

Massage and Spa

Services in your room

yourhealthspan.ca | 403 815 8484



HEALTH SPAN

Bringing well-being to you.



Packages

10,000 PETALS - The ultimate rose otto treatment. Your body is gently misted with Rose Hydrosol and massaged with Himalayan carved salt stones, melting away stress while gently exfoliating and nourishing your skin. Your face is cleansed with rose and oatmeal cleanser, polished with rose crystal powder, a rose and white tea mask is applied, and rosehip seed oil is massaged into the skin to firm skin and diminish fine lines, and any scarring or pigmentation.

2 hours \$375

CHAKRA RECHARGE - Whether you are a firm believer in woo, or just want to try something different, recharge with a Chakra balancing treatment combined with a facial enhancement, foot and scalp treatments. This 2-hour escape into mindfulness will relax you, leave your face glowing, feet looking like a small baby, and you hair soft and gorgeous.

2 hours \$360

TOTAL TRANQUILITY - This is for people who really need to relax on an almost spiritual level. The massage is so gentle, done with brushes, slowing your spinning mind, and resetting your sleep rhythms. The scalp treatment and reflexology are just icing on the cake.

2 hours \$225

Reboot

MASSAGE THERAPY

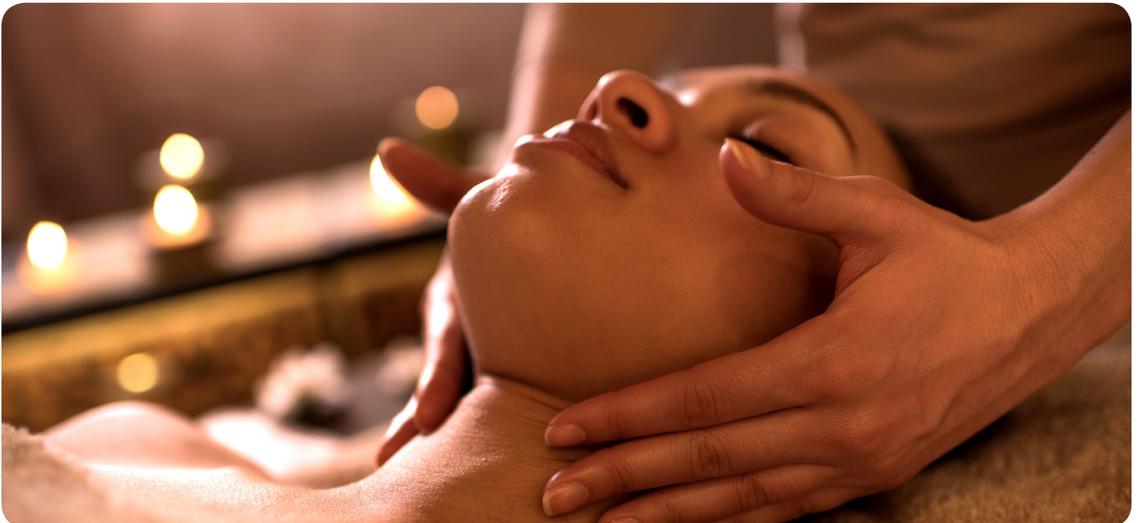
Choose your style of therapy from deep tissue to relaxation; our therapists bring everything they need including heated massage tables and a choice of three natural aromatherapy oils.

60 min \$109 / 90 min \$147 / 2 hours \$200



THC MASSAGE

Perfect for eliminating pain, and for giving you the best night sleep you have ever had. Will you get high? Not at all, but you will feel deeply relaxed, and pain and inflammation will be hugely diminished. **60 min \$155**



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Face Treatments

FACIALS ARE ABOUT MORE THAN THE PRODUCT USED (THOUGH GREAT PRODUCT IS THE FOUNDATION OF BEAUTIFUL SKIN), THE MUSCLES IN YOUR FACE ARE THE MOST USED MUSCLES IN YOUR BODY!

Every one of your smiles and frowns, when you chew or concentrate, every expression on your face involves those amazing muscles. So, show them some love! Using a mask and great product at home is a good start, but having someone do it for you is even better.

TIGHTEN AND BRIGHTEN MICRODERMABRASION

Getting older is great, but looking healthy and vibrant is even better. Your skin will be rejuvenated using the most effective of all-natural ingredients including vitamin c, rose and white tea; enhanced by diamond microdermabrasion this facial will tighten and brighten your skin. **75 min \$195**

RASPBERRY CANE PROBLEM SKIN SOLVER

Clear up your problem skin using products with natural healing, antibacterial and balancing properties, this facial not just cleanses the skin, but helps reduce redness and scarring. Rasp Cane cleanser, rose crystal powder exfoliations, willow bark and lavender toner, apple and orange serum, green clay mask and red rasp seed oil. **60 min \$125**

NEROLI MOISTURIZING FACIAL

When your skin is dry it damages more easily, wrinkles are more pronounced, and come on faster, and it looks dull. This facial will fix all that. Skin is cleansed with Calendula and orange, toned with Neroli and aloe leaf juice with Egyptian Neroli and Bulgarian Rosewater with a rare white lily extract. Chamomile and neroli toner Rose and white tea mask. **45 min \$125**

SENSITIVE

You can't just put anything on your skin- no matter how natural or organic, you are sensitive and so is your skin. This facial will make you look and feel radiant! **45 min \$125**

Spa Body Treatments

— Ritual treatments for body —



SEAWEED WRAP

Cellulite creeping up on you? Muscles less sore then fatigued? Or do you feel like you have run a marathon (especially if you have!) there is a seaweed wrap for you. We have three unique blends - each with its own magical powers. **60 min \$135**

BANGI DI PISA THERMAL MUD (Detoxifying and skin tightening)

An intensive treatment with thermal mud from Pisa in Italy, blended with green tea and essential oils for detoxifying and anti-cellulite actions. Recommended for all types of cellulite. **60 min \$125**



HIMALAYAN SALT STONE DETOX TREATMENT

An Exclusive treatment, using bricks of carved Himalayan Salt which are heated to smooth tension right down to your soul. The massage gently exfoliates your skin, and then you're wrapped in a unique oil blend mixed with ground himalayan salt. This is a detoxifying and revitalizing treatment for the body and mind, the unique massage is designed for it's efficacy and pleasure.

With the extraordinary composition of the Himalayan salts, rich in essential minerals, the treatment purifies the skin and the vital organs, and leaves you feeling refreshed and nurtured. With less aches and pains, better circulation, enhanced metabolism, and higher energy, it really is a miracle. **60 min \$165**

Spa Enhancements

These can be added to any treatment

EYE ZONE REFRESH

Added to any body treatment, this will decrease fine lines, wrinkles and puffiness around the eyes. **\$35**



FOOT SPECIALIST PEELING TREATMENT

Foot ritual: Feet are given a brief scrub and wrapped in enzyme peel to remove old, dead skin. The enzyme is removed and the feet are rewrapped in deeply hydrating lotion made with neem cream which has amazing healing properties. A smooth silky skin, nourished and hydrated feet are the result. Completely renewed appearance. **\$35**

SCALP TREATMENT

Our customized moisturizing treatment addresses the needs of your scalp and hair. Natural essential oils will add shine to the hair while you receive a calming scalp massage intended to make your hair look soft and healthy, and for you to feel deeply nurtured. **\$35**

MINI FACIAL

Just for your skin type, add on a express facial, cleanse, tone and mask followed by a moisturizer, adds 30 min to your treatment time, and adds infinite enjoyment and refreshment. **\$65**