

THE WATER SPA

Sir Sam's Water Spa provides a serene, relaxing environment that boasts tranquil music and a specially designed pool. Set just below body temperature the pool incorporates massage stations that target different zones of the body. Our tranquil lounge area features double-wide padded recliners and soft lighting, and after dark you can "bathe under the stars" with our captivating twinkling ceiling and beautiful valance.

Open daily from 9am to 11pm, we have full towel service including *Spa Robes*. You need only bring your bathing suit and whatever suitable footwear you desire.

IN-HOUSE GUESTS

Unlimited use of the Water Spa is available to all in-house guests at no extra charge.

DAY SPA GUESTS (\$30 PER PERSON INCLUDES):

- Full use of the Water Spa
- Change rooms and showers
- Full use of co-ed sauna
- Towel service

Bring your own bathing suit and footwear.

RECEIVE 50% OFF A DAY PASS WHEN YOU BOOK A 60-MINUTE SPA TREATMENT!

(Credit Card required for all bookings)

CANCELLATION POLICY:

Cancellations less than 24 hours in advance will be charged the full treatment cost.

The Water Spa is the heart and soul of your spa experience. Our warm, salt-water pool assists in alleviating pain and soothing tired or aching muscles.

We suggest the following circuit (or one similar) to maximize your Water Spa experience:

To begin, shower with warm water to cleanse the skin. Enter the pool with a slow pace and proceed to your chosen feature.

The large bench offers two jet formations: One concentrates on your neck and lower back, the other provides a wave of motion the length of your spine.

The waterfall fountains enable you to target *specific* areas of the back and neck with warm cascading water.

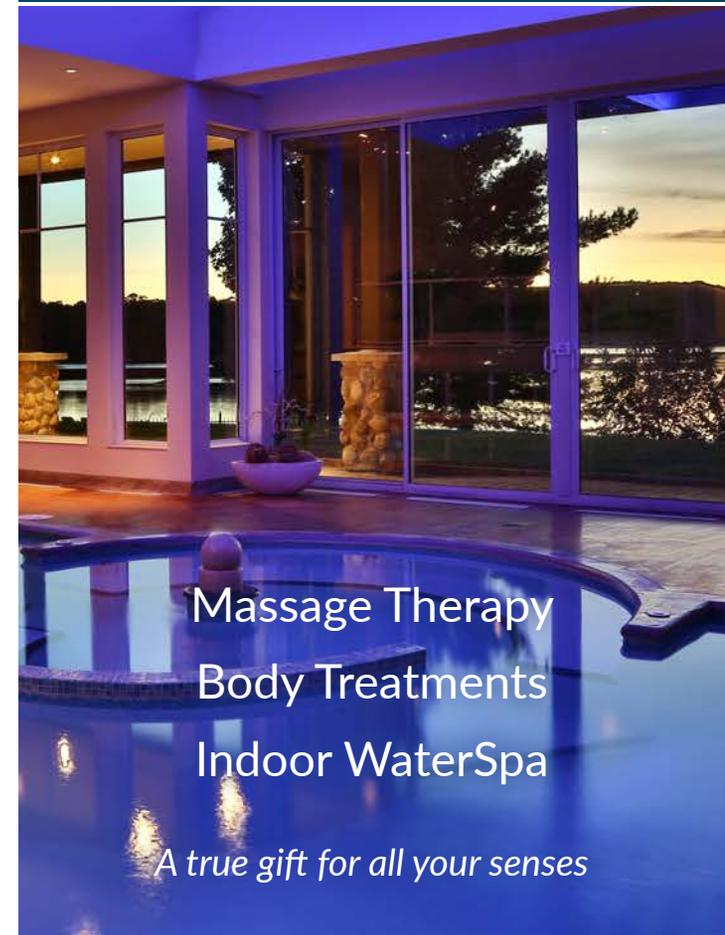
The air lounge promotes circulation and is an opportunity to recline and breathe easy.

Finally, cozy up in the champagne grotto where thousands of tiny bubbles create a pleasantly unique sensation.

Taking a cool shower during your circuit (or use of the plunge bucket) is rejuvenating and encouraged. The open water area is perfect for drifting or stretching to enjoy the increased range of motion that warm flowing water promotes.

Daybeds located on the mezzanine are for your continued rest and relaxation.

SPA MENU



Massage Therapy
Body Treatments
Indoor WaterSpa

A true gift for all your senses



SIR SAM'S
INN & SPA

705 754 2188 | 1 (800) 361-2188
1491 Sir Sam's Rd, Eagle Lake, Ontario KOM 1M0
www.sirsamsinn.com



RELAXATION MASSAGE

60 Min - \$110

Pamper yourself with this traditional, full body Relaxation massage, using light to medium pressure, to relax aching muscles and stimulate circulation. Your skillful and nurturing therapist uses a combination of long strokes and gentle stretches intended to bring you to the ultimate state of relaxation.

AROMATHERAPY MASSAGE

60 Min - \$120 | 45 Min - \$90

Discover the ancient art of aromatherapy refined over the centuries. Experience the therapeutic powers of essential oils in a relaxing massage that incorporates the healing powers through the sense of smell and touch. Helps to naturally increase circulation, while nourishing the skin.

REFLEXOLOGY

60 Min - \$110

Practice of applying pressure on precise zones of the feet, promoting relaxation, improving circulation, reducing pain, soothing tired limbs, and encouraging overall healing. Drift into deep relaxation while your therapist massages the feet using thumb and finger pressure, encouraging the natural healing process.

BACK, NECK AND SHOULDERS

60 Min - \$110 | 45 Min - \$85

It will loosen the muscles in the back and shoulders where tension exists. Allowing your body to unwind during a Back, Neck & Shoulder Massage will get rid of stiffness and promote deep relaxation. By speeding up circulation over a wide area of the body, more fresh, oxygenated blood will nourish the tissues, relieving aches and aiding tissue recovery and repair.

REIKI

60 Min - \$110 | 45 Min - \$85

A non-invasive natural & intuitive healing modality that restores the body's inner balance to promote physical, emotional, mental, and spiritual balance. Provides gentle relief for headaches (including migraines), arthritis, stress, depression, low energy, and toxin release as well as many other physical symptoms we face in today's world.

NECK, FACE, AND SCALP

30 Min - \$60

A 30-minute head, face and scalp massage will relax you, while reducing levels of stress hormones, lower blood pressure, and alleviate tension headaches and migraines while promoting healthy hair growth.

