

The Heritage House Health Spa



Come experience the diversity
of health and beauty specialties
at our spa.

We wish to connect you with a
sense of total well~being and
the ritual of renewed relaxation.

Each of our treatments are
customized to your needs,
making your experience at our
spa exclusively yours!

MASSAGE THERAPY TREATMENTS

Registered Massage Therapy (RMT)

Individually designed to suit your specific needs. Direct billing is available for most extended health care benefit plans.

15 minutes	\$43	60 minutes	\$103
30 minutes	\$73	90 minutes	\$163
45 minutes	\$88		

Hot Stone Massage (RMT)

Smooth volcanic river rocks are heated and incorporated into this treatment. The transfer of heat relieves aching muscles, joints and tension within the body, providing a deep relaxation.

45 minutes	\$98	90 minutes	\$173
60 minutes	\$113		

Cranial Sacral Therapy (RMT)

This treatment is one of the most gentle yet powerful forms of holistic healing. Working with the rhythmic wave-like motion of the cerebral spinal fluid, restrictions are gently released throughout the body to give an overall body balance.

45 minutes	\$88	60 minutes	\$103
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Orthotherapy

30 minutes	\$73	60 minutes	\$103
45 minutes	\$88	90 minutes	\$163

Medical Acupuncture (RMT)

30 minutes	\$73	60 minutes	\$103
45 minutes	\$88		

Relaxation Massage (Not RMT)

30 minutes	\$68	60 minutes	\$93
45 minutes	\$78	Add Hot Stones	\$10

Reiki Healing Treatments

Reiki is a natural healing technique that is used to aid the body in releasing stress and tension. This meditative treatment assists the body to heal and create balance.

30 minutes	\$35	60 minutes	\$55
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Chakra Balancing Treatment

Bring your body back to balance. Using pure essential oils & earth rich stones this treatment will deeply relax your body, calm your mind and balance all seven chakras.

\$55

CUSTOMIZED BODY TREATMENTS

Each wrap is customized to address your individual needs using an *Eminence Organic Body Masque*. While wrapped, we enhance your experience with a deeply relaxing scalp and foot massage. Each wrap is completed with a customized full body massage. Leave with skin feeling hydrated, radiant and totally relaxed!

- Chocolate Truffle Hydrating Body Wrap** \$110
- Add an *Eminence Organics* enzyme treatment** \$125
- Add an "On The Go" Facial** \$170

Fight the signs of aging deliciously with this calorie body wrap. Indulge your senses while your body is polished with highly nutritious cocoa while macadamia, almond and jojoba oils deeply hydrate the skin leaving it refined and delightfully sweet!

- Tropical Melon & Blueberry Soy Slimming Body Wrap** \$110
- Add an *Eminence Organics* enzyme treatment** \$125
- Add an "On The Go" Facial** \$170

Drench your body in the most potent antioxidant known to nature, the beautiful blueberry. Tone and tighten while circulation is stimulated to refine cellulite.

- Exfoliating Full Body Treatment** \$90
- Exfoliating Back Treatment** \$60



HAIR REMOVAL TREATMENTS

Depilatory Waxing

Eyebrow Reshaping	\$15
Chin, Cheeks, Upper Lip or Neck	\$15
Stomach	\$15
Under Arm	\$20
Full Arm	\$50
Half Arm-Lower	\$30
Chest	\$40+
Half Leg-Lower	\$45
Full Leg	\$65
Top of Foot & Toe Wax	\$10
Toe Wax	\$5
Full Back	\$50+
Bikini Line	\$30
Brazilian	\$60

Electrolysis

15 minutes	\$40
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Laser Hair Removal

Laser Hair Removal at The Heritage House Health Spa is the most effective method in permanent removal of unwanted hair. Treatments are scheduled every 6 weeks. On average, 6-8 treatments are required.

Upper Lip	\$40
Chin	\$50
Ears	\$50
Neck	\$60
Under Arms	\$50
Arms	\$60
Chest	\$200
Half Leg	\$180
Upper Leg	\$220
Full Leg	\$350
Feet & Toes	\$20
Back	\$200
Regular Bikini	\$85
Artistic Bikini	\$100-\$125
Brazilian	\$150

FOOT TREATMENTS

All pedicures include soaking, exfoliation, proper filing, cuticle treatment, callus removal, hydrating foot and leg massage, finishing with polish.

Spa Pedicure \$50
Add Gel/Shellac Polish \$60

Hot Stone Pedicure \$55

Gentleman's Natural Pedicure \$50

"On The Go" Express Pedicure \$40

Designed for those on the go. This treatment focuses on cuticles and nails only.

Youth Pedicure \$35

You are never too young to treat your feet. Designed for ages 12 and under.

Add Gel or Shellac \$10

Gel or Shellac Polish Removal \$15

Add French Polish \$5

Regular Polish Change \$20

Paraffin Wax Treatment \$15

Relieved joint pain, increased circulation and eliminates extreme dryness by drenching the skin in moisture. Used as a treatment on its own or combined with any other treatment.

Nail Fungus Treatments starts at \$50

Treat nail fungus with our newest yet natural and effective natural photodynamic light machine. \$5 for each additional toe.

Ask about our Monthly Pedicure Specials & Spa Pedicure Loyalty Program.

HAND TREATMENTS

All Manicures include soaking, proper filing, cuticle treatment, hand exfoliation, hand and arm massage, finishing with polish.

Spa Manicure	\$35
Spa Manicure with Gel or Shellac Polish	\$45
Spa Manicure with Dip Powder	\$55
Mini Gel or Shellac Manicure	\$40
Mini Dip Powder Manicure	\$50
Dip Powder, Gel or Shellac Removal	\$15
Gentleman's Hand Treatment	\$30
Youth Manicure	\$25



FACIAL TREATMENTS

Facials at The Heritage House House Spa are more than just beauty treatments. Each facial supports the skin's natural functions to support regeneration, stimulate repair and restore balance. Whether you have acne, mature skin or the most sensitive skin we will customize each facial using a unique organic skin care product to suit your needs and unveil beautiful glowing skin.

Organic Spa Facial **\$95**

Designed to deeply cleanse, exfoliate and hydrate. Eyebrow waxing is included if desired.

Organic Signature Spa Facial **\$110**

Similar to our Classic Spa Facial, with the addition of soothing back massage.

Organic Age Defying Facial **\$105**

Add a relaxing back massage **\$120**

Designed to fight the signs of aging. Providing the essentials of our Classic Spa Facial, with the addition of an Eminence Organic enzyme peel.

Purifying Detox Facial **\$135**

Designed to deeply cleanse, exfoliate, purify and renew. Includes a deeply purifying back massage & Eminence Organic enzyme peel to help skin rejuvenate and glow.

Luxurious Spa Facial **\$165**

This treatment is unlike any other facial ever experienced. It is our very own Luxurious Spa Facial. This treatment treats the entire body. Begins with a back exfoliant and includes a full body massage and of course a deeply beautifying facial treatment.

Ultimate Face Treatment for Men **\$85**

This treatment will relax, refresh and keep any man's skin in optimal condition. Each of our Facials can be customized for a man.

Organic Back Facial Treatment **\$80**

Youth Facial **\$55**

Designed for ages 12 and under.

"On The Go" Express Facial **\$65**

Designed for those on the go! A specialized treatment in a timely fashion. Does not include waxing.

Dermaplaning Facial **\$130**

FACIAL ENHANCEMENTS

Professional Eyelash Extensions

Great for special occasions or for everyday wear. Offering lashes at varying lengths, thicknesses and curls. We customize the lashes to suite your individual style.

Initial Application **\$110**

Touch Up Pricing (this is only a guideline)

30 minute	\$25
45 minute	\$45
60 minute	\$65
75 minute	\$80

Eyelash Removal **\$20**

Other Spa Eyelash Removal **\$35**

Eyelash Tinting **\$25**

Eyebrow Tinting **\$20**

Eyelash & Eyebrow Tinting Combined **\$40**

Eyelash Lift **\$60**

Eyelash Lift & Eyelash Tinting Combined **\$70**

Henna Brow with Brow Wax **\$40**

Henna Brow alone **\$25**

Brow Lamination with Tint **\$70**

Brow Lamination without Tint **\$60**

Thermocoagulation Treatments

This therapeutic treatment produces heat-producing high-frequency electric currents, used to remove small growths or specific lesions such as skin tags, moles, broken capillaries, skin tags, spider veins, milia and age spots.

10 minute session \$96

Each Additional Minute \$6.50



HEALTH & WELLNESS PACKAGES

These are our suggestions, although we would be pleased to assist you in customizing a package to meet your specific needs.

Mom To Be **\$150**

Add Mom To Be Organic Spa Facial **\$245**

A must before any baby arrives! Your visit begins with a 45 minute prenatal massage. Our pregnancy cushion is used to provide comfort and support. This treatment will focus on reducing swelling, tension and relieving unwanted discomfort. Your treatment is complete finishing with our Signature Spa Pedicure.

Mom & Me **\$95 / person**

12 and under **\$75**

Sit back and enjoy pure relaxation while sipping on a virgin spritzer. This treatment includes a hydrating paraffin foot treatment Tropical Spa Pedicure finishing with a spa tropical manicure. This treatment is guaranteed to create total relaxation, beauty and a beautiful bond between any mother and daughter.

Cinderella **\$100**

It is never too early to experience the tranquillity of relaxation and beauty. This package is designed for girls 12 and under. Unwind with a 15 minute massage followed by a mini pedicure and mini manicure. Dazzle your nails with our unique choices of glitter and gems for both your fingers and toes. Enjoy all this pampering while sitting back and sipping on a virgin spritzer.

Spa Celebration **\$265**

Celebrating a birthday, anniversary, wedding, special achievement or simply looking for an excuse to treat yourself? This package is the perfect choice. Begin your day with a 1hr hot stone relaxation massage, followed by our popular Classic Organic Spa Facial and Signature Spa Pedicure. We complete this package with a take-home bath bomb.

Ultimate Getaway **\$105**

Add Organic Spa Facial **\$200**

Replenish the body and rebalance the soul. This getaway begins with a relaxing 1hr relaxation massage with Hot Stones. Following your massage, let your tired feet be hydrated with a paraffin foot treatment. This treatment also includes a relaxing take home treat.

Head to Sole **\$115**

Add Chakra Balancing Treatment **\$165**

This treatment covers you from head to toe. Unwind with a Reflexology Foot Treatment while your hands are hydrated with the deeply hydrating paraffin wax hand treatment. Finishing with a deeply relaxing Rejuvenating Face Massage.

Tropical Escape **\$220**

Add Tropical Breeze Pedicure **\$270**

Come to the islands to awaken your senses. This tropical escape includes a yummy Mango Enzyme Treatment & Blueberry Slimming Body Wrap to soften you from head to toe. A Tropical Spa Facial will complete this escape leaving you looking positively rejuvenated and renewed.

Chocolate Bliss Getaway **\$170**

Add Chocolate Mousse Manicure **\$210**

This getaway is all about Chocolate! Our Chocolate Truffle Body Wrap will detoxify and hydrate your body leaving you feeling silky smooth, just like chocolate! Concludes with a yummy Chocolate Mousse Pedicure Treatment. Totally non-fattening and extremely Yum!

Refreshed & Renewed **\$220**

Add 45 Minute Relaxation Massage **\$298**

This package has what it takes to be refreshed and renewed. Unwind and uncrinkled those unwanted fine lines with our Organic Age Defying Facial. Renew your hands with our Anti-Aging Spa Manicure and refresh your tired toes with our Signature Spa Pedicure. You will leave looking as young as you feel! This package includes a take home bath bomb.



The Heritage House

Health Spa

Cancellation Policy

Please keep in mind that these treatments are reserved especially for you. To cancel an appointment and avoid a full fee charge, we require 24 hours advance notice for individual treatments and 48 hours notice for half and full day wellness packages.

Arrival Time

To relax and enjoy your treatment, we ask that you arrive a few minutes prior to your treatment. As courtesy to our guests, late arrivals may result in customizing your treatment to fit the remaining booked time.

Gift Certificates

All of our treatments and packages are available in the form of a gift certificate for any occasion. Our gift certificates maybe transferred or exchanged for other treatments or product. Sorry, no refunds!

Price, Policies and Treatments are subject to change without notice.
Taxes are included in prices, gratuities are not!

613-441-2122

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www.messagehealthandwellness.ca

