



Cancellation Policy

If you must reschedule or cancel your services, please give 48 hours notice prior to your scheduled appointment to avoid being charged the full value of your services. There is a 72-hour cancellation policy for groups of five or more. If you are running late, a phone call is always appreciated.

To ensure each guest receives a full and complete service, all treatments will adhere to their scheduled start and end time. Please plan to arrive 30 minutes prior to your service start time to guarantee a complete and relaxing spa experience.

Tipping

At Spa du Lac we leave tipping to the discretion of the guest. Industry standard is 20% based on your satisfaction with your technician.

Usage

Spa du Lac is an adult retreat reserved for guests 18 years of age or older. Guests under 18 may take advantage of salon services; and must be accompanied by an adult.

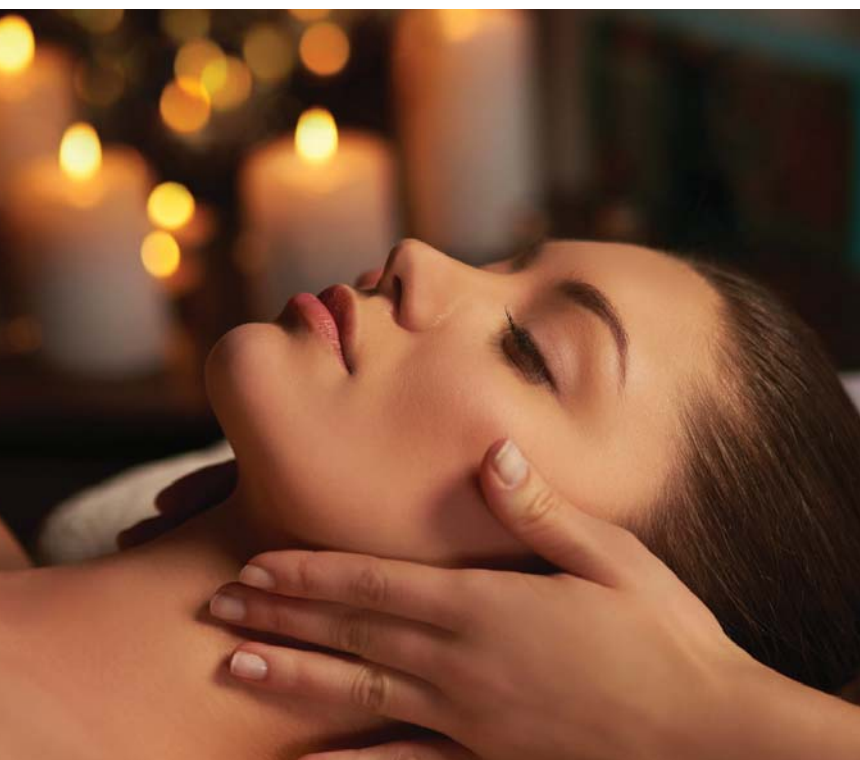
Outside food and beverage is prohibited. Spa du Lac offers a delicious food menu designed to complete your experience. Use of the spa facility without a service is \$25 and \$20 if hotel guest.

Gifting

Be the one who gives the best gift at the next party or holiday gathering! A wide assortment of bath and body products, and unique gifts are available for purchase to extend the spa experience. Spa gift certificates are available in any dollar amount and may also be used toward retail purchases. For more information and convenient shipping of your selections, please call 337.395.7768.

Tranquility awaits at Spa du Lac

For those seeking relaxation to balance all the excitement, look no further. You have arrived at the full-service spa and salon at L'Auberge. Spa du Lac offers everything from massages and manicures to facials and foot scrubs. You may also choose to ease sore muscles or just enjoy our relaxation lounges, hot tub or dry sauna.



777 Avenue L'Auberge
Lake Charles, LA 70601
337.395.7777

mylauberge.com



SPA ETIQUETTE

RESERVATIONS

We encourage you to schedule your appointments in advance to confirm if your preferred treatment or therapist is available. Walk-in appointments are welcome but subject to availability. All reservations must be secured with a major credit card and telephone number.

To schedule your appointment(s), please call our reception desk at 337.395.7768. In-house guests may dial extension 7768.

ARRIVAL

Please plan to arrive 30 - 60 minutes prior to your service so that you may enjoy your experience in its entirety, as arriving late may limit your treatment time. Our locker room amenities include a hot tub, dry sauna and steam showers for your enjoyment prior to or after your spa or salon treatments. Amenities are based on availability.

SAFETY

When reserving your spa services, please notify the spa receptionist if you have any medical conditions that may be affected by a service, especially those utilizing heat. These may include allergies, high blood pressure or physical ailments.

Please tell us if you are pregnant so that we may provide you with the proper guidance, care and comfort you need.

Please remove all jewelry and other valuables prior to visiting the spa. Spa du Lac is not responsible for lost, stolen or misplaced items.

COMFORT

For your comfort during your spa visit, we provide a robe, slippers and a locker for your personal belongings. This is your time and you should fully delight in your experience. Whether it is the temperature of the treatment table, the amount of massage pressure or the volume of the music, please share your preferences or discomfort at any time with a technician or attendant.

RESPECT

We kindly request that all calls are concluded and cellular devices turned off prior to entering the locker rooms, relaxation or treatment areas. Please also keep personal conversations to a minimum in a peaceful tone.

SATISFACTION

Please openly communicate your treatment expectations. Speaking with your technicians will enable them to customize your services to ensure your satisfaction.

MASSAGE

Tips for a more enjoyable massage experience include:

- *Take a warm shower before your service to relax muscles and prepare for your treatment.*
- *Massages are best received completely undressed. Your body will be professionally draped at all times. Please communicate any discomfort with your therapist.*
- *During your service we welcome you to close your eyes, breathe slowly and deeply. Plan to drink plenty of water and relax for the rest of the day.*

	M - Th	F - Sun
Swedish Massage		
A relaxation massage using light to medium pressure to decrease stress and melt tension.		
50-min	\$110	\$130
80-min	\$155	\$185

Therapeutic Massage

A strong pressure massage that targets deeper layers of tissue for relief of muscle pain and tension. Share your greatest areas of tension with your technician during your wellness consultation.

50-min	\$130	\$155
80-min	\$175	\$205

Quick-Fix Massage

Tight neck? Tense shoulders? Tense shoulders? Your therapist will customize the massage to your specific zone of tension.

25-min	\$65	\$80
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Mommy-to-Be Pre-Natal Massage

Designed for the body changes during pregnancy while offering needed relaxation, this treatment is available for mothers-to-be in their second and third trimesters.

50-min	\$110	\$130
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Two's Company Massage

Customized to each guest, with relaxation in tandem... Enjoy a glass of complimentary champagne before you begin your relaxation or therapeutic massage. Available in 50- or 80-minute sessions.

Pricing based on combination of Swedish and Therapeutic; please see massage pricing or discuss with a spa attendant for your best massage recommendation.

The Aromatherapy Massage

Essential oils are used along the back and feet to help balance the body. Combined with Swedish massage techniques, this massage reduces physical and emotional stressors and supports healthy autonomic function.

50-min	\$125	\$145
80-min	\$170	\$200

	M - Th	F - Sun
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Hot Stone Massage

The radiant warmth of the smooth stones penetrates tension, inducing deep relaxation. Combined with other massage techniques, this experience will destress and restore you.

80-min	\$175	\$205
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Head, Hands & Feet Massage

Release tension through your scalp, hands and feet. Improve circulation and restore energy flow with an invigorating scrub, warm towels and essential oils.

50-min	\$110	\$130
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Massage Flame

Customized to you, each candle used in your massage uses essential oils and luxurious emollients, leaving skin silky smooth and irresistibly scented. You'll receive the remainder of the candle to take home with you.

80-min	\$175	\$205
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Ask about our massage enhancements including; dry brushing, warm back masque, foot scrubs, paraffin and essential oils.

BODY TREATMENTS

All body treatments require the guest to be fully undressed. You will be offered disposable undergarments and professional draping will be used by the therapist. Please shower before your treatment to prepare the skin and plan not to shower after the service as the elements used will continue to benefit your skin for up to 24 hours.

Sugar Baby Body Scrub

Brown sugar from Louisiana sugar cane paired with soothing milk and vanilla scrub away stress and dry skin. A warm honey mask helps to infuse the skin with moisture and healing elements. After showering, your therapist will apply a vanilla shea butter with relaxing massage strokes.

50-min	\$120	\$145
80-min	\$160	\$190

80-minute service includes extended massage

Seasonal Body Escape

Each season we choose the most fragrant, indulging combination of scrub or wrap, cream or oils to renew, moisturize or infuse your skin with what it needs, especially for that time of year.

50-min	\$150	\$180
80-min	\$195	\$225

80-minute service includes extended massage

Dirty South Salt Scrub

A cleansing salt scrub is used to remove dry skin. A mask of mineralized mud is used to activate the elements, while a relaxation massage for scalp and feet helps to restore body balance. After showering, a fresh-scented cream is applied to replenish moisture and seal in healing elements.

80-min	\$160	\$190
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Seaweed Wrap Up

A refreshing scrub followed by a seaweed detox mask soothes and smooths your skin. A scalp and foot massage accompany the warm wrap. A vitamin-enhanced seaweed body butter applied after your shower helps to seal the nutrients into the skin.

80-min	\$160	\$190
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FACIAL THERAPIES

Spa du Lac Customized Facial

A rejuvenating signature treatment customized to your needs, this facial utilizes luxurious products and advanced techniques. The 80-minute version may include a specialty facial massage or treatment depending on your skin's specific needs and desired results.

50-min	\$110	\$130
80-min	\$155	\$185

Fountain of Youth Facial

This addresses anti-aging, firming and smoothing for visible results. Customized by your technician to your skincare concerns. The 80-minute version may include microcurrent or additional techniques to achieve desired results.

50-min	\$120	\$145
80-min	\$165	\$195

Microderm or Oxygen Facial

This non-invasive treatment improves cellular turnover, detoxifies skin and allows skin cells to flourish, restoring natural glow. Soothing products are used to replenish moisture and nutrients to the skin. Recommended for most skin types.

50-min	\$150	\$180
80-min	\$195	\$225

Healing Back Facial

Get your back and shoulders ready for showing off. Luxurious products used for exfoliation, a detoxing mask and a skin consultation from your technician will start the healing process.

50-min	\$110	\$130
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Jessner's Peel

A medium depth peel designed for rapid, deep skin exfoliation. Jessner's solution contains Lactic and Salicylic Acids as well as Resorcinol, an ideal treatment for aged, acne prone, or hyperpigmented skin. It may also be used to soften superficial scarring.

**Must consult with your skincare provider before treatment. Not intended for dry or sensitive skin.*

50-min	\$175	\$205
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	M - Th	F - Sun
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Chemical Peel Treatment

Consult with your skin care provider to choose the perfect peel for your needs. Choices include AHA, BHA, TCA, or Lactic Acid Peel.

50-min	\$130+	\$155+
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Quick Fix Facial

Refreshing mini facial which includes cleansing, mask, and moisturizer. Perfect for maintenance between skin treatments and people on the go.

25-min	\$65	\$80
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Skincare Enhancements

- Chemical Peels +\$25 and up

- Enzyme Treatments +\$25 and up

Chemical peels and enzyme treatments may not be suitable for all skin types. Please consult with your technician.

- The Eyes Have It +\$20
- The Lips Treatment +\$20
- Lash Tinting +\$20

+denotes an add-on option to any 50-min or longer service, or a service that may have extended pricing due to product or service type needed to achieve desired results.

GENTLEMEN'S SPECIALTIES

Perfectly Rugged Facial

A deluxe treatment designed to address the unique needs of men's skin. Utilizing gentlemen's products developed with advanced formulas for noticeable results, this facial treatment incorporates specialty massage techniques, steamed towels as well as hand, arm, neck and shoulder massages. The 80-min version may include unique masks or microcurrent.

50-min	\$120	\$145
80-min	\$165	\$195

Men's Express Eye Lift

Added to a Perfectly Rugged Facial, this eye specific treatment targets fine lines and wrinkles in around the eyes. Cool, soothing tools and products are used to combat puffiness and under circles. +\$20

IN THE SALON

Our full service salon provides hair, nail, makeup and waxing services using the most luxurious and results-oriented products and techniques. Please consult with your stylist to determine the best salon experience for you. All guests with a 50-min or longer service in the salon are also welcome to enjoy the spa amenities the day of their service.

Express Conditioning Treatment

Added to any hair service, this added nourishment for your hair and scalp will leave your locks smooth and silky. +\$40

	M - Th	F - Sun
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Deep Conditioning Treatment

Restore natural balance to your hair and scalp for more manageable styling, damage repair and ultimate shine. Includes a shampoo and style.

50-min	\$95	\$110
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Signature Hair Treatment

This customized treatment addresses your hair needs. Relax while your stylist applies an exclusive serum and masque with a scalp massage technique that will rejuvenate tired strands and refresh your look. Includes shampoo & style.

80-min	\$150	\$165
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Hair Care

- Shampoo & Style \$55+ \$65+
- Shampoo, Cut & Style \$70+ \$80+
- Specialty Style \$90+
- Treatment Cut \$105+ \$115+
- Single Process Color \$120+ \$145+
- Corrective Color By Consultation Only
- Partial Highlight \$130+ \$155+
- Full Highlight \$155+ \$180+
- Multicolor Highlight \$170+ \$195+
- Keratin Treatment \$375+
- Keratin Express \$150+

Keratin is for any hair type with frizz or curl seeking smoothing, manageability, and protection against humidity. Eliminates up to 98% of curl and frizz while restoring condition, shine and manageability. By consunsultation only.

To complete any hair service above, a haircut may be added for \$40.

NAILS

Spa du Lac Pedicure

In this classic pedicure, a foot soak with natural healing and relaxing elements starts your experience. Exfoliation, nail trim, filing, a moisturizing foot massage and your choice of color complete this journey.

50-min	\$70	\$85
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Gel Pedicure

Enjoy extended wear and ultimate shine in your polish! Includes the color of your choice, file, trim and relaxing hand massage.

50-min	\$85	\$100
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Spa du Lac Manicure

In this classic manicure, soaked, trimmed and buffed nails are completed with a moisture restoring hand massage and the color of your choice.

50-min	\$60	\$75
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Gel Manicure

This upgraded manicure uses gel polish to provide superior shine and extended wear! Includes the color of your choice, file, trim and relaxing hand massage.

50-min	\$75	\$90
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Express Mani & Pedi

Each 25 minute service allows us to trim, shape & buff your nails. Your treatments are then finished with a soothing massage and a choice of nail color.

50-min service	\$110
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Nail Enhancements

- Polish Change \$30 \$40
- French Polish +\$15
- Paraffin Hands or Feet +\$20ea

Add a paraffin treatment to any nail service for the ultimate luxury and deep moisturizing.

ADDITIONAL SERVICES

Professional Makeup Application

Customized color match and full make-up application with our luxury make-up line. Your make-up artist will show you how to make the most of your bone structure, complexion, skin type and lifestyle. Perfect for special occasions.

50-min	\$75	\$90
• Lashes	+\$10	
• Silk Lashes	+\$20	

Teeth Whitening

A professional teeth-whitening system is used to achieve up to three levels of whitening with each service.

25-min	\$150	\$170
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Waxing Services

A variety of hair removal services are available for both men and women. Prices begin at \$25. Please call for pricing, reservations and to find out if waxing is suitable for your skin.

- Brow Shaping
- Bikini
- Underarm
- Chin
- Lip
- Chest
- Back
- Legs
- Face

Packages & Specials

Create your own half or full day spa experience. Choose three or more 50-min or longer treatments per person in the spa and salon and take 10% off the entire package.

We love to celebrate special occasions! Please call our reception desk for information on bridal services and special event or group pricing.

+ denotes an add-on option to any 50-min or longer service, or a service that may have extended pricing due to product or service type needed to achieve desired results.