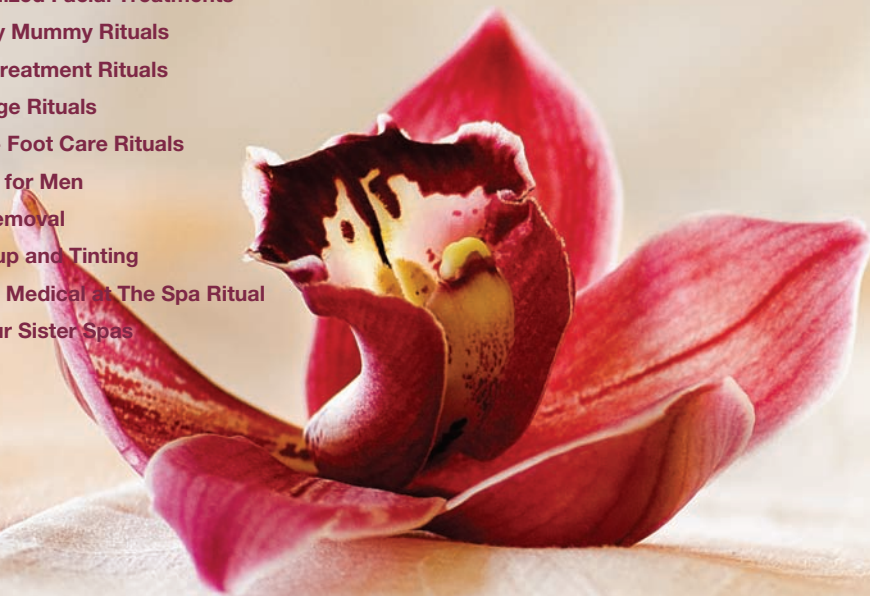


your path to rejuvenation



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Welcome to a world of tranquil pleasure and peacefulness. Your path to rejuvenation begins at The Spa Ritual. A sanctuary from everyday life - we inspire sensory journeys that awaken one's sense of contentment and self-awareness.

There is much to explore at The Spa Ritual. Our therapies and treatments are based on authentic, holistic rituals inspired by ancient practices of health and wellness from Southeast Asia - specifically designed to enhance your path to personal revitalization.

Numerous offerings will meet your personal needs with fortifying treatments for your face, body and mind. Luxuriate in private spaces such as the Royal Thai Suite with its cascading rain shower and Bali Moon Tub or simply enjoy the tranquility of our Bali Sanctuary. Find a quiet mindfulness in the harmony of our Tea Ceremony Room.

Planning Your Spa Experience

Prepare for your spa experience by arriving no later than 20 minutes beforehand to complete your Health History Form. Please be aware — if you are running late, your spa experience will be shortened in order to honour the time reserved for our next Guest.

Therapeutic Changing Facilities and Guest Lounges

Before or after your spa treatment, enjoy our separate Ladies' and Gentlemen's Therapeutic Changing Facilities — each with an infrared sauna and private showers — or simply relax in our Guest Lounge or Bali Sanctuary. A locker is provided for your personal effects with a spa robe and slippers for your comfort. We ask that you leave your valuables at home — The Spa Ritual does not accept responsibility for loss of personal property during your spa visit.

The Spa Ritual Therapists

In our commitment to you, each of our Team Members is professionally trained. Our massage therapists are registered; insurance receipts are available upon request. We use professional draping techniques to ensure your comfort and ease at all times. If you have a preference for a male or female therapist, please notify the Spa Concierge at the time of booking.

Children In The Spa

The Spa Ritual offers you a peaceful sanctuary for your personal rejuvenation. Children may not accompany Guests during their treatment. Guests under the age of 16 must be accompanied by an adult.

Changing facilities, saunas, showers and lounges are reserved for spa experiences only — Guests receiving manicures, pedicures, waxing, make-up and medical aesthetic services are welcome to enjoy these facilities and amenities for an additional charge of \$35 per person, subject to availability.

Reservations and Cancellations

Walk-ins are welcome. We do recommend you book your spa treatment in advance, in order to guarantee your preferred treatment choice and time. A major credit card is required to reserve your appointment. Please inform us at the time of booking if you would like to use a gift card to pay for your service.

If you need to cancel your appointment, we require 24 hours notice for single spa experiences, 48 hours notice for multiple spa experiences and packages, and seven days notice for the cancellation of group bookings. Cancellations with less than the required notice or no-shows will be charged in full.

Please inform our Spa Concierge when scheduling your appointment of any special needs, health concerns, diabetes or pregnancy. Guests under medical care may require a physician's note to proceed with their treatment, as some conditions are contraindicated.

Specials and Promotions

Our packages represent value pricing. Check our website (www.thesparitual.com) or subscribe to our newsletter for seasonal, weekday promotions and series treatment pricing.

The Spa Ritual Policies

Prices are subject to GST. Royal Thai Suite Rituals and Couples Rituals are priced per couple based on two Guests receiving the same services. Prices and spa experiences may change without notice. Gratuities are customary at your discretion. Gratuities are not included in gift cards. Promotions are subject to blackout periods. Discounts and promotions cannot be combined. Due to allergy concerns, outside food is not permitted in the spa.

Therapeutic Icons

For your ease and comfort, the following symbols denote specific therapeutic benefits to be gained from our treatments.



Anti-aging



Hydrate



Purify



Relax



Detoxify



Balancing



Aches & Pains



Connection



Friendship



Rejuvenation

Sanitization and Sterilization

All tools utilized in nail treatments undergo hospital grade sterilization (using an autoclave). Your aesthetician will open the sterilization pouch containing implements in front of you to assure you of our sterilization practices. In addition, our pedicure footbaths and Bali Moon Tub feature pipe-less technology (which prevents water from re-circulating between clients) to ensure the highest standards of hygiene.

Our Guest Commitment

Crystal Award of International Standards of Spa Excellence



From its inception, The Spa Ritual was created as a Centre of Excellence.

The Spa Ritual was the first spa in Western Canada to be awarded certification under the International Standards of Spa Excellence.

Through the independent inspection, Spa Quality LLC assessed The Spa Ritual as 'a leader in the spa industry.' This rigorous process of certification reviewed quality management systems and assessed The Spa Ritual's Guest experience, operations support, leadership, intention and continuous improvement.

Quality Assurance Approval by Leading Spas of Canada

The Spa Ritual is one of an elite group of spas in Canada awarded the Quality Assurance Approval designation by the Leading Spas of Canada's program to establish national standards of safety, quality and hygiene.

Awards

LEADING SPAS OF CANADA

Quality Assurance Awards and
Sustainability Award



Reader's Choice Award -
Top 50 spas



One of Canada's
Top 50 Spas

DAYS PA

Day Spa magazine –
Top Green Spa



Crystal Award
of International Standards
of Spa Excellence



Recommended on TripAdvisor
Top 10 Attractions in Calgary



Quality Assurance
Approved by Leading
Spas of Canada

Associations



LEADING SPAS OF CANADA



Spa Cuisine

The Spa Ritual is pleased to offer our Guests delicious and nutritious meals to enjoy before, between, or after your treatment.



Fresh Gr

with gre

Thai Bee

chili, sea

Thai Chic

cilantro

Chicken

lemongr

Fresh Gr

lemongr

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Please inquire about our
Spa Cuisine as Selection may vary.

Signature Smoothies & Beverages

Blueberry Matcha	\$10	
Strawberry, Orange, Banana	\$10	
Chocolate, Banana, Mint	\$10	
Dairy-Free Fruit Blend	\$10	
San Pellegrino	\$8 (large)	\$4 (small)

*Spa Cuisine must be pre-ordered a minimum of 48 hours prior to your appointment.
Smoothies can be ordered upon check-in. Please advise us of any allergies.*

A photograph of a traditional Chinese tea ceremony room. In the foreground, a dark, round wooden table is partially visible, with a vase of yellow flowers on it. Behind the table, two dark wooden chairs with curved backs are positioned. In the background, a wooden table is set with a white teapot, cups, and a small potted plant. The room has dark wood paneling on the walls and a decorative, ornate ceiling light fixture. The overall atmosphere is warm and elegant.

Featured Areas

We offer a luxurious and tranquil atmosphere - featuring amenities unparalleled in Calgary.

Guest Lounge

Relax before or after your treatment in the comfort of our Som'ta Lounge featuring Asian inspired décor. Our signature line of botanical teas, flavoured waters and light spa snacks are complimentary.

Spa Bistro

Located adjacent to our Som'ta Lounge, we are pleased to offer Guests a select menu of spa cuisine, featuring fresh ingredients. Cuisine must be ordered 48 hours in advance, please refer to page 9 for our selections.

Royal Thai Suite

The Spa Ritual's exclusive Royal Thai Suite is a luxurious and elegantly appointed secluded sanctuary for two, featuring a unique and unparalleled experience, including private changing, lounging and dining facilities, and private, dual shower facilities. Royal Thai Suite experiences begin with a unique and welcoming ceremonial foot soak. Enrich your experience by submerging yourself in a calming bath of Lemongrass and Sea Salts in our Bali Moon tub, perfect for couples' bathing and relaxation. Take time to enjoy healthy spa cuisine in the privacy of your own suite.

Ylang-Ylang & Water Lily Rooms

Couples or friends can enjoy side-by-side massage and facial treatments while relaxing together. Both rooms can be combined to accommodate a group of four.

ThermaThao® Infrared Treatment Tables

The Spa Ritual's Bamboo and Canna Lily treatment rooms are equipped with ThermaThao® infrared treatment tables that harness the power of infrared to provide gentle warmth and enhance detoxification during your treatment. Infrared treatment tables are utilized in all our body scrub and wrap treatments.

Tea Ceremony Room

Groups are invited to share our signature line of Botanical Teas in the elegant surroundings of our Tea Ceremony Room.

Bali Sanctuary

Guests and bridal parties are welcome to experience relaxing thermotherapy on our infrared-heated, ergonomically perfect, natural stone chaise loungers — exclusive to The Spa Ritual in Canada.

Infrared Saunas

Begin your experience with a therapeutic infrared sauna session that includes Chromotherapy (illuminated colour therapy) to help stimulate the body's innate systems of detoxification while promoting mind-body relaxation.

Spa Boutique

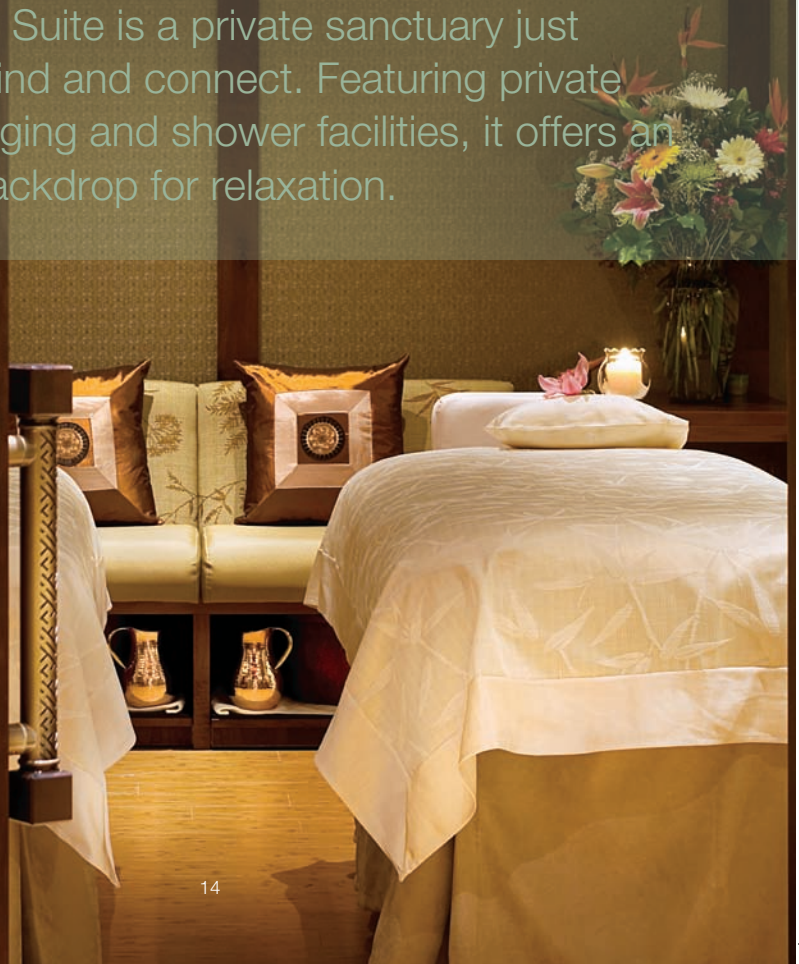
Extend your visit to last long after leaving the spa by purchasing our exclusive skin and body care products to use at home. Our Spa Boutique offers a unique collection of wellness products, spa gifts and apparel.

Changing facilities, saunas, showers and lounges are reserved for spa experiences only — Guests receiving manicures, pedicures, waxing, make-up and medical aesthetic services are welcome to enjoy these facilities and amenities for an additional charge of \$35 per person, subject to availability.



Royal Thai Suite Rituals

Our Royal Thai Suite is a private sanctuary just for two to unwind and connect. Featuring private changing, lounging and shower facilities, it offers an unparalleled backdrop for relaxation.



Royal Thai Suite Spa Experiences for two

Jai Dee Ritual



4 hours 30 minutes | \$895 per couple

This nurturing experience begins with a Welcoming Foot Ritual, followed by a head to toe Ex-foliating Scrub and a nourishing Lemongrass and Sea Salt soak for two in the Bali Moon Tub. Enjoy a Detoxifying Body Wrap incorporating our state of the art BioMat, to deliver amethyst infused infrared heat followed by a side by side 60 minute massage (Sabai Relaxation or Therapeutic). Take some time to connect as you enjoy a light selection from our Spa Cuisine Menu.

Thai Escape



2 hours 45 minutes | \$585 per couple

Begin with a purifying and cleansing Welcoming Foot Ritual, which includes a well-being massage of the feet and lower legs. Next you will enjoy a Rejuvenating Body Scrub, followed by a nourishing Lemongrass and Sea Salt soak for two in the Bali Moon Tub. Your experience culminates with a side-by-side 60 minute massage (Sabai Relaxation or Therapeutic), followed by your choice of smoothie.

Royal Thai Suite Upgrade

Don't see an experience that suits you? Upgrade any treatment to take place in the Royal Thai Suite.

Royal Thai Suite Room Upgrade with Bali Moon Tub Soak



60 minutes | \$100

Enjoy additional time to connect in the Royal Thai Suite with private changing and shower facilities, and a nourishing Lemongrass and Sea Salt soak in our Bali Moon Tub.

Royal Thai Suite Upgrade



30 minutes | \$50

Enjoy private changing and shower facilities.

Royal Thai Suite must be rented in conjunction with a massage, facial and/or body treatment. Treatment fees extra.

A woman is lying down, receiving a facial treatment. She is wearing a white headband with a small logo. Her eyes are closed, and she has a relaxed expression. A therapist's hands are visible, gently massaging her face. In the background, another person is also receiving a similar treatment, and a therapist is visible working on their face. The setting appears to be a professional spa or salon with warm lighting.

Couples Rituals

Share side-by-side treatment experiences — ideal for couples, friends and mothers-daughters.

Cherish Together



3 hours | \$790 per couple

Enjoy your choice of an Anti-Aging, Matcha Tea or Ultimate Hydration Facial followed by either a 90 minute Sabai Relaxation or Therapeutic Massage.

Reconnect



2 hours | \$550 per couple

Share two of our most popular treatments — your choice of either a Hydrating or Purifying Facial — followed by either a 60 minute Sabai Relaxation or Therapeutic Massage.

Zen Duet



2 hours | \$530 per couple

Together, experience an invigorating Grounding Thai Foot Ritual Massage, followed by either a 60 minute Sabai Relaxation or Therapeutic Massage.

Couples Massage Lesson



1 hour | \$175 per couple

The art of massage — learn specific relaxation massage techniques to enhance your loving relationship. Includes a Calming Body Massage Candle which produces a warm nurturing oil — perfectly formulated for massage.

Duet Experiences

Facials

60 minutes | \$290 per couple

Hydrating Facial

Purifying Facial

90 minutes | \$420 per couple

Anti-Aging Facial

Matcha Tea Facial

Ultimate Hydration Facial

Massage

60 minutes | \$280 per couple

Therapeutic Massage

Sabai Relaxation Massage

90 minutes | \$390 per couple

Therapeutic Massage

Sabai Relaxation Massage

Couples Rituals include:

- Chocolate and Signature Smoothies served in our Spa Bistro.

A photograph of three women sitting at a table, wearing white robes and holding glasses of champagne. They are all smiling and looking towards the camera. The setting appears to be a hotel or resort room with warm lighting and curtains in the background.

Group Rituals

Ideal for birthday parties, bridal showers, girls' nights out, wellness retreats and corporate events. Our Group Rituals are an ideal way for friends or family to celebrate and connect.

Retreat Ritual**2 hours | \$280 per person**

The perfect spa retreat for groups! Start with either a Purifying or Hydrating Facial, followed by a 60 minute Sabai Relaxation Massage.

Zen Ritual**2 hours 15 minutes | \$260 per person**

Our Zen Ritual includes either a Purifying or Hydrating Facial, as well as a Ritual Spa Pedicure.

Rejuvenating Ritual**2 hours 15 minutes | \$250 per person**

Enjoy a 60 minute Sabai Relaxation Massage, followed by a Ritual Spa Pedicure.

Mani-Pedi Party**2 hours | \$160 per person**

Our Aesthetics Area is perfect for groups and bridal parties. Each Guest will enjoy a Lemon-grass Manicure and Lemongrass Pedicure.


Thai Princess Party**1 hour 15 minutes | \$120 per person**

Only Guests age 16 and under! Each Guest will enjoy a Teen Manicure and Teen Pedicure.

Group Rituals, of three or more people, include Signature Smoothies and chocolate.

To customize a Group Ritual with our Spa Concierge, please contact us at 403.547.9558.

Our Aesthetics Area can accommodate up to 11 Guests.

A woman with blonde hair, wearing a white robe, is smiling and looking towards the left. She is holding a green mug in her right hand and a green brochure or menu in her left hand. The background is softly blurred, showing some greenery and a warm, indoor setting.

Rituals for One
Offering complementary treatment combinations for ease of gift-giving or planning your own spa experience.

Bamboo Forest



3 hours 30 minutes | \$490

Skin Perfecting Body Scrub

Royal Bamboo Massage

Hydrating Facial

Signature Smoothie

Spa Cuisine

(please allow approximately

30 minutes to enjoy spa cuisine)

Deluxe Cherish



3 hours | \$395

90 minute Sabai Relaxation

or Therapeutic Massage

Choice of Anti Aging, Matcha

or Ultimate Hydration Facial

Signature Smoothie

The Spa Ritual Experience



3 hours 15 minutes | \$395

Hydrating Facial

Ritual Spa Pedicure

60 minute Sabai Relaxation

or Therapeutic Massage

Signature Smoothie

Zen for Men



2 hours | \$245

60 minute Sabai Relaxation

or Therapeutic Massage

Scalp Treatment

Sports Pedicure

Signature Smoothie



Ritual Facials

Our Facials utilize advanced skin care products which blend herbal elements, essential oils and natural botanical extracts to deliver a high level of functionality. Our trained aestheticians will analyze your skin and recommend a skincare program for your individual needs.

Anti-Aging Facial

90 minutes | \$210

Helps oxygenate, moisturize and nourish the skin for a revitalized glow; visibly lifts and plumps. Great for tired, environmentally stressed skin for a more refreshed appearance.

Matcha Tea Facial

90 minutes | \$210

Using the finest Japanese Matcha Tea, this exquisite treatment helps cleanse, purify, improve the function of the skin and aids in counteracting the effects of environmental pollution and skin degeneration.

Ultimate Hydration Facial

90 minutes | \$210

Calgary's high elevation and aridity cause excessive dryness of the skin and depletion of the hydro-lipidic film – the skin's natural protective barrier. This intensive facial calms and hydrates the skin. Suitable for Guests prone to redness or rosacea.

Hydrating Facial

60 minutes | \$145

This soothing and hydrating facial lessens the visible appearance of skin dehydration and reduces fine lines associated with the loss of moisture, leaving the skin soft and supple.

Purifying Facial

60 minutes | \$145

This skin treatment deep cleanses and helps remove impurities, improves circulation and encourages the healing process.

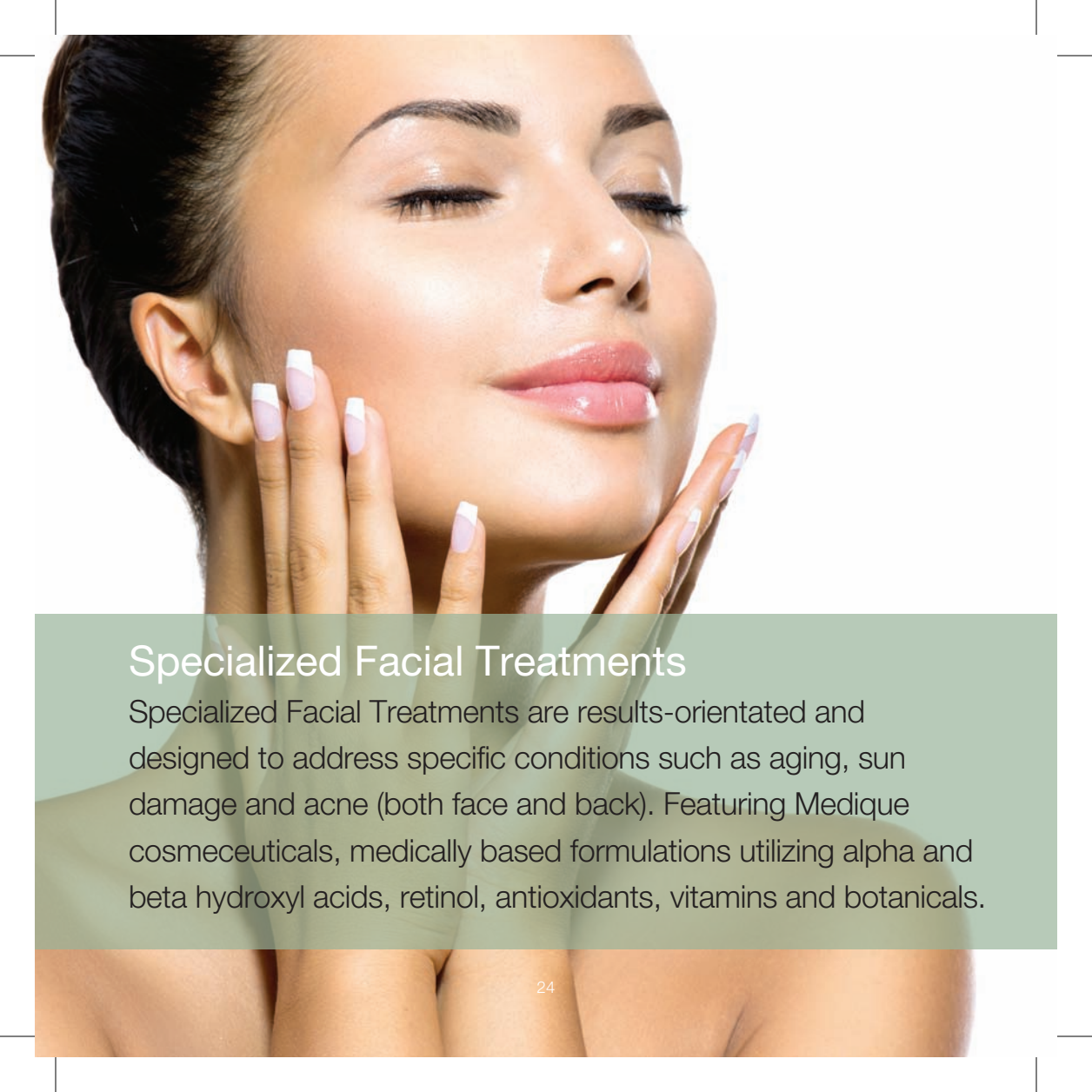
For best results, repeat your Ritual Facial every four weeks

Delightful Additions *(must be requested at time of booking)*

Cooling Eye Lift *(for dark circles and puffy eyes)* **\$25**

Luscious Lips Revitalization *(soften and nourish)* **\$25**

Scalp Massage *(nourishes and moisturizes)* **\$25**



Specialized Facial Treatments

Specialized Facial Treatments are results-orientated and designed to address specific conditions such as aging, sun damage and acne (both face and back). Featuring Medique cosmeceuticals, medically based formulations utilizing alpha and beta hydroxyl acids, retinol, antioxidants, vitamins and botanicals.

Medical Anti-Aging Treatment



60 minutes | \$195

An AHA/BHA medical facial peel provides a deep exfoliation while a fortifying anti-aging treatment improves the appearance of the skin, restoring radiance and vitality.

Add a neck, hand or décolleté medical peel: \$50 each area

Deep Cleansing Acne Treatment



60 minutes | \$145

This treatment deep cleanses and purifies problem skin, addressing congestion, breakouts and excess oil production.

Deep Cleansing Back Treatment



60 minutes | \$155

Purifying and deep cleansing, this treatment addresses acne along the back and shoulders, improving your skin's appearance.

Teen Acne Facial



45 minutes | \$95

A customized teen facial with our skincare experts. Includes deep cleansing, exfoliation, and a hydrating and soothing aloe mask. Helps gently eliminate impurities and congestion.

Medical Peels

Medical Peels use alpha and beta hydroxyl acids to provide a deep exfoliation, helping diminish the visibility of mild acne, fine lines and pigmentation caused by UV damage and skin aging. Improves the skin's texture and tone, for a more youthful and refreshed appearance.

Face or Décolleté

30 minutes | \$110

Neck or Hands

30 minutes | \$95

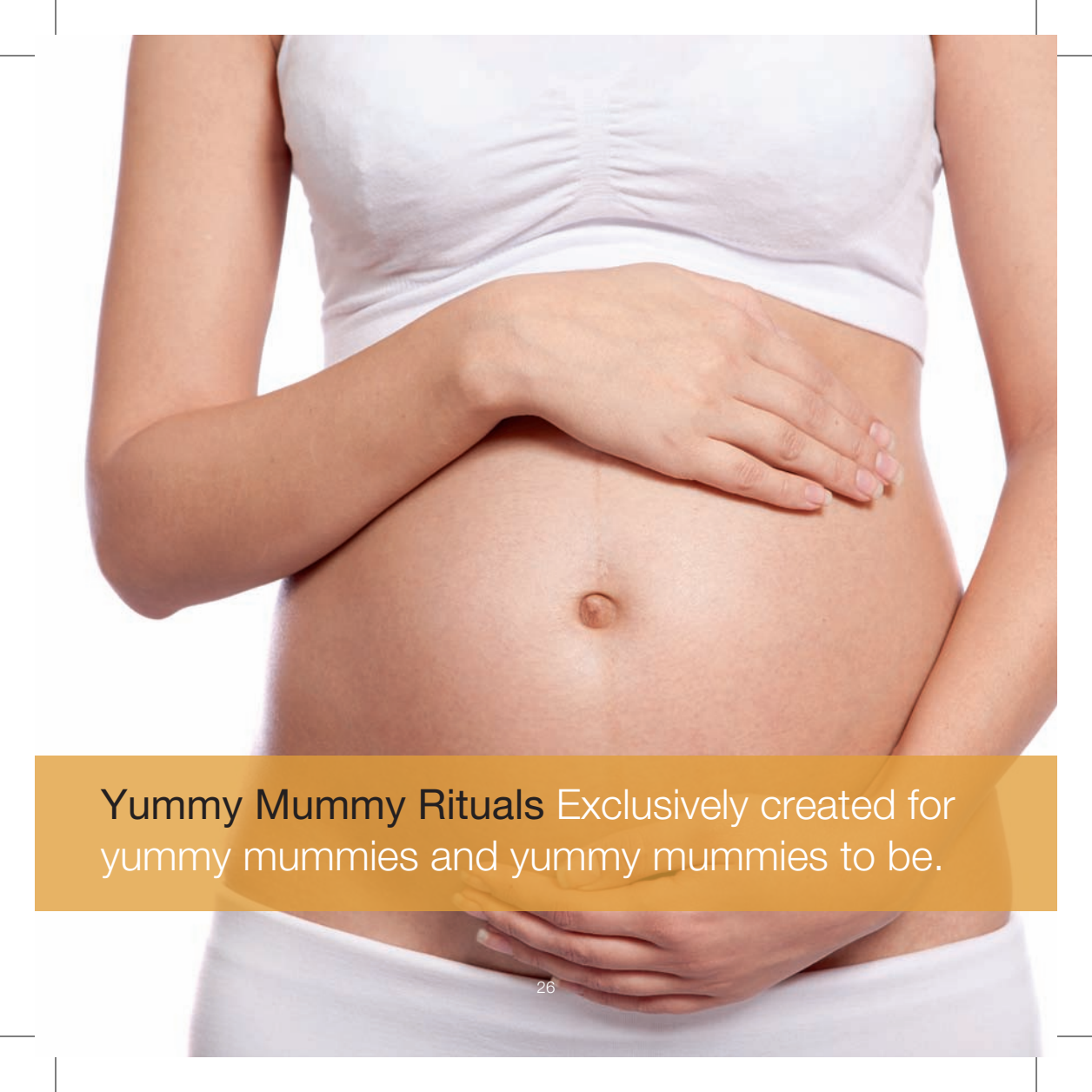
Back

45 minutes | \$155

Microdermabrasion

30 minutes | \$145

Our state of the art medical grade DiamondTome[®] Skin Resurfacing System uses a diamond-tipped wand to provide gentle exfoliation. Leaves skin feeling smooth and renewed.

A close-up photograph of a pregnant woman's midsection. She is wearing a white, ribbed tank top. Her hands are gently resting on her bare, pregnant belly. The background is plain white.

Yummy Mummy Rituals Exclusively created for
yummy mummies and yummy mummies to be.

Yummy Mummy Facial



90 minutes | \$195

A customized soothing, balancing facial helps calm and hydrate the skin. Reduces redness and hyper-sensitivity, while nourishing and conditioning the skin. For best results, repeat this ritual every four weeks.

Mummy-to-be Prenatal Massage



60 minutes | \$145

(Performed only after first trimester)

Designed to nurture the expectant mother and baby. Effleurage and light petrissage are used to alleviate tension and improve circulation in the feet, legs, lower back, hips and neck. Skin nourishing cream is applied to the tummy and hips.

New Mummy Nurturing Massage



60 minutes | \$145

(Not performed during pregnancy)

A deeply relaxing massage, customized upon consultation. Skin nourishing cream revitalizes and soothes the skin.

Delightful Additions *(must be requested at time of booking)*

Cooling Eye Lift *(for dark circles and puffy eyes)* **\$25**

Luscious Lips Revitalization *(soften and nourish)* **\$25**

Scalp Massage *(nourishes and moisturizes)* **\$25**

We recommend combining your treatment with one of our pedicures to maximize your rejuvenation experience. Please see page 34-35 for a list of hand and foot treatments.

A person is lying on their side on a massage table in a spa. The room is dimly lit with a strong red glow from a candle in the background and a circular light fixture on the wall. The person is covered with a white towel, and their head is resting on their arms. The overall atmosphere is relaxing and soothing.

Body Treatment Rituals

Our soothing Body Rituals help renew and regenerate dull skin while harmonizing and balancing both body and mind.

The Spa Ritual is pleased to offer body scrub and wrap treatments using our unique ThermaTao® infrared treatment tables. These treatment tables harness the power of infrared to provide gentle warmth and enhance detoxification.

Body Scrubs

Skin Perfecting Body Scrub



60 minutes | \$135

Love the skin you are in and surrender to this full body experience. Unwind as a gentle exfoliating scrub smooths and a silky moisturizing lotion penetrates to restore your skin's hydration. Bask under the warm infrared lights to calm and revitalize.

Slim and Detox Body Scrub



75 minutes | \$175

This unique slimming and detoxifying treatment combines our exfoliating scrub to slough off dry skin which helps enhance your body's ability to replenish skin cells, followed by a nourishing moisture lotion to leave skin smooth and soft to the touch. Excellent for refreshing the skin, detoxifying and helps to improve the appearance of cellulite.

Body Wrap

Ritual Rejuvenating Wrap



90 minutes | \$225

This signature treatment begins with a warm full body exfoliation followed by the application of a specialized heated body wrap designed to remineralize and detoxify; balmy infrared rays amplify this deeply relaxing, rejuvenating therapeutic experience.



Massage Rituals

Understanding massage as a cornerstone of well-being, our therapists customize your treatment experience to your specific needs.

Qualifying massage treatments performed by Registered Massage Therapists are available upon request. Please consult your insurance benefit plan for eligibility requirements.

Royal Bamboo Massage

90 minutes | \$210

Warm Bamboo and Rattan sticks knead, roll, pivot and slide around the body with ease. This full-body massage, fresh from its origins in Asia, provides a deep relaxing experience — relieving built-up tensions in the major muscle groups of the body. It improves circulation and lymphatic drainage.

Thai Inspired Herbal Massage

90 minutes | \$225

The secret tools of traditional Thai healers - Luk Pra Kob—warm cotton compresses containing herbal mixtures—have been used for their healing and soothing properties for many centuries in Thailand. Applied to the energy meridians of the body and then massaged into the muscles, these compresses ease muscular tension and aches.

Rhythmic Hot Stone Massage

60 minutes | \$165

90 minutes | \$225

A time-honoured Southeast Asian therapy; the soothing heat from warm basalt stones draws tension and stress from muscles while improving circulation. It infuses a deep sense of relaxation, aiding in the reduction of muscle tension and stress relief.

Therapeutic Massage

60 minutes | \$140

90 minutes | \$195

120 minutes | \$250

This deep-tissue therapeutic massage with a Registered Massage Therapist helps increase mobility, eases pain and relieves tension.

Sabai Relaxation Massage

60 minutes | \$135

90 minutes | \$185

120 minutes | \$235

“Sabai,” in Thai, is a state of happiness, relaxation and well-being. Our Sabai massage uses deeply soothing and relaxing traditional massage techniques to help melt away tension.

Bamboo Back Scratch



60 minutes | \$135

The back scratch you can never get at home. The treatment of this notoriously hard to reach area includes a scrub, dry brush treatment and back massage.

Grounding Thai Foot Ritual Massage



60 minutes | \$135

This stress-relieving experience is inspired by traditional Thai foot massage. A stimulating foot scrub helps increase circulation and remove impurities. A massage of the lower legs and feet involves graceful, two-handed palm movements and acupressure utilizing a Thai Mahogany stick, to stimulate the reflex points on the feet.

Four Hand Massage



60 minutes | \$260

The ultimate therapy for effective tension release and deep relaxation, enjoy the flawless harmonization of our therapists as they synchronize their hands to soothe and calm as energy resonates around your body from head to toe.



Hand + Foot Care Rituals

Our hands and feet need a specific ritual of revitalization to match the care given to our inner and outer bodies.

Sanitation and Sterilization

All tools utilized in nail treatments undergo hospital-grade sterilization and our pedicure footbaths feature pipe-less technology to ensure the highest standards of hygiene.

***Manicures and Pedicures** incorporate nail care, polish application or natural buffing.*

Lemongrass Manicure

45 minutes | \$65

A relaxing hand treatment includes a nourishing Sea Salt and Lemongrass soak, nail grooming and wellness massage of your arms and hands.

Gelish® Manicure

45 minutes | \$105

Refresh tired hands with a thorough grooming of the nails and cuticles followed by a wellness massage of your arms and hands. Includes application of Gelish soak-off gel polish.

Ritual Spa Manicure

60 minutes | \$85

Lemongrass and Sea Salt exfoliate and soften the hands, followed by a luxurious massage to relieve tension while a nourishing and hydrating heated mask helps renew the skin's youthful appearance.

Teen Manicure*

30 minutes | \$45

Designed for the teen who's ready to experience their first grooming, while learning from the best in nailcare. This treatment includes filing, shaping, a light buffing of the nail, a moisture application and polish.

** Guests must be age 16 and under*

What is Gelish®

Gelish soak-off gel polish offers a mid-point between traditional nail polish and first generation hard gel nails. The gels come in an array of colours and apply like polish with a twist cap and applicator, but are cured like gels. Gelish stays on longer without chipping compared to traditional nail polish. Gelish is completely dry immediately after your service; no need to wait to put on your socks and shoes.

Lemongrass Pedicure**60 minutes | \$95**

A Lemongrass and Sea Salt soak purifies and detoxifies the feet, followed by the removal of rough skin and calluses, nail shaping, cuticle grooming and a stress-relieving foot and lower leg massage.

Gelish® Pedicure**60 minutes | \$115**

Nurture and groom your feet to look their best with nail care essentials and a relaxing massage of the lower legs and feet. Includes application of Gelish soak-off gel polish.

Ritual Spa Pedicure**75 minutes | \$115**

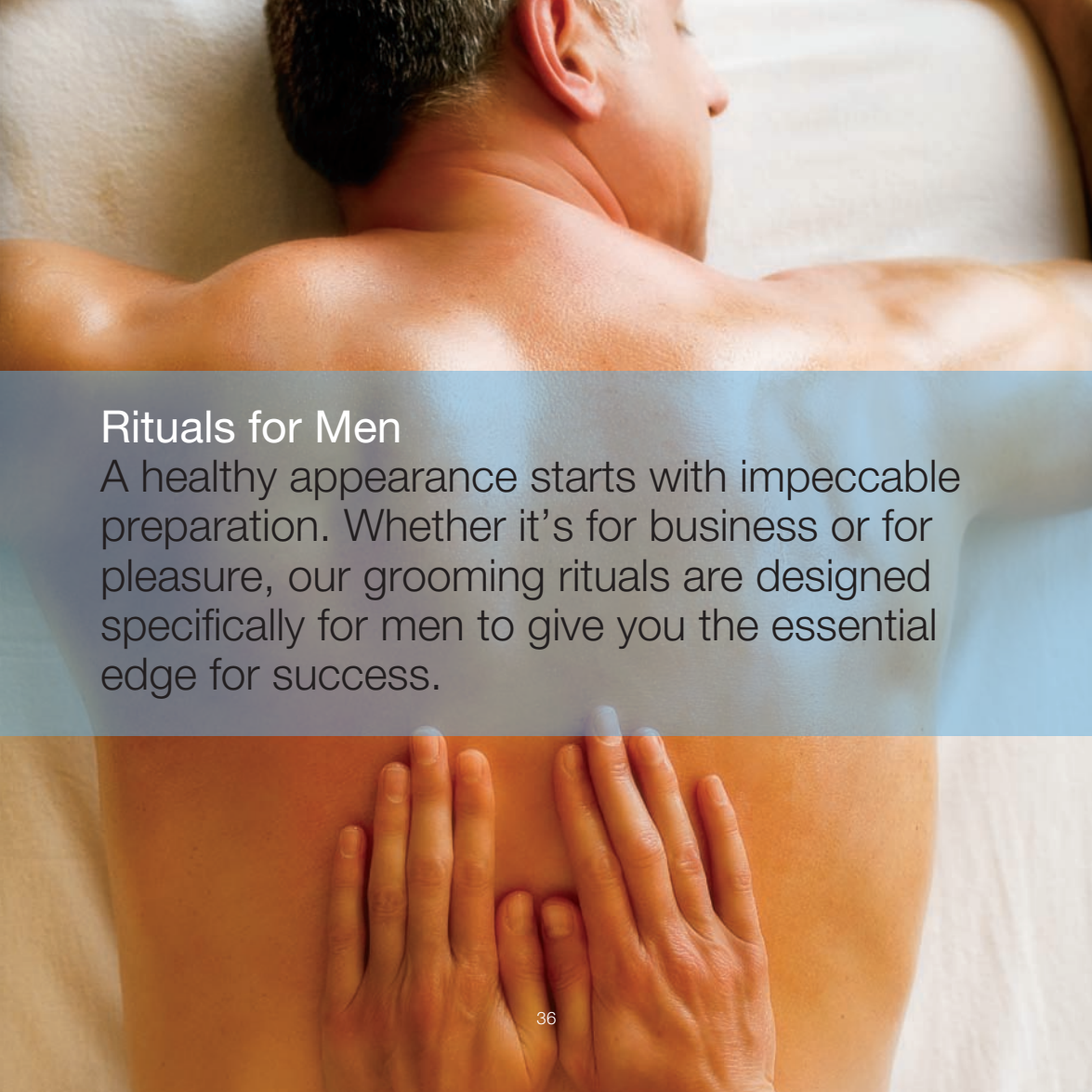
A purifying foot soak and stimulating application of pumice removes rough skin and calluses, followed by nail shaping and cuticle grooming. A soothing tension-relieving massage of the feet and lower legs is complemented by the application of a heated mask that nurtures and hydrates dry skin.

Teen Pedicure***30 minutes | \$65**

Designed for the teen who's ready to experience their first grooming, while learning from the best in nailcare. This treatment includes filing, shaping, a light buffing of the nail, a moisture application and polish.

* *Guests must be age 16 and under*

Delightful Additions *(must be requested at time of booking)***Warm Infusion Hand or Foot Treatment** *(nourishes & hydrates)***\$25****French Finish** *(Polish or Gelish)***\$25 hands or feet**

A close-up photograph of a man's back and shoulders. Two hands are visible, applying a massage to the skin. The skin is smooth and appears to be oiled. The background is a soft, out-of-focus white surface.

Rituals for Men

A healthy appearance starts with impeccable preparation. Whether it's for business or for pleasure, our grooming rituals are designed specifically for men to give you the essential edge for success.

Men's Facial



60 minutes | \$145

A customized treatment featuring deep cleansing and exfoliation; massage of the face, neck and shoulders, with a purifying mask.

Sports Manicure

30 minutes | \$60

A restorative hand treatment that includes a nourishing Sea Salt and Lemongrass soak, nail grooming and massage of your arms and hands. Concludes with a natural nail buffing.

Sports Pedicure

45 minutes | \$85

A lemongrass footbath cleanses and deodorizes, followed by a scrub and callus removal prior to a massage, to help soften and revitalize. Concludes with a natural nail buffing.

Bamboo Back Scratch

60 minutes | \$135

The back scratch you can never get at home. The treatment of this notoriously hard to reach area includes a scrub, dry brush treatment and back massage.

Further Manly Maintenance *(must be requested at time of booking)*

Scalp Massage *(nourishes & hydrates)*

\$25

Warm Infusion Hand or Foot Treatment *(nourishes & hydrates)*

\$25

Eye Treatment *(cooling eye lift)*

\$25

Hair Removal

Waxing

Professional and expert hair removal using wax. For best results, hair should be 5–10mm in length (about ¼ inch).

Full Leg	\$70	Underarm	\$30
Lower Leg	\$40	Chest	\$45
Upper Leg	\$50	Back	\$55
Brazilian	\$90	Abdomen	\$35
French Bikini	\$65	Full Face	\$65
Bikini Line	\$35	Brow (includes shaping)	\$25
Full Arm	\$60	Upper Lip	\$25
Half Arm	\$40	Chin	\$20

Waxing is not a suitable method of hair removal if you are using any of the following (currently or within the last three months): Retinol A, Accutane or any medication that increases skin exfoliation. Waxing is not suitable if you are sunburned or have received a recent laser hair removal or skin re-surfacing treatment on the area to be waxed.

Have you considered Laser Hair Removal?

Ask us about this permanent hair reduction solution.

Make-Up and Tinting

Mineral Make-Up Lesson

60 minutes | \$95

Upon consultation with you, our Make-Up Artist will carefully select natural mineral pigments to complement your features, followed by a full lesson in the correct application to enhance your complexion. You will receive a personalized booklet illustrating how to achieve your desired look at home.

Bridal Make-Up

60 minutes | \$120

Our Bridal Make-Up begins with a consultation with our Make-Up Artist, preferably close to the wedding day, to discuss your desired look, followed by the application of the selected colours in our trial make-up application. This ensures your peace of mind and a serene make-up application experience, at The Spa Ritual, on your wedding day.

Teen Mineral Make-Up Lesson *(age 18 and under)*

60 minutes | \$80

Developed to teach you how to apply your make-up in a natural and easy to follow method. We'll demonstrate what works for you. You will receive a personalized booklet illustrating how to achieve your desired look at home.

Mineral Make-Up Application

45 minutes | \$95

Great for a special event, date or meeting. Relax while our professional Make-Up Artist takes care of your make-up application.

Eyelash and Eyebrow Tinting and Shaping

Eyelash Tinting

\$40

Eyelash & Eyebrow Tinting

\$60

Eyebrow Tinting

\$25

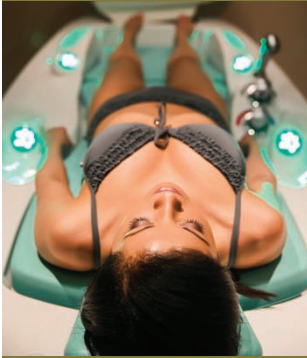
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