

**Victoria Goodman**  
**CBT, CAHP**  
**Owner/Operator of**  
**Victoria's**  
**Holistic Day Spa**

Holistic Spa Therapist & Aesthetician  
 for 25+ years.

Private, Professional, Clean, Inspected Annually.

**Victoria is**  
**Professionally Trained and Certified in:**

Certified Block Therapy Instructor & Block  
 Therapist, Bowen Therapy (CBT),  
 Aromatherapy Health Professional (CAHP),  
 Reflexology, Indian Head Massage,  
 Hot/Cold Stone Massage,  
 Thai Hot Stem Massage, Reiki Master,  
 Full Esthetics



**Victoria's**  
**Holistic Day Spa**

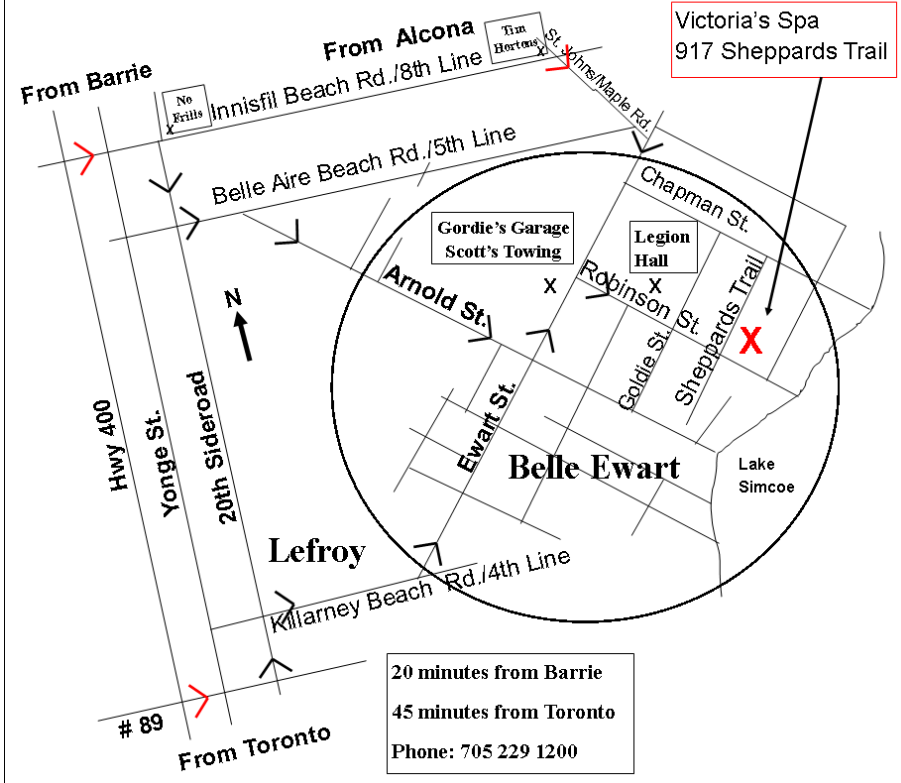
**& Bowen Therapy Pain Clinic**

**SERVICE BROCHURE**

**Established Since 1991**

Located in Beautiful Belle Ewart, Innisfil  
 By The Lake

**BELLE EWART AREA MAP**



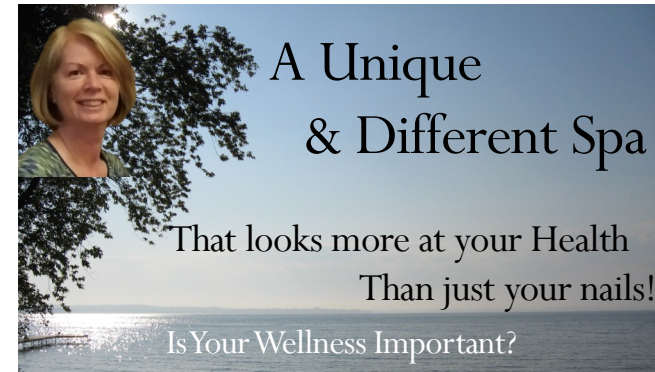
From Ewart St. Turn onto Robinson St. (at Legion) 2nd Street on Left is  
 917 Sheppard's Trail

20 minutes from Barrie  
 45 minutes from Toronto  
 Phone: 705 229 1200

**Scan Contact Info**



**Blocks & Programs**  
**Gift Certificates**  
**Natural Moringa Products**  
**Available**  
**On Line and In Store**  
**We Accept Credit Cards,**  
**PayPal, E Transfers &**  
**Cash**



**Experience Holistic Healing**

**Contact Us**

**705 999 7140**

[appointments@victoriasholisticdayspa.ca](mailto:appointments@victoriasholisticdayspa.ca)  
[www.victoriasholisticdayspa.ca](http://www.victoriasholisticdayspa.ca)

**Services by Appointment Only**

917 Sheppard's Trail, Belle Ewart, Innisfil, ON, L0L 1C0

Updated: December 2018

**Join Our VIP 2 for 1 Spa Deal Membership**

**Receive a 2 for 1 Spa Deal Each Month and More!** Start Saving at the Spa Today! It's FREE!

**Sign up at our Website**



# Spa Services & Treatments

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Hand & Foot Care, Add On's	1
Facials/Hair Removal	1

## Holistic Services

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Bowen Therapy (for pain relief)	2

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## Packages

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## TEEN SPA SERVICES (12-17)

For Teens Aged 12-17

Teens are welcome to enjoy any of our other spa services as well

Manicure	\$15
Pedicure	\$25
Basic Facial	\$30
Facial with Mask	\$35

## PRINCESS SPA SERVICES (7-11)

For Princesses Aged 7-11 (Princess must be accompanied by a paying adult.)

Manicure	\$10
Pedicure	\$20
Basic Facial	\$25
Facial with Mask	\$30

## MEN'S ONLY ZONE

### The Executive Hand and Foot Treatment

This no nonsense grooming routine for hands and feet, specifically designed for men

**60 minutes \$50**

### Sports Hand Care

Includes warm soak, nail trim, file and cuticle cleanup. Mini reflexology hand massage to soothe the mind and body

**25 minutes \$20**

### Sports Foot Care

Includes warm soak to soften calluses and nail, trim, file, calluses/cuticle cleanup. Mini reflexology foot massage to soothe the mind and body

**45 minutes \$35**

### Men's Facial & Back Massage Package

Help reduce skin damage, cleanse clear and soothe. This package includes facial with back massage

**60 minutes \$90**

### Men's Retreat Package

60 min. Aromatherapy Full Body Massage  
30 min. Reflexology for Feet  
30 min. Indian Head Massage

**120 minutes \$145**

*Soothing Calming Relaxing*

## DAY SPA PACKAGES

GIFT CERTIFICATES AVAILABLE

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

### "BOOST ME UP"

3 hrs

\*Manicure, \*Pedicure & Clay Facial  
Reg. \$130.00 **Special \$ 115.00**

### "THE HEAVENLY GODDESS"

1 hrs 45 min

Hot Stone Back Massage, Hot Stone Goddess Facial with Mini Indian Head Massage  
Reg. \$160.00 **Special \$145.00**

### "A DAY AT THE SPA"

3 hrs 30 min

\*Manicure, \*Pedicure, Clay Facial & Aroma Back Massage Treatment  
Reg. \$180.00 **Special \$160.00**

### "BODY BLISS PACKAGE"

3 hrs 35 min

"OME" Oxygen Massage Exerciser, \*Pedicure, Full Body Aroma Massage & Indian Head Massage  
Reg. \$205.00 **Special \$185.00**

### "DELUXE AROMATHERAPY DAY AT THE SPA"

5 hrs 30 min

Manicure, \*Pedicure, Clay Facial, Full Aroma Body Massage & Indian Head Massage  
Reg. \$280.00 **Special \$250.00**

## 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**

See Website for Chakra Balancing and Micro Current Services

Prices Subject To Change Without Notice

## BLOCK THERAPY

### BODY REALIGNMENT TREATMENT

Utilizing several Blocks under the body, while adding pressure and challenge, slowly, allows the Blocks to go deep into the connective tissue, warming Fascia, releasing restrictions, adhesions and scar tissue.

This Treatment Targets pain sites as well as cause sites, to create a realignment of connective tissue and posture.  
Relieves Pain, Inflammation, Anxiety.  
Rebalances Body Posture

**90 minutes \$120**

### BODY REALIGNMENT TRAINING/COACHING

Private, Customized Block Therapy Training Program

Learn how to Heal Yourself

Safely and Effectively with Block

**In Spa 60 minutes \$80**

**Online 60 minutes \$60**

### THE BARS

Running of the Bars - 32 points on the head, when gently touched, releases anything that doesn't allow you to receive. These points contain all thoughts, ideas, negative programming you have stored in your life time. An opportunity to let go of everything! Change whatever is not working in your life, so that you can have a different life and a different reality. Undoing limitation in all aspects of your life, that you are willing to change.

<b>Sample Treatment</b>	<b>15min</b>	<b>\$ 25</b>
<b>Intro Bars</b>	<b>30min</b>	<b>\$ 40</b>
<b>Running of the Bars</b>	<b>60min</b>	<b>\$ 70</b>
<b>Running of the Bars 3pk Series</b>	<b>60min</b>	<b>\$ 180</b>

### REIKI THERAPY

Reiki is an ancient Japanese hands on technique. Reiki in Japanese means "universal life-force energy".

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

## FAR INFRARED HEAT THERAPY (FIR)

### Great For Pain Relief

**Class 2 Medical Devices Approved by Health Canada.**

FIR Heat increases blood circulation, activates tissue cells, assists in the production and secretion of enzymes.

Increases metabolism, assists in the removal of heavy metals, lactic acids and uric acid that cause pain.

FIR fully charges the body with electricity and serves to keep it healthy. The heat generated by FIR can reach deep underneath the skin and make the body sweat more actively. The result of this is the surplus salt and other waste products (toxins) that can be excreted by the skin.

### FIR HEAT PAD/WRAP

FIR heat wrap is soft and flexible and can be used on painful tense area's such as knees, feet, back, neck and shoulders. Can be wrapped around hands & wrists for trouble with carpal tunnel syndrome and arthritis. Maximum temperature 131 C/155 F.

<b>30min</b>	<b>\$18</b>	<b>5 x 30min</b>	<b>\$80</b>
<b>60min</b>	<b>\$30</b>	<b>5 x 60min</b>	<b>\$130</b>

### FIR HEAT DOME

Releases an 8-10 micron of FIR into the body. Increases blood flow, decreases muscle spasm, soreness, and pain. Reduces swelling and inflammation. Helps remove toxins. Arched 160 degree design to create ultra high density warming.

<b>30min</b>	<b>\$25</b>	<b>5 x 30min</b>	<b>\$110</b>
<b>60min</b>	<b>\$40</b>	<b>5 x 60min</b>	<b>\$180</b>

### FIR HEAT WRAP & DOME TOGETHER

Both wrap and dome together allows the FIR heat to penetrate the body, thoroughly giving maximum relief of any kind of pain. Warming and drying for the respiratory system

<b>30min</b>	<b>\$35</b>	<b>5 x 30min</b>	<b>\$180</b>
<b>60min</b>	<b>\$60</b>	<b>5 x 60min</b>	<b>\$250</b>

**FIR is a great add on to the OME**

### OXYGEN MASSAGE EXERCISOR "OME"

OME provides all the benefits of an aerobic workout while you relax in a reclining position. The OME gently rocks your body from side to side. After your timed session, you immediately feel the energy wave sending much needed oxygen to the cells.

10 Min. Equals 60 Min. Exercise

<b>1 10 min. OME</b>	<b>\$ 15</b>
<b>1 15 min. OME</b>	<b>\$ 20</b>
<b>Take 5-10 min. OME Sessions</b>	<b>\$ 50</b>
<b>Take 5-15 min. OME Sessions</b>	<b>\$ 70</b>

**Health Canada Approved Medical Devices  
May Be Purchased for Home Use**

## HAND & FOOT CARE TREATMENTS

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

<b>PEDICURE Just TRIM &amp; FILE</b>	15 min	\$ 20
*Pedicure no polish	60 min	\$ 30
*Pedicure with polish/clear coat	80 min	\$ 40
*Pedicure French	90 min	\$ 50

<b>MANICURE Just TRIM &amp; FILE</b>	15 min	\$ 16
*Manicure no polish	40 min	\$ 20
*Manicure with polish/clear coat	60 min	\$ 30
*Manicure French	80 min	\$ 40

### NOTE:

**Removal of Shellac or Gel Polish is an extra  
\$ 20.00 per 30 min.**

### ADD ON'S Hands or Feet

Polish Change	20 min	\$ 20
Instant Nail Repair	15 min	\$ 20
Dead Sea Mud Scrub Treatment	20 min	\$ 22

## FACIAL TREATMENTS

**Goddess Facial** 60 min \$ 60

Hot Stone Facial on face, neck & shoulders

**Ayurvedic Clay Facial** 60 min \$ 60

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

**Micro Current Lift Facial** 75 min \$ 70

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

**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	\$ 24
Bikini OR Underarms	30 min	\$ 25
Bikini with Upper Inner Thigh	30 min	\$ 30
Bikini with Upper Legs	40 min	\$ 40
Bikini with Entire Legs	60 min	\$ 70
Entire Legs	45 min	\$ 50
Lower Legs	30 min	\$ 35
Men's Full Back OR Chest	60 min	\$ 70
Lower Arms OR Shoulders	30 min	\$ 30
Feet and Toes	10 min	\$ 15

## FULL HEALTH & BODY ALIGNMENT ASSESSMENT

All our treatments include a mini assessment on the first visit at no charge.

Complete health history and physical holistic assessment posture including spine check, reflex zone, eye analysis, leg length discrepancy, Add a full report to be sent to you.

**Assessment Only 60 min \$ 60**

**Assessment with Full Report and Holistic Protocols \$140**

## BOWEN THERAPY for Pain Relief

Bowen therapy is a gentle form of body work, that is highly effective and safe for everyone, including newborns to the elderly, pregnant, nursing, athlete sports injuries, accident victims, anyone experiencing pain or any condition not getting better!

Bowen Therapy is a manual, hands on therapy, applied to tight muscle groups, with specific procedures. Relief is long lasting, because the body has self adjusted without forceful encouragement. This can happen immediately or take up to 3 days.

This allows the body to improve in strength and stamina without pain. Most results occur after the 2nd treatment. 3 treatments recommended.

**First Treatment 90 min \$ 120**  
(Includes Physical Assessments)

**Tune Ups 30 min \$50 3 pack \$130**  
**Follow Up 60 min \$80 3 pack \$210**

## Bowen Lymphatic Drainage Treatment

**60 min. \$80**

Feather light touch for the whole body to help boost the immune system, stimulate the lymph system and is particularly good for painful bodies. Good for people with Fibromyalgia and chronic fatigue syndrome.

**Bowen Bunion Treatment 45 min. \$50**

Specialized soak & Bunion Bowen procedure to break down and loosen toe joint. Helps to reduce pain and swelling.

**Bowen Planter Fasciitis Treatment 40 min. \$60**

Soak, Bowen for foot & knee, with foot taping to hold foot in place.

## AROMATHERAPY

### Lymphatic Drainage Massage

An ancient art and science of using pure essential oils for healing and nurturing. Plant oils are custom blended to meet your individual needs.

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

## REFLEXOLOGY

Strategically placed finger pressure on hands and feet. Each point on the hand/foot connects to the body. Reduces pain, stress and health related problems. Relieves tension, improves circulation and enhances nerve function.

**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

## INDIAN HEAD MASSAGE

Indian Head Massage provides tremendous relaxation & relief of chronic back, neck, shoulder, and tension. Clears headaches, migraine, sinusitis and insomnia. Helps with focus, stress, fatigue and clears away pain.

Clients are sitting upright and fully clothed.

**Mini Indian Head Massage 15 min \$30**

**Indian Head Massage 30 min \$50**

**Indian Head Massage 60 min \$70**

**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**

## VISIT OUR WEBSITE

[www.VictoriasHolisticDaySpa.ca](http://www.VictoriasHolisticDaySpa.ca)

Prices Subject To Change Without Notice

## THAI HERBAL STEM MASSAGE

THSM is a combination of Aromatherapy, thermal therapy and herbal therapy, using herbal stems from Thailand.

Traditional Thai herbs of ginger and lemongrass targets stiff painful muscles. This treatment improves circulation of blood and lymph. THSM is both intensely relaxing and energising.

This moist heat therapy relieves stress, fatigue and upper respiratory conditions. Helps clear sinuses, headaches and muscle spasms.

**Thai Back Massage 60 min \$100**

**Thai Full Body Massage 90 min \$130**

**Clients may take home their herbal stem's**

## HOT STONE MASSAGE

Heated Basalt stones, made from volcanic rock, smoothed by the water in rivers, gently release heat and inflammation. Stones provide strength and grounding during difficult times. Stones have a special affinity with the reproductive system. Heat penetrates deep into the muscles.

**Hot Stone Back Treatment 30 min \$60**

**Hot Stone Full Body Treatment 60 min \$100**

**Hot Stone Full Body Treatment 90 min \$140**

## COLD STONE MASSAGE

Stones are hand crafted, polished, white marble. Powerful decongestant, pushing fluid and waste out of overworked, chronically tense or inflamed tissues. Cold Stone therapy can interrupt pain - spasm - pain cycle. Tones and stimulates the body. Helps boost the immune system.

**Cold Stone Back Treatment 30 min \$50**

**Cold Stone Full Body Treatment 60 min \$80**

## HOT & COLD STONE MASSAGE

Both Hot & Cold Stones 15 min. intervals. Like "Yin & Yang". A natural balance to the Hot Stone creates a sort of vascular gymnastics (alternates dilation and constriction). Decreases inflammation and swelling.

**Hot & Cold Stone Full Treatment 60 min \$100**

**Hot & Cold Stone Full Treatment 90 min \$130**