

**Aromatherapy**  
**Essential Oil Complexes**

**Available for:**

Aromatherapy Massage  
Aromatherapy Facials,  
Body Treatments, Mud Wraps, & Scrubs,  
Signature Manicure/Pedicure

**- Mango and Mandarin -**

Uplifting citrus combination, breaks down dead cells, giving a smooth and softened texture to the skin.

**- Pomegranate & Cranberry -**

Mild fruity blend to relax while stimulating circulation, remove toxins, cleanse, tone and moisturize skin.

**- Green Tea & Lime Leaf -**

This anti-oxidant blend helps to soothe anxiety and improve circulation.

**- Milk & Honey -**

The special ingredients in this blend assist with hydration, protection, cleansing, softening and soothing of the skin.

**- Lavender and Calendula -**

A balancing blend, that calms and relaxes both physically and emotionally. Ideal for calming and soothing skin.

**Therapeutic**  
**Essential Oil Complexes**

**Available for:**

Body Treatments, Mud Wraps, & Scrubs

**- Relaxing -**

**- Uplifting -**

**- Detoxifying -**

**- Firming -**

**- Sore Muscle Relief -**

**\*\*\*New Additions - Chocolate Fix\*\*\***

*Chocolate Raspberry and Chocolate Mint  
for Massage, Body Wraps, and Scrubs*

**Get Fit for Life**

*Start yourself off on the right fitness track with a personal training session or a series of sessions at Fitness Central. During your personal training session you will receive one-on-one instruction and a program designed just for you by focusing on your own personal health and fitness goals. All members and their spouses are extended complimentary comprehensive fitness evaluations.*

*You can also give the gift of a healthy start to someone you care about with a gift certificate for a personal training session or a series of sessions.*

*Come out and get fit with us today.*

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**Hours of Operation**

Monday, Wednesday 6am-7pm

Tuesday, Thursday 10am-7pm

Friday 6am-5pm

Saturday 9am-5pm

Sunday 1pm-5pm

**Relax-Unwind-Escape**

*Now is the time for you to escape the fast pace of life, whether it's for an hour, a day, or something in between.*

*The Spa at Hampton Lake offers a complete array of luxury spa treatments that will soothe your senses and rejuvenate your whole body.*

*Create your own "spa package" from our ever-increasing menu of delightful body treatments and personal training.*

*Reservations for a half-day or more of Spa time will receive a complimentary fruit smoothie and healthy snack between sessions.*

*(Half-day at the Spa: Reserve your choice of three or more hour-long sessions in one day with a minimum total value of \$250.)*

*Call for appointment  
843-836-7470*

