

AVEDA makeup services

Application • \$40

Bridal application • \$50

AVEDA facials

Pure Focus \$50 • 25 minutes

An excellent introduction to AVEDA's unique flower-and-plant based products and treatments. Discover your skin's potential as we spend 30 minutes focusing on corrective techniques. Choose from skin exfoliation, face and neck massage or masque treatment.

Elemental Nature™ Facial \$75 • 55 minutes

Our Elemental Nature™ Facials will restore balance to the skin. Based on your Elemental Nature Questionnaire, your esthetician will design a facial treatment that includes personalized products, essential oils, and facial techniques. At each visit, your restorative skin session will be created from your Elemental Nature™ skin needs. Includes extractions and a hand massage.

Elemental Nature™ Facial for Self-Renewal \$110 • 85 minutes

A head-to-toe experience for total relaxation and skin rejuvenation. During the facial, you experience an integrated foot and scalp treatment. The AVEDA Facial Massage, featured as an important part of the facial treatment, is a combination of pressure point, lymphatic drainage and 'Ayurvedic' massage techniques that will leave your skin looking refreshed and alive.

facial treatment enhancements

incorporated into your facial

Infinity Nature Balances Normal to dry skin conditions

Air Nature Nourishes dry, dehydrated and mature skin

Fire Nature Cools and Soothes sensitive, irritated skin

Water Nature Clarifies blemished and congested skin

Earth Nature Purifies normal to oily skin conditions

Tourmaline Charged Radiant Skin For All Natures \$25

Pure plant extracts, tourmaline – a naturally energizing mineral and vitamin therapy to address specific concerns.

Brightening Essence \$25

Our intensive brightening complex, with 22 plant based ingredients including matricaria and green tea extracts, helps clarify and brighten skin tone due to hyper pigmentation (brown spots). A refreshing aroma with sustainable sourced Egyptian jasmine, Turkish rose and grapefruit.

Revitalizing Eye Treatment \$20 • 15 minutes

Focus on diminishing fine lines, puffiness and dark circles in the delicate eye area.

LET NATURE WORK WONDERS.

ever lasting renewal

Continue your spa experience in your own home. Our lifestyle store offers OPI nail products, 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

Spa Services Packages Inquire about our special offerings including Time for Two, The Caribbean Day at the Spa, Elements of Relaxation and Elements of Focus. Ideal for gift giving.

Please Note

Your wellness welcome begins 15 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.

AVEDA Plant Wax - 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 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 13. 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.



For overnight accommodations, contact the resort directly at:

905-358-3817 or
1-800-730-8609



SPA MENU



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Experience breakthrough botanical formulas that deliver powerful therapeutic benefits. Aveda spa facials, massages and body treatments reconnect you to the earth through the power of touch and the life force of plants.

massage

Elemental Nature™ Therapeutic Massage

Service begins with the Aveda Elemental Nature™ aroma sensory journey. RMT Therapists will use a variety of massage techniques to ease sore muscles, increase circulation and relieve the body of stress and tension. Customized treatment is based on lifestyle, occupation and therapeutic needs.

Stress Relief (Back, Neck and Shoulder) \$50 • 25 minutes

Full Body Massage \$80 • 55 minutes

Full Body Massage with Scalp and Face \$120 • 85 minutes

Deep Tissue Massage \$90 • 55 minutes • \$130 • 85 minutes

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.

Prenatal Massage \$80 • 55 minutes

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

Duet Massage \$180 (For Two People) • 55 minutes

Full body Elemental Nature™ Therapeutic Massage for two, side by side treatments in our duet room.

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

treatment enhancements

Ask your spa therapist how you can personalize your facial, massage, or spa body treatment by adding on a mini treatment with distinct benefits.

Plant Pure–fume™ Steam Shower \$15 • 15 minutes

A purifying aromatic steam envelopes your body for relaxation and detoxification.

Facial Treatments Enhancements

See Facials

AVEDA plant wax removal

AVEDA's Natural Plant Wax Program is a customized process incorporating natural plant-based waxes, essential oils and soothing ingredients to give you the best hair removal results. Utilizing two different types of wax allows us to customize for the area of hair removal. We regret that we cannot perform waxing on clients who are taking Acutane, Retin-A, or antibiotics as these medications enhance skin sensitivity.

brow • \$12

underarm • \$25

bikini • \$30

upper lip • \$12

arm • \$40

full leg + bikini • \$75

half leg • \$45

full leg • \$55

chin + jaw line • \$12

back • \$45 and up

AVEDA spa body treatments

Aqua Polish \$90 • 55 minutes

A full body exfoliation and refinement of your skin using therapeutic benefits of sea salts. Enhanced with skin conditioning oils followed by a Plant Pure–fume™ Steam Shower and hydrating cream. The result is conditioned, soft, polished skin.

AVEDA Herbal Body Masque \$90 • 55 minutes

Your skin is first pampered with a full body exfoliation to remove surface impurities. A warm customized body masque rich in herbal nourishments is then applied to your entire body. The masque is removed and a botanical hydrating formula is applied.

Austrian Moor Mud Body Mask \$90 • 55 minutes

A full body application of 100% pure moor mask, used extensively in Europe for both wellness, purification and as part of anti-cellulite programs. The Moor is detoxifying stimulates circulation and re-establishes balance and health. Enhanced with a Plant Pure-fume steam shower.

AVEDA Rosemary Mint Body Wrap \$90 • 55 minutes

Renew body and mind with this stimulating and nurturing dry wrap. Your body is exfoliated and wrapped using Aveda signature essences of rosemary and peppermint - awakening your senses - while a scalp and foot massage balance the whole body.

AVEDA Sun Glow \$95 • 55 minutes

Begin with a body exfoliation, followed by the application of Aveda's Sun Source sun kissed skin formula with botanicals and no synthetic dyes. Within two hours you will see healthy, sunkissed skin without the sun's harmful effects. Includes balance of product for in-home applications to prolong and darken skin colour.

Also see our specialty signature treatments.

specialty signature treatments

Caribbean Hand, Foot and Body Therapy

A rejuvenating and nurturing treatment utilizing the healing touch and plant ingredients of the Caribbean to create inner calm.

Body \$120 • 90 minutes

Dry exfoliation followed by a smoothing, detoxifying seaweed masque, a comforting body wrap and a scalp massage. After a refreshing shower, a relaxing body cream application completes this island inspired experience.

Hand and Foot Enjoy the benefits of a full spa manicure or pedicure with enhancements – a special ginger exfoliating paste and warm seaweed masque combine with Caribbean massage techniques to smooth and soften, relax and renew.

Hand \$60 • 70 minutes

Foot \$80 • 85 minutes

hand and foot treatments

Polish applications are your choice from the OPI signature collection.

Hand

Treatment includes a warm softening soak, nail shaping, cuticle control, a moisturizing hand relief massage, and polish application.

Manicure \$40 • 45 minutes

Spa Manicure (See Caribbean Hand) \$60 • 70 minutes

French Manicure \$45 • 55 minutes

Sport Manicure \$40 • 45 minutes

Nail Polish Change \$15 • 15 minutes

Foot

Treat yourself to a whirlpool foot bath with essential oils. This spa pedicure continues with an exfoliation, hydrating mask and a foot relief massage.

Spa Pedicure \$70 • 60 minutes

Spa French Pedicure \$75 • 60 minutes

Spa Sport Pedicure \$70 • 60 minutes