

**Facials  
for Ladies & Gentlemen**

**Ocean Wave Facial**

Effective tension releasing treatment.  
Classical massage and/or purifying MLD  
Massage and/or specialty mask.  
Individually designed. Let your beauty  
shine!  
1 ½ hours - \$118

**Balancing Reiki Facial**

The soothing flow of Reiki energy  
combined with the benefits of the Ocean  
Wave facial. Revitalize your radiance.  
2 hours- \$146

**Traditional Facial**

This nourishing treat puts a smile on your  
face. Enjoy and feel well!  
1 hour - \$88

**Refresh Facial**

30 mins - \$59



**Massage Therapy**

**Swedish Massage**

In this classical treatment, the technique of  
long strokes and frictions and kneading  
movements are used to release muscle  
tensions, soothe pain, and improve blood  
circulation.  
30mins- \$54 | 45mins- \$68 | 60mins- \$78

**Deep Tissue Massage**

Employing many of the same techniques as  
the lighter touch therapies, deep tissue  
massage also caters to specific areas of  
tension. The application of moderate to  
deeper pressure promotes release of tight  
muscles, trigger points, and knots.  
30mins- \$54 | 45mins- \$68 | 60mins- \$78

**Aromatherapy Massage**

A feast for the senses. A balancing  
treatment using pure essential oils in  
combination with the art of massage. For  
well-being of mind, body, and spirit.  
A soothing experience.  
30mins - \$59 | 60mins - \$84

**Relaxation Massage**

A true stress reliever.  
30mins- \$54 | 45mins- \$68 | 60mins- \$78

**Rejuvenating Body Treatments  
for Complete Wellness of Body & Mind**

**Rainforest Enchantment**

Luxurious organic vitamin-enriched body wrap detoxifies and re-mineralizes. Enhance natural  
healing with shea butter and pure tropical oils. Powerful fruit extracts of pomegranate and  
blueberry provide anti-oxidants, leaving skin enriched with moisture. Pure Bliss!  
60 mins - \$118

**Essential**

Refill your energy reservoirs and enhance health and beauty with an algae wrap. Essential  
minerals and trace elements rejuvenate and revitalize body and soul. For ladies and gentlemen.  
60 mins - \$118

**\*\*NEW\*\* Chocolate Joy**

Indulge in a tranquilizing organic body wrap. Sweet plant extracts and vitamin enriched Shea  
butter create a deep hydration. Pure Happiness!  
60 mins - \$118

**Initiation**

Deep cleansing and exfoliation. Sea salts and essential oils produce a smooth, glowing sheen.  
60 mins - \$88

**Intensity**

Draining and stimulating massage for a specific body zone plus the aid of firming skin care.  
Keep cellulite away!  
60 mins - \$94

**Hand and/or Foot Treatment**

Your hands and feet deserve some special attention. Try our exfoliating rosemary-pine sea salt  
scrub, combined with a refreshing peppermint or soothing lavender massage.  
30 mins hand or foot - \$58  
60 mins both - \$98

**MLD Massage – Detox and Boost your Immune System**

An anti-aging massage which treats fluid retention and releases cellular by-products. Toxins are  
removed much faster. In stimulating the nervous system, pain is lessened and the body is  
allowed to help itself. Indications include swelling, puffiness, cellulite, acne, allergies, sinus  
congestion, headaches, insomnia, rheumatic degenerative pain and other conditions.  
30 mins - \$54 | 45 mins - \$68 | 60 mins - \$78 | 90 mins - \$114

**Breathe Easy – Sinus Relief**

Help your respiratory system and feel well with a releasing Eucalyptus/Hyssop steam followed  
by a decongesting and detoxifying MLD Massage. (Not recommended if cold or flu symptoms  
are present.)  
60 mins - \$88 (add a deep cleansing exfoliation for smooth skin - \$10)  
**Sinus Relief Plus** more energy with additional Reiki Healing  
90 mins - \$116

**Combine Traditional and Modern**

Ancient Reiki healing combined with MLD Massage. Helps to restore a wonderful balance for  
mind and body.  
30 mins - \$54 | 45 mins - \$68 | 60 mins - \$78 | 90 mins - \$114

**Chopra Centre Ayurvedic Lifestyle Program: Perfect Health Retreats**

Immerse yourself in a 2 night, 3 day retreat and find the perfect balance for you and your  
lifestyle. Our certified instructor, Karen Whynott, leads you through the 5 segments of the  
program with reflection and follow up. Check online for upcoming Retreat dates.  
2 nights, 3 day Retreat Packages from \$499/ppdo plus tax

## *More Ocean Spa Services... at*



### ***Reiki***

Your Reiki treatment will leave you feeling deeply relaxed and comforted. You will experience this treatment fully clothed as the Reiki practitioner places her hands on various areas, transmitting energy to relieve your body of physical, spiritual, and emotional blocks. Reiki is an ancient form of healing with the hands. This non-intrusive form of therapeutic touch promotes healing not only of the body, but the mind, emotions, and spirit as well. The Reiki energy very gently goes to the areas in your body where the natural flow is blocked. Reiki is beneficial for all conditions from depression to headaches, from chronic illnesses to cancer. Reiki provides balance and assists the natural healing process of your body.

30 mins - \$48 | 45 mins - \$64 

60 mins - \$74 | 90 mins - \$110

### **Combination Reiki & MLD Massage**

30 mins - \$54 | 45 mins - \$68

60 mins - \$78 | 90 mins - \$114

### ***OCEAN SPA PACKAGES***

Receive even greater value by packaging treatments during your visit:

#### **Invigorating Ocean Mist**

Refresh Facial &  
Stimulating Aromatherapy Massage  
90 mins - \$128

#### **Gentle Ocean Breeze**

Rejuvenating MLD Massage &  
Balancing Reiki Facial  
3 hours - \$206

#### **Soothing Ocean Whisper**

Ocean Wave Facial,  
Rejuvenating Body Wrap &  
Swedish Relaxation Massage  
3 hours - \$268

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**Please Note:** Not all treatments are available at all times. Please inquire at the Front Desk.  
**If you require a receipt for insurance purposes,** please let the Front Desk know at time of booking.

Not all of our therapists are registered Blue Cross providers.

**GIFT CERTIFICATES ARE AVAILABLE!**

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**Tax is additional to prices quoted. All prices are in Canadian Funds.**