



Mountain Waters Spa and Wellness
Relaxation Redefined





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Mountain Waters Spa and Wellness is a multi award-winning spa and wellness centre based in the beautiful city of Nelson, British Columbia. We pride ourselves on being the best in the Kootenay's.

Mountain Waters Spa and Wellness is about more than just service; it's a place of healing, relaxation and tranquility. Escape the turmoil of the outside world and experience 'Relaxation Redefined'.

Everything we do is about making you feel better inside and out – simply, calmly and effectively. We pride ourselves on setting a high standard of integrity and work; our team members have been carefully selected because they are the best in the area.

Visit our retail boutique to extend your visit long after leaving the spa. We offer a unique collection of wellness products, including Eminence Organic Skin Care, Jane Iredale Mineral Makeup, spa gifts, yoga apparel and props.

Gift Experiences

Mountain Waters Spa and Wellness gift experiences and gift cards are a perfect way to celebrate promotions, achievements, birthdays, Christmas, anniversaries or to show your love and gratitude to the lucky recipient. Available in any dollar amount, for any service or combination of services.



Lifestyle Management

Mountain Waters Spa and Wellness is here to help you on your wellness journey. We believe in balancing the *Eight Pillars of Wellness* to achieve complete body care and personal well-being. By providing a wellness facility where every professional works together, our guests enjoy receiving holistic care to achieve their optimal wellness self.

Eight Pillars of Wellness

1. Fitness
2. Nourishment
3. Therapy
4. Mental
5. Aesthetics
6. Active-Aging
7. Environmental
8. Service

Lifestyle Associates

Our Lifestyle Associates can work with you to improve your quality of life and achieve your beauty or wellness goals with all of the services we have to offer.

Receive a full analysis to assist in determining your personal needs and goals and to receive a personalized wellness prescription.

You will also receive personalized weekly monitoring to assist you in achieving the best results.



Massage

Mountain Waters Massage

30 min, \$60 45 min, \$70 60 min, \$85
75 min, \$105 90 min, \$115 2 hours, \$155

Our massage practitioners can facilitate healing, increase metabolism, relieve pain and help maintain a healthy lifestyle. Massage can also relax and refresh muscles, calm the nervous system, reduce tension and relieve fatigue. This classic full body massage employs techniques that improve circulation and flexibility, relieve stiff muscles, and inspire relaxation to bring balance to every cell in your body.

Neck and Shoulder Tension Tamer

45 minutes, \$75 (RMT \$80)

Hot basalt stones are used in combination with massage techniques to ease muscle aches and tightness in the back, neck and shoulders. This therapeutic service leaves you completely refreshed – your muscles feel light and deep tension is melted away allowing receptive muscles to be soothed and experience pure calm.

Registered Mountain Waters Massage

30 min, \$65 45 min, \$80 60 min, \$95
75 min, \$115 90 min, \$125 2 hours, \$175

Hands-on treatment involving mechanical manipulation of the body's soft tissues such as muscles, joints, tendons, ligaments, and connective tissue. Properly administered, this will aid healing, increase metabolism and increase the activity of the circulatory and lymphatic systems.

Insurance receipts are available; all services with a BCRMT are covered by most extended health companies.

Magnificent Massage

60 min, \$95 75 min, \$115 90 min, \$125

So much more than just a massage! This is an experience in relaxation redefined. This massage is a combination of regular massage and hot basalt stones with essential oils, hot compresses and a nourishing Eminence Apricot or Mimosa Soufflé Facial Massage. A Massage nothing short of Magnificent!

La Stone and Jade Stone Massage

60 min, \$95 75 min, \$115 90 min, \$125

Smooth basalt or jade stones glide across meridian lines, aligning and balancing the body's energy. Stone massage can help relieve back pain and aches, poor circulation, osteoarthritis and arthritis pain, stress, anxiety, tension and insomnia. Enjoy deeper dimensions of relaxation with penetrating heat.

Reflexology

30 min, \$60 45 min, \$65 60 min, \$85

Reflexology is a natural healing technique that gently improves circulation, relaxation and optimizes health and body function. It works by applying pressure to areas of the feet that reflect the image of the body and work along energetic pathways, called meridians, to improve the flow of 'qi' (energy). Rebalance your mind, body and soul with stretch and movement techniques focused on your feet.

Shiatsu

60 min, \$85 75 min, \$105 90 min, \$115

Initial Treatment: 75 min, \$110

Shiatsu is based on the holistic system of traditional Chinese Medicine, where illness is thought to result from imbalances in the natural flow of energy, or 'qi', through the body. Thumbs, palms, elbows, knees and feet are used on energetic pathways, called meridians, to improve the flow of qi. Shiatsu can help alleviate back pain, headaches, anxiety, insomnia, tiredness, stress, poor digestion and depression. A Shiatsu treatment can be received in a gentle and relaxing manner or with firm and forceful pressure, stretching and massaging the entire body while focusing on specific points and harmonizing the energy channels.

Raindrop Therapy

90 minutes, \$125

Raindrop Therapy will bring you into a state of deep relaxation purify toxins and bring balance to all subtle energy systems. It is a combination of aromatherapy with techniques from Vita Flex, chakra balancing, and massage. Experience healing bliss as essential oils feel like gentle drops of rain on your back, and are then feathered and massaged along your spine and back muscles.

Fire Cupping

15 minutes, \$20 30 minutes, \$45

A traditional Chinese medicine technique using rounded glass cups applied to bare skin. Once the cup is warmed, the oxygen in the cup is eliminated to create a vacuum, which holds the cup to the skin and encourages the flow of blood and qi to the area beneath the cup. For best results, we recommend combining firecupping with our acupuncture treatments.

Acupuncture

Initial consultation with full treatment, 90 minutes, \$110

Initial consultation with half treatment, 60 minutes, \$85

Follow-up, 60 minutes, \$80

Traditional Chinese medicine is a powerful health science with clinically proven benefits for rehabilitation, prevention, and mental, emotional and physiological well-being. Our treatments are unique because we never leave the guest. Once the needles are placed, the guest receives a soothing foot massage, head and neck releases and pressure point work. For best results, we recommend combining acupuncture with any of our massages.



Facials

Deluxe Eminence Organic Facial

90 minutes, \$110

Not *just* a facial. We address a variety of skin concerns such as premature aging, sun damage, and loss of vitality, tone and radiance with unique organic skin care treatment. We will calm your senses with essential oils; soothe your lower legs and feet with a foot soak and an exfoliating Eminence sugar scrub; and help you completely unwind with a relaxing scalp massage and soothing hot stone neck and shoulder massage. Your skin will have an indefinable glow!

Essential Eminence Organic Facial

60 minutes, \$85

The Eminence Organic Skin Care line offers a truly exquisite experience. This facial offers a wide spectrum of cleansers, toniques, exfoliants, masques, serums, eye creams and moisturizers that you and your skin specialist will select to customize your facial.

Ageless Beauty Eminence Organic Facial

75 minutes, \$95

A highly stimulating anti-aging treatment for all skin types (unless extremely sensitive). Using only the highest quality fresh organic fruits, herbs and spices, this facial provides the best possible natural results. Get glowing, youthful skin that is plumped, firmed and boasts the appearance of fewer fine lines and wrinkles. Turn back the years with skin that appears ageless. This facial will leave your complexion absolutely revitalized and ready for a night on the town!

Tailored Facials

a) Divine Chocolate and Champagne Facial

30 minutes, \$10

Rich and luxurious pampering chocolate treats then detoxifies as well as plumps and firms your skin - *must be purchased with a facial treatment.*

b) Arctic Berry Peel and Peptide Illuminating System

30 minutes, \$45

Enjoy a deeply exfoliating, strong antioxidant and age-defying facial that will increase collagen production and elasticity and dramatically improve skin tone, firmness and hydration.

c) Mini-Series Facial

30 minutes, \$45

Are you looking to create dramatic results with weekly professional facials? Enjoy this facial series to correct and improve specific skin concerns such as aging, pigmentation, acne, or rosacea.



Body Treatments

Hydrosoak

As a Treatment, 30 minutes, \$35

Added to a Treatment, 30 minutes, \$25

Allow your stress to drift away and experience a sense of pain relief in our hydrotherapy tub infused with the rejuvenating benefits of nutrient rich Golden Moor Mud. Sliding into this soothing warm water infusion will naturally help restore and maintain well-being.

Revitalizing Body Polish

60 minutes, \$100

Experience our revitalizing body polish that exfoliates and hydrates your skin, leaving it silky smooth and soft. Renew yourself with a gentle dry brushing of your body followed by the exfoliating Eminence Organic sugar scrubs, followed by Eminence body lotion applied from head to toe, leaving you feeling fresh and hydrated.

Dosha Balancing Wrap

90 minutes, \$125

This harmonizing wrap and full body massage balances the body with an essential oil blend specifically chosen to balance your Dosha of Vata, Pitta or Kapha. First, the skin is lightly brushed to release toxins and allow the aromatic oils to deeply penetrate during the massage that follows. Then, you are cocooned in warm sheets while you receive a head, neck and scalp massage.

Shirodhara

120 minutes, \$175

This ancient Ayurvedic treatment helps to balance and restore the body to a meditative state. Start with a relaxing foot soak, a full body exfoliation, followed by a warm sesame oil massage. Then begins the dhara, where a warm flow of sesame oil constantly streams over the third eye, soothing the nervous system and allowing the mind to quiet... a deep experience!

Body Wraps

60 minutes, \$120

Your body is softly exfoliated with our Eminence Organic sugar scrub followed by a purifying body masque and topped off with hydrating body lotion and oil. Get silky soft skin that is a true treat for the senses. Choose from one of the following:

- Divine Chocolate and Champagne Wrap – hydrating and refining
- Blueberry Bliss Slimming and Herbal Cellulite Wrap – firming, toning and hydrating
- Mango Enzyme Wrap - gentle enzymatic exfoliation
- Seasonal Special – changes seasonally for best results; inquire when booking

Body Wrap Enhancements

Eminence Organic Mini Facial – \$20

Using our Eminence Organic Skin Care Line complete your body treatment with this mini facial including a cleanse, exfoliation, masque and moisturizer.

Eminence Organic Back Facial

45 minutes, \$60

This spicy treatment uses Old World spices blended with delicious fruits and herbs to detoxify and smooth every inch of the back area. A massage with extracts from the stone crop plant boosts hydration. These healing benefits will leave the skin silky and naturally beautiful.



Prenatal and Postnatal

Prenatal Massage

60 minutes, \$85 (RMT \$95)

Our prenatal table provides a mother-to-be comfort and support even at full term. Massage during pregnancy can help reduce anxiety and stress; relieve muscle tension and joint pain; and improve circulation, mobility and overall health. It can also decrease symptoms of depression and improve labour outcomes and newborn health. Massage at this special time provides numerous benefits while helping mother-to-be prepare for birth.

Postnatal Massage

60 minutes, \$85 (RMT \$95)

After delivering your baby and working to get your body back, enjoy this massage to relieve stress and enhance circulation for the new mum. Relax while enjoying a rejuvenating combination of warm stones, deep tissue and reflexology massage. *Optional abdominal massage can be included.*

Mellow Mama Spa Package

Three hours, \$225

Spoil that mother-to-be by letting her put her feet up with our rejuvenating one hour Prenatal Massage, Facial and an Essential Pedicure.

Breast Massage

Add on to another treatment

Women can benefit from breast massage including assisting with breast pain and circulation. Breast massage can be done when pregnant and postnatal.

Prenatal Yoga Classes

Specifically designed for the woman as she moves through the many changes of pregnancy. Movement helps the body remain strong and supple, breathing techniques calm the mind and become great tools for labour and birthing, and mindful connection is enhanced between mother and unborn child. A nurturing way to connect with other pregnant women. Visit www.relaxationredefined.com for our current schedule.

Prenatal/Postnatal Acupuncture

Create balance (health) by harmonizing the energy (Chi or Qi) in the body. This may be accomplished through acupuncture alone, or with the assistance of Chinese herbs, nutritional and lifestyle recommendations. Health is obtained when the Qi is flowing freely throughout the body. Traditional Chinese Medicine (TCM) and Acupuncture are known to be effective in improving fertility, managing a healthy pregnancy (including pregnancy-related ailments), helping to turn breech babies, inducing and managing labour, and restoring the body in the postpartum period. TCM and Acupuncture can help dissipate or entirely eliminate nausea and morning sickness. Also, it can assist with breast and lactating-related issues such as insufficient lactation and mastitis.

*Initial consultation with full treatment,
90 minutes, \$110*

*Initial consultation with half treatment,
60 minutes, \$85*

Follow-up, 60 minutes, \$85

Prenatal Facial

60 minutes, \$85

Enjoy a specialized treatment for the mum to be in this safe, relaxing facial that will help cleanse and balance hormonal skin using gentle yet effective organic ingredients. Enjoy a deep exfoliation and leave with your skin looking radiant.

Mum and Baby Classes

This is the perfect class to ease back into your body after birth. Connect with your baby through the movement of yoga, strengthen your pelvic floor, stretch out tired muscles in your back, neck and chest and enjoy deep relax. A great way to meet other mums.

Child Minding

We offer some child-minding times with activities and entertainment. Contact the spa for availability when booking a treatment.

Gentlemen

Gentleman's Beer Facial

45 minutes, \$65

This is a real man's facial. Relaxing and fantastic for keeping a man's skin in optimal condition. Enjoy the rejuvenating benefits of locally handcrafted beer on your skin and using steamed towels, receive a face, neck and hand massage with non-perfumed, non-greasy, natural organic products especially selected for a man's skin and individual needs.

Gentleman's Beer Pedicure

45 minutes, \$50

This pedicure refreshes and cleanses the feet in moments. Unwind with a gentle beer foot soak and exfoliation, allowing the locally handcrafted beer to help relieve dryness and cracking as well as any inflammation. Followed by cuticle cleaning, callus removal and toenail trimming, reshaping and buffing and finish with a moisturizing lower leg and pressure point foot massage.

Gentleman's Beer Manicure

30 minutes, \$35

This manicure refreshes and cleanses the hands in moments. Enjoy our unique locally handcrafted beer finger soak to reduce inflammation and relieve dryness and cracking of your hands. Followed by cuticle cleaning, callus removal and fingernail trimming, reshaping and buffing and finishing with a moisturizing hand massage.

He Deserves It

One hour and 45 minutes, \$130

He will enjoy a hydrososak, rosemary scalp massage and a one hour Mountain Waters Massage with a complimentary Moor Mud.

Teens and Children

Teen Intro Facials (ages 9-18)

60 Minutes, \$120

A proper educational introduction to skincare. A complete gentle cleansing treatment in which the guest is introduced to proper product use and is assisted in creating a guide to a skin care routine. Includes a Starter Clear or Calm Skin Eminence Organic Kit.

Teen Clear Skin Eminence Organic Facial

45 minutes, \$60

Say goodbye to problem skin and hello to a radiantly clear complexion! Achieved through use of clarifying and calming ingredients. Cooling cucumber tones and revitalizes skin while refining yogurt works to exfoliate and eliminate the signs of acne with Eminence's Clear Skin Probiotic Cleanser, Masque and Moisturizer. Your skin will glow with newfound confidence in no time. Includes a skin consultation.

Ice Cream Pedicure

30 minutes, \$35

Created for our younger guests under age 13. Includes a foot soak to tickle the feet, a light exfoliation, nail shaping, buffing and polish. A complimentary ice cream certificate is included to further the enjoyment.

Ice Cream Manicure

30 minutes, \$30

Created for our younger guests under age 13. Includes a finger soak, nail shaping, buffing and polish. A complimentary ice cream certificate is included to further the enjoyment after the treatment.

Teen Massage (ages 10-16)

60 Minutes, \$85

A gentle introduction to massage. Moderate pressure and soothing techniques are used to achieve a relaxing experience for our younger clients. Coconut oil is used within the treatment for hydration and rejuvenation.

Teen Make-Up Lesson (ages I3-I8)

30 minutes \$45

The perfect introduction to Make-up. Our artists use a natural and mineral based make-up line called Jane Iredale Mineral Makeup that will not clog the pores or cause acne. Our artists will teach your teen step by step how to apply a natural make-up look as well as the proper colors for their skin tone.

Teen Make-up Party (ages I3-I8)

\$40 per person, Hostess is free

The perfect party to learn about make-up and receive a natural look makeup lesson. Available for groups of 2-10 girls. Additional \$10 per person to include a polish change.

Nail Party (ages 6-I6)

\$45 per person, Hostess is free

A unique way to spend a birthday or special occasion. Enjoy a foot soak, light exfoliation, nail shaping, buffing and polish. Each guest will receive a complimentary mini polish to extend the fun at home. Available for groups of 2-10 guests.



Bridal

Blissful Bride

Four Hours, \$280

Luxuriate in our one hour Magnificent Massage, Essential Facial, Essential Manicure, Essential Pedicure and Make-up Touch Up.

Blueberry Bliss Slimming and Herbal Cellulite Wrap

60 minutes, \$120

The body is dry brushed to loosen dead skin cells, cleansed and treated to an Eminence herbal masque and wrap. Enjoy a full body exfoliation with Eminence Organic Blueberry Scrub, and then experience a highly stimulating and purifying masque. Tone and tighten with nutritious blueberry from jam like organic preserves and skin firming herbs and spices. The body will get extremely spicy as its circulation increases. Cool towels will rinse away all herbal extracts to reveal a firmer, more even-textured skin. A highly effective and stimulating treatment that helps prepare you for your big day.

Pedicure and Manicure Package - The Deluxe Touch

Two hours and 30 minutes, \$135

Pamper yourself before your big day with our Deluxe Manicure and Pedicure to unwind from the stresses of your daily planning and receive a complimentary polish for those last minute touch ups.

Bridal Makeup

Using our Jane Iredale Mineral make-up, let us create a natural look for your special day. Visit us in the spa or we can come to you (travel charges may apply).

In Spa: Bridal Make-up \$50

In Spa: Bridal Run-through, \$35

On Site: Bridal Make-up, inquire for pricing

Bachelor, Bachelorette and Wedding Spa Parties

Mountain Waters Spa and Wellness customizes each experience to suite your needs and your budget. We can accommodate a variety of group sizes and will work with you so you can Relax, Sit Back and Enjoy. Please contact us for a free consultation to help you design the spa experience to suite your needs.



Pedicures and Manicures

Divine Chocolate and Champagne Pedicure

90 minutes, \$85

Your feet are softly exfoliated with our Eminence Organic Mimosa Champagne Sugar Scrub. The scent of the Eminence Chocolate Truffle Foot Masque fills the air and you enter a deeper sense of calm while your feet slide into warm chocolate paraffin wax. Top your divine experience off with a Champagne Mimosa Lotion pressure point foot massage. Complete your look with a colour of your choice using our Spa Ritual nail polishes. Get silky soft skin.

Deluxe Pedicure

75 minutes, \$75

Relieve fatigued feet with this revitalizing pedicure. Enjoy an exfoliating foot scrub with our selection of Eminence sugar scrubs, an aromatic foot soak and therapeutic pressure point foot massage. Benefit from a hydrating paraffin wrap before the final touch with our Spa Ritual nail polish. Experience *relaxation redefined*.

Essential Pedicure

60 minutes, \$60

Relieve tension and melt away stress with this pedicure featuring our Eminence Organic product line. A full service pedicure with gentle exfoliation, a foot soak, a therapeutic pressure point foot massage and your choice of polish. Treat yourself to this delightful pedicure to unwind and put your feet up.

Express Pedicure

45 minutes, \$50

Enjoy our maintenance treatment for those in between pedicure times when you are in a rush. Relax your tired feet and enjoy a relaxing foot soak. For this quick service you will benefit from a nail shape and buff, cuticle cleaning, foot and leg massage, and your choice of polish.

Pedicure Enhancements

French Polish, \$10 Polish Change, \$15

Paraffin Dip, \$15 Mini Reflexology, \$20

Please note treatment times are approximate

Divine Chocolate and Champagne Manicure

75 minutes, \$70

Unwind from your busy day by enjoying a relaxing finger soak. As the scent of the Eminence Chocolate Truffle Hand Masque fills the air you enter a deeper sense of calm while your hands slide into warm chocolate paraffin wax. Top your divine experience off with a Champagne Mimosa Lotion hand massage. Complete your look with a colour of your choice using our Spa Ritual nail polishes. Get silky soft skin.

Deluxe Manicure

60 minutes, \$60

This amazing and restorative experience for your hands includes a cleansing finger soak and therapeutic hand massage. Benefit from a hydrating paraffin wrap before the final touch with our Spa Ritual nail polish.

Essential Manicure

45 minutes, \$45

Relieve tension and melt away stress with this manicure featuring our Eminence Organic product line. A full service manicure with a finger soak, therapeutic hand massage and your choice of polish. Treat yourself to this delightful manicure to unwind after a long day of work.

Express Manicure

30 minutes, \$40

Enjoy our maintenance treatment for those in between manicure times when you are in a rush. Relax your hard working hands and enjoy a relaxing finger soak. For this quick service you will benefit from a nail shape and buff, cuticle cleaning, hand massage, and your choice of polish.

Manicure Enhancements

French Polish ~ \$10

Paraffin Dip ~ \$15

Polish Change ~ \$15

Please note treatment times are approximate



Finishing Touches

Top off your spa experience with our fabulous finishing touches. Our skilled staff can create a new look or find inspired ways to revitalize your existing style.

We use non-irritation, natural wax. For best results, hair growth should be approximately $\frac{1}{4}$ of an inch long or 3-4 weeks of growth.

Lip and Chin, \$25	Full Legs, \$60
Sideburns, \$20	Full Legs & Bikini, \$75
Underarms, \$25	Bikini/French Bikini, \$30
Chest or Back, \$45	Brow Shaping, \$25
Stomach, \$20	Brow Tint, \$20
Arms, \$30	Brow Shape & Tint, \$40
Brazilian, \$60	Lash Tint, \$25
Half Legs, \$40	Lash & Brow Tint, \$40

Lunch

\$20

Enjoy a delicious light spa lunch with any service or treatment.

Make-up Application

Using our Jane Iredale Mineral make-up, let us create a natural look for a day at the office or a night on the town.

Eyes and Eye Lesson, \$25

Day Application, \$30

Evening Application, \$40

Cosmetic Coaching, \$50

Mini Make over, \$25

Special Occasion Make-up (Bridal, Grad), \$50

Special Occasion Run-through, \$35

Complimentary Light Touch of Minerals with any service.

* Any of the above makeup sessions are complimentary when \$200 or more is purchased in Jane Iredale Products on the same day.



Love Your Body Treatments

15 minute add-ons, \$20

Add-on treatments that will make your experience extra divine. Our treat when you book a service (valued at \$50 or more) on your Birthday.

Mini Apricot or

Mimosa Soufflé Facial Massage

Mini Rosemary Scalp Massage

Mini Hot Stone Foot Massage

Mini Hot Stone Neck & Shoulder Massage

Foot Soak & Eminence Sugar Scrub

Mini Eminence Organic Facial

Mini Reflexology

Mini Back Massage

Dry Brushing

Sugaring

Performed at body temperature, a sugaring treatment adheres to the hair, not the skin, lubricating the root for easier removal from the follicle. Helps eliminate and prevent ingrown hairs, while improving skin tone and texture. For most, a much more comfortable experience than waxing.

Underarms, \$30

Chest or Back, \$60

Bikini, \$45

French Bikini, \$55

Brazilian, \$75

Full Face without Brows, \$60

Full Face including Brows, \$80

Half Legs, \$50

Full Legs, \$75

Full Legs and Bikini, \$90

Arms, \$40

Brow Shape, \$30

Lip and Chin, \$35

Lip, \$20

Chin, \$20

Full Body, \$180

15 minute touch up, \$20

30 minute touch up, \$35





Together

Couples Massage

60 minutes, \$190 per couple

75 minutes, \$230 per couple

90 minutes, \$250 per couple

Connect by unwinding together with a relaxing side by side massage. This customized, classic full body massage uses techniques that improve circulation and flexibility, while relieving tense muscles.

Couples Body Wraps

90 minutes, \$270 per couple

Our Eminence Organic Body wraps will take you to the next level of rejuvenation. Choose from our Blueberry Bliss Slimming and Herbal Cellulite Wrap, Divine Chocolate and Champagne Body Treatment or Mango Enzyme.

Couples Manicure

Divine Chocolate & Champagne Manicure, 75 min, \$150 per couple

Deluxe Manicure, 60 min, \$130 per couple

Essential Manicure, 45 min, \$100 per couple

Relax together as your hands are soothed and refreshed with our indulgent manicures by our nurturing estheticians.

Couples Pedicure

Divine Chocolate and Champagne Pedicure, 90 min, \$190 per couple

Deluxe Pedicure, 75 min, \$160 per couple

Essential Pedicure, 60 min, \$130 per couple

Our lavish treatments use a natural approach to help you achieve healthy nails and beautiful feet. Our experienced estheticians will revive those weary feet and leave your skin silky smooth and soft. Couples Pedicure is shared together in the same room.

Couples Sanctuary Spa Package

2 hours, \$310 per couple

With this intimate spa package, create a memorable experience with someone special. Together in the same room, you'll enjoy a luxurious Couples Essential Pedicure and a 60 minute Couples Mountain Waters Massage.



Signature Packages

Inspiration

90 minutes, \$110

Experience a deeper state of relaxation with a hydrosoak and one hour Mountain Waters Massage.

The Deluxe Touch

Two and a half hours, \$135

Pamper yourself with our Deluxe Manicure and Pedicure to unwind from your everyday stresses and receive a complimentary mini polish.

Honour the Goddess

Three and a half hours, \$245

A heavenly experience with a one hour Mountain Waters Massage, Essential Facial, Essential Pedicure and Spa Lunch.

Essential Escape

Four and a half hours, \$290

Emerge feeling like a whole new person after a day at the spa. This gift experience is for that special someone on your list that needs a day of full rejuvenation. A heavenly experience with a one hour Mountain Waters Massage, Essential Facial, Essential Pedicure, Essential Manicure and a Spa Lunch.

Divine Chocolate and Champagne

Five and a half hours, \$390

Delve into our Divine Chocolate and Champagne Body Wrap, Divine Chocolate and Champagne Facial, Divine Chocolate and Champagne Pedicure, Divine Chocolate and Champagne Manicure and Spa Lunch.

Please note all treatment times are approximate and any signature packages may be used over several days



Yoga and Wellness

Yoga Classes

Small personalized classes with a maximum of 8 people per class taught by a Certified Yoga Teacher. Find our current schedule and class descriptions online at www.relaxationredefined.com.

Build Your Own Home Practice

60 minutes, \$80 3 Sessions - \$220
(can be paid at each individual session)

Both seasoned students and those new to yoga can benefit from getting hands-on attention from a teacher. This will allow you to build a strong foundation to create a sustainable home practice. This will provide assistance to avoid doing the same poses over and over and keep your practice fresh. *3 Sessions are recommended for first time students.*

Health and Wellness Seminars and Workshops

Mountain Waters Spa and Wellness is excited to offer seminars and workshops on health and wellness bringing you the most current and relevant information available.

Our sessions will involve hands on, active participation. For registration information visit us online, www.relaxationredefined.com.

Group and Corporate Spa Events

Experience Mountain Waters Spa and Wellness with your family, friends, co-workers or employees as we customize your private event. We can accommodate a variety of group sizes and will personalize each booking to meet your group's needs and budget.

Think of us for your next event:

- Corporate Gatherings
- Staff Appreciation
- Christmas Parties
- Birthdays
- Anniversaries
- Reunions
- Ladies Groups
- Mens Groups
- Bachelor and Bachelorette Parties
- Wedding Parties

Allow Mountain Waters Spa and Wellness to help you celebrate any life event with our one of a kind spa events.

Each experience will be enjoyed as the Mountain Waters Spa and Wellness team are there to take care of all of the details. Other services such as catering and gift bags are available upon request.

Please contact us for a free consultation to help you design the spa experience to suite your needs.

Spa Guidelines

We want you to have the best possible spa experience. Please notify us if you have allergies, high blood pressure, physical ailments, disabilities, cancer or are pregnant. A few services should be avoided during pregnancy and for those with cancer. All treatment times are approximate. Prices and times are subject to change.

Arrival Time

For enhanced comfort and relaxation, we invite you to arrive 10-15 minutes prior to your appointment. Relax and enjoy a tea or water in our lounge. There is a short health consultation form for new guests. Arriving late will limit the time for your treatment.

Reservations & Cancellations

If you are unable to keep your appointment, please notify us a minimum of 24 hours in advance. There is a 60% charge for cancellations made less than 24 hours in advance and a 100% charge for no shows. If arriving late, we will do our best to accommodate the remainder of the treatment; however, original prices will apply.

Referrals and Rewards

A referral is the highest form of flattery. If you are happy with our service and we have gained your trust, please share our name with others. Refer a new guest and **receive \$20 worth of spa dollars.**

Rebook a treatment prior to leaving the spa and receive **10% off** your next treatment.

We have an exceptional **loyalty points program** for our guests. Inquire with guests services for further information.

Seniors and Student Discounts

10% discount for seniors over 65 and students under 18 years on all full priced treatments and products.



Mountain Waters Spa and Wellness

Relaxation Redefined

Spa Hours

<i>Monday</i>	9am - 7pm
<i>Tuesday</i>	9am - 7:30pm
<i>Wednesday</i>	9am - 8pm
<i>Thursday</i>	9am - 8pm
<i>Friday</i>	9am - 7:30pm
<i>Saturday</i>	9am - 7pm
<i>Sunday</i>	10am - 5pm

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