

AVEDA facials

Elemental Nature™ Facial \$90 • 55 minutes

A customized facial based on your skin's specific needs, as revealed by Aveda's signature Elemental Nature Consultation. From dry and dehydrated to sensitive to oily and congested skin, a truly personalized treatment for the skin.

AVEDA Men Pure-Formance™ Facial \$90 • 55 minutes

Elemental Nature™ Facial for Self-Renewal \$125 • 85 minutes

A head to toe experience for total relaxation and skin rejuvenation. The Aveda customized facial massage features a combination of pressure point, lymphatic drainage and Ayurvedic massage techniques that will leave your skin looking and feeling it's best. You will also experience an integrated scalp treatment.

Add-on Target Treatments • Add-on for \$20

Choose any of the following to further enhance your Aveda facial experience:

Green Science™ Skin-Renewing Treatment

Clinically proven to lift and firm the skin while reducing the appearance of fine lines and wrinkles.

Outer Peace™ Acne Treatment

A botanical approach to treating acne with 100% naturally derived salicylic acid.

Botanical Skin Resurfacing

Botanical alternative to microdermabrasion reveals a radiant complexion and smoother skin.

Restore Eye Treatment

Minimizes the appearance of lines and wrinkles also reducing any puffiness and dark circles.

Perfecting Plant Peel™ Treatment

Powered by plants, Aveda's Perfecting Plant Peel™ System performs like a 30% glycolic peel – naturally and without the redness and irritation. Can be added to any of our signature facial treatments (except Botanical Skin Resurfacing)

Dual Exfoliation Treatment™ \$140 • 85 minutes

Experience the rejuvenating power of plant and minerals to help your skin look and feel its best. The treatment delivers immediate, visible results in improved skin texture, clarity and radiance; smoothed appearance of fine lines and wrinkles; and refined pores, revealing fresher, younger-looking skin. The Dual Exfoliation Treatment is Aveda's latest advancement in non-invasive, skin renewing treatments.

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES™.

ever lasting renewal

Continue your spa experience in your own home. Our lifestyle store offers Aveda skin, body and hair care, plus cosmetics. Our knowledgeable staff will be pleased to consult you about which after care items to choose and how to use them.

Gift Certificates and Custom Gift Sets

Please Note

Your wellness welcome begins 20 minutes before your spa service reservation – arrive to relax and prepare. Please notify us if you will be arriving late. We respect your time and the time of all our guests. Your treatment will end on time, regardless of how late you start. A full service charge is applied with late arrivals.

Bring your swimsuit and gym attire as you will have use of the hotel's indoor pool, whirlpool, sauna and exercise facility before or after your treatments.

Wax Removal Service - for best results

If hair tends to be stubborn/coarse, then longer is better (1/2 inch). If hair is too long, it can pull, so please trim to 1/4 inch. Areas that have been shaved for a period of time need to be on the longer side, as the hair tends to be more coarse and stubborn. Lightly exfoliate underarms, bikini, arms and/or legs prior to waxing for more efficient removal. Aveda Botanical Kinetics Exfoliant is an excellent choice due to ease of use. Be sure not to apply moisturizers (or deodorant) to the areas that are going to be waxed.

A valid credit card guarantee is required at time of reservation. Services require 24 hour cancellation or reschedule notice or a 100% charge will apply. Groups of five or more require 7 days' notice. All prices are exclusive of tax and gratuities. We reserve the right to adjust prices without notice.

Minimum age is 15. A health form must be signed by a parent or guardian for guests under the age of 18. As a courtesy to other patrons, please turn off cell phones and refrain from loud conversation. Feel comfortable to bring in your own personal footwear as we provide robes and towels to enjoy the facility.



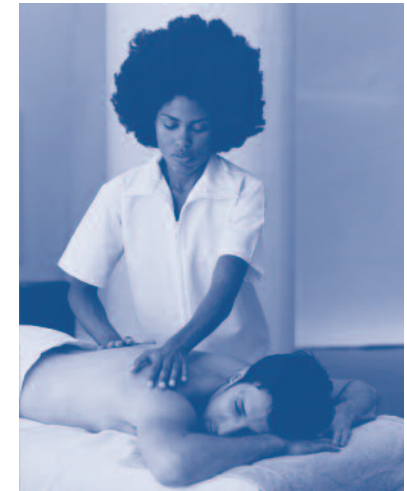
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LEADING SPAS
OF CANADA



Aveda Spa merges the science of performance-driven plant-based skin and body-care products with the art of high touch experience

to offer a comprehensive menu of facial and massage treatments that are customized based on your specific skin and body care needs. We use the Aveda Elemental Nature Questionnaire to determine the appropriate service and products that are right for you.

The result – A holistic spa experience that incorporates wellness and balance to generate mind and body recovery.

massage

All massages are performed by Registered Massage Therapists and may be covered by your health plan. Please advise if you require a receipt.

Stress Relief (Back, Neck and Shoulder) \$55 • 25 minutes

Full Body Massage \$90 • 55 minutes

Full Body Massage with Scalp and Face \$135 • 85 minutes

Duet Massage – side by side Treatment in our Duet Room \$220 for Two People • 55 minutes

Choose from the following:

Elemental Nature™ Therapeutic Massage

Experience a variety of massage techniques to ease sore muscles, increase circulation and relieve the body of stress and tension. Customized treatment based on lifestyle, occupation and therapeutic needs.

Deep Tissue Massage

Massage designed with deep pressure to invigorate and loosen sore muscles. This massage is perfect for sports therapy, muscular therapy and rehabilitation. Break down scar tissue and adhesions.

Pregnancy Massage

Designed to decrease muscle tension, reduce inflammation and increase comfort and relaxation.

Add-on Massage Enhancement - Hot Blue Oil Scalp Treatment

Add to any above massage. Scalp is massaged with Aveda Blue Oil and then wrapped in a hot towel to melt your stress away. Add-on for \$10

signature massage treatments

Aroma Massage \$105 • 55 minutes

After a thorough consultation, your massage therapist will provide you with the best combination of products, personalized Aveda aromas and massage techniques.

Chakra™ Balancing Massage \$105 • 55 minutes

A massage experience to balance the chakra energy system utilizing pressure point massage, foot reflexology – enhanced by Aveda Chakra™ Balancing Blends, relaxing and peaceful.

Fusion Stone Massage \$105 • 55 minutes

A customized massage with warm stones for deep relaxation of the muscles and the aromatic power of Aveda Pure Flower and Plant Essences.

wax removal service

Our relaxing waxing rituals provide effective hair removal while ensuring maximum comfort. Using two different types of wax allows us to customize for the area of hair removal. Make sure to let us know if you are using doctor prescribed skin care products or taking any medications, so we can check for contra-indications.

brow design • \$15 **underarm** • \$25 **bikini** • \$30

brow tint incl. wax • \$25 **full leg + bikini** • \$75

upper lip • \$12 **arm** • \$40 **chin + jaw line** • \$15 and up

half leg • \$40 **full leg** • \$55 **back** • \$55 and up

AVEDA spa body treatments

Body Treatments \$90 • 55 minutes

Rosemary Mint Awakening Body Wrap

Renew body and mind with a revitalizing dry body wrap that cools and stimulates with essences of rosemary and peppermint. Skin is smooth and softened, the senses awakened.

Baltic Body Mud Masque

Calm both body and mind with a therapeutic blend of essential oils, while Baltic Body Mud frees the skin from environmental stress and toxins. A refreshing scalp massage restores from head to toe. Enhanced with a Plant Pure-fume™ steam shower.

Essential Back

Utilizing a customized Aveda exfoliation formula, this spa experience exfoliates and moisturizes, leaving skin feeling soft and smooth and incorporates a masque and lymphatic drainage effleurage massage.

signature body treatment

Beautifying Body Wrap \$120 • 85 minutes

The Beautifying Body Wrap is a warming detoxifying, seaweed body wrap treatment featuring the uplifting aroma of Aveda's Beautifying body care products. The treatment includes a dry exfoliation, a warm seaweed body masque. Relax in our Pure-Fume™ steam shower followed by a rich application of Beautifying body moisturizer.

Stress-Fix™ Body Experience \$130 • 85 minutes

Stress can alter your physical and spiritual health. The Stress-Fix™ body care line is infused with French lavender, lavandin and clary sage; all of which have been clinically proven to relax and reduce feelings of stress. Relax to a full body exfoliation treatment using Stress-Fix™ mineral rich aromatic salt followed by a soothing scalp massage. Recharge with a refreshing Pure-fume™ Steam Shower and an application of Stress-Fix™ body lotion to complete this aromatic ritual.

hand and foot treatments

Polish applications are your choice from current colour trends.

Aveda Manicure and Pedicures are customized treatments that care for the hands and feet, specifically addressing dry, aging skin, rough cuticles; and nail health. Our spa therapists will consult with you and help you to determine the body care products and aromas that best meet your needs.

Hand 45 minutes

Includes soak, shape, file, nail buff, cuticle work, massage and nail application.

Spa Manicure \$40 includes soak **French Spa Manicure** \$45

Men's Spa Manicure \$40

Foot 55 minutes

Includes soak, callous softening, shape, file and buff, cuticle work, massage and polish application.

Spa Pedicure \$70 **French Spa Pedicure** \$75

Men's Spa Pedicure \$70

Hand & Foot Relief Package \$100

Spa Manicure (45 minutes) and a Spa Pedicure (55 minutes)

AVEDA makeup services

Application \$40 • 45 minutes

Bridal application \$50 • 60 minutes

spa services packages

Aveda Refresher \$225

Elemental Nature Facial (55 minutes), Elemental Nature Full Body Massage (55 minutes) and a Spa Pedicure (55 minutes)

Stress-Fix™ Aromaology \$100

Stress-Fix™ Massage (25 minutes) and a Stress-Fix™ Facial (25 minutes)

Time for Two \$490

Duet Massage (55 minutes), duet Elemental Nature™ Facial (55 minutes), side by side Spa Pedicures for two (55 minutes)