

THE  **SPA**
AND WELLNESS CENTRE

GRANDE PRAIRIE

Experience THE *L* SPA

Whether you join us for a pedicure or facial, a body treatment or a luxurious massage, you will be treated to the full spa experience.

L SPA SENSATION

Escape from the world outside. Wrap yourself in a plush robe and unwind in our retreat. Recline on a leather sofa near a fireplace, and savour our exquisite spa fare as you prepare to be pampered.

L SPA TRANQUILITY

Retreat into yourself. During your treatment, listen to a unique fusion of rainforest and meditative sounds on an iPod. Or, if you prefer, wear a *Hush Pin* to indicate to others around you that you are on your own journey and would appreciate silence.

L SPA COMFORT

Our treatment rooms feature individual climate control, waterwalls, ambient sounds, your choice of soothing music and [**comfort zone**] Tranquility Candles.



WELLNESS MEMBERSHIP PROGRAM

Monthly Membership \$89

ENTITLES YOU TO ONE OF THE FOLLOWING WELLNESS OPTIONS:

- Wellness Massage - *60 minutes* (* MENU PRICE \$100)
- Express Mini Refresher Facial - *45 minutes* (* MENU PRICE \$75)
- Gentlemen's Hot Towel Facial- *60 minutes* (* MENU PRICE \$95)
- Deluxe Sole Soothing Pedicure- *Natural* (* MENU PRICE \$85)
- Gentlemen's Sport Foot Treatment- *60 minutes* (* MENU PRICE \$85)

plus... your membership also entitles you to:

15% OFF any other *L SPA* treatments and retail products

UNLIMITED Wellness Massages per month;
(45 min. \$49; 60 min. \$59; 75 min. \$89; 90 min. \$109)

and the best part...

COMPLIMENTARY Wellness Massage (60 minutes) on your birthday!

COMPLIMENTARY Infrared Sauna sessions (120 minutes month)

COMPLIMENTARY VibraPro sessions (2 x 10 minutes/month)

Affordable

Priced to encourage regular spa visits! Spa'ing should be a healthy habit, not just a luxury earmarked for once a year. Our Monthly Membership Fee reflects this at just \$89/month plus applicable taxes.

The cost of additional Wellness Massages is a fraction of what you'd pay elsewhere.

L SPA WELLNESS MEMBERSHIP PROGRAM

SPOUSAL ADD-ON MEMBERSHIPS

15% DISCOUNT on second membership;
Primary Member - \$89/MO
Spousal Member - \$75⁶⁵/MO
Total - \$164⁶⁵/MO

CORPORATE OR FAMILY MEMBERSHIPS

3 Members - \$65/MO/MEMBER = \$195/MO
5 Members - \$60/MO/MEMBER = \$300/MO
Additional members, please inquire.

MEMBERSHIP REFERRAL

For every membership you refer, receive one *complimentary* Wellness Massage. (60 minutes).

PREPAID MEMBERSHIP

For every prepaid annual membership, you receive *an additional 15% DISCOUNT* and access to all 12 monthly massages, plus your complimentary 13th massage immediately for your convenience.

\$89 x 12 = \$1,068 less 15% = \$907.80
That works out to \$69⁸³/massage*... which is 30% OFF of the full menu price... a \$392 SAVINGS!

* Based on 13 sixty minute wellness massages.

FREEZING A MEMBERSHIP

There may be times when you would like to freeze your membership due to extenuating circumstances. When a membership is frozen, a member may not use his/her membership benefits or accrue pre-paid massages for the duration of the freeze.

A member must be in good standing to be eligible for a freeze. A minimum of 2 membership payments must have been made prior to a membership being eligible to be frozen.

You may freeze your membership for a minimum of 30 days and a maximum of 3 months. Memberships may be unfrozen at anytime at least 30 days after the freeze start date or will automatically recommence on the pre-determined freeze end date. At the end of the membership freeze term, your dues will continue with your next schedule electronic funds transfer date. Your membership expiration date will be extended by the amount of time your membership was frozen. Only one complimentary freeze permitted per term. Additional freeze periods will incur a





MASSAGE & BODYWORKS

All *L* **SPA** massages feature a custom blend of seven certified organic oils. And, to continue your massage experience at home, you will receive a gift bag of epsom salts with every massage.

			MEMBERS
PODOLLAN CHAIR MASSAGE (IN ROOM)	25 MIN	\$50	42 ⁵⁰
Enjoy a chair massage in the comfort of your own hotel room.			
PODOLLAN RELAXATION MASSAGE (IN ROOM)	60 MIN	\$110	93 ⁵⁰
Relax in the comfort of your own hotel room as one of our massage therapists soothes your muscle tension away on a portable massage table.			

WELLNESS MASSAGE

Relax, rebalance, nourish. Let our talented massage therapists design a full body massage for you. Select the perfect botanical essence for your mood. And aromatherapy is just a start. Your therapist will soothe away soreness, release muscle tension and reduce stress to rebalance your body and create a deep sense of well-being.

	45 MIN	\$80	49
	60 MIN	\$100	59
	75 MIN	\$120	89
	90 MIN	\$135	109

COUPLES

Enjoy your massages together in our couples' massage room.
Receive 10% off the individual massage price.



MEMBERS' ENJOY SUPER SAVINGS OF 20 - 40% OFF
WELLNESS MESSAGES.

MASSAGE AND BODYWORKS

MEMBERS

L **SPA PAMPERED PERFECTION**  150 MIN | \$185 | 139

Drift away ~ Unwind with a customized 120 minute relaxation massage. Then, relax, meditate, and dream for another 30 minutes. Our state-of-the-art massage tables ensure you are comfy, and a down duvet brings that extra pampering to the whole experience. Wake up to herbal tea and a new sense of calmness.

PREGNANCY OR POSTNATAL MASSAGE 50 MIN | \$75 | 63⁷⁵
9 SESSIONS | \$600 | 510

Designed especially to pamper the expectant mother. Massage during pregnancy can help improve circulation, soothe tired aching muscles, and relieve headaches, tension, swelling and stress. We use the PREGO™ pillow to make you extra comfortable. (We do recommend that if you are pregnant, you consult with your physician before receiving spa treatments).

DEEP TISSUE SPORTS MASSAGE 45 MIN | \$85 | 72²⁵

A vigorous deep massage designed for the active person. This massage can be used to work a specific area, to condition your whole body, or to aid in post-activity recovery. It is a favourite with our male clients.

EXPRESS RELIEF FAVORITES 25 MIN | \$50 | 42⁵⁰

The ultimate in stress reduction. Tell us where you are experiencing stress, strain, tightness or pain, and we'll give you some relief.

hand & foot
neck & scalp

lower back & buttocks
upper back & shoulders



LASTING BENEFITS OF REGULAR MASSAGE INCLUDE: improves posture, relaxes muscles, helps manage pain, promotes easier & deeper breathing, improves flexibility & range of motion, relieves stress, strengthens immune system, promotes a sense of well-being

BODY TREATMENTS & THERAPIES

L **SPA** SIGNATURE WRAP [**comfort zone**] 60 MIN \$125 | MEMBERS 106²⁵
~ *nourishing* ~

Treat your body to a hydrating *Body Strategist* wrap. This soothing anti-oxidant treatment is the perfect introduction to body wraps, and leaves your skin renewed and moisturized. You will be enveloped in organic vegetable extracts that will leave your skin perfectly toned, elastic and glowing. A great treatment during pregnancy.

L **SPA** EMINENCE WRAP **ÉMINENCE** 90 MIN \$175 | 148⁷⁵
ORGANIC SKIN CARE

Immerse yourself in a rich and luxurious oasis of fresh hydration and pampering with raw sugar cane granules buffing your skin to perfection, followed by a delicious body wrap of organic goodness. Finish with a relaxing scalp massage and leave with perfectly toned and glowing skin. A great treatment during pregnancy.

TROPICAL GETAWAY REVITALIZER 75 MIN \$125 | 106²⁵
~ *exfoliating* ~

This invigorating exfoliation incorporates *Turbinado Brown Sugar* which is enriched with 6 luxurious oils that will heal, rejuvenate, and revitalize your body, leaving you feeling clean and supple. Perfect before and after a tropical getaway – or any time you want to feel refreshed. Includes a 30 minute massage.

ENHANCEMENTS

Add one or more of these targeted care enhancements to complete your body treatment.

FULL BODY EXFOLIATION \$35 | 29⁷⁵ 30 MINUTE MASSAGE \$45 | 38²⁵

FACE

OUR FACIALS FEATURE [**comfort zone**]

ÉMINENCE
ORGANIC SKIN CARE

MEMBERS

THE *L* **SPA** HYDRAMEMORY FACIAL 90 MIN \$150 | 127⁵⁰
~ *moisturizing* ~

Especially designed for the on-the-go exec who seeks intense relaxation and active hydration. We combine the power of desert resurrection plants and mineral salts to leave your complexion glowing and your skin toned and deeply moisturized. Perfect during extreme weather, after air travel or whenever your skin feels dehydrated. Includes 30 minute foot, shoulder, neck & scalp massage. Ultimate radiance restoration!

ÉMINENCE SIGNATURE FACIAL 90 MIN \$100 | 85
~ *moisturizing* ~

Custom tailored for both women and men, choose from an array of very luscious fruit, vegetable and herbal skincare products handcrafted by Éminence Organic Skin Care of Hungary. These organic ingredients have an incredibly fresh aroma, with natural pure vitamin infusions and high bioflavinoid content. The selection addresses a variety of skin concerns such as premature aging, sun damage, loss of vitality, tone and radiance. This signature facial offers a wide spectrum of cleansers, toniques, exfoliants, masques, serums, eye creams and moisturizers that you and your skin specialist will select to give you a customized facial.

CUSTOMIZED SENSATIONAL FACIAL 90 MIN \$125 | 106²⁵

An experienced *L* **SPA** esthetician will analyze your skin type and provide a custom blend masque to bring forth flawless, beautiful skin. A deep cleansing session is combined with a relaxing facial massage for further revitalization, revealing silky smooth skin.

FACE

			MEMBERS
RECOVER TOUCH <i>~ calming ~</i>	60 MIN	\$95	80 ⁷⁵
Northern Alberta's Facial! A vitamin rich anti-oxidant treatment providing intense moisture, and relief from environmental skin stress.			
EXPRESS MINI REFRESHER <i>~ revitalizing ~</i>	45 MIN	\$75	63 ⁷⁵
Pressed for time? Enjoy the benefits of a quick pick-me-up mini-facial during your lunch hour.			
TEEN FACIAL	40 MIN	\$55	46 ⁷⁵
Treat sensitive skin conditions naturally and say goodbye to pimples and blemishes with a tantalizing facial, specialized for young skin.			
BACK CLEANSING FACIAL	60 MIN	\$95	80 ⁷⁵
Exfoliate this hard-to-reach area, reduce black heads and open clogged pores so that your back is ready to bare! Includes your choice of a mini hand, foot or scalp massage. \$80 WHEN COMBINED WITH ANY OTHER FACIAL.			

To customize any facial, refer to Enhancements on page 11.



Making ongoing Wellness Therapy part of your personal wellness plan allows you to be calmer & more grounded; inspired & uplifted; beautified & more radiant, both inside and out! Our goal is for you to achieve optimal physical and mental harmony which will allow you to be better for everything else that you give yourself to.

FOR GENTLEMEN

MEMBERS

GENTLEMEN'S FACIAL

60 MIN

\$90

76⁵⁰

This is a real man's facial using natural organic products especially selected for a man's skin and individual needs. Using steamed towels, receive a face, neck and hand massage with non-perfumed, non-greasy, natural products. This facial is wonderfully relaxing and fantastic for keeping a man's skin in optimal condition.

HOT TOWEL FACIALS

60 MIN

\$95

80⁷⁵

All gentlemen's facials include a stress relieving shoulder, neck and scalp massage.

timeless edition | anti-aging therapy that diminishes expression lines & wrinkles, promotes cellular turnover & re-establishes skin compactness & tone.

sports edition | hydrating therapy excellent for sun exposed skin.

urban edition | purifying therapy using warm steamed towels, exfoliation & active hydration to ease irritations from daily shaving and ingrown hairs.

DEEP TISSUE SPORTS MASSAGE

45 MIN

\$85

72²⁵

A vigorous deep massage designed for the active person. This massage can be used to work a specific area, to condition your whole body, or to aid in post-activity recovery. It is a favourite with our male clients.

GENTLEMAN'S SPORTS FOOT TREATMENT

\$85

72²⁵

Revitalize rough, dry feet with a foot soak in our jetted foot bath, deep exfoliation, deep moisturizing hot wax treatment, massage, cuticle care, nail shaping and buffing. Also includes a lower leg and foot massage.

GENTLEMAN'S SPORTS HAND TREATMENT

\$30

25⁵⁰

Available only with one of our pedicure treatments. Designed to enhance the appearance and feel of a man's hands. Revitalizes dry, rough hands with a nourishing hand soak and a deep exfoliation, cuticle care, a hand mask to condition your skin and nails, nail clipping, shaping and buffing. Also includes a gentle massage on your neck and temples.

ENHANCEMENTS *10% off any enhancement when booked with a facial.*

		MEMBERS
intensive exfoliation & extraction	\$15	12 ⁷⁵
eyelash tint	\$28	23 ⁸⁰
eyelash extension	<i>starting at</i> \$100	
eyebrow tint	\$23	19 ⁵⁵
eyelash & eyebrow tint	\$45	38 ²⁵
lip blooming treatment	\$20	17
soothing eye zone treatment	\$30	25 ⁵⁰
lip blooming & eye soothing ~ 15 minutes	\$40	34
relaxing massage* ~ 15 minutes	\$30	25 ⁵⁰
relaxing massage* ~ 30 minutes	\$45	38 ²⁵
hand & foot or scalp & neck* ~ 15 minutes	\$30	25 ⁵⁰
hand & foot or scalp & neck* ~ 30 minutes	\$45	38 ²⁵

* THESE MASSAGE OPTIONS ONLY AVAILABLE WITH FACIAL OR BODY TREATMENT.

SOFT SENSE EPILATION

The sweetest approach to epilation. A delicate waxing process which prevents skin stress and leaves your skin soft, toned and smooth.

lip, chin or brow	\$18	15 ³⁰	brazilian bikini		
half leg	\$45	38 ²⁵	~ monthly maintenance	\$55	46 ⁷⁵
half leg & bikini	\$55	46 ⁷⁵	under arms	\$30	25 ⁵⁰
full leg	\$68	57 ⁸⁰	full arms	\$45	38 ²⁵
full leg & bikini	\$80	68	half arm	\$30	25 ⁵⁰
bikini	\$35	29 ⁷⁵	back	\$68	57 ⁸⁰
brazilian bikini	\$65	55 ²⁵	chest	\$68	57 ⁸⁰
			toes	\$10	8 ⁵⁰

On any two epilation services save \$5.00; on any three \$10.00.

PEDICURES & FOOT THERAPIES

THE *L* SPA features a state-of-the-art pedicure lounge. The lounge features the newest European Touch Pedicure spa chairs. You can relax, recline, and enjoy remote-controlled heat and massage while your feet are pampered. Pre-loaded i-Pods are available for complimentary use during your visit. You can relax with classical, instrumental or new age music. Or you can watch your own flat screen TV with ear buds. ALL PEDICURES INCLUDE A FOOT SMOOTHER TO TAKE HOME.

DELUXE SOLE-SOOTHING PEDICURE

Refresh and re-energize your tender tootsies in a jetted foot bath while you unwind in our state-of-the-art massage pedicure chairs!

EXFOLIATION, PARAFFIN MASK, CALF MASSAGE & NATURAL NAILS

\$85

MEMBERS

72²⁵

EXFOLIATION, PARAFFIN MASK, CALF MASSAGE & POLISH*

\$95

80⁷⁵

EXFOLIATION, PARAFFIN MASK, CALF MASSAGE & FRENCH POLISH

\$105

89²⁵

L SPA VITALITY PEDICURE

\$115

97⁷⁵

FRENCH POLISH ADD

\$10

8⁵⁰

Our signature pedicure. Enjoy a nourishing foot soak in our jetted foot bath. Relax while we gently buff your feet to remove unwanted calluses and dry skin. Experience renewed lightness, improved circulation and luminous skin tone with the Vital Leg Detoxifying Treatment.

Luxuriate with a gentle lower leg and foot massage. And look your best with cuticle exfoliation, a foot mask to condition and hydrate your skin and nails, and your choice of polish.*

L SPA SIGNATURE MANICURE

\$40

34

FRENCH POLISH ADD

\$10

8⁵⁰

Available only with one of our pedicure treatments. Includes a nourishing hand soak and cuticle exfoliation, a hand mask to condition your skin and nails, a gentle massage on your neck and temples, a light massage on your hands and arms plus your choice of polish.*

MOTHER AND DAUGHTER PEDICURES

Daughters (under the age of 12) receives 50% OFF.

**Take your polish home with you.*

INFARED SAUNA

All infared saunas are not the same. As showcased on Oprah and endorsed by Dr. Oz, our Far Infrared Sauna has been clinically tested and has been shown to assist in weight loss, skin purification, detoxification and stress reduction. Far Infrared can also provide relief to patients suffering from arthritis, chronic fatigue syndrome, fibromyalgia and certain skin conditions. The Solocarbon Far Infrared Sauna therapy surrounds the body and penetrates deeply into joints, muscles and tissues, speeding oxygen flow and increasing circulation.

- Detoxification, effortlessly detoxify and remove stored toxins from your body,
- Assist in weight loss and control,
- Natural pain relief
- Natural body healing
- Relaxation and stress relief
- Improve your immune system
- Improve skin condition and help treat cellulite
- Boost mood and help fight seasonal depression
- Increased flexibility
- Cardio benefits



MEMBERS

120 MIN/MONTH FREE

NON-MEMBERS

30 MIN \$20

60 MIN \$35

PUNCH CARD

6 30 MIN \$108

12 30 MIN \$180

6 60 MIN \$180

12 60 MIN \$300

HOLISTIC THERAPIES

Holistic Therapies are ancient disciplines aimed at improving health and well-being through the treatment of the body as a whole. These gentle therapies are not only effective on the body but also on the mind promoting feelings of calmness and serenity. Revitalize, relax, reflect, rejoice.

REFLEXOLOGY MEMBERS
45 MIN \$80 | 68

Reflexology is the theory and therapy that uses the feet as a map of the whole body; head to toe. Balance of the body is achieved by manipulating and applying pressure to various zones. Reflexology helps the body, systems and organs, work more efficiently thus speeding up your natural healing process.

4 DAY SERIES AROMASOUL

The Aromasoul journey is recommended for a complete and sensational restoration experience, over 4 days, one week, or one month.....a path to discover your ancient soul.

WITH SCRUB	\$500 / \$125	425 / 106 ²⁵
NO SCRUB	\$400 / \$100	340 / 85
SCRUB ONLY	\$45	38 ²⁵

Choose from: Oriental, Mediterranean, Indian or Arabian.

INDIAN HEAD MASSAGE 25 MIN \$50 | 42⁵⁰

Indian Head Massage is an ancient tradition from the East which proves to be effective and powerful still today. This is a unique scalp massage which has physical and mental benefits such as relaxation, relieve of headaches, stress and the promotion of hair strength and growth.

HOT STONE MASSAGE 90 MIN \$150 | 127⁵⁰

Hot Stone Massage consists of a therapist placing heated basalt stones of various shapes and sizes on the body and performing a massage which results in heat being released deep into the muscles. A Hot Stone Massage is relaxing, grounding and healing.

MLD 60 MIN \$125 | 106²⁵

Manual Lymph Drainage is a very gentle massage which promotes the flow of lymph throughout the body. Slight pumping movements are applied to induce relaxation, alleviate oedema, minimize cellulite and boost the immune system.

L SPA PACKAGES

DIVA FOR A DAY

\$400

MEMBERS

\$340

Treat yourself to a journey of complete indulgence with the season's freshest organic ingredients that only the *L SPA* can provide. Slip into a cocktail of scrumptious organic goodies and dissolve dryness and fine lines away with a full luxurious body massage from head to toe. Includes a rejuvenating facial, relaxing body massage, a soothing manicure and pedicure. Unwind and rejuvenate your skin with a series of delicious treatments that will leave your skin feeling silky smooth, hydrated and beautiful. *(ALLOW APPROX. 4 HOURS)*

FOR MEN ONLY

\$275

\$233⁷⁵

Sure to meet the demands of every man's skin, this treatment will revitalize tired skin and leave it feeling fresh and invigorated. Finely crushed almonds and minerals gently exfoliate, detoxify and cleanse while healing stone crop rehydrates as it is massaged into the skin. Fresh cucumber and cooling mint provide a refreshing twist and a hot towel facial finishes this treatment. *(ALLOW APPROX. 3 HOURS)*

PAMPERED COUPLES

\$350

\$297⁵⁰

Enjoy some quiet time with your loved one with this romantic treatment for two. Get pampered with a two hour customized massage featuring luxurious organic products and essential oils before you both relax, meditate and dream for another 30 minutes comforted in a decadent down duvet. Slowly awaken relaxed, refreshed and renewed with herbal tea and a new sense of calmness. *(PLEASE ALLOW APPROXIMATELY 2.5 HOURS)*

BRIDAL PARTIES, CORPORATE RETREATS

Our specialists can help you plan the perfect day. Call 830.0302 for details.

WEEKLY SPECIALS (NON-MEMBERS)

monday, tuesday, wednesday | \$10 OFF ANY Body Treatment & Therapy.

thursday | \$10 OFF ANY Facial.

sunday | 10% OFF Massage & Body Work (except in-room massages).

sunday | 15% OFF ANY products with any service over \$50.

BIRTHDAY - MEMBER'S ONLY

COMPLIMENTARY Wellness Massage. 60 min.

ETIQUETTE

APPOINTMENTS & CANCELLATION POLICY

Appointment times are reserved especially for you, and we require that you secure your appointment with a credit card. If you must cancel your appointment, we would appreciate 24 hours notice. If you cancel less than 24 hours before your appointment, you will be charged 50%. If you cancel less than 8 hours before your appointment, you will be charged in full. Booking an appointment at the L Spa and Wellness Centre indicates that you acknowledge these terms and agree to comply with our cancellation policy.

ARRIVING EARLY

Make the most of your spa experience! Our goal is to ensure you fully enjoy your time with us. Please arrive 20-30 minutes early to give yourself time to check-in, leave the world behind, slip into a robe, unwind, and start your treatment relaxed and on time. (You may also choose to enjoy a Far Infrared Sauna, steam or rain shower to receive full treatment benefit).

ARRIVING LATE

Sometimes circumstances prevent you from arriving on time. Please call the spa if you are running late. We will try to reschedule your appointment. If rescheduling is not possible, then your treatment time will start and end as scheduled so that the next guest can enjoy their treatment. (Full charges will apply).

ATTIRE

As you will be draped during your treatment, we suggest you simply wear your robe and slippers. Undergarments optional.

BENEFITS OF PAMPERING YOURSELF

Spa treatments help to improve productivity, ease body tension and pain, prevent disease, lift depression and create greater body awareness. Following any spa treatment it is recommended that you drink extra water to maximize these benefits. We also recommend that you take an epsom salt bath after body work, and it is for this reason that we include a gift bag of epsom salts with every massage.

CATERING

Our Spa Menu is available exclusively to our spa guests. Select from this special menu to enhance your spa experience. Complimentary herbal teas and snacks are available in the spa lounge.

CELL PHONES, PAGERS, JEWELRY & CHILDREN

This is your time! Thank you for turning off electronic devices. We also invite you to make arrangements for your children before you arrive so that you and other guests may enjoy your experience to the fullest. Finally, you may want to leave treasured jewelry at home, as we cannot be responsible for lost or stolen items.

COMFORT

Your time at the LSpa and Wellness Centre is precious, and you should delight in the experience to the fullest. Please be sure to tell us if there is anything we can do to enhance your experience. Whether it is in-room temperature, the amount of massage pressure or the volume of music, please communicate your preferences or special needs. For an added level of enjoyment, pre-loaded i-Pods are available for complimentary use during your visit. You can relax with classical, instrumental or new age music. Our state-of-the-art pedicure lounge features individually remote-controlled heat and massage options, and a flat screen TV with ear buds for each station.

INCENTIVES

If you combine two or more services, you will enjoy a 10% package discount. Book your next visit upon check-out and receive \$5.00 off your next treatment.

GIFT CARDS

A thoughtful and marvelous gift! Our personalized gift cards can be used to purchase spa services and packages, or spa products, and they are transferable. Gift cards are good for one year from date of purchase. They are non-refundable and non-redeemable for cash. Gift cards may be purchased online, in the spa or at the hotel front desk. Gift cards may be redeemed towards hotel services as well.

ETIQUETTE

GRATUITIES

Are not included but are graciously accepted. With groups of 3 or more, a 15% gratuity will be added to all services.

HOURS

Open 365 days a year including late nights. Standing appointments welcome.

HUSH

In the locker rooms, you will find a basket of “hush pins.” Please attach one to your robe to let spa staff and guests know if you would prefer to enjoy your treatment in silence.

MEMBERSHIP, REFERRALS AND BONUS REWARDS

Please ask about our exciting membership, referral and rewards programs.

PREGNANT GUESTS

Please consult with your physician before visiting the spa, and let our associates know that you are pregnant when you schedule your appointment so that we may properly prepare for your treatment.

RESPECTING OTHER GUESTS

We are dedicated to maintaining a serene spa environment, one of tranquility and relaxation, so please respect other guests’ right to privacy and quiet.

SERVICE SELECTION

Make your selections based on how you feel. Everyone’s sensitivity levels vary. Facial extractions and depilatory waxing can be uncomfortable, and occasionally, massage can be intense. Our goal is total relaxation, so please let us know if we can help to make your experience more comfortable.

SPECIAL NEEDS

Please tell us about any allergies, ailments or disabilities when you book your appointment, and/or when you check-in. The more information we have the better. Some of our treatments are not recommended for guests that are pregnant, have high blood pressure or heart conditions, are healing from recent surgery or have allergies.

OTHER

All our services are performed by licensed and certified personnel. Prices and services are subject to change without notice.

