

Couples Resort

## Registered Massage Therapy

Touching is healing; from a mother's touch which comforts and soothes her baby to the triumphant athlete patted on the back by fellow athletes. Based on the same principle as human touch, massage is the oldest method of promoting good health, suppleness and strength. Today, the role of massage therapy is recognized by the general public and other health care professionals as being an effective health care alternative.

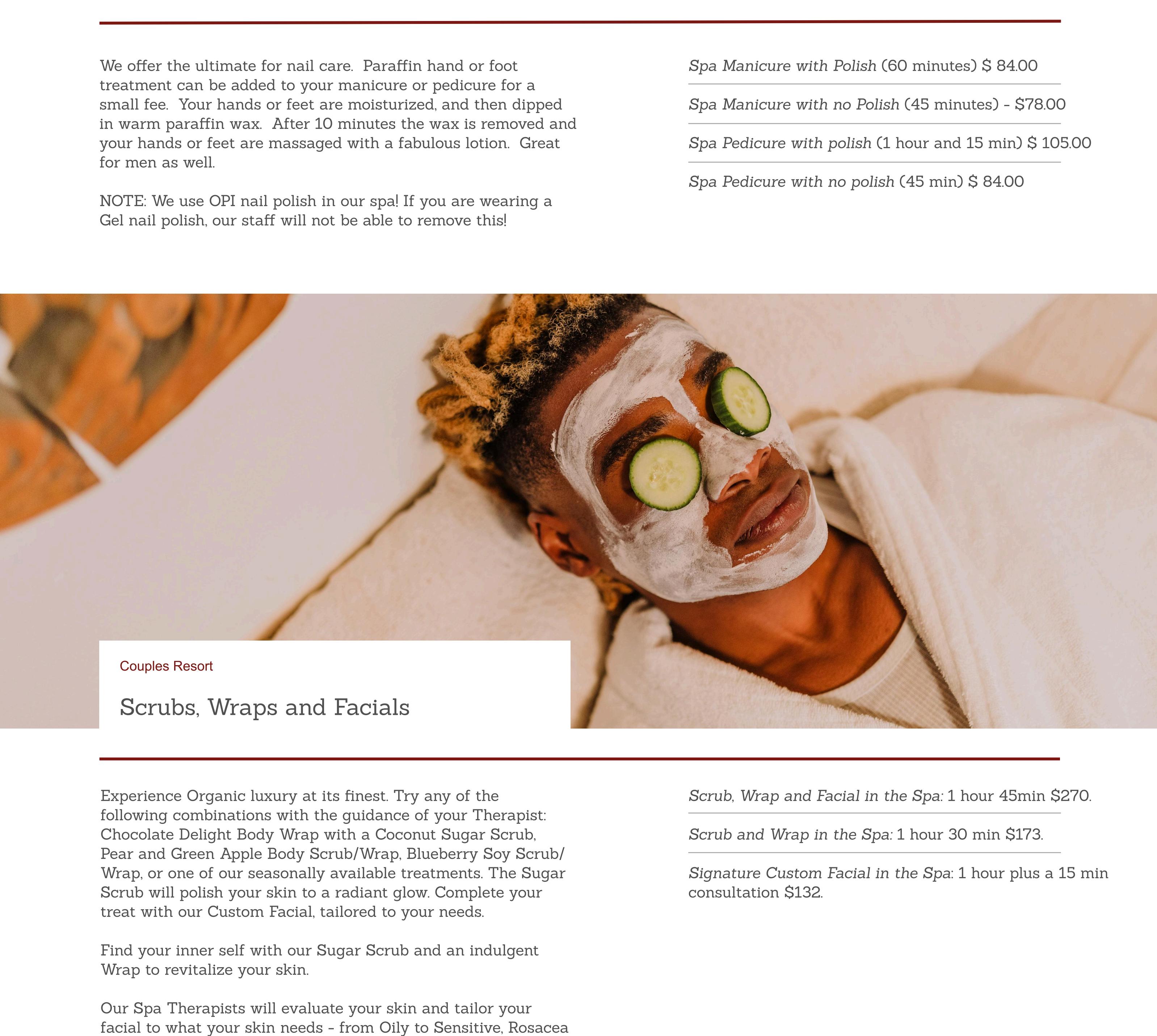
Due to public perception and desire, massage therapy has grown into a more prominent position. It is a viable and respected profession promoting good health not only for your physical but emotional well being also. Massage Therapy is the kneading, manipulation or application of methodical pressure and friction of the body. Whether it is for treatment of injury, stress or for relaxation, the skilled use of massage through touch is used to maintain and enhance the health and well being of the entire body. Experience the benefits massage can offer you.

Registered Massage Therapy In Spa Only:

30 min \$96

60 min \$186

90 min \$276



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## Hot Stones, Body Molding, Indian Head Massage

Escape from your worries during this very relaxing full body treatment. Using body work techniques personalized to your specific needs we will release muscular tension and stress to calm and soothe your body. This heavenly treatment will not only bring relief and enjoyment, it will improve circulation, restore proper muscle balance and replenish your system.

Ayurveda Indian Head Massage is a relaxing massage that stimulates the acupressure points on the head, upper back, shoulders, neck and face. It promotes circulation, rebalance energy and releases blockages which cause stress and strain. In return the body, mind and soul are up lifted.

Experience the ultimate in relaxation. Stone massage involves the application of heated stones to key points on the body, allowing an intense penetrating heat which eases muscle aches, improves circulation, relieves back pain, and reduces stress. The warmth of the stones promotes deep healing by expanding the blood vessels and relaxing the nervous system, alleviating symptoms of insomnia and arthritic conditions while melting away the tension and stresses of daily life. This unique indulgence is not to be missed!

Relaxing Body Molding Treatment

Available Spa: 60min \$132

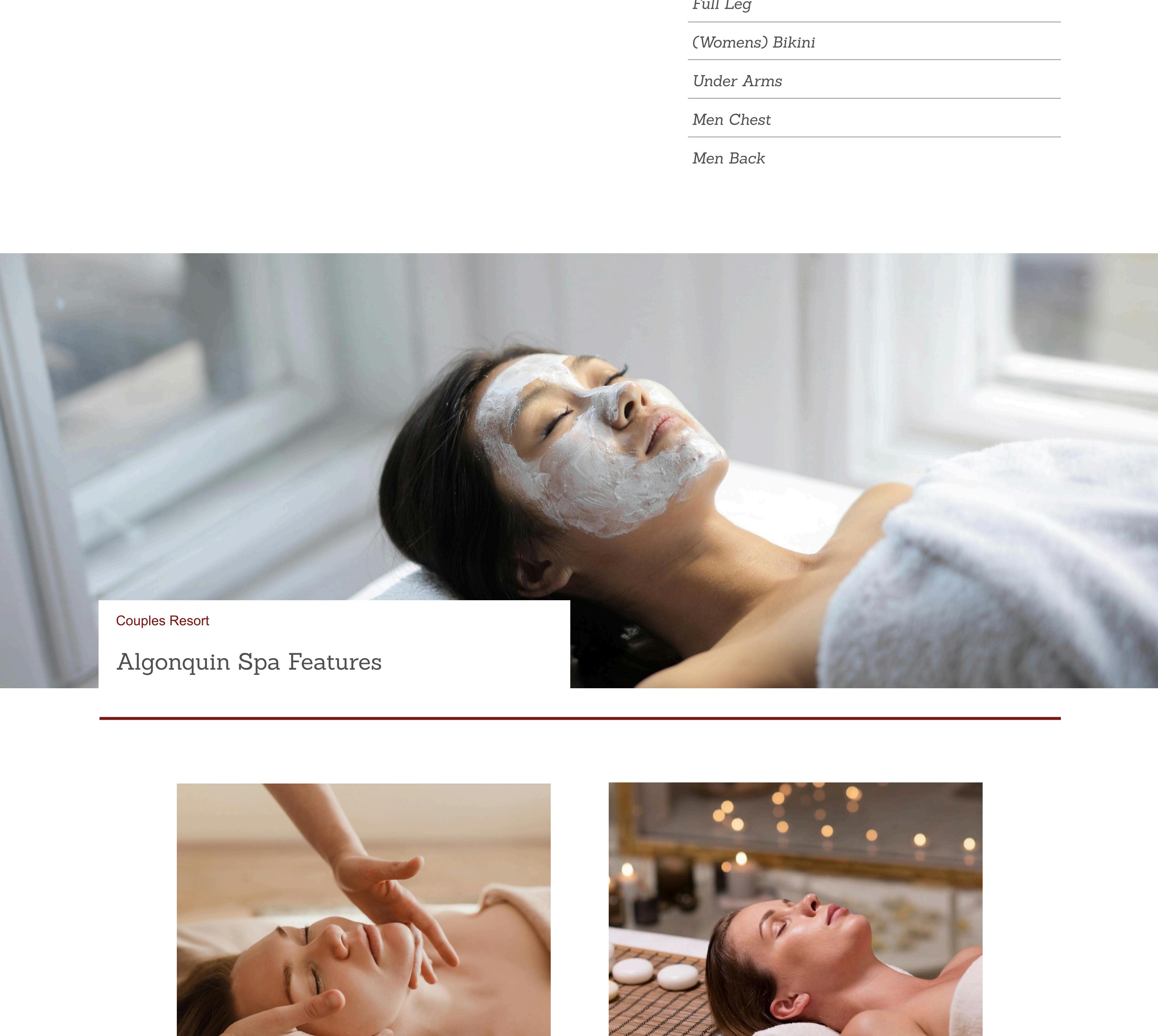
Available Spa: 30min \$70.

Ayurveda Indian Head Massage

Available Spa: 60 min \$118

Hot Stone Therapy

Hot Stone Therapy in the Spa: 60 min \$166.



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## Hand/Foot Treatments

We offer the ultimate for nail care. Paraffin hand or foot treatment can be added to your manicure or pedicure for a small fee. Your hands or feet are moisturized and then dipped in warm paraffin wax. After 10 minutes the wax is removed and your hands or feet are massaged with a fabulous lotion. Great for men as well.

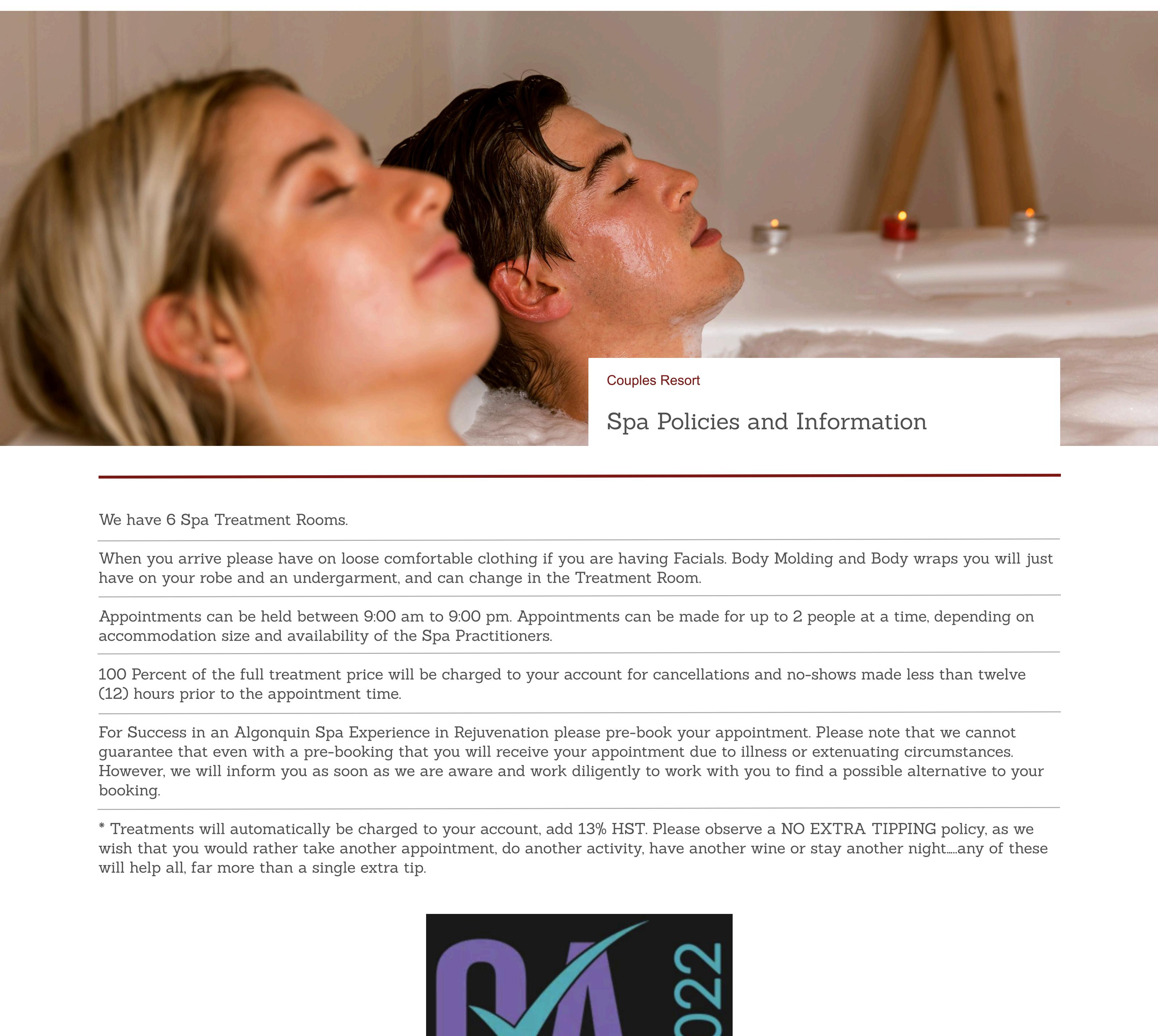
NOTE: We use OPI nail polish in our spa! If you are wearing a Gel nail polish, our staff will not be able to remove this!

Spa Manicure with Polish (60 minutes) \$ 84.00

Spa Manicure with no Polish (45 minutes) - \$78.00

Spa Pedicure with polish (1 hour and 15 min) \$ 105.00

Spa Pedicure with no polish (45 min) \$ 84.00



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## Scrub, Wraps and Facials

Experience Organic luxury at its finest. Try any of the following combinations with the guidance of your Therapist: Chocolate Delight Body Wrap with a Coconut Sugar Scrub, Pear and Green Apple Body Scrub/Wrap, Blueberry Soy Scrub/ Wrap, or one of our seasonally available treatments. The Sugar Scrub will polish your skin to a radiant glow. Complete your treat with our Custom Facial, tailored to your needs.

Find your inner self with our Sugar Scrub and an indulgent Wrap to revitalize your skin.

Our Spa Therapists will evaluate your skin and tailor your facial to what your skin needs - from Oily to Sensitive. Rosacea to Dry, let us pamper and nourish your skin to find that radiant you underneath.

Scrub, Wrap and Facial in the Spa: 1 hour 45min \$270.

Scrub and Wrap in the Spa: 1 hour 30 min \$173.

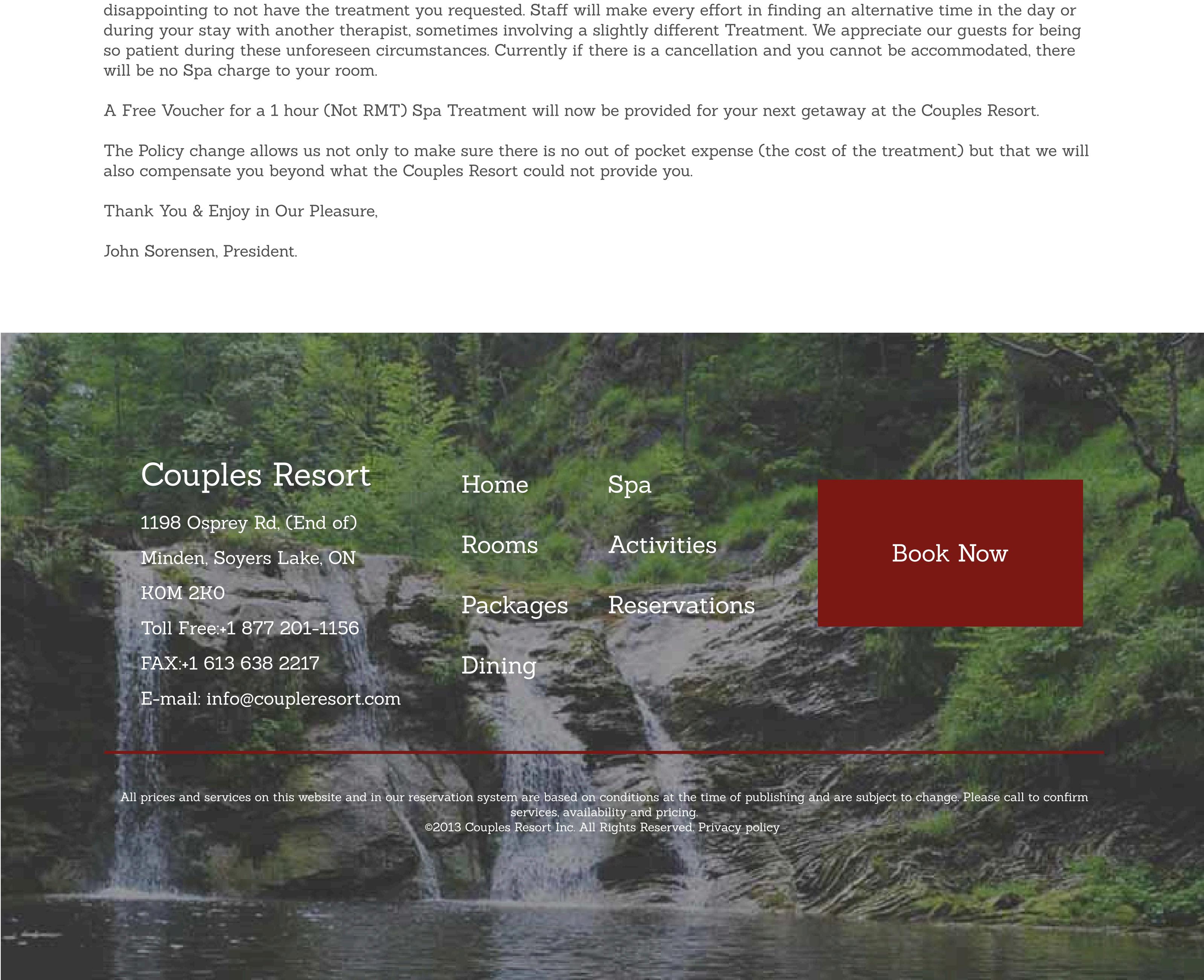
Signature Custom Facial in the Spa 1 hour plus a 15 min consultation \$132.



**ÉMINENCE**  
ORGANIC SKIN CARE  
HUNGARY • SINCE 1958

TRY WORLD RENOWNED EMINENCE HANDMADE ORGANIC SKIN CARE!

We are proud to offer the Eminence Organic Skin Care line offers a truly exquisite experience with products that are so natural that you can see the fresh fruit pulps, seeds, and smell the real herbs. The philosophy is simple and natural, and it fits with the modern need of finding a natural skin care solution.



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## Algonquin Spa Features

Space available on a walk-in basis only. - See office for pricing.

Prices vary by individual, please see our office for a consultation with our attendant. Pain responses are expected, but try not to injure our staff.

Eye Brows

Upper Lip

Chin

Face (includes eyebrows, chin and upper lip)

Arms

Half Leg

Full Leg

(Womens) Bikini

Under Arms

Men Chest

Men Back

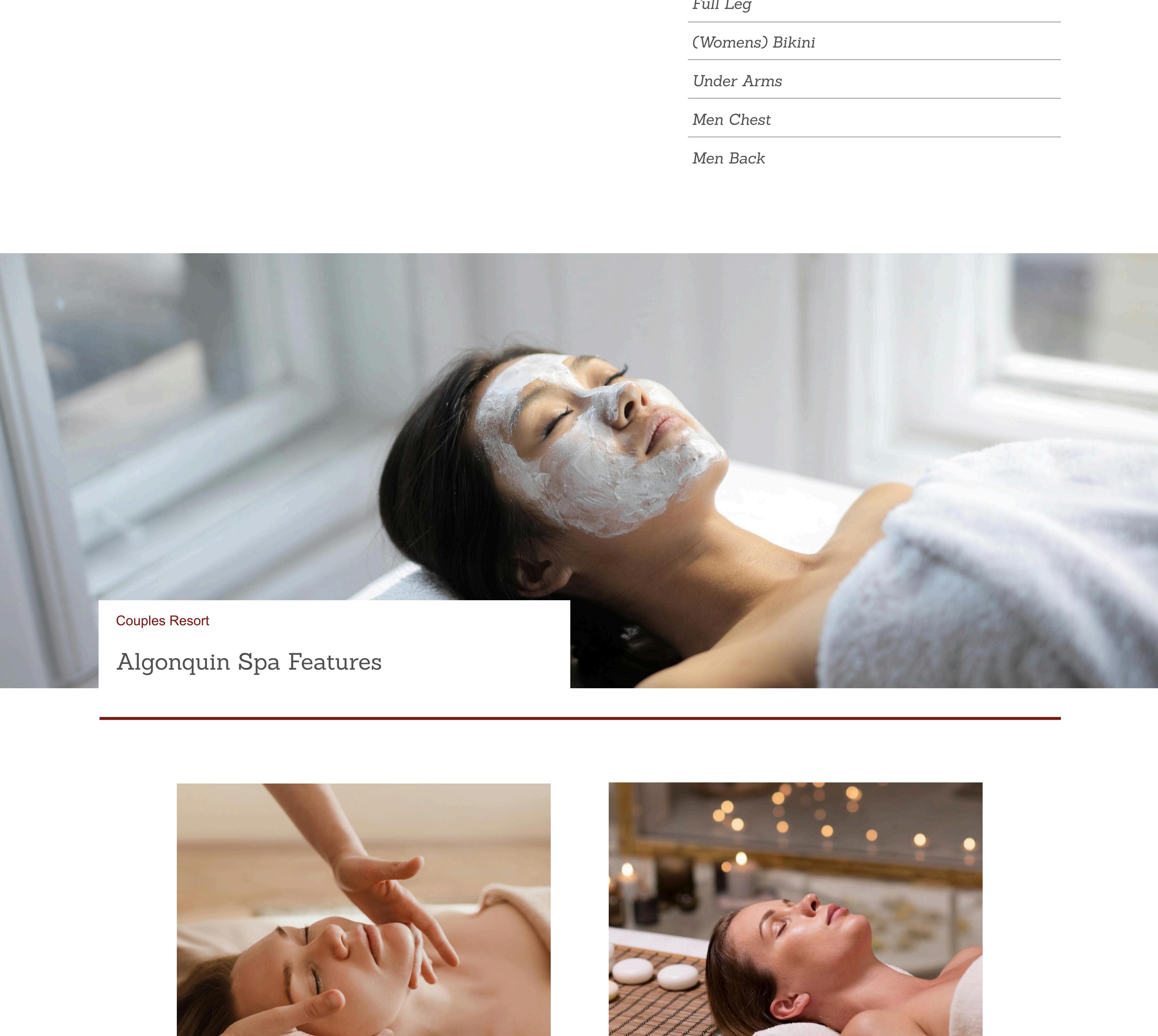
100 Percent of the full treatment price will be charged to your account for cancellations and no-shows made less than twelve (12) hours prior to the appointment time.

For Success in an Algonquin Spa Experience in Rejuvenation please pre-book your appointment. Please note that we cannot guarantee that even with a pre-booking that you will receive your appointment due to illness or extenuating circumstances. However, we will inform you as soon as we are aware and work diligently to work with you to find a possible alternative to your booking.

\* Treatments will automatically be charged to your account, add 13% HST. Please observe a NO EXTRA TIPPING policy, as we wish that you would rather take another appointment, do another activity, have another wine or stay another night...any of these will help all, far more than a single extra tip.

AWARDED ONE OF NORTH AMERICAS TOP 100 SPAS!

As part of the Algonquin Spa you have access to our fitness / sauna room. It is a beautiful cedar sunroom with a fantastic view over the 3 session Swimming Pool and Galesay Lake. There are free-weights, benches, a bike machine, a concept 2 rowing machine and a tread mill. The sunroom also has all the amenities with washrooms and showers, TV and VCR for work out videos, mats, and a drink cooler. After your workout or at the end of your day, revive your soul in the sauna. The heat will soothe your muscles and purify your skin... Perfect! From here you have easy access to the outdoor heated salt-water pool. Relax and melt away, or do a few laps, it is all yours.



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## Unforeseen Circumstances

We have 6 Spa Treatment Rooms.

When you arrive please have on loose comfortable clothing if you are having Facials. Body Molding and Body wraps you will just have on your robe and an undergarment, and can change in the Treatment Room.

Appointments can be held between 9:00 am to 9:00 pm. Appointments can be made for up to 2 people at a time, depending on accommodation size and availability of the Spa Practitioners.

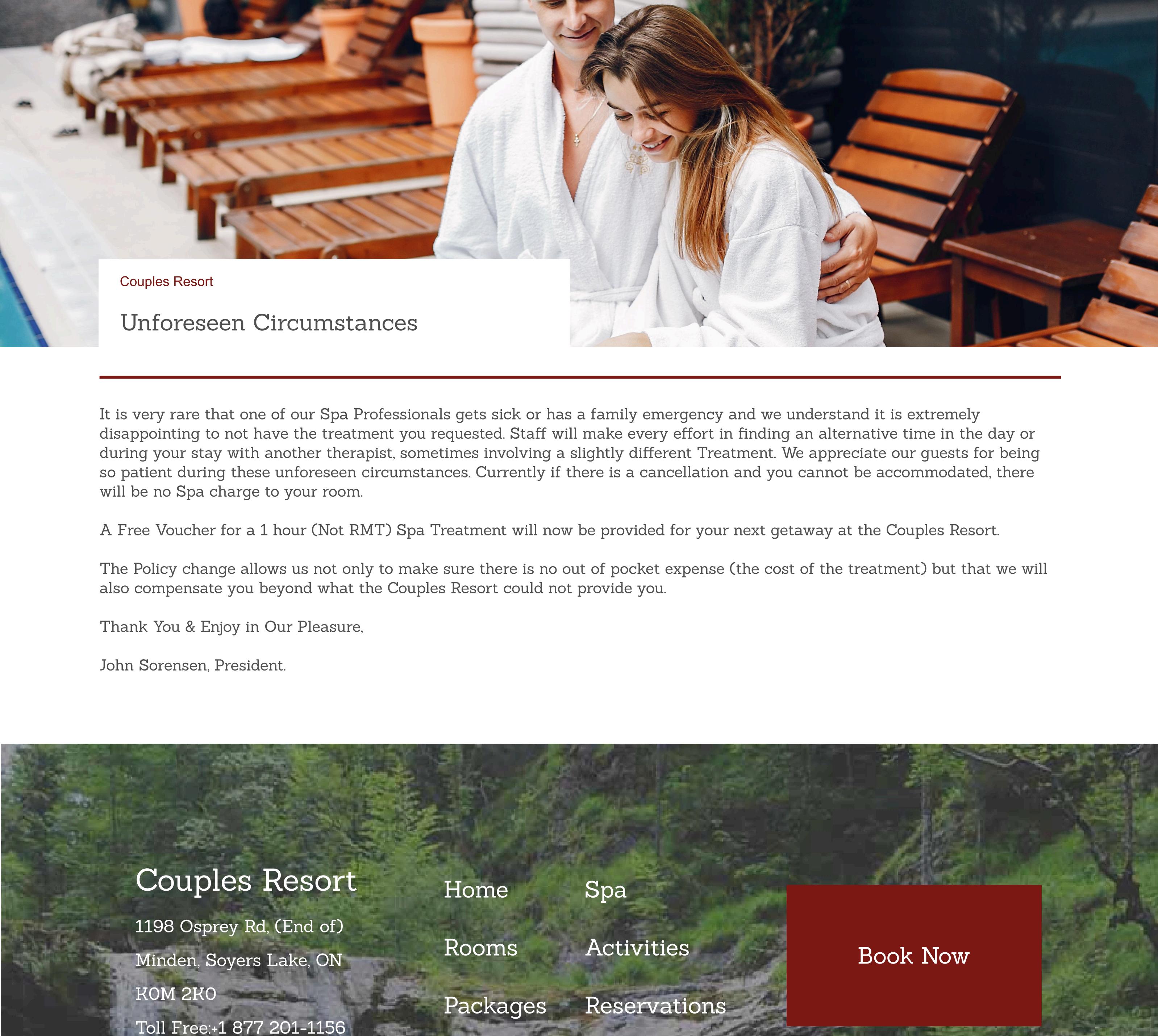
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