



Mountain Waters
Spa and Wellness

***Relaxation
Redefined***

Massage

Mountain Waters Massage

2 hours, \$185 90 min, \$130
75 min, \$115 60 min, \$100
45 min, \$80 30 min, \$65

Registered Massage

2 hours, \$195 90 min, \$140
75 min, \$125 60 min, \$110
45 min, \$90 30 min, \$75

Insurance receipts are available.

Magnificent Massage

90 min, \$140 75 min, \$125
60 min, \$110 45 min, \$90

La Stone or Jade Stone Massage

90 min, \$140 75 min, \$125
60 min, \$110

Couples Massage

90 min, \$280/couple
75 min, \$250/couple
60 min, \$220/couple

Reflexology

60 min, \$100 45 min, \$80
30 min, \$65

Ayurveda Scalp Massage

60 min, \$100 45 min, \$80
30 min, \$65

Reiki

75 min, \$115 60 min, \$100
30 min, \$65
Add-on 15 min, \$25

Shiatsu

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

Myofascial and Myofascial Cupping

90 min, \$130 75 min, \$115
60 min, \$100 45 min, \$80
30 min, \$65

Add-ons

Enhance your treatment with
in-spa add-ons

Organic Body Treatments

Dosha Balancing Wrap

90 min, \$145

Hydrating Glow Body Polish

60 min, \$110

Shirodhara

2 hours, \$195

Body Wraps

75 min, \$130

- Mango Enzyme
- Stone Crop Restorative
- Blueberry Soy Slimming

Éminence Organic Back Facial

30 min, \$65

Sculpting and Firm

45 min, \$70

Add-ons to Body Wrap:

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

Add-ons

15 minute add-ons, \$25
• Mini Éminence Facial

Memberships

Make wellbeing a priority.

SPA *Membership*

3 Month, \$175/month
6 Month, \$165/month
Annual, \$150/month

STUDIO *Membership*

3 Month, \$145/month
6 Month, \$130/month
Annual, \$115/month

COMPLETE *Membership*

3 Month, \$300/month
6 Month, \$275/month
Annual, \$250/month



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, \$195 90 min, \$140
75 min, \$125 60 min, \$110
45 min, \$90 30 min, \$75

Insurance receipts are available.

Acupuncture

- Initial Consultation and Treatment, 90 min, \$130
75 min, \$115 60 min, \$100
- Follow-up Treatment
90 min, \$125 75 min, \$110
60 min, \$95 45 min, \$75
30 min, \$60

Acupuncture and Massage

2 Hours, \$195 90 min, \$140
75 min, \$125 60 min, \$110

Chinese Herbology Consult

- Initial, 45 min, \$75
- Follow up, 30 min, \$60

Fire Cupping

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

Acupuncture and Chinese Herbology

- Initial Consultation and Treatment
1 hour 45 min, \$150
- Follow-up Treatment
90 min, \$120 75 min, \$110
60 min, \$100

Additional Specialty Services

- Tuning Forks
- Acupuncture and Tuning Forks

Facials featuring Éminence Organic Skin Care

Magnificent Facial

75 min, \$115

Mountain Waters Facial

60 min, \$100

Tailored Facials

a) Extractions

30 min treatment, \$60
15 min add on to facial, \$25

Add-ons

- 15 minute add-ons, \$25
- Nu Face Anti-aging

2020 Loyalty Program

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

How to earn points and save:

Refer a new spa guest and get 2,000 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 3 months, you receive your choice of \$200 in products or services.

Receive 5 times retail purchase as points

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

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

Prenatal and Postnatal

Prenatal/Postnatal Massage

90 min, \$130 (RMT \$140)

75 min, \$115 (RMT \$125)

60 min, \$100 (RMT \$110)

Prenatal Facial

60 min, \$100

Mellow Mama Spa Package

Three hours, \$270

- Prenatal Massage
- Prenatal Facial
- Mountain Waters Pedicure

Prenatal Shiatsu

• Initial consultation

75 min, \$130

• Follow-up, 90 min, \$130

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

Prenatal/Postnatal Acupuncture

• Initial consultation

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

60 min, \$105

• Follow-up, 60 min, \$95

Gentlemen

Gentlemen's Beer Manicure and Pedicure

- Manicure & Pedicure, \$120
- Pedicure, \$70
- Manicure, \$55

He Deserves It

1 hour 45 min, \$150

- Massage
- Hydrosoak
- Rosemary Scalp Massage

Gentlemen's Hair Cut and Style

\$45

Gentlemen's Facial

60 min, \$100

Teens, Tweens and Children

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

45 Min, \$125

Cupcake Manicure and Pedicure (age 13 and under)

- Manicure & Pedicure, \$65
- Pedicure, \$35
- Manicure, \$35

Teen Massage (ages 10-16)

60 Min, \$100

Spa Packages

Honour the Goddess

3 hrs 15 min, \$295

- Massage
- Mountain Waters Facial
- Mountain Waters Pedicure
- Lunch

Mountain Waters Escape

4 hrs 15 min, \$350

- Massage
- Mountain Waters Facial
- Mountain Waters Pedicure
- Mountain Waters Manicure
- Lunch

Mini Spa Sampler

90 min, \$175

Choose three 30 minute same day treatments

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

Inspiration

90 min, \$125

- Massage
- Hydrosoak

Couples Sanctuary

1 hr 50 min, \$360 per couple

- Couples Massage
- Mountain Waters Pedicure

He Deserves It

1 hr 45 min, \$150

- Massage
- Hydrosoak
- Rosemary Scalp Massage

Organic Pedicures and Manicures

Magnificent Manicure and Pedicure

- Manicure & Pedicure, \$150
- Pedicure, \$85
- Manicure, \$70

Mountain Waters Manicure and Pedicure

- Manicure & Pedicure, \$125
- Pedicure, \$70
- Manicure, \$60

Enhancements


15 minute add-ons, \$25

- Polish Change
- Nail Cut & Shape
- Mini Reflexology
- Eco-Fin Paraffin Alternative Hands or Feet
- Sweet Feet Callus/Dry heel Treatment

Organic and Ethical Professional Hair Care and Colour

- Women's Cut, \$65+
- Women's Short Cut, \$55+
- Gentlemen's Cut, \$45+
- Children's Cut (0-11), \$30+
- Children's Cut (12-18), \$35+
- Cleanse & Blow Style, \$40+
- Up Style w/ Trial, \$145+
- Up Style / Wedding, \$90+
- Balayage, \$200+
- Ombre, \$200+
- Full Head Highlights, \$185+
- ½ Head Highlights w/ Root Touch Up, \$160+
- ½ Head Highlights, \$135+
- ¼ Head Highlights, \$90+
- Women's Colour, \$105+
- Root Touch Up, \$95+
- Partial Root Touch Up, \$65+
- Women's Cut add on, \$50
- Toner, \$50+
- Beard Trim, \$25+
- Neck Clean Up, \$15+

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



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.**

RelaxationRedefined.com

Ways to Save



Product Deal

Buy 3, get **50% off**
the 4th of equal
or lesser value



Check In to Win

Check in on our
Facebook or Instagram
and/or post a pic of you
at Mountain Waters
and be entered to
win monthly prizes.



Make-up Application

FREE with sameday
purchase of products
over \$200



Birthday Treat

Free studio class and **Love Your
Body Treat** in your birthday month



New Mom's Pedicure

\$55 value **FREE!** Our gift
to you. Baby welcome!



Yoga Teachers & Fitness Instructors

Save 10% on any studio
classes/passes



Save 10%

Active Aging (60+)
Community Heroes
Youth (Under 18)

Finishing Touches

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

Lunch

\$25

Make-up Application*

- Day Application, \$50
- Evening Application, \$60
- Cosmetic Coaching, \$65
- Bridesmaid Makeup, \$60
- Special Occasion Make-up, with trial (Bridal, Grad), \$100

*** Make-up service is FREE with sameday purchase of products over \$200**

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, \$25
- 30 minute touch up, \$45

Love Your Body Treatments

15 minute add-ons, \$25

- 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
- Reiki

Studio Classes

Check relaxationredefined.com for class schedules and updates.

Unlimited classes:

- 1 month: \$160
- 3 month: \$145/month
- 6 month: \$130/month
- Annual: \$115/month
- **2 week Intro Pass:** \$50
(1 time only)

10 Class pass

\$160 *(6 month expiry)*

Drop-in

\$20

Private Training Sessions

Train in our private studio space with one-on-one sessions administered by nationally certified personal trainers. Personalized programs can include any combination of strength training, cardiovascular conditioning, stretching, yoga and weight management to achieve your desired fitness goals.

Introductory Offer

One Hour Sessions

- 1 session: \$70
- 4 Sessions: \$250 *(3 month expiry)*
- 8 Sessions: \$480 *(3 month expiry)*
- 12 Sessions: \$750 *(3 month expiry)*

30 Minute Sessions

- 1 session: \$40
- 4 Sessions: \$150 *(3 month expiry)*
- 8 Sessions: \$300 *(3 month expiry)*
- 12 Sessions: \$450 *(3 month expiry)*

Small Group Training

A one hour training session created for your personal goals while training within a small group (3-6 guests) that is fully dedicated to achieving their fitness and performance goals. By training with a friend or in a group, you will push and motivate each other to get the most out of each quality workout.

Group size	26 Sessions	12 Sessions	8 Sessions
6	\$10/session \$260 total	\$12/session \$144 total	\$14/session \$112 total
5	\$12/session \$312 total	\$14/session \$168 total	\$16/session \$128 total
4	\$15/session \$390 total	\$17/session \$204 total	\$19/session \$152 total
3	\$20/session \$520 total	\$22/session \$264 total	\$24/session \$192 total

Small Group Training fees are per person.




Mountain Waters

Spa and Wellness

266 Baker Street, Nelson

250-352-3280

toll free: 888-288-0813

 MountainWatersSpa

 @MountainWaters

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RelaxationRedefined.com

Spa Hours

Weekdays 9am - 7pm

Weekends 10am - 5pm

Closed all Stat Holidays