

# Hidden Valley Highlands Ladies Day



## Spa Menu



### ULTIMATE MANICURE | \$62

Warm aromatherapy soak with detailed nail and cuticle care, deep cleansing natural sugar hand scrub to exfoliate and soften hands and arms, with a relaxing and hydrating hand and arm massage with a regular or shellac polish.

### EXPRESS MANICURE | \$45

Express Manicure includes nail shaping, a relaxing hand & arm massage with a soothing massage finished with a regular or shellac polish.

### ULTIMATE PEDICURE | \$75

Warm soak in an aromatherapy foot bath with detailed callus, nail and cuticle care. A natural sugar crystal leg and foot scrub, a relaxing and hydrating foot and leg massage finished with a regular or shellac polish.

### SHELLAC REMOVAL | \$15

### EXPRESS FACIAL | \$70

Maximum results in a minimum amount of time. Cleansing, exfoliation, masque, facial massage, and hydrating moisturizer with the Dermatological advanced skincare line.

### HOW TO BOOK YOUR APPOINTMENT

**Pre-booking:** To book your spa time, please email [info@thespatreatment.ca](mailto:info@thespatreatment.ca). We will need your full name, time requested, services requested, and phone number.

Appointments are made on a first-come, first-serve basis and are only guaranteed once confirmed.

**Same-day bookings:** we will accept bookings for any available appointment times. Payment options include cash, Visa or Master Card.

**Spa Etiquette:** please arrive 5-10 minutes before your appointment. Services are non-refundable. Please let us know of any allergies when booking your appointment.

### CHAIR MASSAGE | \$25 | 15 MINUTES

This on-site massage offers a convenient way to have a massage without removing clothing or using any oils. The portable chair is brought to you and built for your comfort. The massage concentrates on your neck, shoulders, back, arms and hands.

### FOOT & LEG MASSAGE \$40 | 20 MINUTES

An incredible way to bring relief to your tired feet and legs, this foot massage helps relieve aches and pains. This massage helps to balance water retention, stimulate lymphatic flow, and energize tired feet and legs.

### HAND & ARM TREATMENT WITH THE SHIATSU FOOT MASSAGE | \$45 | 20 MINUTES

Start with a sugar hand and arm scrub, followed by a relaxing hand and arm massage with coconut and mango cream, finished with a great tea mint hydrating hand masque. The perfect combination to hydrate your hands and arms.

Treat your feet to a deep tissue Shiatsu massage with the truMedic InstaShiatsu + Foot Massager with heat, you can enjoy a professionally quality foot massage.