

# Esthetics

With Eminence Organic Skin Care



## Services

Facial.....	60min: \$95; 75min: \$120
Body Scrub.....	45min: \$100
Body Wrap.....	60min: \$145
Manicures.....	45min: \$50
+ French Polish.....	15min: \$15
+ Paraffin.....	15min: \$15
Pedicures.....	60min: \$70
+ French Polish.....	15min: \$15
+ Paraffin.....	15min: \$15

## Waxing

Brows: \$20	Chin/Lip: \$15
Bikini: \$35	Brazilian: \$55
1/2 leg: \$40	Full leg: \$60
Full leg & bikini: \$85	Chest/back: \$55
Arm: \$40	Under arm: \$20

## Tinting

Brow Tint: \$20	Lash Tint: \$35
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\*Prices do not include GST

## Packages

**Bliss ~ 60min facial, pedicure & manicure (\$165)**

**Renew ~ 60min massage, body scrub, steam & 60min facial (\$190)**

**Wellness ~ 60min massage, steam, 60min facial, lunch, manicure & pedicure (\$280)**



## Yoga

Leela offers a wide range of yoga classes for all ages and all levels of yoga.

We also offer Private Yoga & Private **Yoga Therapy** sessions for 1-2 people.

A full description of each class can be found on our website.

Turn over for yoga schedule.

## Massage Therapy

All of Leela's RMT's are registered and accepted with all health insurance providers.

We can direct bill Alberta Blue Cross & Greenshield.

### Relaxation, Therapeutic & Sports

60 min: \$85; 90 min: \$125

60 min couples: \$170; 90 min couples: \$250

### Thai

60 min: \$100; 90 min \$140

### Hot Stone

60 min: \$100; 90min: \$140

60 min couples: \$200; 90 min couples: \$280

### Pre & Post Natal

60 min: \$95; 90min: \$130



## Yoga ~ Massage ~ Esthetics



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 Rise & Shine	6:30-7:30 Rise & Shine	6:30-7:30 Rise & Shine	6:30-7:30 Rise & Shine	6:30-7:30 Rise & Shine	10:00-11:15 Karma Class	9:45-11:00 Prenatal
	NEW 9:30-10:30 Mom & Tots		9:30-10:45 Mindful Flow			11:15-12:30 Yin/Yang
	11:00-12:00 Mom & Baby	11:00-11:45 Miss Natalie	11:00-12:00 Mom & Baby		1:00-2:15 Neck & Shoulders	1:30-2:45 Hips & Back
5:30-6:45 Discovery	5:30-6:45 Core Power	5:30-6:45 Prenatal	5:30-6:45 Discovery	5:30-6:45 Vinyasa Flow	2:30-3:45 Vinyasa Flow	3:00-4:15 Discovery
7:00-8:15 Critical Flow	7:00-8:15 Vinyasa Flow	7:00-8:15 Ashtanga Inspired	7:00-8:15 Yin/Yang	7:00-8:15 Restorative	4:00-5:15 Critical Flow	7:00-8:15 PS I Love Yoga
NEW 8:30-9:45 Yoga Nidra	8:30-9:45 Yin	8:30-9:45 Restorative	8:30-9:45 Yin	Drop in: \$15 1 month: \$75 10x pass: \$110 + GST		Ask about other passes also available.