

# *Spa Menu*

## *Spa Packages*

### *Coastal Romance*

Share an intimate deeply relaxing couples massage with the one you love.

**60min \$190**

### *Couples Escape*

Indulge in some relaxation, pampering and romance with our Keltic Signature couples massage and side by side pedicure tailored just for the two of you!

**Allow 2hrs \$300**

### *Spirit of the Sea*

Enjoy head to toe pampering with this decadent line up of services:

- 60 min. massage
- 60 min. facial
- Sea Spa pedicure

**Allow 3 hours \$250**

### *Hook, Line & Sinker*

Thoroughly relax with a sampler of three 30 minute services:

- massage
- facial
- manicure or mini pedicure

**Allow 2 hours \$170**





## *Registered Massage Therapy*

### *Keltic Signature Massage (covered by health plan)*

An essential part of any stress retreat or wellness vacation this massage can be tailored to meet your needs. A variety of techniques can be used to achieve your goals for a deeply relaxing and therapeutic treatment. Hot steamy towels and essential oils enhance the benefits of your massage.

**30 min \$65 60 min \$95**

### *Keltic Cupping Massage (covered by most health plans)*

Experience a traditional massage that is tailored to meet your body's needs. Silicone cups are incorporated to provide negative pressure that increases movement, circulation and healing. This treatment may leave slight discoloration.

**60min \$120**

### *Hot Highland Soother (covered by most health plans)*

- Hot Stone Massage uses circulation motion and long strokes of smooth, heated rocks placed at key points on the body. This treatment provides, relaxation and eases tense muscles throughout your body.
- Thermal Palms (a soft alternative to the traditional hot stone massage using warmed oat sachets). This massage soothes and warms to the core. Indulging in this decadent full body massage will melt away your tension! **60min \$120**

### *Wave of Relaxation Massage*

Imagine you are floating on a bed of warm water. You are about to experience a complete body massage – but you aren't going to turn over even once! Lying on two warm water-filled cushions you remain face up throughout the entire treatment. The sensation of floating and the feeling of warmth envelops you...you have just imagined a Hydrotherm massage.

**60 min \$120**

### *I.A Soft Tissue Mobilization*

Instrument assisted soft tissue mobilization is a unique massage treatments using specialized stainless steel tools. Perfect for overused tight muscles, athletic and over worked bodies. This treatment may cause slight discoloration.

**60min \$120**



## *Facials*

### *Keltic Signature Facial*

Our customized facial using Eminence organic skin care is based on your skin's specific needs. From dry and dehydrated, to sensitive, oily or congested skin, this treatment provides the benefits of a truly personalized experience.

**30 min \$65    60 min \$100**

## *Facial Treatment Enhancements*

*Enhance your facial with one of the following for an additional \$10*

- Arctic berry enzyme exfoliant (An organic alternative to clinical peels)  
Refining and collagen boosting
- AHA fruit pulp treatment (An organic alternative to clinical peels)  
Clear, radiant skin tone



**ÉMINENCE**  
**ORGANIC SKIN CARE**  
SINCE 1958



## *Body Treatments*

### *Chocolate "Moose" Body Treatment*

Calming your senses with essences of chocolate while you lay cradled on warm water-filled cushions. Your body will be exfoliated, smoothed, cocooned and hydrated. Complete with a scalp and foot massage.

**60 min \$100**

### *Aqua Therapy Body Polish*

This revitalizing treatment begins with a total body sugar exfoliation. The warm comfort of our steam tent and moisture replenishment application make this an ideal choice for skin in need of special attention. **75 min \$105**

### *Seaweed Body Treatment*

This calming and rejuvenating treatment uses the healing touch and ingredients of the sea to create inner peace and renewal of body and mind. While nestled on warm water-filled cushions your treatment begins with full body exfoliation followed by a detoxifying seaweed masque. Resting in this luxurious wrap, enjoy a restorative foot massage, followed with a full body moisture application to complete this sea-inspired experience. **75 min \$120**





## *Hand and Foot Care*

### *Keltic Manicure*

A divine way to maintain beautiful and youthful hands. This treatment begins with an exfoliating scrub followed by nail care, cuticle minimizing, hand and lower arm massage. Polish of your choice completes this treatment. **\$45\***

*Keltic French Manicure* **\$55**

### *Shellac Manicure*

Beautiful nail's for up to 2 weeks, starting with nail care, followed by polish of your choice. Ending with a relaxing hand and arm massage. **\$60**

*Shellac French Manicure* **\$70**

*Shellac Removal* **\$10+**

### *Keltic Pedicure*

Enjoy a softening aromatic foot soak, nail care, cuticle minimizing and buffing. Hot steamy towels and a refreshing foot and lower leg massage are included. Your choice of polish completes this treatment. **\$65\***

### *Sea Spa Pedicure*

Indulge your feet in this relaxing and therapeutic foot treatment. During a warm eucalyptus soak, feet are treated to a stimulating salt scrub. Full nail care is followed by a soothing foot and lower leg massage with hot stones ~ the ultimate addition to this treatment. A detoxifying seaweed masque is applied followed by hot steamy towels. Finished to perfection with your choice of polish. **\$75\***

### *Men's Manicure*

This no polish treatment includes clip, file, buff and massage to keep your hands neat and clean. **\$40**

### *Men's Pedicure*

Take a step in the right direction and experience this treatment which includes soak, trim, scrub and massage. **\$65**

**\*Please advise at time of booking if you have shellac on your nails, as removal of shellac does require extra time.**

*Esthetics*

Brow/ Upper Lip/Chin/Cheek	\$15 each
Brow, Upper Lip, Chin	\$30
Bikini	\$30
Brazilian	\$55+
Underarm	\$25
Full Arm	\$35
Half Arm	\$25
Full Leg	\$55
Half Leg	\$35
Make Up	\$45
Make Up consultation	\$30
Brow Tint	\$15
Lash Tint	\$20
Brow & Lash Tint	\$30
Lash Lift & Tint	\$80





## *Spa Arrival*

It is advisable to arrive at the spa at least 15 minutes prior to your treatment to complete a health history form.

In consideration of other guests we cannot guarantee full treatment times to those guests who arrive late. Full service charges will apply.

If you wish to use the hot tubs during your visit please bring your bathing suit.

To ensure a serene and tranquil environment for all guests we ask that you:

- turn cell phone and electronic devices to silent
- use a spa voice in all areas of the spa
- please make arrangements in advance for your little ones

### *Health & Wellness*

Your health and wellness means everything to us. For your comfort and safety please let us know at the time of booking and upon arrival if you have any medical or health issues that we should be aware of. This will allow us to tailor your session so that you may receive a safe, effective and most relaxing treatment.

### *Children in the Spa*

#### HOT TUBS

- Children must be 14+ years old to use the hot tubs, steam showers and sauna and with an adult if under 16.

#### ESTHETIC SERVICES

- Manicures and pedicures 8+ years old
- Facials 14+ years old
- Body treatments, waxing, Shellac manicure 16+ years old

#### MASSAGE THERAPY

- 14-18 years old a consent form must be signed by a parent or guardian.

**\*Please Note spa hours may change with the seasons.**