

Spa Packages



HIGHLAND SOOTHER

The soothing hydration and cool aloe infusion makes this the ideal antidote for sun exposure.

Stone Crop Body Wrap | 30 minute Facial

Allow 2 hours | \$180

SPIRIT OF THE SEA

Enjoy the benefits of the sea.

Seaweed Body Wrap | Sea Spa Pedicure

Allow 2.5 hours | \$190

HOOK, LINE & SINKER

Thoroughly relax with a full body experience.

60 minute Massage | 60 minute Facial | Pedicure

Allow 3.5 hours | \$245

MANICURE & PEDICURE (does not include shellac)

Allow 1.5 hours | \$100.00

Registered Massage Therapy



MASSAGE (covered by health plans)

An essential part of any stress retreat or wellness vacation. This Massage is tailored to your needs, weather you want a relaxation massage or more intense pressure to release chronic muscle tension or trigger points. A variety of techniques will be used, hot steamy towels and essential oils enhance the benefits of your massage. Performed by a registered massage therapist.

30 minutes | \$70 60 minutes | \$110 Add on Indian head massage | \$40

INDIAN HEAD MASSAGE

Based on the Ayurvedic system of healing. The therapist uses a range of different massage pressures and rhythms to stimulate the head, neck upper back and shoulder area. Not only does the treatment improve the quality of the hair but it has beneficial effects on head and neck tension.

30 minutes | \$70

HOT STONE MASSAGE (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.

60 minutes | \$135

THERMAL PALMS (covered by most health plans)

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 | \$135

PRENATAL MASSAGE (covered by most health plans)

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 | \$110

FACIALS



FACIAL TREATMENT

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

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: 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. This is a **HOT** masque.

BLUEBERRY DETOX FIRING PEEL: This antioxidant rich treatment is great for dry, mature, and sun damaged skin. The skin is immediately stimulated with paprika resulting in a rosy glow and more youthful look. Skin is left reined, purified, clear and radiant, reduced pores. This is a **HOT** stimulating masque.

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 \$10 for each enhancement

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.

60 minutes | \$120

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 foot massage.

60 minutes | \$120

MANGO ENZYME BODY TREATMENT WITH STEAM TENT

This revitalizing treatment begins with a total body sugar exfoliation, followed by a mango enzyme masque. Then laying in warm comfort of our steam tent, melting tension away. Moisture replenishment application, makes this an ideal choice for skin in need of special attention, leaving you feel soft and clean.

75 minutes | \$130

SEAWEED BODY WRAP

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

NOVA SCOTIA BLUEBERRY WRAP

With blueberries high in antioxidants, this body wrap helps against free radical damage (anti-aging). We start the treatment with a dry exfoliation, followed by a blueberry masque application. You are wrapped up laying on warm water-filled cushions, while receiving a foot massage. To finish this treatment off you receive a full body moisture application. Leaving you feel soft, supple with glowing skin.

60 minutes | \$120

HAND & FOOT CARE



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 Men's Manicure | \$40

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+

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.

Pedicure | \$70 Shellac pedicure | \$85 Shellac Removal | \$15+

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.

Sea spa pedicure | \$80 Add Shellac polish | \$15

***Please advise at time of booking if you have shellac on your nails, as removal of shellac does require extra time** NOTE: We do not remove gel polish, gel nails or acrylic nails.

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

Women's cut and light style.....	\$35+
Men's cut and style.....	\$20+
Youth cut and style (under 12).....	\$20+
Colour (full head).....	\$75+
Root retouch.....	\$50+
Colour and foils.....	\$100+
Partial foils.....	\$85+
Full foils.....	\$120+
Toner (for blondes).....	\$50+
Shampoo, blow dry, and light style.....	\$30+
Formal style (loose curls or straightened with a light style).....	\$45+
Formal up-do (pined up hairstyle).....	\$80+
Flower girl (under 8).....	\$25+

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

Spa facilities

- »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