

# Ocean Spa Services



We look forward to welcoming you for a treatment in our Ocean Spa at White Point. Below are the various treatments available for you to choose from. Be sure to book your appointment in advance of your stay to avoid disappointment. Please note that our spa Services are available to overnight and day guests.

**IMPORTANT: If you require a receipt for insurance purposes, please see reverse.**

## *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 - \$94

### **Refresh Facial**

30 mins - \$68



## *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

### **Aromatic Journey**

Pure essential oils in combination with relaxing massage to spoil your senses.

30mins - \$59 | 60mins - \$84

### **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

### **Relaxation Massage**

A true stress reliever.

30mins- \$54 | 45mins- \$68 | 60mins- \$78

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

### **Rainforest Enchantment**

Invigorating body wrap with pure tropical oils, rich plant-flower and herbal complex enhances beauty. Pure Bliss.

1 hour 15 mins - \$128

### **Soothing Tranquility**

Calming body wrap with a rich plant-flower and herbal complex, essential oils of Cocoa and Vanilla allow for a complete sense of well-being. Enjoy and relax.

1 hour 15 mins - \$128

### **Holistic Balance**

Regenerating body wrap! Enjoy relaxing essential oils combined with a rich plant-flower and herbal complex plus the wonderful healing touch of Reiki energy, creating heavenly peace of mind.

2 hours (120 mins) - \$158

### **Invigoration**

Natural algae body wrap. Essential minerals, trace elements and essential oils revitalize your energy.

1 hour 15 mins - \$128

### **Salt Beam**

Sea salts and essential oils! Body exfoliation for smooth skin.

60 mins - \$98

### **Intensity**

Firming skincare plus draining and stimulating massage for a specific body zone.

60 mins - 108

### **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 - \$68 | 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

## More Ocean Spa Services...



### 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 - \$54 | 45 mins - \$68  
60 mins - \$78 | 90 mins - \$114

### 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 - \$136

#### 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 - \$278

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

### IMPORTANT:

If you require a receipt for insurance purposes, please let the Front Desk/Reservations know at the time of booking. Not all of our therapists are registered Blue Cross providers, nor do all the treatments fall under the 'qualified' for receipts. Be sure to confirm with your insurance provider if your selection of massage treatment at White Point meets your insurance companies criteria for coverage and receipts.

## Give the gift of our Ocean Spa!

Wrap up any of our treatments with

*White Point Gift Cards.*

Order them online at [ww.whitepoint.com](http://ww.whitepoint.com),

by calling 1.800.565.5068 '0'

or drop by the Front Desk.

**They never expire!**



\*Services and rates effective November 8, 2019