

spa and fitness

Bayside 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.

Bayside 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. Bayside Spa appointments should be reserved in advance through your Conference Planning 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.

Bayside 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

Spa Packages

Sunrise Package

25-minute Natural Beauty Facial and 25-minute Self Focus Massage.
\$140

Bayway Package

50-minute Bayside Signature Massage and 50-minute Bayside Natural Beauty Facial.
\$240

Love in the Hill Country Spa Package

110-minute Couple's Bayside Bliss with Scrub, a \$480 value; In-room Spa Bath Butler & Spa Turn Down, a \$140 value; and a bottle of champagne and local, handmade truffles. Package includes dinner for two at any Horseshoe Bay Resort dining location. \$100 Value.
\$700

Ultimate Bayside Spa Experience

50-minute Signature Bayside Massage; 25-minute Signature Bayside Scrub; 50-minute Bayside Natural Beauty Facial; and a 110-Bayside Spa Manicure/Pedicure Combo. Package includes afternoon meal from the Bayside Spa Cuisine menu.
\$465

Couples Bayside Bliss

Enjoy our "signature Bayside Massage" while you unwind side-by-side, each with your own personal therapist in the same private environment. Enhance this experience with your choice of side-by-side pedicures or our "signature Sugar Honey Pecan Full Body Scrub."
110 minutes | Massage & Scrub \$495
110 minutes | Massage & Pedicure \$375

Executive Day Spa

50-minute Signature Bayside Massage; 50-minute Natural Beauty Facial; and Classic Pedicure. Package includes afternoon meal from the Bayside Spa Cuisine menu.
\$315

Fit Spa Package

60-minute Personal Training Fitness Assessment; and 50-minute Sports Specific massage. Allow 2 hours.
\$215

Teen Time-Out Spa Package

25-minute Bayside Teen Massage; 25-minute Total Teen Facial; and 50-minute Classic Teen Nails. Allow 2 hours.
\$190

Zen Journey Package

This custom package lets you pick out what suits your needs most, right now. Choose any two from the following:
50-minute Aromatherapy Journey Massage,
50-minute Moisture Quench Body Wrap,
50-minute Moisture Quench Body Scrub, or
50-minute Quench Hand & Foot Treatment & Scalp Ritual.
Allow 2 hours.
\$270



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Massage Therapy

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.

50 / 80 minutes \$125 / \$175

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.

50 / 80 minutes \$135 / \$185

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. You will leave feeling healthy, invigorated and stress-free.

50 / 80 minutes \$135 / \$185

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 warm oils and heated basalt stones are applied to your muscles. Feel connected and balanced by the end of this ritual.

50 / 80 minutes \$135 / \$185

Hill Country Rain Massage

This massage is a gentle application of essential oils dropped lightly onto your spine, like a Hill Country rain shower. The oils aid in the release of toxins, and help the muscle truly unwind. This unique raindrop therapy helps achieve balance and harmony in all aspects of oneself: mental, physical and emotional.

50 / 80 minutes \$140 / \$190

Lakeside Massage

For the ultimate Hill Country experience, receive your choice of massage in our luxurious lakeside gazebo. 24-hour advance notice required; weather permitting.

50 / 80 minutes \$185 / \$235

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 exfoliate 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 your skin.

25 minutes \$75

Aromatherapy Journey Massage

Allow your senses to navigate your escape from reality. By selecting essential oils at the start of your journey, you decide the 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.

50 / 80 minutes \$135 / \$185

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 trimester only.

50 minutes \$125

Texas Four-Hand Massage

Indulge in a Texas-sized full-body massage! This four-hand, synchronized treatment is performed in unison by two therapists for the ultimate relaxation and pampering in Texas style.

50 minutes \$250

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 / 50 minutes \$75 / \$125

Self Focus Massage

This area-specific massage is customized to focus on your specific needs, paying special attention to the areas of the body you feel need it the most.

25 minutes \$75

Couples Massage

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

50 / 80 minutes Price varies by massage technique.

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

After-Sun Refresher

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 slow Mango Butter Massage to quench the skin with anti-oxidants, vitamins and minerals while restoring dry, dehydrated skin. Finish with a Cold Marble Stone Facial Massage to release heat and inflammation.

25 minutes \$75



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Body Treatments

Sweet Hill Country Escape

Experience the sweetest treatment deep in the heart of the Texas Hill Country. Indulge in Bayside's "signature Sugar Honey Pecan Full-Body Scrub" followed by a deep, hydrating honey-based glazed 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

Essence of Hill Country Vineyards

A delicious world of pleasure for the ultimate wine connoisseur. Begin with a truly decadent, full-body exfoliation using pure cocoa extract to revitalize and soften the skin, followed by an intoxicating scalp massage and a mini anti-aging facial as you bask in the warmth of a red wine grape body wrap. Conclude this purely delightful experience with a light body butter application leaving skin visibly hydrated and velvety soft. Enjoy our gift of local, handmade "wine" truffles following the treatment.

80 minutes \$190

Executive Golfer's Treatment

Get back into the swing of things with this therapeutic treatment tailored for the golf lover. This executive treatment incorporates pressure points and a detoxifying massage using heated golf balls. The heated golf balls are placed on targeted muscle groups in the shoulders, back and legs releasing and encouraging circulation. The massage is followed by a tension taming mud mask applied to the back to soothe and aid the muscles recovery. Perfect for keeping golfers at the top of their game.

80 minutes \$190

Texas Traveler's Blues

Recover from the stress and strain of your travels with this uplifting treatment. Begin with a refreshing lemongrass sugar salt scrub to polish and balance the skin and envelop your senses. Melt away as the body is wrapped in a warm cocoon, and unwind with an uplifting scalp, neck and shoulder massage. Complete with a customized leg treatment to relieve and soothe tired legs followed by an application of invigorating body butter. The application will replenish moisture to the skin and leave the skin feeling refreshed and rejuvenated.

80 minutes \$190

Desert Sage Ritual

Cleanse both body and soul with this truly unique native Texan-American sage ritual. Begin with a gentle dry brush exfoliation then detoxify with a heated full-body desert sage mud wrap while you cleanse your mind with a soothing scalp and foot massage. After rinsing the mud, the ritual is completed with a Sacred Stone Massage and a cleansing smudge stick ritual to clear negative energies. The aroma of sage absolutely fills the room and transports you into a timeless and ancient frame of mind—a perfect mood for leaving behind the stresses of the day and reconnecting with the Earth and yourself. Take home a smudge stick as our gift.

105 minutes \$230

Awakening Ritual

This invigorating spa ritual reveals the age-old island secret for improving metabolism and smoothing away the appearance of varicose veins and cellulite. Begin with a warm, full-body organic coffee exfoliation and rinse with luscious body lather. Surrender to a deeply-relaxing application of sweet, nourishing coconut oil drizzled along the spine and back of the legs. This experience will leave your skin deeply moisturized and irresistibly beautiful from head-to-toe.

50 minutes \$140

Bayside Lavender Ritual

Slip into complete relaxation with a "signature Bayside Hill Country-inspired Lavender Indulgence." The body is gently exfoliated with a dry brush then wrapped in a luscious lavender body wrap. Chilled stones are placed over soothing chamomile-infused eye compresses, and feet are gently exfoliated using fresh, locally-grown lavender buds, followed by a soothing steam to purify and hydrate the skin. This indulgent experience is completed with an application of warm lavender lotion to soften and scent the skin. Perfect at the end of the day to help you truly unwind and sleep.

50 minutes \$140

Mommy Maintenance*

This personalized treatment for the mother-to-be will rejuvenate skin with a gentle, full-body exfoliation followed by a foot treatment and moisturizing massage using a rich 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 will be applied to soothe and moisturize the abdomen. Enjoy a relaxing lower leg and foot massage as the deep conditioning Concreta takes effect. Finish with a hydrating body lotion to seal in the moisture your body craves during this special time.

50 minutes \$140

Moisture Quench Body Wrap

Restore moisture to your skin with this ultimate experience in hydration. Begin by selecting your favorite blend of scents to create your personalized sensory journey. The body is wrapped in a warm cocoon with a soothing blend of Shea butter, Vitamin E and soothing jojoba oil to seal in the moisture your body craves.

50 minutes \$140

Moisture Quench Body Scrub

Replenish the skin with this uniquely layered, full-body scrub. Begin by selecting your favorite blend of scents to create your personalized sensory journey. The skin is prepared with a hydrating sugar and salt scrub to soften, smooth, and gently wisp away dead skin cells. Complete with an application of Shea butter, sunflower oil and safflower oil, leaving skin glowing, radiant and deeply hydrated.

50 minutes \$140

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



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Body Treatments Enhancements

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 \$75

Deluxe Hand and Foot Treatment

Heated mittens and booties wrap your hands and feet to nourish like no other hand and foot treatment. This replenishing treatment creates pleasurable aromatherapy stimulation for hands, feet and nose while providing intensified moisture to your hands and feet. A perfect enhancements to any massage, facial or body wrap.
10 minutes \$35

Facials & Skincare

Age-Defying AHA Facial

Experience Bayside Spa's exclusive anti-aging facial. Targeting the face, neck décolletage and hands, where signs of aging show the most. This amazing peel gives great results without the down-time associated with other, harsher chemical peels. Designed to deeply exfoliate and increase its natural ability to hold moisture, the skin becomes visibly smoother, younger looking and radiant. Ideal for acne-prone, mature, sun-damaged or normal skin that needs a boost.
50 / 80 minutes \$125 / \$175

Bayside Natural Beauty Facial

Experience the finest and most potent ingredients Mother Nature has to offer, customized specifically to the needs of every skin type. Whether you wish to relax, combat the effects of stress and environment, or obtain balance and precise hydration, our Esthetician will analyze your skin and determine which of the facials best addresses your goals.
25, 50 / 80 minutes \$75 / \$125 / \$175

Intense Sun-Recovery Facial

Re-hydrate, calm, and restore balance to your skin with Stone Crop, a desert plant that flourishes in hot, dry conditions and has been prized for centuries for its superb healing properties. This facial is purely organic and will not only refresh and soothe, but also brighten and nourish your skin while filling in lines and wrinkles. Extractions are not included.
50 minutes \$125

Facials & Skincare Enhancements

Advanced AHA Facial Peels

Skin Renewal Peel (Fine Lines and Wrinkles)
Skin Perfection Peel (Recurring Acne)
Barrier Repair Peel (Damaged or Sensitive Skin)
Replenishing Peel (Hydrating Treatment)
25 minutes \$85

6 Peel Series

Can only be added on to Puri facials or be done alone.
\$425

Kissable Lip Treatment

Treat your lips to a naturally effective, three-step treatment. Gentle fruit enzymes refine the lip area and an extra rich masque deeply hydrates. Finish with a delicious, minty, non-petroleum based balm that stimulates lip-plumping collagen. This new collection is a great add-on treatment to any facial. Incorporated in the treatment.
\$25

Self Focus Massage

This area-specific massage is customized to focus on your specific needs, paying special attention to the areas of the body you feel need it the most.
25 minutes \$75

Scalp Ritual

In this revitalizing hair and scalp treat, the healing properties of safflower, sunflower and jojoba oil is combined with gentle rhythmic touch, to relax and de-stress the scalp and neck. Your hair will have an amazing shine and feel silky smooth after you indulge in this luxurious treatment. This can be added to any massage, facial or body wrap.
10 minutes \$35

Gentleman's Sports Facial

Designed specifically for men, 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. Please shave at least two hours prior to your treatment.
50 minutes \$125

Purifying Back Treatment

This stimulating treatment begins with a deep-pore cleansing and hydrating steam to lift impurities and condition the skin. A revitalizing exfoliation helps to smooth the texture of the back, and an acupressure spinal massage balances the entire body. This remarkably invigorating specialty treatment is designed exclusively as an add-on treatment to your selected facial, enhancing the results.
25 minutes \$75

Décolleté Treatment

Don't give away your age by neglecting your neck and décolleté. This powerful add-on treatment will address lack of firmness and loss of elasticity, fine lines, uneven skin tone, sun-damage and dull skin. Skin will be brightened to a radiant glow, looking firmer and healthier.
25 minutes \$75

For Your Eyes Only

An excellent addition to any facial, begin with a gentle exfoliation to revitalize and smooth the eye area, followed by a calming gel for relief from puffy, stressed or fatigued eyes, and a hydrating cream to brighten the eye area. Complete with a firming masque targeting crow's feet and improving elasticity providing essential nutrients to the skin. Incorporated in the treatment.
\$25

Chilled Stone Eye Therapy

Aquamarine stones are chilled and placed over soothing chamomile-infused eye compresses. Reduces puffiness and drains lymphatic excess. Incorporated in the treatment.
\$10



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Nail Care

Spa Manicure	50 minutes	\$60
Classic Manicure	40 minutes	\$40
Express Manicure	25 minutes	\$25
Spa Pedicure	80 minutes	\$85
Classic Pedicure	50 minutes	\$65
Express Pedicure	40 minutes	\$40
Gentleman's Fingernail Cleaning & Shaping	25 minutes	\$40
Gentleman's Foot Treatment	40 minutes	\$60
Classic Teen Nails	50 minutes	\$55
Twinkle Toes & Fancy Fingers (ages 4-12)	40 minutes	\$45

Acrylic Nails

Full Set - Pink & White	\$45
Pink & White Fill	\$30
Pink Fill	\$25
Full Set - Overlay	\$35
Overlay Fill	\$25
Color Fill Add-on	\$15
Acrylic Repair	\$5

Nail Care Enhancements

Skin Quench -Hands	\$20
Skin Quench -Feet	\$20
Paraffin Hands	\$20
Paraffin Feet	\$20
Polish Change - Hands	\$20
Polish Change - Feet	\$20
Shellac Polish- Hands	\$25
Shellac Polish - Feet	\$25
French Add-on - Hands	\$10
French Add-on - Feet	\$10

Waxing

Chin, Lip or Brows	\$25
Nose or Ears	\$25
Full Face	\$75
Gentleman's Brow Trimming & Shaping	\$25
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.

Gift Cards

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

Salon Services

Precision Cuts (Cut & Style)	
Women's Cut	\$65 - \$85
Men's Cut	\$30
Children's Cut	\$25
Neck/Beard Trim	\$15
Fringe Trim	Complimentary

Texture Design	
Texture Design Consultation	\$45
Zerran Reform Permanent Straightening Relaxer	Quoted upon consultation.
Hair Extensions	Quoted upon consultation.
Permanent Wave/Curl	\$90 - \$110

Special Occasion Styling	
Wash & Blow Dry	\$55 - \$75
Blow Dry Lesson 1-on-1	\$75 - \$90
Flat Iron/Curling Iron	\$45 - \$55
Formal Style/Up-do	\$85 - \$95
Formal Style/Up-do Consultation	\$45
Formal Style/Up-do Consultation & Trial	\$75 - \$95

Color Design	
Color Design Consultation	\$45
Global Application (all over color)	\$65 - \$85
Hair Gloss	\$35 - \$55
Partial Highlights	\$85 - \$115
Full Highlights	\$125 - \$155
Dimension Color	\$85 - \$125
Corrective Color	Quoted upon consultation.

Customized Hair Treatments	
Obliphica Signature Treatment	\$25
Obliphica Intensive Treatment	\$25
Obliphica Spiral Treatment	\$25
Tea Tree & Scalp Treatment	\$25

Makeup

Make-Up Design Consultation	\$45
Make-Up Design Consultation & Trial	\$65
Teen Make-Up Design	\$45
Mineral Make-Up Application	\$75
Airbrush Make-Up Application	\$75
Natural Glow	\$45
Make-Up Lesson	\$75
Elegant Lashes	\$45
Full Set Lash Extensions	\$200+
Lash Extension Fill	\$50+
Eye Make-Up & Elegant Lashes Only	\$55

+ additional costs may apply



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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)*

5-15 Participants	30 minutes	\$90
	60 minutes	\$150
16-25 Participants	30 minutes	\$140
	60 minutes	\$200
25-35 Participants	30 minutes	\$190
	60 minutes	\$250
36-45 Participants	30 minutes	\$240
	60 minutes	\$290
46+ Participants	30 minutes	\$280
	60 minutes	\$350

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	\$90
5 sessions	\$350
10 sessions	\$700

Partner Training

Two train at the same time with one personal trainer.

60 minutes	\$140
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Fitness Assessment

45 minutes	\$90
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paseo fitness center

Located between buildings 5 and 6 of the Paseo vacation apartments, 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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