

# BOATHOUSE

— SPA & BATHS —

MENU & PRICE LIST

WINTER/SPRING

2018/19



Renew your body, relax your mind and refresh your spirit at the Boathouse Spa & Baths. Imagine indulging all your senses in a seaside oasis built with one thing in mind –

Your personal wellness.

Located at the world-class Oak Bay Beach Hotel on pristine Vancouver Island, this is a spa like no other. It is purpose built, extracting much of its inspiration and ingredients from the natural world around us. It starts with sweeping, majestic views of the Pacific Ocean and Mount Baker. Inspired architecture and décor create a timelessness that draws you deeper and deeper into the oasis-like setting.

Our heated seaside Mineral Baths draw from nature's restorative powers, while the open sky, sun and coastal air renews the balance that our compressed daily lives deprive us of. Our well-appointed oceanfront treatment rooms are spacious, tranquil and in a tastefully adapted West Coast style, offering a nurturing space for you to completely unwind as you choose from a full menu of treatments.

It is time to slow down. It is time to get away to a different place that is free of stress and begin the rejuvenation of your body, mind and soul.

It is time for the Boathouse Spa & Baths.



## 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.

**60 min | \$135**

**90 min | \$185**

## FOR THE SENSES MASSAGE

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

**60 min | \$145**

**90 min | \$190**

## DEEP TISSUE MASSAGE

This medium to firm pressure massage which involves deep pressure and slow strokes is beneficial in releasing chronic muscle tension by focusing on the deepest layers of muscle tissue, tendons and fascia.

**60 min | \$155**

**90 min | \$195**

All prices and services are subject to change without notice.

## BOATHOUSE PRE-NATAL MASSAGE

A gentle pampering and soothing massage, this treatment honours mothers-to-be while providing relaxation and comfort.

**60 min | \$145**

## REGISTERED MASSAGE THERAPY

A therapeutic massage performed by a registered massage therapist. *\*Subject to availability.*

**60 min | \$175**

**90 min | \$245**

## MASSAGE ENHANCEMENTS

**Enhance your treatment with the addition of heated natural lava shells.**

**\$30**

We have found a way to harness the healing powers of the sea through the use of our self-heating, natural sea shells to add targeted therapy to any service. The natural anatomy of the shell, mixed with the mineral heat therapy, is certain to give you a unique and unforgettable experience, similar to a hot stone massage.

## OCEAN ELEMENTS BODY RITUAL

The power of the ocean is experienced in this profound treatment that utilizes the remarkable healing benefits of Pacific Seaweed, Marine Clay, and Glacial Water. These ingredients, through a unique layering and massage technique, help to reduce muscle tension, improve circulation, target inflammation and will leave you feeling deeply relaxed and rejuvenated.

**60 min | \$145**

## PINK LOTUS ANTI-AGING BODY RITUAL

This deeply hydrating and healing treatment focuses on improving skin's elasticity. Precious oils used for centuries in Ayurvedic rituals from India such as Sandalwood, Rose, Jasmine, Pomegranate and Pink Lotus promote a sense of inner calm while they work to beautify, leaving the skin protected and with a natural youthful glow. This treatment includes a nourishing exfoliation followed by a warm oil wrap and massage. Skin is left feeling silky smooth and hydrated.

**75 min | \$185**

## SEAWEED & GLACIAL CLAY WRAP

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

**75 min | \$165**

## SOOTHING LAVENDER & SOY WRAP

A relaxing and deeply nourishing aromatherapy wrap that will leave your skin hydrated and smooth. This wrap includes a warm Lavender and Soy exfoliation and is finished with an application of Lavender and Soy lotion.

**75 min | \$165**

All prices and services are subject to change without notice.

## GREEN TEA & PACIFIC SEAWEED BODY SALT GLOW

A detoxifying and rebalancing exfoliation from the sea, this treatment uses raw ocean components to target accumulated toxins, poor circulation and inflammation. Infused with vital minerals and nutrients to promote healing and balance.

**60 min | \$145**

## LAVENDER & SOY BODY EXFOLIATION

A highly healing and soothing treatment, designed to gently remove dry skin, improving the skin's clarity and elasticity. This treatment utilizes the remarkable benefits of pure French Lavender, French Pink Clay and Mango Butter.

**60 min | \$145**

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

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## BODY ENHANCEMENTS

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\$30**

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## BOATHOUSE CLASSIC EXPERIENCE

A pampering and hydrating facial tailored to individual skin needs, this treatment will rejuvenate all skin types. A stress reducing massage of the face, neck and shoulders will reduce tension and improve circulation. Results are a revitalized, smoother and healthier-looking complexion. Please specify your skin type upon reservation.

60 min | \$145

90 min | \$210

## AGE REVERSIVE EXPERIENCE

Turn back the hands of time with this revitalizing facial that provides immediate, visible results for younger, healthier-looking skin. This innovative, luxury facial treatment retains and extends skin cell lifespan, reactivates the skin's own anti-aging mechanisms and reclaims lost radiance as it visibly smooths fine lines and wrinkles.

60 min | \$175

90 min | \$245

## COLLAGEN INFUSION EXPERIENCE

Plump and densify your skin with this collagen infusion therapy. Hyaluronic acid and collagen plump the skin from the inside out while smoothing fine lines and wrinkles. The effect of this treatment is amplified with a collagen-biomatrix mask to lift and reshape the facial contour.

60 min | \$185

90 min | \$255

## BEAUTY THROUGH BALANCE ORGANIC CUSTOM FACIAL

A facial customized to your specific needs and concerns that incorporate the power of plants and super foods to target a range of skin conditions. This facial experience takes a holistic approach, focusing on healing the skin from the inside out so that you see immediate and long-lasting results.

60 min | \$145

90 min | \$210

**BEAUTY THROUGH BALANCE** brings the profound healing power of precious indigenous ingredients from around the world and utilizes them as a foundation for their natural, sophisticated formulas. Proudly made in British Columbia, Canada.

**BABOR**, made in Germany, is a pioneer in skincare and has set the standard in skincare research. Highly innovative active formulations are carefully combined with our exclusive treatment methods to provide outstanding results and a uniquely indulgent experience.

## ENHANCEMENTS

### HYDRA BOOST AMPOULE INFUSION

Give your face a boost with BABOR's personalized ampoule concentrates that saturate the skin with moisture and nutrients leaving it feeling soft and smooth in just minutes.

**\$45**

### DOCTOR BABOR HYDRO GEL FACE MASK

A cooling Hydro Gel Face Mask with hyaluronic acid for a radiant, hydrated and plumped-up sensation. Not recommended for sensitive skin.

**\$30**

### DOCTOR BABOR HYDRO GEL EYE PADS

Cooling Hydro Gel Eye Pads with hyaluronic acid for a refreshing and hydrated eye sensation.

**\$20**

### NATURAL LAVA SHELLS

The natural sea shells, mixed with the mineral heat therapy, are certain to give you a unique and unforgettable experience, similar to a hot stone massage.

**\$30**

### BOATHOUSE CLASSIC MANICURE

A full service solution to elegant hands and nails. Enjoy a warm soak, nail and cuticle care, scrub and massage with mineral salts and emulsion, a warm paraffin application and your choice of OPI polish.

**60 min | \$90**

Add French Polish, Gel or Gel Removal | \$20

### BOATHOUSE CLASSIC PEDICURE

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

**60 min | \$95**

Add French Polish, Gel or Gel Removal | \$20

### BOATHOUSE 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 application followed with your choice of OPI polish.

**90 min | \$135**

Add French Polish, Gel or Gel Removal | \$20

Allow approximately one hour of drying time for OPI polish before entering the mineral baths.

All prices and services are subject to change without notice.

## GENTLEMAN'S PEDICURE

Relax and let us take care of your tired feet. Includes nail care, foot scrub, warm towels and massage with Green Tea & Seaweed Sea Salt, followed with a Seaweed Body Butter application. A warm paraffin application completes this ultimate foot experience.

**60 min | \$95**

## GENTLEMAN'S MANICURE

A full service solution to well-manicured hands and nails. Includes nail and cuticle care and a warm sea salt soak. Finished with a light massage of Seaweed Body Butter and a warm paraffin application.

**60 min | \$90**

## GENTLEMAN'S FACIAL

Cleanse, clarify and boost your energy with this facial specifically customized to the needs of male skin. This treatment provides vitality, enhanced energy and deep nourishment while soothing irritations.

**60 min | \$145**

**90 min | \$210**

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## GENTLEMAN'S ENHANCEMENTS

**Enhance your treatment with the addition of heated natural lava shells.**

**\$30**

We have found a way to harness the healing powers of the sea through the use of our self-heating, natural sea shells to add targeted therapy to any service. The natural anatomy of the shell, mixed with the mineral heat therapy, is certain to give you a unique and unforgettable experience, similar to a hot stone massage.

# 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 - inspiring 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 | \$275

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, either **Pacific Seaweed and Glacier Clay** or **Lavender and Soy**, providing a full body cleansing. After removal with warm towels, the body is prepared for a hydrating body masque. While wrapped in a warm cocoon, enjoy an organic facial developed for the changing needs of your skin. A deep cleansing exfoliation and masque, finishing with a hydrating moisturizer that leaves your skin renewed and glowing. Following this restorative facial, the body masque is removed with warm towels and rich body butter is applied with a gentle massage.

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

**Lavender and Soy:** Calming, soothing, stress relieving and a good source of Vitamin E and Omega-3 fatty acids for a rich hydration.

## GETAWAY PACKAGE

3 HOUR THERAPY | \$310

Enjoy a pampering and hydrating Boathouse Classic 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 overworked hands, while enjoying a soothing cup of herbal tea exclusively made for the Boathouse Spa. Pure indulgence.

## COUPLES PACKAGE

2 HOUR THERAPY | \$430

Share your spa day next to your partner or your best friend 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. Your couples package includes: (2) Swedish Relaxation Massages and (2) Boathouse Classic Pedicures, side by side.

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### ENHANCEMENTS

**Enhance your treatment with the addition of heated natural lava shells. \$30**

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# PLANNING YOUR BOATHOUSE SPA EXPERIENCE

## RESERVATIONS

We encourage you to make reservations at least two weeks in advance to ensure that your preferred services are available. Should you have any special requests, physical ailments, disabilities, allergies, or are pregnant, please notify the Spa Concierge 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. All guests of the Spa must be a minimum of 16 years to enjoy all spa services.

## ARRIVAL

As a day guest of the Boathouse Spa, your scheduled spa service includes a 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 four hours of complimentary access to the Mineral Baths and Spa Facility.

The Boathouse Spa & Baths Steam Room is infused with pure essential oil of Eucalyptus.

## TO MAKE YOUR RESERVATION:

Visit [www.oakbaybeachhotel.com/spa](http://www.oakbaybeachhotel.com/spa) or call **1.800.668.7758** or **250.940.0326**.

## TO PURCHASE GIFT CARDS:

Visit Front Desk or Spa Concierge, or visit [www.shop.oakbaybeachhotel.com](http://www.shop.oakbaybeachhotel.com).

## CANCELLATIONS

The services you select are reserved specifically for you. We ask that you provide our Spa Concierge with a minimum of 24 hours' notice for regular bookings and 48 hours' notice for package and group bookings (of three or more guests) to change or cancel an appointment. Failure to cancel your scheduled service within a minimum of 24 hours for all regular bookings will result in a 50% service charge. A missed appointment or same day cancellation will result in a 100% service charge.

## SPA ETIQUETTE

- Access to the Spa Facilities and Mineral Baths is reserved exclusively for the guest receiving a spa treatment.
- The Boathouse Spa & Baths is a non-smoking facility, which includes the heated Mineral Baths.
- 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 jewellery and valuables to the Spa.
- Mineral Bath use is not recommended directly following a manicure or pedicure treatment with exception - EVO Gel application.
- Due to our food and liquor licensing, the Boathouse Spa does not permit outside food or beverages.
- Alcohol, drugs and treatments do not go together well. We reserve the right to refuse therapeutic services if deemed to be a health risk.
- For your safety, only plastic glassware is permitted on the spa deck.

*Our Best. Always.*



OAK BAY  
BEACH HOTEL

Our Best. Always.