

HAND & FOOT CARE TREATMENTS

| | | |
|----------------------------------|--------|-------|
| PEDICURE Just TRIM & FILE | 15 min | \$ 22 |
| *Pedicure no polish | 60 min | \$ 35 |
| *Pedicure with polish/clear coat | 80 min | \$ 45 |
| *Pedicure French | 90 min | \$ 50 |
| MANICURE Just TRIM & FILE | 15 min | \$ 20 |
| *Manicure no polish | 40 min | \$ 25 |
| *Manicure with polish/clear coat | 60 min | \$ 35 |
| *Manicure French | 80 min | \$ 40 |

*Includes warm soak, smoothing of calluses, cuticle work & reflexology massage

NOTE:

Removal of Shellac or Gel Polish is an extra \$ 30.00 per 30 min.

ADD ON'S Hands or Feet

| | | |
|------------------------|--------|-------|
| Polish Change | 20 min | \$ 20 |
| Instant Nail Repair | 15 min | \$ 20 |
| Scrub Treatment | 20 min | \$ 22 |

FACIAL TREATMENTS

Spa Cleansing Facial 30 min \$ 50

No mask

Goddess Facial 60 min \$ 60

Hot Stone Facial on face, neck & shoulders

Clay Facial 60 min \$ 60

Cooling face mask for normal to sensitive skin, reduces inflammation.

Lift Facial 75 min \$ 80

Computerized MC lifts, tones, reduces wrinkles, lines & sagginess on face and neck. Incl. facelift probes, mask & toning pads under chin

Make Up & Colour Analysis 60 min \$ 80

Brow Tint 15 min \$ 20

HAIR REMOVAL USING WARM WAX

| | | |
|-------------------------------|--------|-------|
| Lip/Chin or Brow | 10 min | \$ 10 |
| Sides | 10 min | \$ 15 |
| Full Face | 30 min | \$ 25 |
| Bikini OR Underarms | 30 min | \$ 30 |
| Bikini with Upper Inner Thigh | 30 min | \$ 50 |
| Bikini with Upper Legs | 40 min | \$ 55 |
| Bikini with Entire Legs | 60 min | \$ 80 |
| Entire Legs | 45 min | \$ 60 |
| Lower Legs | 30 min | \$ 40 |
| Men's Full Back OR Chest | 60 min | \$ 80 |
| Lower Arms OR Shoulders | 30 min | \$ 40 |

Victoria Goodman CBT, CAHP of Victoria's Holistic Day Spa

Pain Therapist & Spa Owner for 30+ years.
Professional, Clean, Inspected Annually

Professionally Trained & Certified:

Bowen Therapy (CBT)

Indian Head Massage

Block Therapy Therapist/Instructor

McLoughlin Scar Tissue Release (MSTR)

Aromatherapy Health Professional (CAHP)

Reflexology

Hot Stone Massage

Thai Hot Stem Massage,

Reiki Master

Esthetics

FREE REIKI

Reiki is free of charge with any holistic service.
Please mention when booking your appointment.
I will Reiki charge the room.



SHOP ONLINE

Service Gift Certificates,
Blocks, Programs
& Coaching

NEW BLOCK THERAPY STARTER PROGRAM

Package includes:

- Block Buddy Tool
- 9 Day Full Body Fascia Online Program
- Introductory Positions & Descriptions
- 14 Day Membership Trial
- Free Monthly Facebook Live Classes
- Access to Block Therapy Community
- Postural Ergonomics

To Order Go To: www.victoriasholisticdayspa.ca

We Accept Credit & Debit Cards, PayPal, E Transfers & Cash



TREATMENTS

Established Since 1991

Located in Beautiful Belle Ewart, Innisfil
By Lake Simcoe

Bowen Therapy

Aromatherapy

Indian Head

Block Therapy

FAST EFFECTIVE PAIN RELIEF

Cell: 705.229.1200

Office: 705.999.7140

appointments@victoriasholisticdayspa.ca

www.VictoriasHolisticDaySpa.ca

917 Sheppards Trail, Belle Ewart, Innisfil, ON, L0L 1C0

Updated: September 2021

Pain Treatments

Fast Effective Pain Relief

FULL HEALTH & BODY ASSESSMENT

All our Treatments include a short assessment on the First visit at No Charge.
Full Assessment with Report
60 - 90 min \$120
Step 1 for Wellness Coaching.

BOWEN THERAPY for Pain/Injury Relief

Half Treatment 30 min \$ 50 3 pack \$ 130
Full Treatment 60 min \$ 90 3 pack \$ 240

BT Lymphatic Drainage Treatment 60 min. \$80
BT Bunion Treatment 45 min. \$60
BT Planter Fasciitis Treatment 45 min. \$60

INDIAN HEAD MASSAGE for Chronic Tension

Mini Indian Head Massage 15 min \$30
Indian Head Massage 30 min \$50
Indian Head Massage 60 min \$75

Indian Head Massage 60min 5 x Series \$300
Relieve approx. 10 Years of Pain & Tension in 5 Treatments
Add Hair Conditioning Oil To Above IHM
Moringa oil base with essential oils added.

Short Hair \$10
Long Hair Shoulder Length \$20
Extra Long Hair \$30

BLOCK THERAPY BODY REALIGNMENT TREATMENT for Fascia Pain

This New Approach to getting deep in the Fascia, with Fluid Isometrics and the Block Bodywork to release stuck tissue.

Block Realignment Treatment 90 min \$130

MSTR-McLoughlin Scar Tissue Release for Scar and Pain Relief

Flattens, diminishes scar tissue and releases pain associated with the scar. Both physically & emotionally
MSTR Treatment 30 min \$ 50 3 pack \$ 130
MSTR Treatment 60 min \$ 80 3 pack \$ 210

www.VictoriasHolisticDaySpa.ca

Spa Services

Soothing Calming Relaxing

AROMATHERAPY

Lymphatic Drainage Massage

Aromatherapy Back Treatment 30 min \$50
Aromatherapy Body Treatment 60 min \$80
Aromatherapy Body Treatment 90 min \$120

REFLEXOLOGY

Reflexology for Hand or Feet 30 min \$50
Treatment on the Hands or Feet for stress.
Reflexology for Hands & Feet 60 min \$70
Relaxing, good for pain & circulation
Add Massage For Legs 30 min \$50
15 minutes each leg
Add Massage For Legs 60 min \$80
30 minutes each leg

HOT STONE MASSAGE

Hot Stone Back Treatment 30 min \$60
Hot Stone Full Body Treatment 60 min \$100
Hot Stone Full Body Treatment 90 min \$140

NEW KANSA WAND MASSAGE NEW

Kansa Foot 30 min \$60
Kansa Foot, Back and Face 60 min \$100
Kansa Full Body Experience 120 min \$160

THAI/YOGA HERBAL STEM MASSAGE

Thai Back Massage 60 min \$100
Thai Full Body Massage 90 min \$150
Clients may take home their herbal stem's

CRYSTAL CHAKRA THERAPY

Chakra Balancing Treatment
using Crystals & Sound 60 min \$60

VICTORIA'S SIGNATURE TREATMENT (5 in One)

Includes Body Assessment, Bowen Therapy, Indian Head Massage, Kansa Wand, Aromatherapy and Reflexology Treatments.
Victoria's Signature Treatment 120min \$160

Prices Subject To Change Without Notice

Day Spa Packages

Gift Certificates Available

"BOOST ME UP"

3 hrs
*Manicure, *Pedicure & Clay Facial
Reg. \$140.00 Special \$ 125.00

"THE HEAVENLY GODDESS"

1 hrs 45 min
Hot Stone Back Massage, Hot Stone Goddess Facial with Mini Indian Head Massage
Reg. \$160.00 Special \$150.00

"A DAY AT THE SPA"

3 hrs 30 min
*Manicure, *Pedicure, Clay Facial & Aroma Back Massage Treatment
Reg. \$190.00 Special \$170.00

"BODY BLISS PACKAGE"

3 hrs 35 min
"OME" Oxygen Massage Exerciser, *Pedicure, Full Body Aroma Massage & Indian Head Massage
Reg. \$210.00 Special \$190.00

"DELUXE AROMATHERAPY DAY AT THE SPA"

5 hrs 30 min
Manicure, *Pedicure, Clay Facial, Full Aroma Body Massage & Indian Head Massage
Reg. \$290.00 Special \$260.00

All * Manicures & * Pedicures include warm soak, smoothing of calluses, cuticle work, reflexology massage, polish and/or clear coat. Packages can not be modified

WELLNESS PACKAGES

- #1 90 min Thai Hot Stem Full Treatment
30 min The Bars
120 minutes \$155
- #2 60 min Full Aroma Body Massage
30 min Reflexology for Feet
30 min The Bars
120 minutes \$145
- #3 60 min Full Indian Head Massage
30 min The Bars
90 minutes \$99