

# *Serenity*

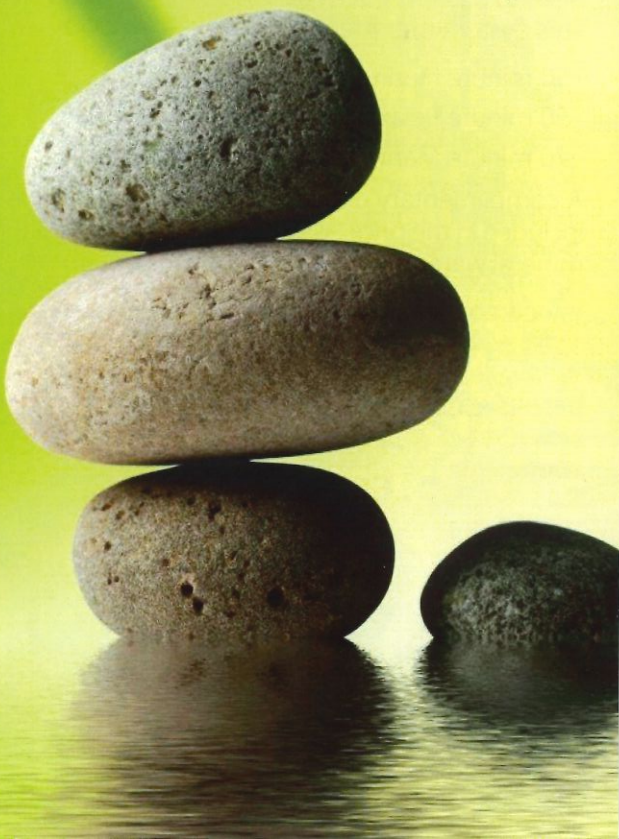
*Massage and Esthetics*

at



## **Manitou Springs**

*Resort & Mineral Spa*



# Body Treatments

## **Manitou Salt Glow** (Exfoliation) 1 hr. 15 min. \$150

This exfoliation whole body treatment removes dull surface skin cells, improves circulation and nourishes the skin with trace minerals. You'll have softer, smoother and more radiant skin. Our procedure involves dry brushing a salt exfoliating scrub and then wrapping you in our solar thermal blanket.

## **Manitou Minerals Mud Wrap** 1 hr. 15 min. \$150

The application of Manitou Mineral Mud has a firming and detoxifying effect that re-mineralizes the skin, soothes the muscles and improves circulation. Our procedure includes dry skin brushing a mud application on the body and face, and a thermal wrap.

## **Day at The Spa –Just For You** 3 hrs. \$345

Pamper yourself with our signature treatments and healing products derived from Little Manitou Lake. This custom treatment includes:

- 50 minute Manitou Mud Facial
- 50 minute Relaxation Massage
- 70 minute Manitou Salt Glow (exfoliation)

A complimentary gift of Manitou Mineral Salve is included in the price, as well as soaking in our natural mineral waters before and after your treatment.



### Deep Tissue Massage

50 min. \$119

Massage to release trigger points, increase circulation and ease muscle tension. Applied pressure with long gliding strokes help loosen and soothe your body and improve flexibility. Warm towels are used to relax muscles. Japanese mint essential oil used to enhance experience.

### Herbal Hot Wrap Massage 1 hr. 15min. \$150

This relaxing and detoxifying massage starts with the Hot Stone Massage. This is followed by the therapist gently covering your body in selected therapeutic grade essential oils then wrapping you in our solar thermal blanket which will allow your own body heat to cause the essential oils to absorb deeply into your body improving circulation, releasing body toxins and penetrating muscles and joints. Choose from one of our Signature Oil blends.



# Massages

## Relaxation Massage

50 min. \$109

Smooth gentle treatment that promotes general relaxation, relieves muscular tension and increases circulation. Warm towels are used to further relax muscles, remove excess skin toxins and enhance overall sense of balance and well being. Japanese mint essential oil used to enhance the experience.

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*We highly recommend you soak in our naturally therapeutic pool to warm up your body before any of our specialized massage treatments, greatly advancing the treatment benefits.*

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## Aromatherapy Massage 50 min. \$119

This amazing treatment elevates the traditional relaxation massage by combining it with the curative and therapeutic benefits of touch and smell. Your therapist will help you choose from a selection of high grade, pure essential oils to enhance your mood, awaken your senses and promote a healthy and balanced Body, Mind and Spirit.

## Hot Stone Massage 50 min. \$129

Life's demands slip away with this century old treatment. Heated, smooth, flat stones are used in a body massage which produces a penetrating warmth felt deep into the layers of your skin and muscles, increasing the release of blocked energy and melting away your tensions!



## *Guest Information*

- We ask that you arrive 10 minutes prior to your treatment time. A client form is required for each guest prior to treatment.
- Full treatments are 50 minutes (unless otherwise stated).
- Please note that all treatment times include assessment / consultation with the therapist, as well as time to undress.
- We will require a credit card number at time of booking to reserve your appointment.
- Taxes and gratuity are not included in prices.
- Failure to provide 24 hours notice to cancel an appointment will result in a charge equal to 50% of the treatment cost.
- Complimentary single swim with all massages.
- Gift cards are available.



# *Nail Care*

## **Pedicure**

1 hr. 15 min. . \$99

Our pedicure begins with a foot soak to soften and refresh tired feet while you relax in our heated and massaging pedi chairs. Toenails are trimmed, heels are buffed and smoothed, followed with nail shaping and cuticle treatment. Hot paraffin wax is applied to hydrate and moisturize the skin. Feet and lower legs are massaged. Nail polish is applied. Complimentary open-toed sandals are provided for your convenience.

## **Manicure**

1 hr. 15 min. \$89

Treat yourself to our manicure which includes cleansing, shaping and cuticle treatment. Hot paraffin wax is applied to hydrate and moisturize the skin. Hand and arm massage is done and nail polish is applied.

Upgrade to Shellac Polish

\$18

Gel Removal 20 min.

\$20

## **Sweet and Sassy - For ages 10 & under**

**Mini Manicures or Mini Pedicures** 30 min. \$49

For our little girls who love to look good. Nail shaping, cuticle care, skin smoothing, massage and polish are all included.

# *Gentlemen's Treatments*

## **Gentlemen's Manicure**

45 min. \$59

Expert nail care including trimming, shaping, buffing and filing. Your cuticles are oiled and pushed back, followed with a stimulating hand and arm massage.

## **Men's Foot Care**

60 min. \$99

Includes an invigorating foot soak, toe nail grooming, cuticle treatment and dry heel care.  
(with paraffin wax)

## **Men's Facial**

50 min. \$99

We begin with a deep facial steaming, a deep cleansing treatment, skin exfoliation, application of the Manitou Mineral Mud Mask and finish up with skin toner and deep moisturizer. The key to this treatment is the warm towels we apply between each phase of the facial.

# Facials

## **Manitou Minerals Mud Facial** 50 min. \$109

A cleansing, exfoliating, steaming, toning and moisturizing procedure is performed to relax and rejuvenate the face. Our Manitou Mud mask is applied to the face to firm and detoxify the skin and is followed by a soothing moisture application. For all skin types. Includes a light neck and face massage to enhance the treatment.

## **Ahava Mud Facial** 50 min. \$109

A unique blend of natural Dead Sea mud and minerals. This gentle mask deeply clarifies and purifies your skin. It provides renewed freshness and purifies skin for a more even complexion.

## **Advanced Facial Masks** 60 min. \$125

Monday, Tuesday, Wednesday only.

### **Moisture Replenishing Facial**

Designed for dry skin using the extract of snow algae extremely rich in powerful antioxidants - carotenoids revitalize, hydrate, protect and visibly firm and tone the skin.

### **Serenity Soothing Facial**

Designed for sensitive skin with the sweet flower scent white lotus. Provides a calming effect while hydrating and bringing softness to the skin giving back its natural balance and brightness. Soothing the skin with chamomile, calendula and cornflower.

### **Rebalancing Facial**

Designed for normal, combination, oily, congested skin types. This facial purifies, soothes the skin and deep cleanses pores while brightening the natural glow of the skin. Also contains fossilized macro-algae rich in vitamins, amino acids and oligo-elements.

### **Fountain of Youth Facial**

Designed for mature skin this facial will leave your skin feeling smooth with a beautiful glow. Rich in amino acids, vitamins, phospholipids and trace elements. Stimulates cell activity while fighting signs of aging.

# ***Hair Removal - Waxing***

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## ***Face***

<b>Basic Brow (15 min)</b>	<b>\$18.00</b>
<b>Brow re-shape (30 min)</b>	<b>\$28.00</b>
<b>Lip (15 min)</b>	<b>\$18.00</b>
<b>Chin (15 min)</b>	<b>\$18.00</b>
<b>Nape (15 min)</b>	<b>\$18.00</b>
<b>Side burns (15 min)</b>	<b>\$24.00</b>

## ***Bikini***

<b>Regular Bikini (30 min)</b>	<b>\$40.00</b>
<b>Ext. Bikini (30 min)</b>	<b>\$48.00</b>
<b>Brazillian (45 min)</b>	<b>\$70.00</b>

## ***Tinting***

<b>Lash (30 min)</b>	<b>\$35.00</b>
<b>Brow (15 min)</b>	<b>\$25.00</b>
<b>Both (30 min)</b>	<b>\$50.00</b>
<b>Lash lift (1 hour)</b>	<b>\$75.00</b>
<b>Lash lift + Tint (1 hour)</b>	<b>\$100.00</b>



***Call 306-946-2233 ext. 214***  
***Available Mon., Tues., & Wed. Only***

Call toll free  
**1-800-667-7672**  
ext. 214 or contact us at

*Serenity Massage and Esthetics*

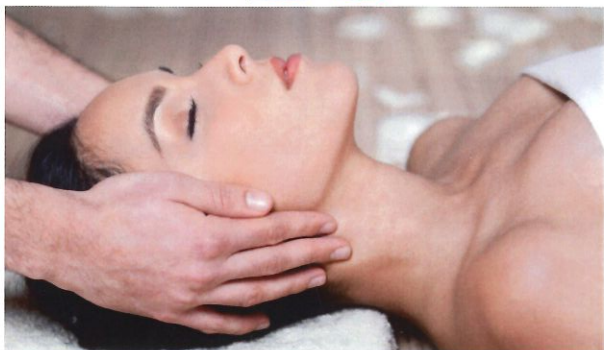
Box 610, Watrous, SK S0K 4T0 Canada

Phone: (306) 946-2233 ext. 214

Manitou Beach, Saskatchewan

**www.manitousprings.ca**

manitousprings@sasktel.net



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