



Mountain Waters
Spa and Wellness

Relaxation Redefined

Massage

Mountain Waters Massage

2 hours, \$165 90 min, \$120
75 min, \$105 60 min, \$90
45 min, \$75 30 min, \$60

Registered Massage

2 hours, \$185 90 min, \$140
75 min, \$120 60 min, \$100
45 min, \$85 30 min, \$70

Insurance receipts are available.

Magnificent Massage

90 min, \$130 75 min, \$115
60 min, \$100

La Stone and Jade Stone Massage

90 min, \$130 75 min, \$115
60 min, \$100

Contrast or Cold Stone Massage

90 min, \$130 75 min, \$115
60 min, \$100

Neck and Shoulder Tension Tamer

45 min, \$80

Reflexology

60 min, \$90 45 min, \$75
30 min, \$60

Indian Head Massage

60 min, \$90 45 min, \$75
30 min, \$60

Reiki

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

Shiatsu

Initial, 75 min, \$120
90 min, \$130 75 min, \$115
60 min, \$100

Myofascial

90 min, \$130 75 min, \$115
60 min, \$100 45 min, \$85
30 min, \$70

Add-ons

Enhance your treatment with in-spa add-ons for Massages, Manicures and Pedicures, Facials, Hydrotherapy / Infrared Sauna, Couples and Hair Salon

Clinic

Registered Massage

2 hours, \$185 90 min, \$140
75 min, \$120 60 min, \$100
45 min, \$85 30 min, \$70

Insurance receipts are available.

Acupuncture

- Initial consultation
90 min, \$110 75 min, \$100
60 min, \$90
- Follow up, 60 min, \$85

Acupuncture and Massage

2 hours, \$175 90 min, \$130
75 min, \$115 60 min, \$100

Acupuncture and Chinese Herbology

- Initial 1 hour 45 min, \$140
- Follow up, 90 min, \$125
60 min, \$85

Chinese Herbology Consult

- Initial 45 min, \$75
- Follow up, 30 min, \$50

Fire Cupping

30 min, \$45 15 min, \$25

Organic Scrub and Wrap Treatments

Shirodhara

120 min, \$175

Dosha Balancing Wrap

90 min, \$130

Body Wraps

60 min, \$120

- Chocolate Truffle
- Blissful Blueberry
- Tropical Mango
- Seasonal Specials

Exfoliating Body Polish

60 min, \$100

Éminence Organic Back Facial

45 min, \$60

Facials featuring Éminence Organic Skin Care

Deluxe Facial

90 min, \$115

Ageless Beauty Facial

75 min, \$100

Essential Facial

60 min, \$90

Express Facial

30 min, \$50

Tailored Facials

a) Arctic Berry 3-step Illuminating Peel

30 min, \$50

b) Mini-Series Facial

30 min sessions, 4 for \$180

c) Extractions

30 min treatment, \$40
15 min add on to facial, \$20

Prenatal and Postnatal

Prenatal Massage

90 min, \$120 (RMT \$140)

75 min, \$105 (RMT \$120)

60 min, \$90 (RMT \$100)

Prenatal Facial

60 min, \$90

Postnatal Massage

90 min, \$120 (RMT \$140)

75 min, \$105 (RMT \$120)

60 min, \$90 (RMT \$100)

Mellow Mama Spa Package

Three hours, \$245

- Prenatal Massage
- Prenatal Facial
- Essential Pedicure

Prenatal/Postnatal Acupuncture

- Initial consultation
90 min, \$110 75 min, \$100
60 min, \$90
- Follow-up, 60 min, \$85

Prenatal Shiatsu

- Initial consultation
75 min, \$120
- Follow-up, 90 min, \$130
75 min, \$115 60 min, \$100

Bridal

Beautiful Bride

3 hours, \$210

Essential Facial, Brow Shape and Bridal Makeup and Trial. Experience within a week of your wedding date.

Picture Perfect

\$255+

Bridal Hair and Makeup with Trial Runs and Brow Shape

Bridal Grooming Essentials

2 Hours, \$95

Brow Shape, Half Legs and Underarms

Mini Bridal Package

90 minutes, \$150

Choose three 30 minute same day treatments:

- Massage
- Facial
- Brow Shape & Tint
- Pedicure

The Groomed Groom

2 hours, \$160

- Gentlemen's Beer Facial
- Gentlemen's Beer Manicure
- Hair Cut & Scalp Massage

Bridal Makeup w/ Trial Run

\$95

Bridal Hair w/ Trial Run

\$140+

Up Style / Wedding

\$85+

Bridesmaid Makeup

\$55

Add on to any hair or makeup service

- Brow Shape, \$20
- Brow Shape and Tint, \$35

Gentlemen

Gentlemen's Beer Facial

45 min, \$65

Gentlemen's Beer Manicure and Pedicure

- Manicure & Pedicure, 75 min, \$80
- Pedicure, 45 min, \$50
- Manicure, 30 min, \$35

He Deserves It

1 hour 45 min, \$135

- Massage
- Hydrosoak
- Rosemary Scalp Massage

Gentlemen's Hair Cut and Style

\$40

Gentlemen's Cut and Hot Towel Shave

45 min, \$80+

Hot Towel Shave

\$45+

Beard Trim

\$20+

Neck Clean Up

\$10+

Together

Couples Massage

90 min, \$260/couple

75 min, \$230/couple

60 min, \$200/couple

Couples Body Wraps

90 min, \$260/couple

Couples Infrared Sauna

\$30

Couples Hydrosoak

\$45

A Lesson in Love

Couples Massage Lesson

\$150

Couples Sanctuary Spa Package

2 hours, \$330 per couple

- Couples Massage
- Couples Essential Pedicure

Couples Manicure and Pedicure

• Chocolate Truffle

Manicure & Pedicure,
2 hour 75 min, \$320/couple

Pedicure, 90 min, \$180/
couple

Manicure, 75 min, \$150/
couple

• Deluxe

Manicure & Pedicure,
2 hour 15 min, \$280/couple

Pedicure, 75 min, \$160/
couple

Manicure, 60 min, \$130/
couple

• Essential

Manicure & Pedicure,
1 hour 45 min, \$220/couple

Pedicure, 60 min, \$130/
couple

Manicure, 45 min, \$100/
couple

• Express

Manicure & Pedicure,
75 min, \$170/couple

Pedicure, 45 min, \$100/
couple

Manicure, 30 min, \$80/
couple

Infrared Sauna

- Infrared Sauna only, \$25
- Infrared Sauna w/ treatment, \$20
- Couples, \$30

Hydrosoak

- Hydrosoak only, \$35
- Hydrosoak w/ treatment, \$25
- Couples, \$45

Graduation

Grad Makeup w/ Trial Run

\$95

Grad Hair w/ Trial Run

\$140+

Up Style / Grad

\$85+

Grad Makeup

\$55

Add on to any hair or makeup service

- Brow Shape, \$20
- Brow Shape and Tint, \$35

All grad's
Save 10%
on any
Graduation
services

Teens, Tweens and Children

Teen Facial and Custom Skin Care Kit (9-18)

60 Min, \$120

Clear Skin Éminence Organic Facial

45 min, \$65

Cupcake Manicure and Pedicure (13 and under)

- Manicure & Pedicure, 60 min, \$60
- Pedicure, 30 min, \$35
- Manicure, 30 min, \$30

Teen Massage (10-16)

60 Min, \$90

Teen Make-Up Lesson (13-18)

45 min, \$50

Teen Make-up Party (13-18)

\$45 per person, Hostess is free

Nail Party (6-16)

\$40 per person, Hostess is free

Give the gift of wellness

Mountain Waters Spa and Wellness gift cards and experiences are a perfect way to celebrate.

Book online, in person or over the phone.

Spa Packages

Chocolate Truffle

5 hours 30 min, \$415

- Body Wrap
- Facial
- Pedicure
- Manicure
- Lunch

Couples Sanctuary

2 hours, \$330 per couple

- Couples Massage
- Essential Pedicure

Essential Escape

4 hours 30 min, \$315

- Massage
- Essential Facial
- Essential Pedicure
- Essential Manicure
- Lunch

Honour the Goddess

3 hours 30 min, \$265

- Massage
- Essential Facial
- Essential Pedicure
- Lunch

Mini Spa Sampler

90 min, \$150

Choose three 30 minute same day treatments

- Massage
- Facial
- Aromatherapy
- Pedicure
- Manicure
- Body Exfoliation
- Blow Style
- Hydrosoak

He Deserves It

1 hour 45 min, \$135

- Massage
- Hydrosoak
- Rosemary Scalp Massage

Inspiration

90 min, \$115

- Massage
- Hydrosoak

On the Go

2 hours, \$90

- Shampoo
- Custom hair treatment
- Blow Dry & Style
- Makeup

Yoga and Wellness

Yoga Classes

- **Drop-in**
75 min, \$16 60 min, \$14
- **Passes** (6 month expiry)
10 Classes, \$110
5 Classes, \$65
- **Active Aging** (over 60) and **Student** (with ID)
10 class Pass, \$100

New to Studio

5 class pass, \$50
expires after 30 days and
includes an infrared sauna

Private Therapeutic Yoga Sessions

30 min consult, free
Initial, \$105 Follow up, \$80
6 Sessions, \$475

Health Coach

Initial 30 min,
Complimentary
Follow-Up, \$80
3 Session Programs, \$225

Free studio class and
Love Your Body Treat
on your **birthday**



Organic Pedicures and Manicures

Chocolate Truffle Manicure and Pedicure

- Manicure & Pedicure, 2 hours 45 min, \$160
- Pedicure, 90 min, \$90
- Manicure, 75 min, \$75

Deluxe Manicure and Pedicure

- Manicure & Pedicure, 2 hours 15 min, \$140
- Pedicure, 75 min, \$80
- Manicure, 60 min, \$65

Essential Manicure and Pedicure

- Manicure & Pedicure, 1 hour 45 min, \$110
- Pedicure, 60 min, \$65
- Manicure, 45 min, \$50

Express Manicure and Pedicure

- Manicure & Pedicure, 75 min, \$85
- Pedicure, 45 min, \$50
- Manicure, 30 min, \$40

Enhancements

- French Polish Add on, \$10
- Polish Change, \$20
- French Polish Change, \$25
- Nail Cut & Shape, \$20
- Mini Reflexology, \$20
- Eco-Fin Paraffin Alternative Combo, \$35
- Hands, \$20
- Feet, \$20

Organic and Ethical Professional Hair Care and Colour

- Women's Cut, \$55+
- Gentlemen's Cut, \$40+
- Children's Cut (0-11), \$25+
- Children's Cut (12-18), \$35+
- Cleanse & Blow Style, \$35+
- Up Style w/ Trial, \$140+
- Up Style / Wedding, \$85+
- Full Head Highlights, \$165+
- ½ Head Highlights w/ Root Touch Up, \$140+
- ¼ Head Highlights, \$115+
- ¼ Head Highlights, \$70+
- Women's Colour, \$95+
- Root Touch Up, \$80+
- Partial Root Touch Up, \$50+
- Women's Cut add on, \$40
- Toner, \$40+
- Balayage, \$180+
- Ombre, \$140+
- Gentlemen's Cut and Hot Towel Shave, \$80+
- Hot Towel Shave, \$45+
- Beard Trim, \$20+
- Neck Clean Up, \$10+

Prices above indicate the base cost for service. Additional charges for long or very thick hair may apply.

Finishing Touches

- Brow Shaping, \$25
- Brow Shape & Tint, \$40
- Lash Tint, \$25
- Lash & Brow Tint, \$40
- Brow Tint, \$20
- Lip, \$20
- Lip & Chin, \$25
- Brow & Lip, \$40
- Underarms, \$25
- Bikini/French Bikini, \$35+
- Brazilian, \$65
- Half Legs, \$45
- Full Legs, \$65
- Full Legs & Bikini, \$85
- Arms, \$30
- Sideburns, \$20
- Chest or Back, \$45
- Stomach, \$20
- Full Face with Brows, \$70
- Full Face without Brows, \$50

Lunch

\$20

Make-up Application*

- Eyes & Eye Lesson, \$30
- Day Application, \$40
- Mini Make Over, \$50
- Evening Application, \$55
- Cosmetic Coaching, \$60
- Bridesmaid Makeup, \$65
- Special Occasion Make-up, with trial (Bridal, Grad), \$95

Sugaring

- Brow Shape, \$30
- Lip & Chin, \$35
- Lip, \$20
- Chin, \$20
- Underarms, \$30
- Bikini, \$45
- French Bikini, \$55
- Brazilian, \$75
- Half Legs, \$55
- Full Legs, \$80
- Full Legs & Bikini, \$95
- Arms, \$40
- Chest or Back, \$60
- Full Face with Brows, \$80
- Full Face without Brows, \$60
- Full Body, \$180
- 15 minute touch up, \$20
- 30 minute touch up, \$35

Love Your Body Treatments

15 minute add-ons, \$20

- Mini Soufflé Facial Massage
- Mini Rosemary Scalp Massage
- Mini Hot Stone Foot Massage
- Mini Hot Stone Neck & Shoulder Massage
- Foot Soak & Sugar Scrub
- Mini Eminence Organic Facial
- Mini Reflexology
- Body Exfoliation

2018 Loyalty Program

For every 100 points received under our loyalty program, you will earn \$1 toward the purchase of spa products and services.

Some restrictions apply. Points expire 1 year from date issued.

How to earn points and save:

Referrals

\$20
value } Refer a new spa guest
and get 2,000 points!

\$10
value } Refer a new studio
guest to a class and
get 1,000 points!

Ensure the new guest puts your full name on their intake form so you get the points.

Rebook or Rebuy Now

- > Rebook before leaving the spa and get 10% off your next treatment (excluding RMT Treatments).
- > Purchase your next studio class pass prior to your current pass expiring and receive 10% off.

Receive 5 times retail purchase as points

As an example, receive 500 points for a retail purchase of \$100.

500 points for any series purchased

Receive 500 points with the purchase of any of these series:

- waxing/sugaring
- hydrotub & sauna
- facials

Memberships

Our membership programs are designed to help you make wellbeing a priority.



Water Membership
\$70/month, \$756/year



Mountain Membership
\$95/month, \$1026/year



Platinum Membership
\$130/month, \$1404/year



Mountain Waters

Spa and Wellness

— Spa Hours —


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

266 Baker Street, Nelson

250-352-3280

toll free: 888-288-0813

 MountainWatersSpa

 @MountainWaters

RelaxationRedefined.com