

boathouse
— spa & baths —

menu & price list
2017/18

planning your boathouse spa services

reservations

We encourage you to make reservations at least two weeks in advance to ensure that your preferred services are available. Should you have special requests, physical ailments, any disabilities, allergies, or are pregnant, please notify the Spa Coordinator at the time of booking. If you have a preference regarding the gender of your therapist, please let us know when making your reservation. We will make every effort to accommodate your request.

The Boathouse Spa requires a credit card to secure all reservations.

We are an adult sanctuary. Minimum age for all spa services is 16 years of age.

spa hours

9am - 9pm Sunday - Saturday, High Season

9am - 7pm Sunday - Thursday Low Season

9am - 9pm Friday & Saturday Low Season

Spa hours are subject to change without notice.

arrival

As a day guest of the Boathouse Spa, your scheduled spa service includes complimentary four hour access to the mineral baths and spa facilities. We invite you to arrive a minimum of 15 minutes prior to your scheduled spa service. This will allow time to receive your locker allocation, change into your provided robe and sandals, and fill out a required health history form.

Arriving late will limit the time of your service, thus lessening the effectiveness of your relaxation. As a courtesy to the next guest, your spa service will end on time regardless of when you begin.

A minimum one hour service is required for complimentary access to the mineral baths and spa facility.

spa and fitness facilities

For spa guests, we provide a locker, robe and sandals as well as grooming amenities to enhance your spa experience. We have separate women's and men's locker areas - we also have a co-ed steam room and seaside warm mineral baths. For your enjoyment we offer fresh fruit, our signature herbal tea and flavour-infused water.

Our fitness facility includes cardio equipment, strength equipment and free weights. For your safety, we require our guests to wear closed toe shoes and proper workout clothing. Minimum 16 years of age.

cancellations

The services you select are reserved especially for you. We ask that you provide at least 24 hours advance notice if you need to re-schedule or cancel your appointment. Failure to cancel your scheduled service with less than 24 hours notice will result in a 50% service charge and a missed appointment will result in a 100% service charge.

spa etiquette

- Guests of the Boathouse Spa must be a minimum of 16 years of age to receive spa services.
- The Spa and mineral baths are a non-smoking facility.
- For our guests' relaxation, and to maintain serenity, cellular phone use is not permitted.
- Although a locker will be provided for spa guests, we recommend that you do not bring jewelry and valuables to the Spa.
- Mineral bath use is not recommended after a waxing, manicure or pedicure treatment.
- Due to our food and liquor licensing, the Boathouse Spa does not permit outside food or beverages.

Our Best. Always.

After an active day, a mineral or herbal bath is the relief a body needs.

Let us prepare your bath in the privacy of your hotel suite. Call ahead and we will prepare one for your arrival.

Available during Spa hours.

\$75

pacific seaweed

A healing bath like no other! Soaking in this raw whole seaweed concentrate provides over 70+ micronutrients and vital components, which work to effectively reduce toxin accumulation, address inflammation, fluid retention, muscle and joint pain, skin conditions, and signs of aging. Pure essential oils used in this

formula offer added benefits topically and internally. **lavender bubbles**

A lavish foaming bath created without synthetic detergents or fragrances to soothe the skin and the senses. Relax while pure Lavender, French Pink Clay and Olive Butter nourish and detoxify. This luxurious bath treatment helps enrich dry and sensitive skin, leaving it soft and hydrated while promoting tranquility and serenity. This deluxe bath is the perfect finish to a long day of travel or a wonderful way to begin your vacation.

acai mineral treatment soak

An advanced bath treatment to invigorate and rejuvenate. Organic Acai Berries, Pink Himalayan salt crystals, exotic essential oils, and other vital actives provide anti-oxidant power along with a wealth of minerals and trace elements to help address signs of aging while soothing muscle tension and re-energizing the body.

All prices and services are subject to change without notice.

boathouse relaxation massage

This classic Swedish full-body massage relaxes the body using light to medium pressure. This will soothe aches and pains and relieve stress and tension.

Perfect for the first time spa enthusiast.

60 min | \$135

90 min | \$175

sport massage

This special form of massage, with medium to firm pressure, relieves muscle tightness and increases energy to the areas of the body affected by strenuous activity. **60 min | \$145**

90 min | \$185

boathouse pregnancy massage

A gentle pampering and soothing massage, honouring mothers-to-be while providing relaxation and comfort. **60 min | \$145**

90 min | \$185

All prices and services are subject to change without notice

All massage services are available to be booked as a couples massage.

B.KAMINS is a modern Canadian spa line that fuses the visible results of clinical skincare. A comprehensive product line focusing on a range of skin conditions.

for the senses

This light to medium pressure Swedish massage soothes and relaxes tense muscles with aromatic Indian Spice Oil.

60 min | \$145

90 min | \$185

registered massage therapy

A therapeutic massage that is customized to the unique needs of each guest to restore optimal tissue health. Performed by a board certified Registered Massage Therapist.

**Based upon availability*

60 min | \$155

90 min | \$195

massage enhancements

scalp massage

Warm Indian Spice Oil is gently massaged into the scalp releasing tension and restoring relaxation

15 min | \$35

relieve your feet

Starts with exfoliation of aromatic sea salt, removed with warm towels, ending with a gentle massage of hydrating foot cream.

15 min | \$35

mini facial

Don't have time for a full facial? Add this mini facial enhancement to your massage for a refreshed feel. Cleanse, exfoliation and hydration

15 min | \$35

**Enhancements not available with RMT massages*

essential facial

A pampering and hydrating facial tailored to individual skin needs, this treatment will rejuvenate all skin types. Deep cleansing and hydrating, this facial leaves your skin glowing with renewed health. A stress reducing massage of the face, neck and shoulders will reduce tension and improve circulation. Results are a revitalized, smoother, healthier-looking complexion. *Suitable for all skin types.*

60 min | \$135

90 min | \$175

age reversal facial

An amazing facial with immediate visible results for younger, healthier looking skin. This treatment uses a deeply effective professional strength alpha beta peel, which stimulates collagen renewal. See fine lines and wrinkles visibly reduced after this ultimate anti-aging treatment, leaving your skin with a fresh uniform glow. *Suitable for mature and sun exposed skin. 60 min | \$155*

All prices and services subject to change without notice.

organic seaweed facial

This treatment utilizes deep cleansing, mild exfoliation and includes a treatment masque which combines a soothing and healing gel enzyme masque with a seaweed concentrate, a refreshing toning mist and a moisturizer to protect from the elements. *Suitable for combination skin.*

enhancements

scalp massage

Warm Indian Spice Oil is gently massaged into the scalp releasing tension and restoring relaxation.

15min | \$35

relieve your feet

Starts with exfoliation of aromatic sea salt, removed with moist, warm towels and followed by a gentle massage with a hydrating foot cream.

15min | \$35

enzyme peel masque

Enhance your facial experience with a deep exfoliation of alpha-hydroxy acids and amino proteins to gently help refine and smooth skin texture. Antioxidants help combat signs of aging. *Not suitable for sensitive skin.*

15min | \$35

Beauty Through Balance spa line is

made in British Columbia and incorporates the gifts of Mother Nature in their pure forms.

enhancements

scalp massage

Warm Indian Spice Oil is gently massaged into the scalp releasing tension and restoring relaxation.

15min | \$35

relieve your feet

Starts with exfoliation of aromatic sea salt, removed with moist, warm towels and followed by a gentle massage with a hydrating foot cream.

15min | \$35

enzyme peel masque

Enhance your facial experience with a deep exfoliation of alpha-hydroxy acids and amino proteins to gently help refine and smooth skin texture. Antioxidants help combat signs of aging. *Not suitable for sensitive skin.*

15min | \$35

facial. Suitable for all skin types.

60 min | \$135

60 min | \$135

organic rebalancing facial

A specialized facial developed to renew skin's vibrancy using products from the Seaweed and Lavender series. The facial helps to detoxify the skin and re-balance oil/water levels while providing needed moisture to dry areas. *Suitable for sensitive and dry skin.*

60 min | \$135

acai antioxidant facial

This facial incorporates the use of organic Acai Berry which provides antioxidant benefits to target signs of age and help to rebalance skin tone and texture naturally. *Not recommended for sensitive All prices and services are subject to change skin. without notice.*

60 min | \$135

gentleman's facial

A pampering and hydrating facial tailored to individual skin needs. Deep cleansing and hydrating, this facial leaves skin glowing with renewed health. A stress reducing massage of the face, neck and shoulders will reduce tension and improve circulation. *For best results, shaving is recommended prior to your*

gentleman's pedicure

Relax and let us take care of your tired feet. Nail care, foot scrub, warm towels and massage with Green Tea & Seaweed sea salt and body butter. A warm paraffin application completes this ultimate foot experience.

60 min | \$85

gentleman's manicure

Full service solution to well manicured hands and nails. Nail and cuticle care, and a warm sea salt soak. Exfoliation with Green Tea & Seaweed salts, removed with warm towels. Finishing with a light massage of Seaweed body butter and a warm paraffin application.

60 min | \$80

All prices and services are subject to change without notice.

enhancements

scalp massage

Enhance your facial experience with a soothing scalp massage. Warm Indian Spice Oil is gently massaged into the scalp releasing tension and restoring relaxation.

15 min | \$35

enzyme peel masque

Elevate your facial experience with a deep exfoliation of alpha-hydroxy acids and amino proteins to gently help refine and smooth skin texture. Antioxidants help combat signs of aging.

Not recommended for sensitive skin.

15 min | \$35

foot massage

Extend your pedicure experience with a tension relieving foot and lower leg massage incorporated into your pedicure.

15 min | \$30

boathouse

signature packages

These packages are recommended to nourish your body and assist in rebalancing with minerals and vitamins, thus aiding both detoxification and relaxation. A truly unique collection of exceptional rituals offering a deeply restoring experience for the body, mind and soul, remarkable experiences that inspire a harmony of the senses. Discover the benefits and pleasures in rare herbal blends and healing modalities inspired by the Ocean and the Land.

elements package

2 hour therapy | \$249

A powerful healing journey recommended for those seeking balance, renewal, restoration and relaxation for the mind, body and soul.

Relaxation is restored with a gentle body polish using your choice of product, ***Pacific Seaweed and Glacier Clay** or ***Lavender-Soy** providing a full body cleansing. After removal with warm towels, the body is prepped for a hydrating body masque. While wrapped in a warm cocoon, enjoy an organic facial developed for the changing needs of your skin. Deep cleansing, exfoliation, and masque, finishing with a hydrating moisturizer. Leaving your skin renewed and glowing. Following this restorative facial, the body masque is removed with warm towels and a rich body butter is applied with a gentle massage.

**Pacific Seaweed and Glacier Clay: Detoxifying, remineralizing, adds moisture back into the skin.*

**Lavender-Soy: Calming, soothing, stress relief, good source of vitamin E and omega-3 fatty acids, rich hydration.*

All prices and services are subject to change without notice.

getaway package

3 hour therapy | \$ 279

Enjoy a pampering and hydrating Essential Facial tailored to individual skin needs. Deep cleansing and hydrating, this facial leaves your skin glowing with renewed health. The next step is a Boathouse Classic Pedicure and Boathouse Classic Manicure, caring for tired feet and over worked hands, while enjoying a soothing cup of herbal tea exclusively made for the Boathouse Spa. Pure indulgence.

Each exfoliation service takes 60 minutes and concludes with an application of rich moisturizing lotion.

\$125

couples package

2 hour therapy | \$190/person

Share your spa day next to your best friend or partner in the same room with a classic Swedish relaxation massage, tailored toward both of your needs. This light to medium pressure massage relaxes the body of tension and restores balance and peace, finishing with a refreshing mist of green tea and citrus. Continue your spa experience with a soothing cup of our signature Boathouse herbal tea while receiving pampered foot care with our Boathouse Classic Pedicure.

All prices and services are subject to change without notice.

green tea & pacific seaweed salt glow

A detoxifying and rebalancing exfoliation from the sea. Essential minerals and oils penetrate the skin, nourishing and rebalancing. This service is completed with Glacial Revitalizing Mist and Seaweed Body

Butter. **acai body scrub**

A nourishing and renewing service to repair environmental damage and combat aging. Our luscious Acai Whipped Body Polish with organic Capuacu butter stimulates circulation and hydrates the skin. After removal with warm towels, the body is gently massaged with Acai Antioxidant body Emulsion, leaving the skin revived and renewed.

lavender & soy exfoliation

A relaxing, pampering smoothing service with Lavender Soy scrub applied with gentle massage strokes. The body is covered to allow essential ingredients to penetrate before removing with warm towels. Our Lavender Soy Lotion application finishes this treatment.

All prices and treatments are subject to change without notice.

Please note that shaving is not recommended prior to your exfoliation treatments.

seaweed and glacial clay mineral body wrap

This detoxifying and nutrient replacing full body service is perfect for reducing the effects of stress and tension. After removal with warm towels, a nourishing application of organic Seaweed Body Butter completes this wrap.

75 min | \$155

soothing lavender wrap

Lavender and Soy - A relaxing and deep nourishing aromatherapy wrap that will leave your skin soft and touchable. This wrap includes a warm lavender soy exfoliation and is finished with an application of Lavender Soy Lotion. *75 min | \$155*

All prices and treatments are subject to change without notice.

acai berry antioxidant wrap

Anti-aging renewal and service to repair environmental damage. Our luscious Acai Whipped Body Polish stimulates circulation and forms a masque to hydrate. After being wrapped the body is gently massaged with Acai Antioxidant body Emulsion. The ultimate anti-aging body treatment.

75 min | \$155

organic hydrating wrap

Deep rehydration, soothing and improvement of skin tone, this service addresses issues such as itching, dry skin. Enjoy this soothing wrap with Hydra Skin Renewal Gel followed by Seaweed Body Butter.

75 min | \$155

handsandfeet

indulgence pedicure

Our signature pedicure uses essential oils such as peppermint, bergamot, and tea tree to help restore vitality to tired feet. Relax with a warm foot soak, nail and cuticle care, exfoliation, extended massage and a warm paraffin followed with your choice of OPI polish.

90 min | \$105

boathouse classic pedicure

Enjoy a soothing pedicure with a warm foot soak, nail care, foot scrub, massage and OPI polish of your choice.

60 min | \$90

boathouse classic manicure

Full service solution to elegant hands and nails; includes a warm soak, nail and cuticle care, scrub and massage with Organic Acai Berry salts and emulsion, paraffin and your choice of OPI polish.

60 min | \$85

enhancements

French Polish

15 min | \$15

Shellac Removal

15 min | \$15

**Allow approximately one hour of drying time on wet polish before entering the mineral baths.*

epilation services

Body wraps are a contraindication for pregnancy and hypertension.

waxing

Upper Lip	\$35
Brows	\$35
Half Leg	\$50
Full Leg	\$75
Classic Bikini	\$45
Half Leg & Bikini	\$65
Full Leg & Bikini	\$85
Back	\$65

tinting

Brows	\$25
Lash	\$30
Lash and Brow	\$50

threading

This fast and easy method is precise with minimal redness and pain and results in fewer breakouts than with waxing. **Based upon availability.*

Lip	\$25	Chin	\$30
\$25	Brows		

Use of mineral baths after waxing is not recommended due to skin sensitivity.

All prices and services are subject to change without notice.





OAK BAY
BEACH HOTEL

Our Best. Always.