



## Welcome

Vancouver Green Spa provides the best spa services  
in Vancouver to every client.

Come experience an unforgettable skin care therapies and  
book your appointment today!

### Special Offers

Keep an eye on all latest offers and promotions  
happening at Green Spa Vancouver

#### Brazilian Wax

(first-time clients  
without Groupon)

\$25

[BOOK NOW](#)

#### Deep Pore Cleansing

with Enzymatic Peel  
6 sessions

\$360

[BOOK NOW](#)

#### Brazilian Laser Hair Removal

(first-time clients  
without Groupon)

\$99

[BOOK NOW](#)

## Our Featured Services



Facial



Hand &  
Foot Care



Waxing  
Services



Microdermabrasion

## About Us

Our experienced skin therapists use high quality skincare products for your facial and other spa treatments, such as IPL photorejuvenation, microdermabrasion, microcurrent, acne treatment. We offer quality, results oriented waxing service and specialize in brazilian waxing & bikini wax.



#### ADDRESS

#100 - 948 Howe St.  
Vancouver, BC  
Canada V6Z 1N9

Inside The Red Room  
Hair Salon

#### CONTACT

info@greenspavan.com  
604-441-1236

#### OPENTIME

MON - FRI: 10am - 7pm  
SAT: 10am - 5pm

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## Our Services

### IPL Photorejuvenation

- Facial
- Acne Treatment
- Microdermabrasion
- Laser Hair Removal
- Waxing Services
- Hand & Foot Care
- Brow & Lash Care
- Massage
- Paraffin Treatments



### IPL Face Photorejuvenation Prices

|                                     |       |
|-------------------------------------|-------|
| IPL Face Photorejuvenation (60 min) | \$150 |
|-------------------------------------|-------|

*Bamboo foamy cleansing gel, light microdermabrasion , IPL treatment, PROCELL collagen cell renewal mask, lime refresh toner, intense repair serum, firm skin acai moisturizer, sunscreen SPF 48*

|                                     |      |
|-------------------------------------|------|
| IPL Neck Photorejuvenation (40 min) | \$90 |
|-------------------------------------|------|

*Surface cleansing, microdermabrasion, IPL, moisturizing mask, stone crop hydrating mist, hydralermal serum, Rosactive A.G.E. cream, sunscreen SPF 48*

|  |       |
|--|-------|
| IPL Face & Neck Photorejuvenation (60 min) | \$170 |
|--|-------|

*Surface cleansing, microdermabrasion, IPL, moisturizing mask, stone crop hydrating mist, hydralermal serum, Rosactive A.G.E. cream, sunscreen SPF 48*

|  |      |
|--|------|
| Add a Collagen Procell Cell Renewal Mask | \$20 |
|--|------|

### Intense Pulsed Light (IPL) – Capturing the Energy of Light!

Light has been a source of power for as long as the Earth has existed. In fact, we couldn't live without the energy of light. In recent years, light has come to be seen as unhealthy or even dangerous. It is true that some types of light can be destructive, such as prolonged exposure to UV rays from the sun. However, when manipulated and controlled, light can actually be healing.

### What is Intense Pulsed Light (IPL)?

Intense Pulsed Light (IPL) is a newest, latest laser technology used to provide a variety of aesthetic and therapeutic treatments. IPL uses high intensity light source which emits polychromatic light. Because this flashlamp works with non-coherent light in a broad wavelength spectrum of 400-1400nm., it allows in selecting individual treatment parameters & adapting to different indications and skin types. Also, IPL utilizes filters which have the ability to regulate the light spectrum to better target various skin problems with minimal discomfort and less downtime.

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### How does IPL work?

Simply put, IPL uses light energy which is converted into heat or thermal energy. This thermal energy is directed to specific targets on top of, or inside the skin. IPL can use broad targets, to stimulate blood circulation and create collagen, or can precisely target chromophores, regions of the skin of varying colours. This versatility is why IPL is so effective.

### How many treatments might I need and how fast will I see results?

The duration and amount of treatments needed would, of course, depend on the type and severity of the condition being treated. On average, 4 to 6 treatments are carried out, usually once every 2 to 4 weeks. Maintenance treatment recommended every 3-12 months. The average treatment session takes approximately 30 to 60 minutes. Again, how fast you will see results will depend on the condition. However, some change is often present after only 1 session with more dramatic results occurring with additional treatments.

### What are the side effects? Is IPL treatment painful?

One of the benefits of IPL is that it is non-invasive method of treatment, so it involves no downtime and, as a result, the side effects are minimal. Usually, there may be a little redness and swelling which can be treated by simply applying ice, as well, a gentle concealer and natural mineral cosmetics can be used soon after to hide any residual redness. However, depend on the sensitivity of your skin and the severity of the problem being treated, mild blistering or bruising of the treated areas lasting from several hours to 3-14 days could happen. Generally speaking, IPL is not painful because of Integrated Cooling (PCC) System for patient comfort. Sometime you could feel like an elastic band snapping against the skin or mild tingling sensation which is treated simply by using a soothing cream.



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# Our Green Blog

## Wax tips!

Posted on 12 Oct 2016



Here's a few tips we thought would help those of you wanting more knowledge about brazilian waxing and bikini waxing:

1) Bath. For the purpose of cleanliness and also because the warm water softens the hair follicle and opens the pores. [Continue reading...](#)

Posted in [Waxing](#)

Tags [tips](#)

## Your choice: Glycolic, Lactic or Enzymatic peels

Posted on 7 Oct 2016



**Glycolic, lactic or enzymatic peels** – an excellent treatment to diminish the ravaging effects of time and to enhance the skin's overall appearance. The procedure treats sun damage and other pigmentation problems and minimizes fine lines and wrinkles. It also can stimulate the production of new collagen, which improves skin texture.

**Glycolic acid** is an alpha-hydroxy acid (AHA) derived from sugarcane and fruit. Glycolic acid is an exfoliator. It safely removes the outer layer of dead skin cells on the surface your skin, bring fresh new skin to the surface. [Continue reading...](#)

Posted in [Facial](#)

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## Facial - why and when?

Posted on 28 Sept 2016



Winter is a difficult time for women`s beauty. Due to colder weather outside and increased heating in our homes skin gets dehydrated and you don`t look your best.

However, there are ways to fix this. Even though for many women professional facials are a part of their usual beauty routine,

many others first start doing facials in the winter, in order to bring back this natural skin glow. [Continue reading...](#)

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## WAX TIPS!

Posted on 12 Oct 2016



Here's a few tips we thought would help those of you wanting more knowledge about brazilianwaxing and bikini waxing:

- 1) Bath. For the purpose of cleanliness and also because the warm water softens the hair follicle and opens the pores.
- 2) Trim your hair prior to your appointment, but NOT too short (the length of your hair down there' should be a grain of rice). Most of the time your esthetician will do this as needed but it's much easier when you come prepared.
- 3) Let the hair grow for at least 10 days after shaving.
- 4) Use numbing products or pain relief medicine, such as Advil, or Ibuprofen 1 hour prior to your appointment, but it is not necessary.
- 5) Wear loose fitting pants to your appointment. If you're comfortable enough, go panty free. Let it breathe.
- 6) Don't take alcohol prior to waxing, beacouse it tightens pores, which can lead to a painful waxing experience. Avoid caffeine. Coffee/Soda prior to your appointment. Caffeine can stimulate your skin and make it more sensitive.
- 7) For those of you concerned about pain. Avoid booking your appointment around the time of your period, espesially before. Trust us!!
- 8) Go to an esthethician who is as concerned about your health as you are. No double dipping! No contaminated wax! If you spot her doing so, don't be afraid to speak up.
- 9) Avoid pools and hot tubs the day of your wax. Use sun protection when exposing your skin to the sun. It is especially important during the first 24 hours after waxing in order to avoid redness.
- 10) Ask your esthetician to apply aloe vera lotion or something of the like afterward. It's also a good idea to purchase your own.
- 11) Exfoliate your bikini area a couple times a week to prevent ingrown hairs.

P.S. Book routine waxes (every 4-6 weeks) not holiday or semi-annual waxes!

*Vancouver Green Spa*

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Tags [tips](#)

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Your choice: Glycolic,  
Lactic or Enzymatic peels →



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Beauty  
at  
vancouver  
*GreenSpa*



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