

## 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



**\*PLEASE NOTE WE PROVIDE BOTH RMT AND NON-RMT THERAPY SESSIONS.**

A Registered Massage Therapist Number cannot be provided unless the treatment is noted in our Registered Massage Therapy Treatments below.\*

All RMT Therapy Treatments will always be performed by a Registered Massage Therapist.\*



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## HOLISTIC TREATMENTS

**REIKI** 60 Min - \$110 | 45 Min - \$85 | 30 Min - \$70

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.

### **THE "SPIRITUAL GROUNDING" FOOT TREATMENT**

60 Min - \$130

Your Root Chakra governs adrenal glands, spine, blood, and reproductive organs. This treatment will make you feel like you are walking through heaven with a foot scrub, aromatherapy, balancing reflexology and a hydrating mask. Reconnect and ground your root Chakra and you will feel more stable, safe, calm and anchored in reality.

Add on 15-minute hand massage \$15

Add on 15-minute scalp massage \$15

Add Hot Stone \$20

### **THE "UNCONDITIONAL LOVE" HAND TREATMENT**

45 Min - \$100

Focusing on your Heart chakra, this massage aims to relax you and realign your emotional energy. We do this with aromatherapy, a pampering hand scrub and massage, and a hydrating mask to bring balance and relieve tension in your hands.

Add on 15 minutes of reflexology for \$10

Add Hot stone for \$20

Add on 15-minute Scalp massage for \$15

### **THE SEVEN CHAKRAS BALANCING MASSAGE**

75 Min - \$180 | 60 Min - \$150

Feel all your stagnant energy fade away with a full body massage using basal lava stones to reduce stress and soothe aching muscles to bring on a state of deep relaxation. Our unique technique will balance the energy flow of all 7 chakras with aromatherapy, crystal therapy and reiki to leave you feeling more centered, aligned, and rejuvenated.

### **THE DIVINE INTUITION SCALP AND HAIR TREATMENT**

60 Min - \$130

Recover from stress, relieve tension in your head, neck and shoulders, and activate the energy of your eye chakra with this divine massage that works on your lymphatic system to remove toxins using aromatherapy and our delightful nourishing scalp and hair mask.

## TRADITIONAL TREATMENTS

**HOT STONE MASSAGE** 60 Min - \$120 | 45 Min - \$90

A warm and comforting experience as aromatherapy oils are massaged into your skin using hot stones. This ancient technique will induce a deep state of body and mind relaxation as the stones are laid carefully over your body leaving you feeling grounded and connected. **(Available seasonally).**

**REFLEXOLOGY** 30 Min - \$70

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.

**NECK, FACE, 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.

**RELAXATION MASSAGE** 60 Min - \$110

Pamper yourself with this traditional, full body Swedish 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.

### **BACK, NECK, AND SHOULDER MASSAGE**

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.

**Add-ons: add to any above non-RMT Treatment**

Hot Stone for \$20

Aromatherapy bath \$10

## \*REGISTERED MASSAGE THERAPIST TREATMENTS

**RMT RELAXATION MASSAGE** 60 Min - \$130

Pamper yourself with this traditional, full body Swedish 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.

### **RMT BACK, NECK, AND SHOULDER MASSAGE**

60 Min - \$130 | 45 Min - \$105

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.

**RMT DEEP TISSUE** 60 Min - \$140

Registered Massage Therapist only, Limited Availability. A Therapeutic Deep Tissue Massage that helps treat fibromyalgia, scar tissue, and fight muscle tension. This massage will help promote faster healing by increasing blood flow and reducing inflammation.

## AVAILABLE SUNDAY / MONDAY ONLY

**AUSTRIAN MOOR CLASSIC FACIAL** 60 Min - \$110

Complete your Spa experience with a specially designed Classic 60-minute facial that will leave your skin feeling radiant and alive. Your skin will be detoxified, purified, toned and revitalized by organic active ingredients.

**CRYSTAL REIKI** 60 Min - \$110 | 30 Min - \$70

Using the combination of reiki along with seven crystals that coincide with the seven main chakras, this treatment provides a full alignment of your chakra system in order to positively transform your body's aura, relieve tension and boost energy.

**CHAKRA BALANCING** 40 Min - \$80

Complete your Spa experience with a specially designed Classic 60-minute facial that will leave your skin feeling radiant and alive. Your skin will be detoxified, purified, toned and revitalized by organic active ingredients.