

our Spa

Foot Care

Unwind with a gentle and relaxing pedicure. Plunge your feet into a stimulating and aromatic warm water bath followed by a gentle exfoliation and hydrating treatment which leaves your feet 'babysoft' and invigorated ... polish off with a tender toe treatment!!

Massage Therapy

Release tension, reinforce muscle tone and promote blood circulation with one of our massage therapies.

Swedish Massage - promotes relaxation, relieves muscle tension and restores the body's natural energy and balance. Deep tissue "mines" the tension out of the sore muscle, relieving pain and stiffness while promoting flexibility and mobility.

Hot Stone Massage - a Swedish massage which incorporates water heated volcanic basalt stones which deeply penetrate heat into key areas to dissolve tension, promote relaxation and relieve stress.

Lomi Lomi Massage - A unique massage inspired in the Hawaiian tradition. Lomi Lomi helps release energy blockages, while at the same time giving energy new direction. Thus Lomi Lomi is not just a physical experience; it also facilitates healing on the mental, emotional and spiritual levels as well. On the physical level, through Lomi Lomi stress and tension are relieved, blood and lymph flow is assisted and the elimination of wastes and toxins is stimulated.

How to Spa

Here are some helpful tips to ensure you enjoy your experience:

- Arrive at least 15 minutes prior to your appointment time. We cannot guarantee your full treatment time should you arrive late.
- Schedule extra time to enjoy our facilities, including the Turkish steam bath and Finnish sauna.
- Turn off your cell phone before entering the spa.
- Remove all jewelry prior to your spa treatment.
- Drink plenty of water before and after your treatments.
- You will be provided with a treatment robe.

Privacy: we highly respect your privacy, therefore removal of your undergarments is at your discretion.

Cancellation Policy: Minimum of 24 hours notice. For cancellations less than 24 hours, you will be charged 50% of your booked service price.

Gratuities: are entirely at your discretion and are greatly appreciated.

Refer a friend to our spa, and receive a 15% discount on your service.

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LE SPA

Welcome to

We invite you to discover our dynamic Spa team, each therapist is equipped with a "golden-touch" to treat you to an unforgettable experience that leaves you feeling relaxed and refreshed. Your mind, body and spirit are revitalized. Come and experience our wonderful treatments for both men and women.

Relaxation . . .

Well-being . . .

Results . . .

Face Care

We use only Mary Cohr Paris beauty products which are paraben free, non genetically modified and formulated from the highest quality natural ingredients including delicate herbal extracts which promote re-oxygenation, regeneration and rejuvenation.

Nail Care

Gel nails: for long lasting beautiful nails. Noticeably beautiful and well-groomed nails for all occasions, in all colors and shapes. A thin layer of gel is applied to the nail and establishes a stable-elastic bond with the natural nail. Finishes include French manicure, vibrant colour, sparkles or polish for absolutely eye-catching nails.

Natural nail care: natural protection and care for beautifully healthy nails. Caressing aromas from honey milk, marzipan, and exotic fruits make your manicure a sensational and unforgettable experience.



Members and Non-members
welcome

Face and Eye Care Treatments

Recommended for Both Men and Women

CatioVital 75 min \$70.00

The Personalized Deep Cleansing Treatment

We highly recommend this as your first face care treatment. In order to benefit from the most effective program, your skin must be able to properly breathe. The exclusive "sauna effect" of the thermal mask intensely cleanse and purifies the skin. The "ionization effect" allows the deepest penetration of active ingredients to treat the skin.

Visible and immediate results: re-oxygenated and deeply cleansed skin which reveals its full radiance and glow. Personalized and recommended for all skin types:
 • mature • lack of vitality/firmness • uneven complexion
 • oily/acne skin • hyper-pigmentation (brown spots)
 • wrinkles / fine lines • sensitive • combination • dry
 • reactive

CatioEyes 30 min \$45.00

The Anti-Ageing Eye Treatment

A specific 30 minute anti-wrinkle, anti-fatigue 3 phase treatment for the eyes that consists of a deep cleansing treatment of the eye contour, a specific massage and an eye mask. Visible and immediate results: wrinkles and fine lines are virtually erased. Signs of fatigue disappear and your eyes are brighter.

Enjoy this option with any other facial service add 15 min \$28

CatioVital Eyes \$98.00

Treatment includes the CatioVital Face Care Treatment and the CatioEyes Treatment.

CatioVital Lift

The Non-Surgical Face Lift

We challenge plastic surgery! This non-surgical face-lift is the ultimate treatment to fight ageing. An immediate lifting effect is achieved through a patented device which performs very specific movements for muscular stimulation.

Visible and immediate results: after the very first treatment your features are smoothed and wrinkles/ fine lines are visibly minimized. Skin becomes firmer and more elastic. For maximum lifting results we recommend that you purchase a package of six treatments, which includes the "Deluxe" treatment on your first visit and the "Express-Lift" treatment for each one to follow.

Deluxe	120 min	\$130.00
Express	35 min	\$ 60.00

Recommended series: \$ 385.00
1 per week for 6 weeks

Peel & Lift 60 min \$80.00

Skin Renewal Treatment with Fruit Acids

An effective radiance and rejuvenating treatment, highly recommended for dull complexions and those concerned with ageing, imperfections, hyperpigmentation (brown spots), fine lines/wrinkles and dehydration.

Visible and immediate results: clear and smooth complexion, improved firmness and elasticity, brown spots are faded.

Recommended series: \$216.00
1 per week for 3 weeks

Aromatic Beauty 60 min \$65.00

100% Natural Treatment with Essential Oils

A wonderful beauty journey lasting approximately 1 hour when you can enjoy the benefits of the Essential Oils under the expert fingers of your beauty therapist.

Visible and immediate results: your skin is rebalanced and soft and your face glows with new radiance.

Lifting Beauty 60 min \$95.00

With Marine Collagen

For immediate spectacular results:

- The effects of the anti-wrinkle face tracer that the aesthetitian therapist uses to massage each wrinkle to plump them up.
- The revitalizing and regenerating massage.
- The marine collagen mask, lifting, firming and reshaping, which is removed like a second skin after 20 minutes.

Visible and immediate results: wrinkles are smoothed and the skin is firmer and better moisturized. Your face looks visibly younger.

Recommended series: \$255.00
1 per week for 3 weeks

For Him

CatioVital Homme	75 min	\$70.00
Back treatment	60 min	\$60.00

Massage Therapy 60 min \$ 65.00
90 min \$ 90.00

Relax and unwind with a massage! Our therapists specialize in relaxation and therapeutic massages. We can help you achieve your desired results.

Please discuss what type of treatment you would like with your therapist prior to your appointment. See back of pamphlet for list of massages available.

Please note that our RMT can provide insurance receipts upon your request.

Waxing

Half leg	\$18.00
Half leg and bikini	\$25.00
Full leg	\$35.00
Full leg and bikini	\$45.00
Half leg and bikini	\$30.00
Full leg, bikini and under arms	\$40.00
Half leg, bikini and under arms	\$35.00
Bikini	\$15.00
Full bikini	\$35.00
Brazilian bikini	\$40.00
Under arms	\$12.00
Upper lip	\$12.00
Eyebrows	\$12.00
Arms	\$18.00
Back or chest	\$35.00
Back and chest	\$60.00
Stomach	\$15.00
Chin	\$12.00
Upper lip and chin	\$22.00

Hand and Nail Care

Spa manicure 45 min	\$25.00
Spa manicure / French 60 min	\$30.00
Soft Gel: full set 90 min	\$65.00
Soft Gel: natural nail overlay 75 min	\$55.00
Soft Gel: re-fill 75 min	\$45.00
Nail repair per nail	\$6.00
Buff and Shine	\$25.00
Add color gel	\$5.00

Foot Care

Spa pedicure 45 min	\$40.00
French pedicure 60 min	\$45.00
Soft Gel toes 30 min	\$25.00
Add color gel	\$5.00

Licensed retailers of:

