



KESWICK SPA

To make a spa appointment, please call 434-923-4319.
Keswick Hall guests may dial extension 4371.



WELCOME TO KESWICK SPA

After a full day of golf, biking or swimming, travel no further than our spa to indulge in an incomparable relaxation experience. Choose from a variety of therapeutic services and treatments all designed to leave you refreshed and revived. With our experienced staff and carefully crafted packages, the Keswick Spa provides every opportunity for rest and rejuvenation.



MASSAGE THERAPIES

SWEDISH MASSAGE

Traditional full-body massage that alleviates tension and stress.

DEEP TISSUE MASSAGE

Similar to a traditional-full body massage, with additional pressure and focus on desired areas.

THE ULTIMATE MASSAGE

A traditional massage with the benefits of an added pair of hands. This four-handed massage provides the ultimate relaxation.

HOT STONE MASSAGE

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

COUPLES MASSAGE

Indulge in unparalleled relief with your partner as you lie side-by-side and enjoy your choice of either a Swedish Massage or Deep Tissue Massage.

PREGNANCY MASSAGE

Relieve any pre or post-pregnancy pressure in the spine, ligaments and pelvis through massage.

Not recommended during the first trimester of pregnancy.

HOT POULTICE MASSAGE

This centuries-old treatment consists of a therapeutic massage using warm poultices (heated muslin bags filled with healing, fragrant herbs and spices).

REFLEXOLOGY

A specialized massage of pressure points on the foot stimulates nerve endings, balances internal organs and results in total rejuvenation.

AROMATHERAPY

Choose from a variety of blended and single essential oils that can be added to any massage.

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

BODY TREATMENTS

HYDROWRAP

Warm hydrating rose mud is spread onto the body and then enveloped cocoon-style to allow the skin to absorb the moisture. A steam shower and full-body hydrating cream ends this relaxing treatment.



ENZYMATIC MUD WRAP

Soften and refresh your skin with a warm, purifying sea mud and mineral poultice. Be swathed cocoon-style while botanical extracts penetrate and detoxify the skin.

KESWICK BODY POLISH

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

BODY GLOW

A combination of mineral-rich sea salt, skin-smoothing enzymes and essential oils is massaged over the body to remove dead surface cells, creating silky soft skin.

SKIN REJUVENATION

REJUVENATING LIFT FACIAL

This aesthetician performed treatment is similar to a “non-surgical face lift” without using painful injectables or lasers. Lymphatic drainage is used to remove toxins and induce muscle stimulation, leaving your face toned and lifted.

ACNE PRONE FACIAL

This exfoliating facial provides a deep and penetrating clean of acne-prone skin in women and men.

KESWICK FACIAL

A rejuvenating exfoliation treatment, complete with towel steaming and a masque application, also includes a soothing facial massage to stabilize the skin’s natural oil production.

THE AGE SMART FACIAL

The effective combination of products used alleviates wrinkles, altered pigmentation, loss of skin tone as well as environmental factors.

MULTI-VITAMIN FACIAL

Restorative cleansing, multi-vitamin masque and moisture infusion are combined with a light facial massage.

FACIAL EXPRESS

The ideal preview to our facial treatments, this treatment includes a gentle cleansing and exfoliating masque application.

AROMATIC FACIAL

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

LIGHT TOUCH FACIAL

Our estheticians evaluate the skin and use a customized combination of skin care products in this treatment for sensitive skin.

GENTLEMAN’S FACIAL

Constructed to specifically soothe the masculine complexion, this treatment begins with a thorough cleansing and ends with a light exfoliation, cleansing masque and 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
- ✦ 60-minute Reflexology

SHARP SHOOTER'S ESCAPE

- ✦ 30-minute Sports-specific Massage
- ✦ 30-minute Hand Paraffin Dip
- ✦ 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
- ✦ Facial Express

SWEET VIRGINIA BREEZE

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

4-EVERYOUNG

- ◆ 90-minute Energizing Complex Massage
- ◆ Keswick Facial
- ◆ Collagen Eye & Lip Pad





SIGNATURE TREATMENTS

RAINDROP THERAPY

With the use of over nine essential oils, this specialized aromatherapy treatment will leave the body both structurally and electrically aligned.

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 the entire body will be infused with free antioxidants and anti-aging polyphenols.

- 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, resulting in a deeply penetrating, yet gentle massage. This treatment is luxurious, healing and refreshing at the same time.

TEEN TREATMENTS

TOTALLY TEEN

Created with the everyday teenager in mind, enjoy these simple services that will indulge and pamper.

- 60-minute Swedish Massage
- Keswick Facial
- Paraffin Application for the Hands

À LA CARTE

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

COMPLEXES

- Detoxifying Complex helps stimulate blood circulation and release impurities.
- Firming Complex stimulates, detoxifies and reduces inflammation and cellulite.
- Relaxing Complex soothes and balances both emotionally and physically.
- Uplifting Complex revitalizes, energizes and elevates mood.

COLLAGENS:

(can be added to any facial)

- Pure Lip Pad, recommended for dehydrated or aging skin, provides intensive hydration and combats fine lines.
- Pure Eye Mask provides extra hydration for the entire eye area from eyebrow to cheekbone, eliminating dark circles and puffiness.
- Neck Lift Crystal Mask, especially for loose skin around the neck area, will lift, firm and moisturize to fight sagging, wrinkles and rough skin.
- Mask Collagen increases hydration, balances the skin pH level and restores elasticity. It is ideal for use after the Multi-vitamin Facial or the Keswick Facial.
- Eye Pads provide deep hydration, plumping and tightening.
- Crow's Feet Eye Pads help diminish crow's feet, decrease surface wrinkles, deep furrows and fine lines.

WAXING & TINTING

Our wax treatment technicians take the utmost care to protect the health and elasticity of the skin. The wax is applied warm, then removed gently, leaving skin absolutely smooth. Tint adds pop, shape, contrast and thickness, casually creating a whole new range of brow and lash possibilities.

LASH TINTING

Eyelash tinting is the perfect, low-maintenance way to create beautifully natural yet dramatic lashes.

BROW TINTING

This treatment eliminates the need to use an eye brown pencil, making your brow more noticeable. It is great for covering greys. Eyebrow tinting will enhance the general appearance of your eyes and is particularly beneficial for people who have very fair eyebrows and for people who normally use eyebrow pencils.



FITNESS

With a wide variety of cardio machines, the Fitness Center provides enough space and equipment to satisfy any workout regimen. Exercise classes are available, as well as one-on-one personal training to ensure that you receive the best workout experience possible. Keswick Club provides open use of our indoor and outdoor pools and hot tubs. Guests can relax in the steam rooms and saunas as well while also taking advantage of the locker rooms and other amenities.

SPA INFORMATION

We invite you to arrive 30 minutes prior to your scheduled appointment time to use our heated treatment area to enhance your spa experience. Keswick Club provides guests with robes, slippers and a locker, in addition to all 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 20% gratuity charge will be added to all services provided; additional gratuities are at your discretion. Spa Keswick has a four-hour cancellation policy.

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. Keswick Hall guests may dial extension 4371 for services.





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KESWICK HALL & GOLF CLUB

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