. Included in this signature treatment is a face, neck and décolleté massage.

50 minutes \$120

Bayside Natural Beauty Stone Facial

Bayside's Natural Beauty facial with the additional of soothing stones to massage the face, neck and décolletage, aiding with deeper penetration of the facial products to leave you feeling pampered and renewed.

80 minutes \$170

Pick Me Up Facial

Fast, refreshing facial that steams, cleanses, tones, exfoliates and moisturizes your skin. Extractions not available with this treatment.

25 minutes \$70

Hibiscus Sun Recovery Facial

Sun-touched skin is gently cleansed and soothed with a hydrating recovery masque of the hibiscus and calendula flowers followed by a cooling aloe mint gel to reduce skin irritation and inflammation without clogging pores.

50 minutes \$120

Facials & Skincare Enhancements

Young-Again Neck & Décolleté Treatment

Don't give away your age! This powerful anti-aging treatment addresses lack of firmness and loss of elasticity, fine lines, uneven skin tone, sun damage and dull, crêpe-like skin. Skin will be brightened to a radiant glow, looking firmer and healthier.

25 minutes \$70

Skin Rescue Treatment

The ultimate corrective peel based on hyaluronic acid, vitamins and glycolic acid will treat, repair and refine the skin. Best for improving skin texture, loss of elasticity, sensitivity or hyper-pigmentation and dull or dry patches. Add an eye or lip treatment for increased benefits.

25 minutes \$70

Kissable Lip Treatment

Pamper your pout with a delicate yet impactful masque infused with pomegranate extract to preserve and balance hydration of lips while oil rich lip balm enriched with botanicals bathe lips in antioxidants for added protection. Includes an at home care kit for optimal results.

15 minutes \$45

Rosehip and Maize Vitamin C Facial

Restore the skin's balance and provide high antioxidant protection with this soothing and calming facial. Begin with an organic mixture of rosehips and fresh corn flour gently exfoliates the skin followed by a menthol and rosehip mist to revitalize and calm.

50 minutes \$120

Berry Refined Facial

Reveal younger, smoother skin with an exfoliating and pore minimizing collection of vitamin and antioxidant rich skin care from Eminence Organics. Skin is plumped and smoothed with blueberries, raspberries and blackberries to help relieve skin stresses and leave your skin feeling 'berry' wonderful!

50 minutes \$120

Back Berry Facial

From minor to major back breakouts, this effective treatment consists of a deep cleansing, exfoliation, steaming, massage, removal of blemishes, and an application of a detoxifying blueberry firming peel.

50 minutes \$120

Gentleman's Sports Facial

This facial incorporates steamed towels wrapped barber-style around the face followed by a deep cleanse, gentle exfoliation and moisturizer to remedy the problems related to daily shaving and excessive environmental exposure. This comprehensive treatment will visibly improve the condition and appearance of the skin by soothing dry and irritated skin and preventing fine lines.

50 minutes \$120

For Your Eyes Only

An excellent addition to any Bayside Spa facial, begin with a gentle fruit exfoliation to revitalize and smooth, followed by a hydration mask to increase firmness and improve elasticity. End with an eye gel or cream for relief from puffy, stressed or fatigued eyes.

15 minutes \$25

Chilled Stone Eye Therapy

Aquamarine stones are chilled and placed over soothing chamomile infused eye compresses. Reduces puffiness and drains lymphatic excess.

\$15

Lavish Lashes, Eyes and Brows

Help to strengthen and refresh lashes and brows using a powerful, revitalizing lash fortifier. Vitamins, peptides and natural plant extracts are applied to lashes and brows to help boost micro-circulation of the hair follicles for longer, healthier lashes and defined brows.

25 minutes \$55



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Nail Care

Spa Manicure	50 minutes	\$60
Classic Manicure	40 minutes	\$40
Deluxe Manicure	25 minutes	\$25
Spa Pedicure	80 minutes	\$85
Classic Pedicure	50 minutes	\$65
Deluxe Pedicure	40 minutes	\$40
Classic Teen Nails	50 minutes	\$45
Twinkle Toes & Fancy Fingers	50 minutes	\$35
Gentleman's Fingernail Cleaning & Shaping	40 minutes	\$40
Gentleman's Foot Treatment	50 minutes	\$60

Nail Care Enhancements

Cucumber Heel Therapy	50 minutes	\$60
Illuminating Hand Treatment	40 minutes	\$40
Paraffin Hand & Foot Treatment	25 minutes	\$25
French Add-on (<i>hands or feet</i>)		\$10
Polish Change (<i>hands or feet</i>)		\$20

Waxing

Chin, Lip or Brows	\$25
Nose or Ears	\$25
Full Face	\$75
Gentleman's Eyebrow Trimming & Shaping	\$75
Bikini	\$55
Brazilian	\$75
Half Legs	\$65
Full Legs	\$95
Half Arms	\$55
Full Arms	\$85
Half Legs	\$65
Underarms	\$35
Chest or Back	\$95
Shoulders	\$75

Tinting

Brows or Lashes	30 minutes	\$35
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Please arrive without mascara.

Salon Services

Cut and Style

Children under 10	\$30
Women (<i>shampoo and style</i>)	\$65
Men (<i>shampoo and style</i>)	\$35
Shampoo and Blow-dry	\$50
Party Styles and Updos	\$80
Consultation	\$40

Coloring

Permanent	\$80
Semi-permanent	\$65
Partial Highlights	\$95
Full Highlights	\$135
One-step Color and Cut	\$130
Partial Highlights and Cut	\$155
Full Highlights and Cut (\$195

Treatments

Clarifying	\$20
Deep Conditioning	\$20

Makeup

Application	\$65
Consultation	\$40
Teen Makeup Application & Lesson	\$40

Gift Cards

Gift cards may be purchased in advance through your Event Manager or arranged on-site.



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bayside fitness center

Fitness Programs

The Bayside Fitness Center, located adjacent to the Horseshoe Bay Resort Marina, offers a variety of options to 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.

***Individual Access Fee** \$15 per visit

**Access fee not applicable when Spa Services received.*

Group Fitness

The Aerobics Studio offers Low-Impact, Step, Strength Training, Yoga and Pilates classes to improve your cardiovascular health, increase muscle strength and extend flexibility.

Individual Class \$10 per person

Group Fitness Class (minimum 48-hour advance reservation required)

Up to 15 participants \$95

Group Fitness Break

A 15-minute stretching session designed for meeting breaks.

Session \$21

Personal Training

Train with a health and fitness professional. Whether a beginner or an elite athlete, you can take part in a motivating personal training session. Sessions are 60 minutes.

1 session	\$80
5 sessions	\$325
10 sessions	\$600

Personal Training

Private Yoga	\$80
Private Meditation	\$80
Group Fun Run/Walk	\$95
Fitness Assessment	\$80
Peak Performance	\$125

Partner Training

Two train at the same time with one personal trainer.

60 minutes	\$140
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paseo fitness center

Located between buildings 5 and 6 of the Paseo villas, the Paseo Fitness Center offers hotel guests key card access to cardiovascular equipment and free weights 24 hours a day, 7 days a week.



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