

## HAND & FOOT CARE TREATMENTS

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

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

<b>MANICURE</b> Just TRIM & FILE	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

**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

### FREE REIKI THERAPY

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

I will Reiki charge the room.

**Blocks & Programs,**

**Gift Certificates,**

**Natural Moringa Products Available**

**On Line and In Store**

**We Accept Credit Cards, PayPal,**

**E Transfers & Cash**



**Victoria's  
Holistic Day Spa**

**& Bowen Therapy Pain Clinic**

## SERVICE PRICE LIST

**Established Since 1991**

Located in Beautiful Belle Ewart, Innisfil

By The Lake



**Experience Holistic Healing**



**Contact Us**

**705 999 7140**

[appointments@victoriasholisticdayspa.ca](mailto:appointments@victoriasholisticdayspa.ca)

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

**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**

**Services by Appointment Only**

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

Updated: December 2018

## Spa Services & Treatments

### **BOWEN THERAPY for Pain Relief**

First Treatment 90 min \$ 120

(Includes Physical Assessments)

Tune Ups 30 min \$ 50 3 pack \$ 130

Follow Up 60 min \$ 80 3 pack \$ 210

BT Lymphatic Drainage Treatment 60 min. \$80

BT Chakra Treatment 60min. \$50

BT Bunion Treatment 45 min. \$50

BT Planter Fasciitis Treatment 40 min. \$60

### **FULL HEALTH & BODY ALIGNMENT ASSESSMENT**

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

Assessment 60 min \$ 60

Assessment with Full Report and Holistic Protocols \$140

### **THE BARS**

Sample Treatment 15min \$ 25

Intro Bars 30min \$ 40

Running of the Bars 60min \$ 70

Running of the Bars 3pk Series 60min \$ 180

### **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

### **INDIAN HEAD MASSAGE**

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

## **THAI HERBAL STEM MASSAGE**

Thai Back Massage 60 min \$100

Thai Full Body Massage 90 min \$130

Clients may take home their herbal stem's

### **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

### **COLD STONE MASSAGE**

Cold Stone Back Treatment 30 min \$50

Cold Stone Full Body Treatment 60 min \$80

### **HOT & COLD STONE MASSAGE**

Hot & Cold Stone Full Treatment 60 min \$100

Hot & Cold Stone Full Treatment 90 min \$130

### **FAR INFRARED HEAT THERAPY (FIR)**

Great For Pain Relief

Class 2 Medical Devices Approved by Health Canada.

### **FIR HEAT PAD/WRAP**

30min \$18 5 x 30min \$80

60min \$30 5 x 60min \$130

### **FIR HEAT DOME**

30min \$25 5 x 30min \$110

60min \$40 5 x 60min \$180

### **FIR HEAT WRAP & DOME TOGETHER**

30min \$35 5 x 30min \$180

60min \$60 5 x 60min \$250

FIR is a great add on to the OME

### **OXYGEN MASSAGE EXERCISOR "OME"**

1 10 min. Intro OME \$15

Take 5-10 min. OME Sessions \$50

Take 5-15 min. OME Sessions \$70

Health Canada Approved Medical Devices

May Be Purchased for Home Use

### **SEE OUR WEBSITE FOR**

**TEEN SPA SERVICES (12-17)**

**PRINCESS SPA SERVICES (7-11)**

(Princess must be accompanied by a paying adult.)

PLEASE SEE WEBSITE FOR INFO & PRICES

### **MEN'S ONLY ZONE**

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

*Soothing Calming Relaxing*

Prices Subject To Change Without Notice

## **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**