



## HORSESHOE BAY RESORT.

### Media Contact

Nicole Ruggiero/ Leslie Dewees  
Quinn & Co. Public Relations  
212.868.1900 x248/ x357  
nruggiero@quinnandco.com/ ldewees@quinnandco.com

### BAYSIDE SPA & FITNESS CENTER AT HORSESHOE BAY RESORT

At Bayside Spa & Fitness Center at Horseshoe Bay Resort, located in the heart of the Texas Hill Country, the importance of well-being is understood. The spa offers a variety of healthful options to suit any body. Guests may enjoy deluxe treatment rooms, gentlemen's and ladies' lounges with steam rooms and spacious dry saunas, co-ed relaxation areas and an indoor pool area complete with resistance pool and whirlpool. A wide array of massage and body treatments and facials are available as well as nail and hair services.

Bayside Spa invites guests to experience the lasting benefits of a wide array of treatments. Guests enjoy improved circulation, deep skin hydration and relief from muscle soreness and stress while slipping into total relaxation, soothing the body and quieting the mind. Nail care technicians pamper hands and stimulate feet and expert aestheticians beautify skin with personalized, relaxing Bayside Natural Beauty Facials. Bayside Spa is the ultimate escape from worldly cares.

#### FACILITIES

- 12 body/facial treatment rooms
- Three pedicure stations
- Three manicure stations
- Full-service salon
- One co-ed whirlpool
- Two steam rooms
- Two saunas
- Separate men's and women's locker rooms
- Robes and slippers provided
- Relaxation lounge
- Indoor, heated resistance pool
- Tranquil water garden
- Group exercise classroom

#### SPA SERVICES

- **Body Treatments**
  - o **Sweet Hill Country Escape** (80 minutes) - Experience the sweetest treatment in the Texas Hill Country with 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 that leaves the skin silky smooth.
  - o **Awakening Coconut Coffee Ritual** (80 minutes) - Begin this invigorating ritual with a warm full body organic coffee macadamia exfoliation and rinse with luscious coconut vanilla body lather. Surrender to a deeply relaxing massage focusing on the back, neck and shoulders as 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.

o **Purifying Ginger Lime Clay Ritual** (80 minutes) - 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 finished with a full body massage of warm moisturizing body lotion leaving your skin deeply cleansed and detoxified, soothing away tension and stress.

o **On par Executive Sportsman** (80 minutes) - 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 clay wrap to smooth rough skin. Finishes with a full body cleanse and a detoxifying, pressure point full body massage.

o **Bayside Lavender Indulgence** (50 minutes) - Slip into complete relaxation with a 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.

o **Cooling Aloe Mint Treatment** (50 minutes) - Relieve your skin from the effects of the sun with a soothing full body aloe mint gel application to restore dry, dehydrated skin while a cold marble stone facial massage releases heat and inflammation. Finish with a skin quenching body cream to seal in the moisture your skin craves. Ideal for energizing after a day on the lake or lounge at the pool for instant sunburn relief.

o **Personalized Herbal Wrap** (50 minutes) - Customize your experience with a blend of powerful botanical ingredients and pure plant extracts to 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 applied to the skin. Choose from a variety of natural herbs to help detoxify the body, boost the immune system, increase circulation and the calm the nervous system.

o **Seasonal Full Body Sugar Scrub** (50 minutes) - Enjoy the scent of the season with an invigorating sugar scrub followed by a 25-minute Self Focus massage using warm shea butter for luscious nourishment and a healthy glow from head to toe.

o **Mommy Maintenance** (50 minutes) - 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 skin's elasticity.

o **Yummy Tummy Treatment** (25 minutes) - 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.

o **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 an aroma of essential oils and bath salts, leaving you to relax with our signature Horseshoe Bay Resort truffles.

- **Facials**

- o **Age-Defying AHA Facial (80 minutes)** - Experience Bayside's exclusive anti-aging facial. Targeting the face, neck, décolletage and hands where signs of aging show the most, this amazing treatment gives great results without the downtime associated with harsher chemical peels. This facial is designed to deeply exfoliate and increase skin's natural ability to hold moisture, becoming visibly smoother, younger looking and radiant. Ideal for all skin types and skin concerns.

- o **Bayside Natural Beauty Facial (50 minutes)** - Experience the finest and most potent ingredients Mother Nature has to offer, customized to the specific needs of your skin. Rich, natural ingredients are used to 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.

- o **Bayside Natural Beauty Stone Facial (80 minutes)** - Bayside's Natural Beauty facial is enhanced with additional time spent using soothing stones to massage the face, neck and décolleté, aiding in deeper penetration of the facial products. This luxurious facial will leave you feeling both pampered and renewed.

- o **Berry Refined Facial (50 minutes)** - 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 using blueberries, raspberries and blackberries to help relieve skin stresses and leave your skin feeling berry refined.

- o **Rosehip and Maize Facial (50 minutes)** - Restoring the skin's balance and providing high antioxidant protection are the primary focus of this soothing and calming facial. Begin with an organic mixture of rosehips and fresh corn flour to gently exfoliate the skin followed by a menthol and rosehip mist to revitalize and calm.

- o **Hibiscus Sun Recovery Facial (50 minutes)** - Sun-touched skin is gently cleansed and soothed with a hydrating recovery masque harnessing the healing properties of the hibiscus and calendula flowers, followed by a cooling aloe mint gel to reduce skin irritation and inflammation and aid in repairing the damaging effects of overexposure to the elements, without clogging pores.

- o **Back Berry Facial (50 minutes)** - 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.

- o **Gentleman's Sports Facial (50 minutes)** - 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. This comprehensive facial treatment will visibly improve the overall condition and appearance of the skin by soothing dryness irritation and preventing fine lines. Please shave at least two hours prior to your treatment.

- o **Pick Me Up Facial (25 minutes)** - Fast, refreshing facial that steams, cleanses, tones, exfoliates and moisturizes your skin. You'll feel fresh and clean, fast. Extractions not performed with this treatment.

- **Skincare Enhancements**

- o **Young Again Neck and Décolletage Treatment (25 minutes)** - This powerful anti-aging add-on treatment addresses lack of firmness and loss of elasticity as well as fine lines, uneven skin tone, sun damage and dull, crepe-like skin. Skin will be brightened to a radiant glow, looking firmer and healthier.

- o **Skin Rescue Treatment (25 minutes)** - The ultimate corrective peel is based on the superceutical idebenone, the most advanced antioxidant available. Best for improving skin's texture, loss of elasticity, sensitivity, hyper-pigmentation and dull or dry patches. Add an eye treatment for increased benefits.
- o **Kissable Lip Treatment (15 minutes)** - An excellent addition to any facial! 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 bathes lips in powerful antioxidants for added protection against the environment. Includes an at home care kit for optimal results.
- o **For Your Eyes Only (15 minutes)** - Beginning with a gentle fruit exfoliation to revitalize and smooth, and followed by a hydration mask to increase firmness and improve elasticity, this treatment provides essential nutrients to the skin. Finish with an eye gel or cream to relieve puffy, stressed or fatigued eyes.
- o **Chilled Eye Stone Therapy** - Aquamarine stones are chilled and placed over soothing chamomile-infused eye compresses to reduce puffiness and drain lymphatic excess.
- o **Lavish Lashes, Eyes and Brows (25 minutes)** - Help strengthen and refresh lashes and brows using a powerful and revitalizing lash fortifier. The treatment, enhanced with vitamins, peptides and natural plant extracts, is applied to lashes and brows to help boost micro-circulation of the hair follicles for defined brows and longer, healthier lashes. A must-have treatment for anyone concerned about thinning lashes and brows.

- **Massage Therapy**

- o **Signature Golfers Massage (50- and 80-minute options)** - Using heated golf balls, this therapeutic message focuses on the release of targeted muscle groups in the shoulders, back and legs. Stretching and kneading of tight muscles is also incorporated to relieve tension. Perfect for keeping golfers at the top of their game!
- o **Signature Bayside Massage (50- and 80-minute options)** - This customized Swedish massage combines long, even strokes to improve circulation, relieve muscle tension, improve flexibility and create a truly relaxing experience.
- o **Therapeutic Deep Tissue Massage (50- and 80-minute options)** - Targeting deeper layers of muscle tissue, slow and focused techniques are performed with Bayside's custom blend of therapeutic oils. This completely customized experience promotes the recovery of injured and strained muscles and improves flexibility and range of motion.
- o **Sports Specific Massage (50- and 80-minute options)** - 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.
- o **Aromatherapy Journey (50- and 80-minute options)** - Allow your senses to navigate your escape from reality by selecting essential oils at the start of your journey. 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 wellbeing.
- o **Breathe Easy Massage (50 minutes)** - 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.

- o **Four-Handed Massage** (50 minutes) - Experience an overwhelmingly decadent full-body massage! This highly synchronized treatment is performed in unison by two therapists for ultimate relaxation and pampering.
- o **Cranial Sacral Massage** (25 minutes) - 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, stress or neck tension. Please wear loose, comfortable clothing.
- o **Reflexology Massage** (25 minutes) - 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. Promoting wellbeing and increasing the flow of energy along the body's meridian pathways, this treatment is wonderful on its own or as a supplement to any massage or facial.
- o **Self Focus Massage** (25 minutes) - This area-specific massage gives special attention to the back, legs, or head and neck for a customized experience that meets your specific needs.
- o **In-Room Massage** (50- and 80-minute options) - For ultimate relaxation we'll bring the Spa to you! The Signature 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.
- o **Couples Bayside Bliss** (110 minutes) - 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. Couples treatments include complimentary tea and cookies or a selection of wine and signature Horseshoe Bay Resort truffles.
- o **Couples Massage** (50- and 80-minute options) - Share the experience of a relaxing side-by-side massage technique of your choice in one of our couples treatment rooms. Couples treatments include complimentary tea and cookies or a selection of wine and signature Horseshoe Bay Resort truffles.
- o **Nurturing Mother Massage** (50 minutes) - 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.

- **Massage Therapy Enhancements**

- o **Bayside Signature Sugar Honey Pecan Scrub** (25 minutes) - 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.
- o **Exhilarating Hair & Scalp Treatment** (25 minutes) - 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 dÃ©tÃ©assage. This luscious treatment relaxes and de-stresses while conditioning and enhancing the natural healthy shine of your hair, leaving it luxuriously sleek and refreshingly smooth.
- o **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 an aroma of essential oils and bath salts, leaving you to relax with our signature Horseshoe Bay Resort truffles.

- **Salon Care**

- o **Bayside Stone Pedicure** (80 minutes) - Includes honey & milk foot bath, Signature Sugar Honey Pecan Scrub, revitalizing foot masque with heated booties, a soothing calf and foot stone massage and moisturizing paraffin dip. Nails receive a cuticle clean-up and shaping before finishing with the polish of your choice or a natural buff.

- o **Bayside Spa Manicure** (50 minutes) - Includes honey & milk bath, Signature Sugar Honey Pecan Scrub, hydrating honey glaze masque, paraffin dip with heated mittens. Nails receive a cuticle clean-up and shaping, stone massage with rich honey papaya shea butter and before finishing with a polish of your choice or natural buff.

- o **Classic Pedicure** (50 minutes) - Includes a fragrant eucalyptus foot bath, a gentle exfoliation featuring our scent of the season, detoxifying clay masque and foot massage. Nails receive a cuticle clean-up and shaping before finishing with the polish of your choice or a natural buff.

- o **Classic Manicure** (40 minutes) - Includes a soothing hand bath, gentle exfoliation featuring our scent of the season and hand massage. Nails receive a cuticle clean-up and shaping before finishing with a polish of your choice or natural buff.

- o **Deluxe Pedicure** (40 minutes) - Relieve tired feet with a specialty foot soak and salt scrub. Nails receive a cuticle clean-up and shaping followed by a hot towel compress and foot massage. Polish not included.

- o **Deluxe Manicure** (25 minutes) - Designed for those who are short on time, this manicure includes a cleansing hand exfoliation, cuticle clean-up and shaping and a relaxing hand massage. Polish not included.

- o **Cucumber Heel Therapy** (50 minutes) - Rehydrating therapy for cracked heels and tired toes. This foot treatment begins with a refreshing cucumber and pineapple scrub followed by a cooling menthol foot masque and massage with rich cucumber heel cream to help calm inflammation and irritation. Feet feel soft, moisturized and cool for hours. Includes nail clean-up and polish of your choice or natural buff.

- o **Illuminating Hand Treatment** (40 minutes) - Intensive therapy for dry, parched hands, this nurturing and hydrating hand treatment begins with an application of sweet almond oil and a milk soak. After exfoliation, hands are nurtured and hydrated with an illuminating masque and intensive hand cream to deeply moisturize. Finish with cuticle clean-up and polish of your choice or natural buff.

- o **Paraffin Hand & Foot Treatment** (25 minutes) - Heated paraffin infusion gloves and booties wrap your hands and feet to nourish like no other paraffin treatment. This revolutionary design and concept also creates aromatherapy stimulation for hands, feet and the senses. A perfect follow-up enhancement to our reflexology treatment or any facial.

- o **Gentleman's Foot Treatment** (50 minutes) - Perfect after a round of golf or tennis, this traditional foot treatment begins with soaking the feet in a warm whirlpool bath, followed by an exfoliation, foot mask and massage of the feet and ankles using our signature teakwood blend. Concludes with a cleaning and shaping of the nails.

- o **Gentleman's Fingernail Cleaning/Shaping** (40 minutes) - Includes a hand cleansing, exfoliation and deeply hydrating forearm and hand massage using our Signature Teakwood blend. Concludes with a cleaning and shaping of the nails.

- o **French Polish Add-on** (hands or feet)

- o **Polish Change** (hands or feet)

- o **Brow or Lash Tinting**

- o Gentleman's Eyebrow Trimming and Shaping
- o Body and Facial Waxing
- o Full-service Hair Salon
- o Makeup Consultation and Application

- Spa Packages

- o **Bay Way Package** - A pampering way to rejuvenate the skin, relax the body and calm the mind, this exclusive package includes a 50-minute Bayside Natural Beauty Facial followed by a relaxing 50-minute Bayside Signature Massage.
- o **Sun Rise Package** - For those on the run, this package includes a 25-minute Pick-Me-Up Facial and a 25-minute Self Focus Massage.
- o **Bayside Romance Package** - Embrace romance. The Bayside Romance Package includes the romantic combination of 110-minute Couples Bayside Bliss, the In-Room Spa Bath Butler and dinner for two at any Horseshoe Bay Resort dining location (\$100 value).
- o **Ultimate Bayside Experience** - For head-to-toe pampering, this comforting package includes a 110-minute Spa Manicure/Pedicure Combo and an afternoon spa meal.
- o **Executive Day Spa** - This rejuvenating spa package designed to nourish and pamper includes a 50-minute Signature Bayside Massage, a 50-minute Bayside Natural Beauty Facial and a Classic Pedicure.
  - o **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 refreshed.
- o **Teen Time-Out Spa Package** - This package includes a 50-minute Bayside Teen Massage, the Total Teen Facial and a Teen Makeup Application. Please note, a parent or guardian is 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.

- Just for Kids

Bayside Spa offers a variety of treatments designed especially for kids to introduce your child to the many benefits of spa treatments. Unless otherwise noted, *Just for Kids* spa services are designed for teens only (ages 12-17). For guests under 16 years of age, use of the spa and fitness amenities are not included. Parent or guardian must be present during the service. A bathing suit or underwear is required for massage therapy. Massage therapists are gender specific.

- o **Bayside Teen Massage (25 minutes)** - A perfect way to introduce a massage to your teen, this relaxing experience helps young spa-goers learn to deal with future stress or sports injuries.
- o **Total Teen Facial (50 minutes)** - A Bayside Natural Beauty facial designed to introduce the basics of proper skincare and act as an educational primer for a lifetime of healthy skin. Using organic skin products, teens can experience a deep cleansing, toning, steam, mask, extractions and facial massage in less than an hour. Designed to accommodate all skin types.

- o **Teen Makeup Application & Lesson** (30 minutes) - Learn everything you need to know about makeup in one session. Our makeup artist will teach you how to moderately apply makeup that enhances your natural beauty.
- o **Classic Teen Nails** (50 minutes) - Includes a soothing hand and foot bath, gentle exfoliation featuring our scent of the season followed by a hand and foot massage. Nails receive a cuticle clean-up and shaping before finishing with a polish of your choice or natural buff.
- o **Twinkle Toes & Fancy Fingers** (50 minutes) - For ages 4-11. First, little hands and feet enjoy a bath soak, nail trim and application of a moisturizer. Finish with nail art or a polish color of your choice.
- o **Teen Tune-Up** (30 minutes) - A one-on-one session with a personal training professional, this session educates you on strength training, flexibility and cardiovascular conditioning. Complete with a personalized exercise program to follow.
- o **Teen Time-Out Spa Package** - Take a time out with this package including a 50-minute Bayside Teen Massage, a Total Teen Facial and a Teen Makeup Application.

### **SALON SERVICES**

Bayside Spa & Fitness Center at Horseshoe Bay Resort boasts a full-service salon with services including shampoo and style, deep conditioning, up-dos, hair cuts, highlighting, semi-permanent and permanent color, permanents, manicures, pedicures, waxing treatments, tinting as well as makeup consultations and application.

### **SPA PRODUCTS**

Bayside Spa offers a variety of therapeutic and esthetic products to extend the spa experience at home. The Spa carries popular skincare and make-up products.

**FITNESS SERVICES** For the guest seeking a demanding workout, the journey begins at Bayside Fitness Center. Overlooking Lake LBJ, the Fitness Center offers many options, including cardio and weight training equipment as well as a variety of freestanding weight machines. An indoor, heated resistance pool is available as well as an array of aerobics classes from low-impact, Pilates to Zumba, designed to improve cardiovascular health, increase muscle strength and extend flexibility.

Bayside Fitness Center features a full line of Badger Magnum weight training equipment designed for upper and lower body training as well as top-of-the-line cardiovascular equipment featuring TechnoGym treadmills, Octane Ellipticals and Vision Fitness Bicycles.

The Fitness Center also offers certified and degreed personal trainers skilled in the field of comprehensive fitness appraisals. Computerized technology is also available to test blood pressure, body composition, muscular strength, muscular endurance and flexibility.

Bayside Fitness Center offers many activities designed to help guests create a balanced life. The resistance, aerobic and nutritional programs are designed to show practical methods for living a longer, healthier life.

- **Fitness Packages**

- o **Private Yoga Plus** (50 minutes) - This powerful program combines fitness, spa, yoga, meditation, eclectic music, proper breathing, intuitive dance and gong therapy to create quantum leaps in your life.
- o **Private Meditation** (50 minutes) - Learn techniques for stress reduction, visualization and connection of the mind, body and spirit in a personalized consultation taking place in your choice of locations . the outdoor relaxation garden, a private room or on a meditative walk through the nearby spa gardens.

- o **Group Fun Run** (30-minute to 1-hour options) - Get moving with a fun run! We can tailor a run for any time and difficulty level your group may desire. It's the perfect way to experience the beauty of Horseshoe Bay Resort on foot. Energy snack and drink provided. For groups of 5 or more individuals.
- o **Fitness Assessment** (50 minutes) - In this session a personal trainer assesses your current fitness level by testing aerobic capacity, body composition, flexibility, muscular endurance & strength, blood pressure and heart rate. After analyzing the results, the personal trainer develops workout guidelines to increase your fitness level.
- o **Peak Performance** (80 minutes) - This fitness package includes a one-on-one session with one of our personal training experts, a body fat analysis, written exercise program and a healthy eating plan guaranteed to help you reach your peak performance in fitness and health.
- o **Fit Spa Package** (120 minutes) - Our personal training expert will begin with an assessment of your needs and desired results, recommendations and guidelines on strength, flexibility and cardiovascular conditioning, which are 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 feel healthy, invigorated and refreshed.

#### **FITNESS FACILITIES**

Fully-equipped cardio studio and strength training equipment  
 Stability balls and bands  
 Cardio machines: Octane Ellipticals, stationary and recumbent bikes, TechnoGym  
 Treadmills  
 Four flat screen televisions  
 Two dumb bell sets (5 lbs-100 lbs)  
 Indoor, heated resistance pool  
 One group exercise studio

#### **BAYSIDE SPA & FITNESS CENTER REGULATIONS**

Most body treatments are enjoyed without clothing; however, wear whatever is comfortable for you. Disposable undergarments are available upon request. During all treatments, the body is fully draped except for the area being worked on. Robes and slippers are provided.

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.

Lockers are available for personal items. Cell phones and pagers should be turned off while you are in the Spa.

Pool and recreational facilities are reserved for guests age 16 and older; adult supervision required if not 18.

Please arrive 30 minutes before your first scheduled treatment. Cancellations require 24-hour advance notice or full service fee will be charged.

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

#### **About Horseshoe Bay Resort**

Founded in 1971 and purchased by the Jaffe Group in 1996, Horseshoe Bay Resort is Texas' original lakeside resort. Located in the exquisite Hill Country, the 7,000-acre Resort offers three, championship Robert Trent Jones, Sr. golf courses. In addition, a highly anticipated Jack Nicklaus Signature Golf Course, Summit Rock, is currently under development. Horseshoe Bay Resort also offers a made-to-scale, 18-hole par 72 Bermuda grass putting course, four swimming pools, a spa and fitness facility, a full-service marina, seven dining facilities, 16 adult tennis courts, and three USTA-sponsored kids' tennis courts. Accommodations include 249 hotel rooms and suites within the Horseshoe Bay Resort Marriott Hotel, the adjacent Paseo Vacation Apartments and 50 luxury lakefront condominiums available for rent at The Waters at Horseshoe Bay Resort. The resort also features a jet center with a 6,000-foot lighted runway.

For more information on Horseshoe Bay Resort, please call 830-598-2511 or visit [www.hsbresort.com](http://www.hsbresort.com).

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