

Serenity
Massage and Esthetics
at



Manitou Springs
Resort & Mineral Spa



Massages

Relaxation Massage

50 min. \$109

This service is designed to promote overall wellness and reduce stress, tension and muscle pain.

Aromatherapy Massage

50 min. \$119

Gentle massage that uses essential oils to promote relaxation and balance in the body and mind.

“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”

Hot Stone Massage

50 min. \$129

A massage that uses smooth, heated stones to deeply penetrate the muscles and release tension.

Deep Tissue Massage

50 min. \$119

Increases circulation, releases built up toxins and heals and restores balance to the body and nervous system.

Herbal Hot Wrap Massage

1hr. 15 min. \$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.

Body Treatments

Manitou Salt Glow (Exfoliation)

1hr. 15 min. \$165

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

1hr. 15 min. \$165

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

Includes a mud facial, manitou salt glow and relaxation massage.

3 Hour Esthetic & Spa

3 hrs. \$330

Includes an advanced facial, hot stone massage and pedicure.

Hair & Toe Refresh

3 hrs. \$190

Includes a hair spa treatment and pedicure with shellac polish.

*The above 3 treatments are as stated.
No substitutions are available.*

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.

Advanced Facial Masks

60 min. \$125

Moisture Replenishing Facial

Designed for dry skin using the extract of snow algae, rich in powerful antioxidants, that firm and tone the skin.

Serenity Soothing Facial

Designed for sensitive skin with the sweet flower scent of white lotus provides a calming effect while hydrating and bringing softness to the skin.

Rebalancing Facial

Designed for normal, combination, and oily skin types. This facial purifies and soothes the skin and deep cleanses the pores.

Fountain of Youth Facial

Designed for mature skin, this facial will leave your skin feeling smooth and glowing. Rich in amino acids and vitamins.

Nail Care

Pedicure

1hr. 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

1hr. 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, toenail 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.

Hair Care

Aromatic Hair Spa Treatment

90 min. \$109

Indulge in a luxurious HAIR SPA TREATMENT designed to deeply hydrate and restore your hair's natural beauty. The experience begins with an aromatic oil application, nourishing both your scalp and hair for intense hydration. A gentle scalp massage follows. Next a soothing hot steam treatment helps heal broken cuticles, deeply conditioning the hair and rejuvenates its natural strength. Add hydrating shampoo and conditioner cleanses away product buildup, leaving your hair refreshed. Finally a fluffy dry adds volume and enhances your hairs silky smooth texture.

Hair Mask Massage Treatment

90 min. \$109

This treatment is designed to nourish, repair and restore your hairs natural beauty. Beginning with the application of a specialized hair mask to address concerns such as dandruff, dryness and damage. A gently scalp massage follows using light pressure to stimulate blood circulation. A hot steam treatment is applied to open hair cuticles, continuing with a shampoo and conditioner. Concluding with a fluff dry blow out adding volume and leaving your hair feeling light and bouncy.



Hair Removal & Waxing

Face

Basic Brow (15 min.)	\$25
Brow re-shape (30 min.)	\$28
Lip (15 min.)	\$25
Chin (15 min.)	\$25
Nape (15 min.)	\$25
Side burns (15 min.)	\$25

Bikini

Regular Bikini (30 min.)	\$40
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Tinting

Lash (30 min.)	\$35
Brow (15 min.)	\$25
Both (30 min.)	\$50
Lash Lift (1 hr.)	\$75
Lash Lift & Tint (1 hr.)	\$100

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.

***Call 306-946-2233 ext. 214
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***Serenity Massage and Esthetics
Manitou Beach, Saskatchewan, Canada***

