



KESWICK CLUB

Keswick Club
SPA





Welcome to **KESWICK CLUB SPA**

We invite you to indulge yourself before or after a day of golfing, sightseeing, hiking or working out by choosing one of our spa packages or individual treatments. Let our staff pamper you with a variety of treatments that are sure to leave you relaxed and rejuvenated.



This symbol denotes Spa Director's Treatment Selection.

Salon Services

WAXING

Waxing services include eyebrow, chin, upper lip, bikini, full leg, full arm, and more. See price sheet for full list.

SPA MANICURE

Detailed manicure includes nail and cuticle grooming, buffing, massage and polish.



KESWICK MANICURE

The Spa Manicure with exfoliation and warm, hydrating paraffin dip.

SPA PEDICURE

Deluxe hydrotherapeutic jet soak followed by nail and cuticle grooming, buffing, exfoliation, massage and polish.



KESWICK PEDICURE

The Spa Pedicure with foot scrub treatment, masque or warm paraffin dip.

LASH TINT

Eyelash tinting to temporarily dye the eyelashes. Achieves the look of wearing mascara without having to apply makeup daily.

BROW TINT

Brow tinting to temporarily dye the eyebrows helping to shape the face.

Massage Therapies

SWEDISH MASSAGE

Traditional full-body massage relieves tension and stress.

DEEP TISSUE MASSAGE

Based on a traditional full-body massage, with added pressure and focus on needed areas.

THE ULTIMATE MASSAGE

Take the traditional massage and add another pair of hands. This four-handed massage is designed to be the ultimate in relaxation.

HOT STONE MASSAGE

Heated basalt rocks placed at strategic points on the body and used for a gentle massage.

COUPLES MASSAGE

Treat yourself and your partner to complete indulgence with the choice of Swedish massage or deep tissue massage performed by two therapists as you lie side-by-side.

PREGNANCY MASSAGE

During and after pregnancy, women have extra pressure on the spine, ligaments and pelvis that can be relieved through massage. (Not recommended during the first trimester of pregnancy.)



HOT POULTICE MASSAGE

Centuries-old treatment consists of a therapeutic massage using warm poultices — heated muslin bags filled with healing, fragrant herbs and spices.

REFLEXOLOGY

Specialized manipulation of pressure points on the foot stimulates nerve endings, balances internal organs and promotes relaxation.

AROMATHERAPY

Your choice of essential oils added to any massage. Choose from a blend of oils or a single essential oil.

In-room massage is available at your request with advanced reservations.



Body Treatments

HYDROWRAP

Heated hydrating rose mud is brushed onto the body and then wrapped cocoon style to allow the body to absorb the moisture. A hot shower and full-body hydrating cream ends this skin-loving treatment.

ENZYMATIC MUD WRAP

Smooth and renew your skin with a warm, purifying sea mud and mineral poultice. Wrapped cocoon style while botanical extracts infuse and detoxify your skin.

KESWICK BODY POLISH

Using a body buff exfoliating treatment and hydrating/exfoliating cream, your skin will be gently buffed and left feeling silky smooth.

BODY GLOW

Blend of mineral-rich sea salt, skin-smoothing enzymes and essential oils is massaged over the body to remove dead surface cells, leaving you with silky-smooth skin.

Skin Rejuvenation



THE AGE SMART FACIAL

Fabulous combination of products addresses wrinkles, altered pigmentation, loss of skin tone as well as environmental factors.

ACNE PRONE FACIAL

Deep clean and renew acne prone skin in women and men with this exfoliating facial.

KESWICK FACIAL

Refreshing treatment of exfoliation, towel steaming and a masque application. Plus, a calming facial massage to help stabilize the skin's natural oil secretion.

MULTI-VITAMIN FACIAL

Restorative cleansing, multivitamin masque and moisture infusion are combined with a light facial massage.

FACIAL EXPRESS

The perfect introduction to our facial treatments. This treatment includes a gentle cleansing and a purifying masque application.

AROMATIC FACIAL

Complement to our traditional exfoliation and cleansing techniques, pure essential oils are blended specifically for your skin's needs, resulting in a fresh, healthy glow.

LIGHT TOUCH FACIAL

Treatment designed for individuals with sensitive skin. Our estheticians evaluate your skin and create the perfect combination of skin care products.

GENTLEMAN'S FACIAL

Developed specifically for the masculine complexion, the treatment begins with a thorough cleansing followed by light exfoliation, cleansing masque and light facial massage.



Combination Treatments

GOLFER'S DELIGHT

- Gentleman's Facial
- 30-minute Upper Body Massage
- 30-minute Reflexology

FOX HUNTER'S HAVEN

- 30-minute Body Glow
- 60-minute Deep Tissue Massage
- Multi-Vitamin Facial
- 30-minute Reflexology

A DAY TO REMEMBER

- Hot Stone Massage
- Raindrop Therapy
- Light Lunch
- Manicure or Pedicure

SHARP SHOOTER'S ESCAPE

- 30-minute Sports-Specific Massage
- 30-minute Hand Paraffin Dip
- Nail Buffing Treatment
- Facial Express

CLOUD 9

- 60-Minute Swedish Massage
- Enzymatic Body Wrap
- Facial Express



SKIN REJUVENATOR

- Body Glow
- Hydrating Body Wrap
- Multi-Vitamin Facial

FABULOUS FAREWELL

- Body Glow
- 60-minute Reflexology
- Manicure or Pedicure

SWEET VIRGINIA BREEZE

- 60-minute Aromatherapy Massage
- Keswick Facial
- Keswick Body Polish
- Take-Home Facial in a Bag

4-EVER YOUNG

- 60-minute Energizing Complex Massage
- Keswick Facial
- Eyebrow Wax
- Keswick Manicure and Pedicure



Signature Treatments



RAINDROP THERAPY

Specialized aromatherapy treatment using over nine essential oils to create both structural and electrical alignment to the body.

THE KESWICK RESERVE

Indulge in our newest treatment — a vineyard-inspired vinotherapy regimen. Your skin will reap the amazing benefits of red wine grapes and your entire body will be infused with free radical busting antioxidants and anti-aging polyphenols.

SERVICE INCLUDES:

- Red Wine Greeting
- 60-minute Grape Seed Oil Massage
- Shiraz Body Scrub
- Red Wine Body Mask
- Pinot Noir Facial with Mask
- Shiraz Face and Body Smoother

BAMBOO FUSION MASSAGE

Warm pieces of bamboo loosen muscles, allowing the therapist to penetrate more deeply without as much pressure. This massage is luxurious, relaxing and therapeutic all rolled into one. Don't be surprised if it quickly becomes one of your favorites.

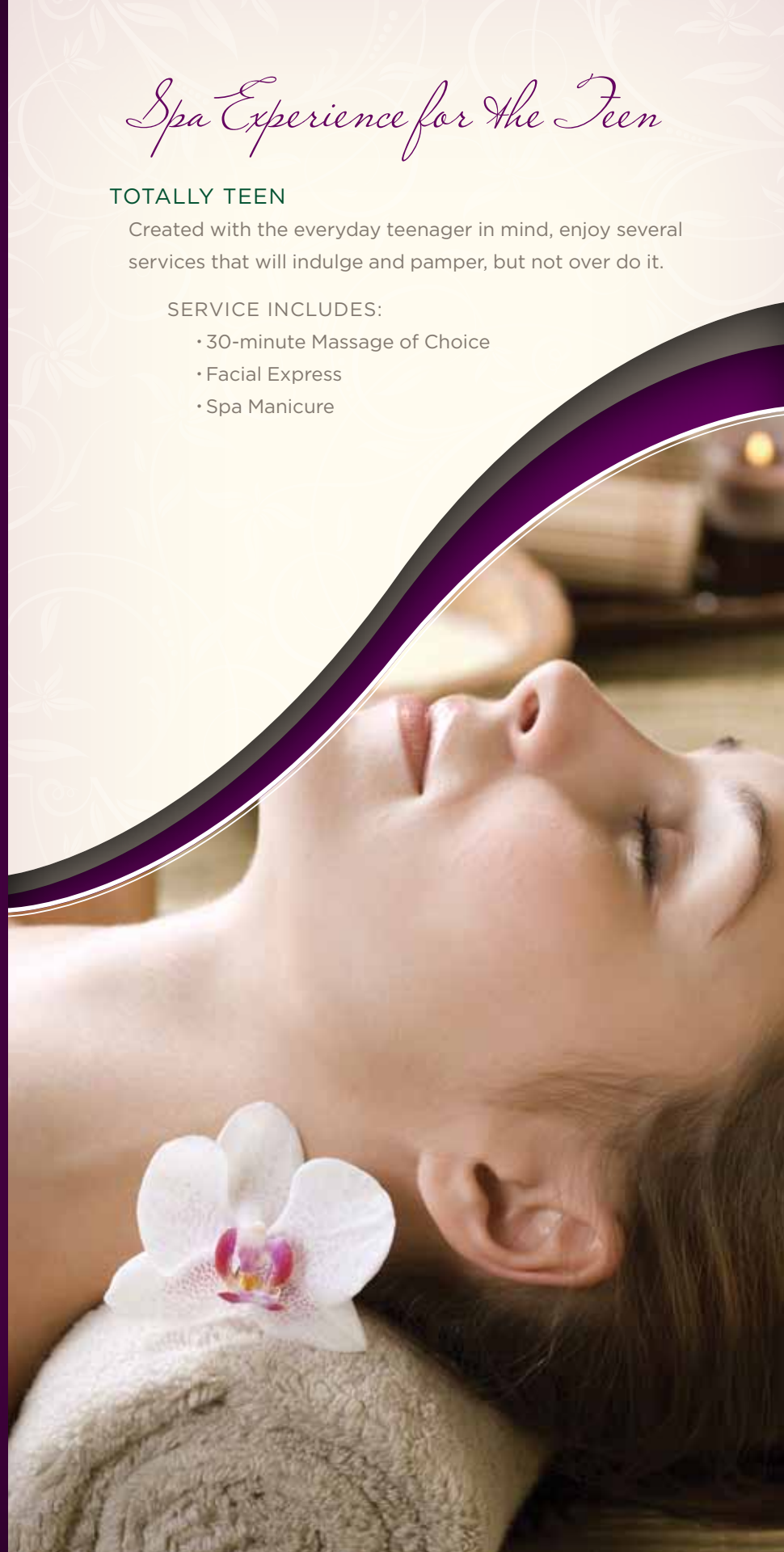
Spa Experience for the Teen

TOTALLY TEEN

Created with the everyday teenager in mind, enjoy several services that will indulge and pamper, but not over do it.

SERVICE INCLUDES:

- 30-minute Massage of Choice
- Facial Express
- Spa Manicure



À La Carte

Customize your spa treatment with à la carte additions to enrich any massage or body treatment.

COMPLEXES:

DETOXIFYING

Helps stimulate blood circulation and release impurities.

FIRMING

Stimulates, detoxifies and reduces inflammation and cellulite.

RELAXING

Calms and balances both emotionally and physically.

UPLIFTING

Revitalizes, energizes and elevates mood.

COLOGENS:

PURE LIP PAD

Recommended for dehydrated or aging skin. Provides intensive hydration and fights against fine lines.

PURE EYE MASK

Provide extra hydration for the entire eye area from eyebrow to cheekbone with this mask. Alleviates dark circles and puffiness.

NECK LIFT CRYSTAL MASK

Especially for loose skin around the neck area, this advanced mask fights sagging, wrinkles and rough skin. Designed to lift, firm and moisturize.

MASK

Increases hydration, balances the skin pH level and restores elasticity. Ideal for use after the Multi-Vitamin Facial or the Keswick Facial.



EYE PADS

For deep hydration, plumping and tightening.

CROW'S FEET EYE PADS

Helps diminish crow's feet, decreases surface wrinkles, deep furrows and fine lines.

Fitness

Equipped with a wide variety of cardio machines, the Fitness Center provides you with everything you need to stay in shape and on track with your workouts. Exercise classes and one-on-one personal training are also available.

Keswick Club also offers use of the indoor/outdoor pool and hot tubs. Steam rooms and saunas are available, as well as locker room access and amenities.



Spa Information

Before choosing your spa treatments, please take a moment to read over the following information.

We do encourage you to arrive 15 minutes prior to your scheduled appointment. This will allow you time to relax in our Meditation Room before your treatment time.

Keswick Club provides guests with robes, slippers and locker room amenities. A short medical questionnaire is required to be filled out to ensure the best possible experience.

FOR YOUR SAFETY & WELL-BEING, WE DISCOURAGE:

- Alcohol consumption prior to spa treatments
- Shaving immediately prior to treatments
- Immediate sun exposure before or following skin care therapy

For your convenience, a 12% gratuity charge will be added to all services provided; additional gratuities are at your discretion. Keep in mind the four-hour cancellation policy to avoid charges for scheduled appointments. To continue your spa experience, we offer a wide selection of spa products used in your skin care treatments. We also offer gift certificates on products and services, which make the perfect gift for friends and loved ones.

CONTACT

To make a spa or personal training appointment, please call **434.923.4319**. Hall guests dial extension **4371** for services.

