

A close-up photograph of several white orchid flowers with delicate purple spots and streaks on their petals. The flowers are arranged in a cluster, with some in sharp focus and others slightly blurred in the background. The lighting is soft and natural, highlighting the texture of the petals.

The Spa
at Keltic 

SPA PACKAGES



COASTAL ROMANCE

Share an intimate deeply relaxing couples massage with the one you love.

60 minutes | \$200

COUPLE'S ESCAPE

Indulge in some relaxation, pampering and romance with our Keltic Signature couple's massage and side-by-side pedicure, tailored just for the two of you!

Allow 2 hours | \$300

SPIRIT OF THE SEA

Enjoy head-to-toe pampering with this decadent line-up of services:

60-Minute Massage | 60-Minute Facial | Sea Spa Pedicure

Allow 3 hours | \$250

HOOK, LINE & SINKER

Thoroughly relax with a sampler of three 30 minute services:

Massage | Facial | Manicure or Mini Pedicure

Allow 2 hours | \$180

REGISTERED MASSAGE THERAPY



KELTIC SIGNATURE MASSAGE *(covered by health plans)*

An essential part of any stress retreat or wellness vacation this massage can be tailored to meet your needs. A variety of techniques can be used to achieve your goals for a deeply relaxing and therapeutic treatment. Hot, steamy towels and essential oils enhance the benefits of your massage.

30 minutes | \$70

60 minutes | \$100

KELTIC CUPPING MASSAGE *(covered by most health plans)*

Experience a traditional massage that is tailored to meet your body's needs. Silicone cups are incorporated to provide negative pressure that increases movement, circulation and healing.

Note: This treatment may leave slight discoloration.

60 minutes | \$125

HOT HIGHLAND SOOTHER *(covered by most health plans)*

Hot Stone Massage uses circulation motion and long strokes of smooth, heated rocks placed at key points on the body. This treatment provides relaxation and eases tense muscles throughout your body.

Thermal Palms is a soft alternative to the traditional hot stone massage using warmed oat sachets. This massage soothes and warms to the core. Indulging in this decadent full body massage will melt away your tension!

60 minutes | \$125

WAVE OF RELAXATION MASSAGE

Imagine you are floating on a bed of warm water. You are about to experience a complete body massage—but you aren't going to turn over even once! Lying on two warm water-filled cushions you remain face up throughout the entire treatment. The sensation of floating and the feeling of warmth envelops you... you have just imagined a Hydrotherm massage.

60 minutes | \$125

PREGNANCY MASSAGE

Using a pregnancy support cushion allows anyone to lie comfortably on their stomach at any stage of pregnancy. Also great for people who had breast surgery.

30 minutes | \$70

60 minutes | \$100

KELTIC SIGNATURE FACIAL

Our customized facial using Eminence organic skin care is based on your skin's specific needs. From dry and dehydrated, to sensitive, oily or congested skin, this treatment provides the benefits of a truly personalized experience.

30 minutes | \$70

60 minutes | \$100

DERMAPLANING FACIAL

Dermaplaning is a form of exfoliation using a medical blade, which immediately removes 2-3 weeks of dead skin cells, this procedure encourages monthly cell turnover and skin regeneration.

Note: No sun exposure for 48 hours after treatment.

Single session | \$70

Add on to a facial | \$40

FACIAL TREATMENT ENHANCEMENTS

Enhance your facial with one of the following:

Mangosteen Peel

Provides a complete surface and pore-refining treatment by removing impurities and dead skin cells while minimizing pores and smoothing the look of skin. This revitalizing peel is non-irritating, even for sensitive skin.

AHA Fruit Pulp with Paprika Treatment

This active herbal treatment is perfect for mature, uneven or problem skin. Paprika rejuvenates the skin while other active ingredients work to soothe and restore the skin. Whole fruit from apples and grapes help nourish, tone and brighten while lactic acid removes dead skin cells to refine the skin's appearance.

Arctic Berry Enzyme Exfoliant

Breaks down and removes dead skin to leave your skin feeling refreshed and new. Antioxidant-rich plants prevent the visible signs of aging, while vitamins, minerals and Omega-3 fatty acids replenish the skin's moisture and restore the appearance of elasticity.

Salicylic Acid Peel

This treatment targets pore congestion, rapidly removing blockages to help minimize the look of breakouts. Exfoliates and refines skin for a visibly rejuvenated appearance.

Additional cost of \$15 for each enhancement

BODY TREATMENTS



STONE CROP RESTORATIVE BODY WRAP

Nourishing full-body treatment, hydrating, brightening and healing. This restorative gel body wrap increases circulation and contains detoxifying actives encouraging all-over skin rejuvenation. You will receive a full body revitalizing body scrub, Restorative body wrap and soothing hydration while on a warm bed of water. (The cool aloe infusion also makes this the ideal antidote for sun exposure)

75 minutes | \$130

CHOCOLATE “MOOSE” BODY TREATMENT

Calming your senses with essences of chocolate while you lay cradled on warm water-filled cushions. Your body will be exfoliated, smoothed, cocooned and hydrated. Complete with a scalp and foot massage.

60 minutes | \$120

AQUA THERAPY BODY POLISH

This revitalizing treatment begins with a total body sugar exfoliation. The warm comfort of our steam tent and moisture replenishment application, makes this an ideal choice for skin in need of special attention.

75 minutes | \$120

SEAWEED BODY TREATMENT

This calming and rejuvenating treatment uses the healing touch and ingredients of the sea to create inner peace and renewal of body and mind. While nestled on warm water-filled cushions your treatment begins with full body exfoliation, followed by a detoxifying seaweed masque. Resting in this luxurious wrap, enjoy a restorative foot massage. Finished with a full body moisture application to complete this sea-inspired experience.

75 minutes | \$130

HAND & FOOT CARE



KELTIC MANICURE*

A divine way to maintain beautiful and youthful hands. This treatment begins with an exfoliating scrub followed by nail care, cuticle minimizing, hand and lower arm massage. Polish of your choice completes this treatment.

Manicure | \$45 *French Manicure* | \$55

SHELLAC MANICURE

Beautiful nail's for up to 2 weeks, starting with nail care, followed by polish of your choice. Ending with a relaxing hand and arm massage.

Shellac Manicure | \$60 *Shellac French Manicure* | \$70 *Shellac Removal* | \$15+

KELTIC PEDICURE*

Enjoy a softening aromatic foot soak, nail care, cuticle minimizing and buffing. Hot steamy towels with a refreshing foot and lower leg massage are included. Your choice of polish completes this treatment.

\$70

SEA SPA PEDICURE*

Indulge your feet in this relaxing and therapeutic foot treatment. During a warm eucalyptus soak, feet are treated to a stimulating salt scrub. Full nail care is followed by a soothing foot and lower leg massage with hot stones ~ the ultimate addition to this treatment. A detoxifying seaweed masque is applied followed by hot steamy towels. Finished to perfection with your choice of polish.

\$80

MEN'S MANICURE

This no polish treatment includes clip, file, buff and massage to keep your hands neat and clean.

\$40

MEN'S PEDICURE

Take a step in the right direction and experience this treatment which includes soak, trim, scrub and massage.

\$70

**Please advise at time of booking if you have shellac on your nails, as removal of shellac does require extra time.*

ESTHETICS



Brow / Upper Lip / Chin.....	\$15 Each
Bikini.....	\$30
Brazilian	\$65+
Underarm.....	\$25
Full Arm.....	\$40
Half Arm	\$30
Full Leg	\$60
Half Leg.....	\$40
Make Up	\$45
Make Up Consultation.....	\$30
Brow Tint.....	\$15
Lash Tint.....	\$20
Brow & Lash Tint.....	\$30

SALON

CUT

Women's Cut & Light Style.....	\$40+
Men's Cut & Style.....	\$20+
Youth Cut & Style (<i>under 12</i>).....	\$20+

STYLE

Shampoo & Light Style	\$25+
Formal Style	\$60+
Formal Up-Do	\$80+
Flower Girl (<i>under 8</i>).....	\$20+

COLOUR

Colour.....	\$70+
Colour & 10 Foils	\$95+
Partial Foils	\$85
Full Foils	\$115

SPA ARRIVAL



It is advisable to **arrive at the spa at least 15 minutes prior to your treatment** to complete a health history form.

In consideration of other guests we cannot guarantee full treatment times to those guests who arrive late. Full service charges will apply.

If you wish to use the hot tubs during your visit please bring your bathing suit.

To ensure a serene and tranquil environment for all guests we ask that you:

- » Turn cell phone and electronic devices to silent
- » Use a spa voice in all areas of the spa
- » Please make arrangements in advance for your little ones

HEALTH & WELLNESS

Your health and wellness means everything to us. For your comfort and safety please let us know at the time of booking and upon arrival if you have any medical or health issues that we should be aware of. This will allow us to tailor your session so that you may receive a safe, effective and most relaxing treatment.

CHILDREN IN THE SPA

Hot Tubs

- » Must be 14+ years old to use the Hot Tubs, Steam Showers & Sauna
- » Must be accompanied by an adult if under 16

Esthetic Services Age Requirements

- » Manicures & Pedicures: 8+ years old
- » Facials: 14+ years old
- » Body Treatments, Waxing, Shellac Manicures: 16+ years old

Massage Therapy

- » Available to those who are 14-18 years old
- » A consent form must be signed by a parent or guardian

Please Note: Spa hours may change with the seasons