



# SPA MENU

## RMT SERVICES

### RMT SWEDISH RELAXATION

- 30 Minutes \$85
- 45 Minutes \$115
- 60 Minutes \$145
- 75 Minutes \$175
- 90 Minutes \$200

### RMT CUSTOM

- 30 Minutes \$95
- 45 Minutes \$125
- 60 Minutes \$160
- 75 Minutes \$185
- 90 Minutes \$215

### RMT DEEP TISSUE

- 30 Minutes \$105
- 45 Minutes \$135
- 60 Minutes \$165
- 75 Minutes \$195
- 90 Minutes \$225

## BODY SPA

### BODY WRAPS

45-60 MINUTES

- Mini cocoon (1-2 Body sections) \$110
- Nourishing Seaweed Cocoon \$140
- Aromatherapy Cocoon \$140
- Detoxing Mud Cocoon \$140

### NON-RMT MASSAGE

45/60/75 MINUTES

- Relaxation \$90/\$125/\$155
- Firm Pressure \$100/\$135/\$160
- Hot Stone \$110/\$145/\$175
- Custom TMJ-D Relief \$110/\$145/\$175

### ESTHETICIAN SPECIALTY SERVICES

- Back Scratch from Heaven – 30 Minutes \$65
- Body Facial– 60 Minutes \$135
- Two Becoming One Couples Massage Lesson – 2 hours \$250
- Blissful Head Spahh – 45 Minutes \$110
- Buccal Massage (Intraoral) – 30 Minutes \$90

## POLICIES AND REMINDERS

Cancellations made less than 24 hours prior to appointment time will be subject to cancellation charge of 100%. All exceptions must be approved by therapist. Please arrive 10-15 minutes early for consultation. For all Massage Appointments: A minimum of 60 minutes is required for a full body massage, 75 minutes is required for RMT Deep Tissue or RMT custom. All Therapists and Clients reserve the right to remove consent/ cancel appointment if contraindications arise. If you have any special requirements (such as pregnancy) or requests please make sure to mention it to the front desk. If you would like to consume THC or have CBD be incorporated in your service, please bring your personal product or visit the local dispensary prior to your appointment. If you consume cannabis or alcohol the RMT will be UNABLE to provide a receipt for insurance. This offer is only available for clients that are staying in the hotel overnight.



# SPA MENU

## FACIAL SPA

### SIR SAM'S FACIALS

Express Facial – 30 Minutes	\$75
Pure Relaxation Facial – 60 Minutes	\$140
Calm the Redness Facial – 60 Minutes	\$140
Gentleman's Facial – 60 Minutes	\$140
Classic Anti-Aging Facial – 60 Minutes	\$150

### TREATMENT FACIALS

Resurface Treatment – 30 Minutes	\$100
Platinum Anti-Aging Facial – 60 Minutes	\$175
Dermaplaning Facial – 60 Minutes	\$175
Cupping Massage Facial – 60 Minutes	\$175
Custom Treatment Facial – 75 Minutes	\$175
Crystal Luxe Facial – 75 Minutes	\$250

## STAFF FAVOURITES

- RMT Deep tissue Massage
- RMT custom Massage
- Firm Pressure NON-RMT Massage
- Dermaplaning Facial with Platinum add-on
- Pure Relaxation Facial
- Classic anti-aging Facial
- Mini leg cocoon with Foot Massage add-on
- Blissful head Spahh

### DAY SPA GUESTS INCLUDES: ~30 +tax

- 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 WITH A SPA TREATMENT!**

## PACKAGES

RMT Swedish Massage & Basic Facial For two, Side by Side 75 Minutes	\$280
RMT Swedish Massage & Basic Facial For one, one after another 2 Hours & 15 Minutes	\$275
2 RMT Deep Tissue Massage, One after Another 2 Hours & 15 Minutes	\$310
Body Wrap & Express Facial 75 Minutes	\$215
Body Wrap & Blissful Head Spahh 75 Minutes	\$225
Body Wrap & Relaxation Massage (NON-RMT) 90 Minutes	\$210
Massage (NON-RMT) & Basic Facial 2 Hours	\$250
Hot Stone Massage (NON-RMT) & Platinum Facial 2 Hours	\$300
Resurface Treatment & Platinum Facial 60 Minutes	\$250
Complete Treatment (NON-RMT), For One <i>Basic Facial, Massage, Body Wrap, Head Spahh</i> 3 Hours	\$500

Add-on options will be available to choose from before appointments, ask our front desk about combining services.



# SPA MENU

## TREATMENT DETAILS

### RMT SERVICES

#### RMT SWEDISH RELAXATION

Our RMT will produce light-medium pressure in order to bring you deep into relaxation.

#### RMT CUSTOM

This service can be customized based on what our RMT recommends as well as personal preferences. Can include minimal deep tissue techniques, essential oils, heat, therapeutic Balms, or a little focus on a good scalp massage.

#### RMT DEEP TISSUE

Our talented RMT will use deep tissue techniques to help loosen any tense muscles and work with you on a home routine for stretches to continue to relieve tension.

#### ABOUT OUR SPA THERAPISTS

Our spa team is small, but mighty, we have one RMT and one Esthetician that work together to pamper our guests. We also have occasional holistic services on site!

#### CHRISTINE CAMPBELL, RMT

Christine graduated with honours from Trillium College's Massage Therapy program in 2018, she is passionate about relieving pain and reducing stress in those that need some assistance. Christine has been providing legendary massages at Sir Sams since December 2021 and she will leave you "more tenderized than a Wagyu sirloin" She has a passion for outdoors and many different sports.

#### SARAH MCBRIDE, ESTHETICIAN

Sarah Graduated from Durham college's Esthetician, Spa Management program in 2022, she is passionate about relaxing the muscles you don't know need attention, with additional certifications including TMJ massage, Buccal massage, reflexology and all the skincare knowledge you could ever ask for. She has been providing "the best facial" as well as tension relief massages for Sir Sams since June 2022. Sarah has a passion for comfort and treating insecurities.

### BODY SPA

#### BACK SCRATCH FROM HEAVEN 30 MINUTES

A light-medium pressure back scratch, helps relieve stress and tension, we highly recommend choosing some personal favourites for music to enhance the relaxation.

#### BODY WRAPS 30-75 MINUTES

A light-medium pressure back scratch, helps relieve stress and tension, we highly recommend choosing some personal favourites for music to enhance the relaxation.

#### BLISSFUL HEAD SPAHH 45 MINUTES

This Treatment can be customized to your hair and scalp needs, but most importantly we are focused into leading you into a blissful state of relaxation through an entrancing neck and scalp massage. Using a range of essential oils as well as Moor's Hair Vitality treatment, this service will strengthen your hair and stimulate healthy hair growth.

#### NON RMT MESSAGES 45-90 MINUTES

There are very little differences between an RMT massage and a treatment with our esthetician, maybe a little less pain=gain and more snoring. Use our add ons to customize your treatment.

#### BODY FACIAL 60 MINUTES

A body facial is simply put a facial for the body, it can be performed on the back, buttocks and breasts, up to your comfort. Customized to your main concern.

#### BUCCAL MASSAGE 30 MINUTES

A lifting and draining massage that loosens tension, in the face, involves therapist having thumbs/fingers inside of the mouth. Any remaining time will be spent on the neck/shoulder area.



**SIRSAM'S**

INN & SPA

EST. 1919

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## TREATMENT DETAILS

### FACIAL SPA

#### EXPRESS FACIAL

30 MINUTES

In a hurry? Our express facial provides relaxing skincare within your tight schedule. This quick and easy but so satisfying express facial includes a consultation with the esthetician, cleanse, exfoliation, cryo-massage, serum and moisturizer with SPF.

#### PURE RELAXATION FACIAL

60 MINUTES

This Classic Moor Facial is for those that adore the face, neck, and scalp massage but this also comes with a facial! Using powerful Moor Mud, the esthetician will focus on the specific areas to you. Your skin will be detoxified, hydrated, toned, and revitalized by organic active ingredients from the Moor Spa.

#### CALM THE REDNESS FACIAL

60 MINUTES

If you've been diagnosed with rosacea, then this one is going to be for you! This facial is also great for those with sensitive skin types, sunburns, or those who have recently received cosmetic procedures. The use of cryotherapy cool globes is to reduce inflammation.

#### GENTLEMAN'S FACIAL

60 MINUTES

A relaxing facial designed for men, this service focuses on exfoliation to avoid ingrown hairs, and some intense hydration, this service will be customized to the clients needs.

#### DERMAPLANING FACIAL

60 MINUTES

This facial begins with a double cleanse before using a surgical scalpel to remove dead skin cells, as well as the peach fuzz. A cryo massage with endless benefits, hydrating peel-off jelly mask will be used to lock in treatment serums, completed with a nourishing moisturizer and a tinted mineral SPF.

#### SUPREME PLATINUM FACIAL

60 MINUTES

This Facial is fit for a Queen...or King! Featuring Moor Spa's Supreme Platinum serum and moisturizer, an enzymatic exfoliation, a refreshing cryotherapy facial massage, as well as a peel off jelly mask to increase product penetration.

#### CUPPING MASSAGE FACIAL

60 MINUTES

This facial begins with a double cleanse, an exfoliation suited to your skin type, then a 20 minute facial cupping massage if performed in for to drain lymph fluid, increase circulation, relieve tension and provide a temporary instant lift! A soothing peel-off jelly mask will be used to lock in treatment serums. A nourishing moisturizer and a tinted mineral SPF.

#### CUSTOM TREATMENT FACIAL

75 MINUTES

Fully customized service including a skin analysis, cleanse, single or double exfoliation, toners, cryo-massage, custom mask, high frequency, serum, moisturizer, SPF, lip balm and eye cream if needed.

#### CRYSTAL LUXE FACIAL

75 MINUTES

Using a Peel-off jelly mask paired with a rose quartz eye mark and cryo massage mushrooms, this facial will help reduce puffiness and aide in headache prevention. It also features an additional 15 minutes of massage time in an area of your choice and the Himalayan salt glow scrub for the shoulder/chest area.

#### RESURFACE TREATMENT

60 MINUTES

Using Diego del palma Resurface line, your esthetician will analyze and choose a chemical resurfacing treatment suited to your concerns and skin type. Completed with a serum and moisturizer as well as an SPF. Proper aftercare is required daily after this service in order to see best results. IF YOU DO NOT HAVE AN SPF, YOU WILL BE REQUIRED TO PURCHASE ONE AT A DISCOUNTED PRICE.