



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

Shirodhara

120 min, \$175

Myofascial and Myofascial Cupping

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

Organic Scrub and Wrap Treatments

Dosha Balancing Wrap

90 min, \$130

Exfoliating Body Polish

60 min, \$100

Body Wraps

75 min, \$120
• Chocolate Truffle
• Blissful Blueberry
• Tropical Mango

Éminence Organic Back Facial

45 min, \$60

Sculpting with NuBody

45 min, \$60
Add-ons to Body Wrap:
30 min, \$45 15 min, \$20

Add-ons

15 minute add-ons, \$20
• Mini Éminence Facial

Infrared Sauna

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

Hydrosoak

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

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 and Treatment, 90 min, \$115
75 min, \$105 60 min, \$90
- Follow-up Treatment
90 min, \$110 75 min, \$100
60 min, \$85 45 min, \$70
30 min, \$55

Acupuncture and Massage

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

Chinese Herbology Consult

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

Acupuncture and Chinese Herbology

- Initial Consultation and Treatment
1 hour 45 min, \$130
- Follow-up Treatment
90 min, \$115 75 min, \$100
60 min, \$85

Fire Cupping

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

Acupressure

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

Tuning Fork

- Initial Consultation and Treatment, 90 min, \$115
75 min, \$105 60 min, \$90
- Follow-up Treatment
90 min, \$110 75 min, \$100
60 min, \$85

Acupuncture and Tuning Forks

- Initial Consultation and Treatment, 90 min, \$135
75 min, \$120
- Follow-up Treatment
90 min, \$130 75 min, \$115
60 min, \$100

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

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

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

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

Prenatal and Postnatal

Prenatal/Postnatal Massage

90 min, \$120 (RMT \$140)
75 min, \$105 (RMT \$120)
60 min, \$90 (RMT \$100)

Prenatal Facial

60 min, \$90

Mellow Mama Spa Package

Three hours, \$245
• Prenatal Massage
• Prenatal Facial
• Essential Pedicure

Prenatal Shiatsu

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

Prenatal/Postnatal Acupuncture

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

Gentlemen

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 Beer Facial

45 min, \$65

Studio Classes

Check relaxationredefined.com for class schedules and updates.

- **Unlimited Studio Memberships**
 - 1 Month, \$180/month
 - 3 Month, \$155/month
 - 6 Month, \$140/month
 - 1 Year, \$130/month
 - 2 Week Intro Pass, \$45 (one time only)
 - Family Pass save \$25 (buy passes at same time with same credit card)
- **Drop-in**
 - 75 min, \$16 60 min, \$14
- **TRX/Aerial Drop-in**
 - 75 min, \$20 45 min, \$16
- **Passes** (6 month expiry)
 - 10 Classes, \$110
 - 5 Classes, \$65
- **TRX/Aerial Passes** (6 month expiry)
 - 10 Classes, \$160
 - 5 Classes, \$90
- **Active Aging** (over 60) and **Under 18** (with ID)
 - 10 class Pass, \$100
- **Community Heros** save **10% off** classes and workshops

New to Studio

One time only

- **2 Week Intro Pass**, \$45
- **5 Class Pass**, \$50 (expires after 30 days and includes an infrared sauna)

Free studio class and Love Your Body Treat on your birthday



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

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 (age 13 and under)

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

Teen Massage (ages 10-16)

60 Min, \$90

Teen Make-Up Lesson (ages 13-18)

45 min, \$50

Make-up Party (ages 10-18)

\$45 per person, hostess free with minimum of four guests

Nail Party (ages 5-13)

\$40 per person, hostess free with minimum of four guests

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

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+
- Balayage, \$180+
- Ombre, \$180+
- Full Head Highlights, \$165+
- ½ Head Highlights w/ Root Touch Up, \$140+
- ½ 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+
- 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, \$55
- 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
- Mini Neck and Shoulder Acupressure
- Foot Soak & Sugar Scrub
- Mini Eminence Organic Facial
- Mini Reflexology
- Body Exfoliation

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.

2019 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.

Help us Hire our next Team Member

If we hire someone you recommend to us and they stay with us for at least of 3 months, you receive your choice of \$200 in products or a 3 month Water Membership.

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.

Memberships

Make wellbeing a priority.



Water Membership
\$70/month



Platinum Membership
\$130/month



Mountain Membership
\$95/month



Deluxe Membership
\$250/month



"For me, the perks of membership go far beyond the discounts and specials. It's about carving out time for myself."

– Alison, Mountain Membership



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

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RelaxationRedefined.com