



## Detoxification

We are exposed to the greatest toxic load in our planet's history. Periodic detoxification is essential to maintain health & avoid disease. Detoxification assists in restoring the body's energy & vitality. Improve your health by eliminating the toxic load on your body. The end result is normally a more energetic, vivacious, active individual who feels calmer.

**Infrared Sauna Therapy** Heats objects in the sauna instead of the air. Your respiratory system is not exposed to as high of heat as in a conventional sauna. Infrared technology, is more effective due to the deep heat penetration which allows removal of toxins, alcohol, nicotine & metals. It is helpful for many conditions, some of which are: chronic fatigue; fibromyalgia; balancing hormonal levels; improving elasticity, toning & improving your complexion; reducing cellulite; muscle spasms; hypertension; diabetes; & chronic infections. You can burn up to 600 calories in a half hour session. Very helpful to raise oxygenation & remove radio active residues.

	15 min	30 min	45 min
<b>Individual</b>	\$12	\$18	\$27
<b>With Additional Guest</b>	\$20	\$26	\$35
<b>Sauna Lovers Package</b> 6 visits	n/a	\$97	\$145

**Detox Foot Spa** This is one of the easiest & pleasant ways to detoxify, restore energy levels, reduce pain & stress. The Foot Spa combines the principles of optimizing toxin elimination with the healing properties of hydrotherapy & massage. 1hr \$60  
\*frequent visit weekly plan \$50

**Golden Moor** The Golden Moor Canadian source is one of the rarest in the world with superior quality due to the high levels of humic acids. Because of its healing properties, moor mud has been used in spas all over Europe as a natural preventative medicine. We carry a detoxification program for internal cleansing & a selection of Moor products for home use.

## Waxing & Tints

Arm \$25	Arm - under \$16	Back \$47	Bikini \$20	Bikini- half Leg \$40	Bikini French \$35
Initial Brazilian \$50	Brazilian \$45	Brazilian & Full Leg \$90	Brow Shaping \$15	Chest \$45	Leg - half \$27
Leg - full \$60	Stomach \$15	Lip or Chin \$9	Lip & chin \$15	Full face \$30	
Eyelash tint \$18	Eyebrow tint \$12	Lash & Brow tint \$25	Lash, brow shape & tint \$35		

\* ask about our frequent visit plan (appointments from 1 to 8 weeks between)

## Spa Packages

### Couples Retreat 2.75hrs \$250

Give yourselves the gift of time away from the stress of daily life. Reconnect in our warm infrared sauna treatment & unwind side by side with 45 min massages & pedicures. Step back into your world refreshed & reconnected.

### King for a Day 3hrs \$149

Discover the power of a visit to the spa. Detoxify & de-stress with a 30 min infrared sauna treatment & 1 hr Massage. A Pedicure takes care of your hardworking feet.

### Queen for a Day 3.5hrs \$211

Everyone deserves to be treated like royalty so let us do that for you. Your face glows from our Spa Facial, your skin is satiny smooth from our Glacier Salt Glow & your feet are renewed with a Pedicure.

### Bliss 3.5hrs \$206

Created to bring a little bliss into your life. A 1 hr Massage melts away tension, continuing with a Spa Facial & Pedicure. You will already be anticipating your next visit.

\*All spa packages include a spa lunch & all times are approximate.

## Spa Groups

Whatever the occasion the spa is the perfect place to make your event unforgettable! Indulge in a wide range of spa services to revitalize your group's energy; we can arrange for the food & beverages. With the Spa's ambience & private treatment rooms, it is an oasis for corporations, families, couples, bridal, birthday, girls night out, men & teens. Please note for groups GST & a 15% gratuity will be automatically added to all bookings.

## Spa Gift Cards

Sometimes, the greatest gift in our busy lives can be time to unwind & be cared for. Giving a gift card is simple. Each gift card can be customized to meet your gift giving needs or simply choose one of our Spa Packages. Gift cards are non-refundable & are valid for one year from date of purchase. Gift cards can be redeemed for products or services. Gift cards must be presented at time of redemption & are reloadable. New BC law states that gift cards purchased for a dollar value will no longer have an expiry date.

*At Spa Essentials*, we are dedicated to making each visit with us a great experience in every way.

[spa\\_appointments@telus.net](mailto:spa_appointments@telus.net)



## Valuable Spa Information

Our warm, friendly & knowledgeable Spa Representatives are here to help recommend & schedule Spa Essentials experiences that will be beneficial & enjoyable.

### ATTIRE

You will be provided with a robe, slippers & a basket for your belongings if your treatments require it.

### APPOINTMENTS, RESERVATIONS & CANCELLATION

We encourage you to schedule your appointment well in advance to obtain your preferred time. We reserve the right to ask for a gift card number or credit card at the time of booking to secure your appointment. This will be required for all packages & group events.

Should you wish to cancel, please allow us 24 hours notice, 48 hours for multiple appointments & packages, 7 days for group packages & events or a 100% cancellation fee will be charged. No shows will also be charged at the full treatment price. If you have a personal preference for a therapist, please let us know upon making your appointment.

### ARRIVALS & LATE SHOWS

For you to enjoy the full value of your spa treatments, we ask you to arrive at least 15 minutes before your appointment. If you are part of a spa group, we ask you to arrive at least 30 minutes before your appointment. If you arrive late for your service, your treatment time will be modified. All treatments end on time so the next guest will not be inconvenienced. The full value of your treatment will be charged.

### HEALTH

We welcome everyone who makes Spa Essentials their choice for relaxation. Please inform us of relevant health conditions at the time of booking that would affect your choice of services, if you have any special needs or are pregnant. Upon checking in, please complete the confidential guest medical form carefully to help our team make the best possible treatment decisions. Increasing your water intake before & after a spa visit helps your body cleanse itself more efficiently.

### CELL PHONES

In consideration of our other guests & to preserve the peaceful environment of our spa, we ask that you turn off your cell phone &/or pager before entering the spa.

### GRATUITIES

Gratuities are left at your discretion for excellent service. Gift Cards do not include gratuities.

### PRICING

Spa treatments & prices may change without notice. Taxes are not included. Sorry, no refunds will be issued on treatments or gift cards. In spa credit will be issued for any product returned. Opened products are non-returnable.

## Spa Hours

Tuesday & Wednesday	10 am - 6 pm
Thursday & Friday	10 am - 7 pm
Saturday	9 am - 6 pm
Sunday & Monday	Closed
Holidays	Closed unless otherwise posted



# Spa Essentials



## Welcome

*With a touch of history, this 1938 heritage house hosts our Spa. We are committed to promoting conscious awareness of wellness through the education, exceptional treatments and sale of life-enhancing products. Extensive ingredient research allows you the freedom to choose our products and services without sacrificing your personal health or peace of mind.*

*You will have our entire attention; through unique and balancing treatments we will deliver a signature spa experience in a tranquil setting.*

4814 Lazelle Avenue  
Terrace, BC

250-635-8854

[www.spaessentialsbc.com](http://www.spaessentialsbc.com)

## Massage

Massage may be the oldest & simplest form of medical care. It affects all systems of the body; muscular, skeletal, digestive, elimination, respiratory, circulatory, lymphatic, endocrine, emotional, mental & nervous systems. Its objective is the restoration of function for all systems of the body, release of tension, clearing out old emotions & unblocking the chi in the body.

	15 min	30 min	45 min	60 min	90 min
<b>Classic Swedish</b>	-	\$35	\$50	\$65	\$90
<b>Raynor Therapy</b>	-	\$40	\$55	\$70	\$105
<b>Spa Stone Massage</b>	-	\$45	\$60	\$75	\$100
<b>Pregnancy Massage</b>	-	-	\$60	\$70	
<b>CranioSacral Therapy</b>	-	-	-	\$75	\$100
<b>Chair Massage</b>	\$18	\$35	-	-	
<b>Infrared Sauna with Massage</b>	\$5	\$15	\$22	-	-
<b>Sauna Additional Guest</b>	\$10	\$20	\$27	-	-

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## Body Care & Wraps...includes Infrared Sauna & massage

**Herbal Wrap** The heat & detoxifying nature of the Herbal Wrap results in lymphatic & circulatory stimulation assisting the body to detoxify & cleanse itself while the uniquely combined soothing herbs provides a centered state of well being. 1hr \$80 1.5hr \$95

**Seaweed Wrap** Rich in vitamins, minerals & trace elements which assist in hydration of your skin while stimulating circulation. Leaves your skin incredibly soft, smooth, firm & rejuvenated long after your spa visit. 1hr \$75 1.5hr \$85

**Moor Mud Wrap** The therapeutic properties of Golden Moor mud have been known for thousands of years dating back to the ancient Greeks & Romans. Golden Moor products offer active natural benefits that include: skin healing & protection, reduction of arthritic inflammation & rheumatic pain, & removal of toxins with absorption of nutrients & natural hormones necessary for glandular balance. 1hr \$90 1.5hr \$105

**Glacier Salt Glow** An ancient & effective way of detoxifying the body & stimulating the immune system. Salt scrubs allow the skin to rejuvenate, glow & remove surface impurities. 30min \$45 1hr \$70

## Therapeutic Golden Moor Back Treatment

15 min Infrared Sauna session prepares your pores for deep release. Thorough cleansing & exfoliation removes surface impurities allowing for deep penetration of the anti-inflammatory Golden Moor Mud. Complete your treatment with a back & shoulder massage. 1hr \$80



## Rejuvenating Facials

Like the rest of our body, stress & tension build up without us realizing it. This can encourage premature aging & the formation of wrinkles due to loss of muscle tone & elasticity. Hungarian Facial Massage use invigorating techniques which release deep tensions, freeing layers of muscle & connective tissue. This encourages microcirculation & tissues can glide smoothly over the deeper layers of muscle & bone.

Éminence Organic Skin Care products are handmade from all natural, organically grown, hand-picked fruits & vegetables, flowers, herbs & spices, rich in antioxidants, vitamins & minerals from Hungary. These products deliver the highest quality naturally occurring ingredients on earth - known for their beautifying & therapeutic properties.



**The Mini** Great for all skin types, this refreshing introduction to facial treatments includes skin analysis, cleansing & exfoliating in less than an hour. 30min \$45

**Spa Facial** Our classic facial will deeply cleanse, soothe & hydrate. Customized to your skin's needs, this facial includes exfoliation, extractions, & our customary invigorating massage to your neck, scalp & shoulders. 1hr \$75

**The Man's Facial** Contrary to what you believe...men in the Northwest do come in for facials. Custom designed for keeping a your skin in optimal condition with non-perfumed, non-greasy, natural organic products. Includes the use of hot towels, face, neck & hand massage. 1hr \$75

**Biodynamic Facial** Éminence leads the organic industry with this hypoallergenic & clinically-tested Biodynamic Collection. Originates from a balanced, holistic view of the earth, & regards the farm as a self supporting ecosystem that lives & breathes - just like your skin. Adhering to the strictest international regulations while working to preserve the soil for generations to come & using unparalleled green practices, biodynamic farming produces the most nutrient rich ingredients known to nature. The Éminence Biodynamic Collection is comprised of the finest, most potent ingredients available, infusing your skin with renewed energy & a more luminous, youthful appearance. 1hr \$75

**Eminence Acne Facial** Searching for a solution? 15 min Infrared Sauna prepares your pores for deep release. Treat your acne at the source. Balance your skin's oil production, preventing future breakouts & congestion. 45min \$45

## Pear & Poppy Seed Microderm Polisher

Increase the speed of cell renewal & brighten your skin. Excellent for scarring caused from breakouts.

With Facial \$15 45min \$60

**Simply Organic Facial** The notable AHA Fruit Pulp layered with Herbal Paprika Treatment, a favorite, amongst spas & clients for its powerful exfoliation & peeling capabilities to stimulate cellular renewal while refining & brightening your complexion. This combination of highly active detoxifiers & oxygen boosters leaves your skin radiant & youthful. Along with an extended massage, you will experience the benefits of the Age-Defying Bright Eyes treatment, lip conditioning & a light touch of Sun Defense Minerals. 1.5hr \$115

## Organic Yam & Pumpkin Enzyme Peel

Rejuvenation at a deeper level. Glycolic acid, which is derived from sugar cane, activates cell renewal to help with collagen reproduction giving the skin an immediate fresh glow. On a regular basis this treatment will gradually lighten the appearance of hyper pigmentation, sun damage & improve your skin's tone & texture. This enzymatic facial is frequently used to treat acne in conjunction with other therapies. For best results a series of 4 weekly treatments is recommended.

30min \$55 4 \$187

## Treatment Boosters For Any Service

**Age Defying Bright Eyes Treatment** Firms & brightens the delicate skin around your eyes. A gentle exfoliant, a light masque along with a specialized cream work together to diminish fine lines & wrinkles, deeply hydrate to fight signs of aging, provide relief for irritated & puffy eyes & actively target dark circles & signs of fatigue.

With service \$10 \$15

**Lip Conditioning Treatment** Three step procedure to beautifying your lips! Potent fruit pulp infuses bioflavonoids, vitamins & natural amino acids stimulate collagen production & fullness. Petroleum free citrus balm hydrates & glosses the lips. With service \$5 \$10

**Make-up Touch Up** Freshen up with a light touch of mineral make-up with any spa service. Please let us know if you are interested upon booking. \$15

## Mineral Make-Up - Personal Image

From the first moment you brush it on, you'll notice the incredibly silky feel, & polished feel, a natural finish, unlike any other makeup you've ever tried. Clean & lightweight, it allows your skin to breathe. Even with our flawless coverage, you'll feel like you're wearing no makeup at all.

**Make-up Application** A special date, wedding, prom, graduation or a big presentation, be confident that you look & feel your best. 45min \$45

**Make-up Lesson** One-on-one instruction gives you the skills you need to create your own look. Find the perfect balance between your best colors & the newest palettes. You'll get hands-on practice & a detailed instructional diagram for your reference. 1hr \$50

## Natural Nail Care for Hands & Feet

**Manicure** Enjoy a professional manicure that leaves your hands & nails smooth, healthy & well groomed. Starts with a hot towel soak, nail shaping, cuticle trimming, relaxing hand & arm massage & the application of polish or buffing of the nails for men. With French Polish \$10 1hr \$40

**Organic Yam & Pumpkin Enzyme Manicure** This signature age defying manicure is designed to make your hand look younger. Nourishes & protects the hands, reduces pigmentation, fine lines & sun damage. 1hr \$45

**Essential Manicure** \$50 **Essential Pedicure** \$65 Paraffin treatments are especially effective in treating arthritis, joint stiffness & sports related injuries. Combined with massage this soothing deep heat relieves muscle & joint pain while hydrating your skin. 1.15hr

**Manicure & Pedicure Duo** 1.5hr \$80

**Pedicure** Sit back & relax while we rejuvenate your feet. Followed by nail shaping, cuticle trimming, callous removal, extensive lower leg & foot massage with an application of polish or buffing of the nail for men.

With French Polish \$10 1hr \$50

**Raw Earth Pedicure** This natural conditioning foot ritual with its warming raw sugar polish, volcanic clay hydrating mask & mineralizing foot & leg massage is why it is simply an amazing pedicure. 1.5hr \$70

**Basic Diabetic Pedicure** Why have a professional pedicure? We know to be gentle, the do's & don'ts & will point out to you any wounds or other symptoms that we notice while helping you. Safety is a prime concern. When booking your appointment, make sure to mention your diabetes so the spa can assign you the right pedicurist. 45min \$45