



The Heirloom Spa approach combines pure aromatic products with services that produce results. Your spa therapist will design a treatment for you based on the Aveda Elemental Nature philosophy. All treatments are customized just for you and are suitable for both men & women.

## Facial Care

### Self-Renewal Facial

**\$135**

By investing more time for your facial treatment, you increase your skin's ability to recover. This expanded holistic facial includes a tension releasing treatment for the feet and scalp - complete face & body rejuvenation, results & recovery. (90 min)

### Elemental Nature Facial

**\$105**

We will address your skin concerns in this relaxing & beneficial facial. Your treatment will include stress-relieving rituals with customized aroma & massage techniques to restore balance to your skin. (60 min)

### Pure Focus Facial

**\$75**

Discover your skin's potential as we focus on corrective techniques. Choose from exfoliation, face & neck massage or masque treatment. (30 min)

### Outer Peace™ Acne Relief

**\$120**

This treatment will help to clear the skin without over drying & irritating effects. With a focus on skin exfoliation & visible redness reduction, this facial will help to correct as well as prevent future blemishes. (60 min)

### Botanical Skin Resurfacing

**\$135**

Aveda's alternative to microdermabrasion, we combine the power of tourmaline with a hands-on approach that results in skin that has smoother texture, fewer fine lines and wrinkles, decreased pore size, and significantly more radiance. (60 min) *\*\*Not recommended for sensitive skin\*\**

### Green Science™ Firming Facial

**\$135**

This facial combines the power of plant technology and high touch skin therapy to renew, repair and regenerate your skin. Results are a firmer, more youthful appearance.

### Enbrightenment™ Discoloration Facial

**\$130**

New Enbrightenment™ Brightening Skin Care: 34% reduction in appearance of discoloration & dark spots; 52% improvement in visible clarity. New massage & application methods will support healthy skin function, achieving overall luminosity and an even skin tone.

## Hand & Foot Care

Rejuvenating service for men & women. Customized care includes grooming of nails & cuticles and a relaxing massage. Finish with a natural buffing or polish application.

<b>Manicure</b>	<b>\$50</b>
<b>Pedicure</b>	<b>\$70</b>
<b>French Polish</b>	<b>\$10</b>
<b>Moisturizing Masque</b>	<b>\$15</b>

## Finishing Touches

Eyelash Tint	\$25	Makeup Application	\$45
Eyebrow Tint	\$20	Makeup Lesson	\$70
Lash Perm	\$45	Bridal Makeup	\$75

## Hair Removal

Brow Shape	\$20	Underarms	\$17
Lip or Chin	\$15	Back or Chest	\$45
Half Arm	\$25	Regular Bikini	\$25
Half Leg	\$35	New Brazilian	\$70
Full Leg	\$55	Brazilian Maintenance	\$55

## Body Care

### **Elemental Nature Back Treatment** **\$95**

Perfect if you are having skin challenges on your back or for a special occasion. This treatment will focus on skin exfoliation, treatment to remove impurities and a back massage. (45 mins)

### **Caribbean Therapy™ Body Treatment** **\$155**

A rejuvenating and nurturing treatment that uses the healing touch and Caribbean plant ingredients to create inner calm and renew the body and senses. This treatment begins with a dry exfoliation, followed by a warm seaweed masque applied to your back & feet to smooth and detoxify. A restorative scalp, face and body massage complete this island-inspired experience. This treatment can be performed with the Vichy shower or in a dry room. (60 mins)

### **Rosemary Mint Awakening Body Wrap** **\$120**

Renew body & mind with this stimulating and cooling dry body wrap. The treatment begins with an exfoliation and a moisturizing massage with Aveda's Rosemary Mint Body Lotion. After the body is wrapped, the essences of rosemary & peppermint will awaken your senses, while a scalp and foot massage balance the whole body. (45 mins)

## Body Exfoliations

Our exfoliation treatments remove dull, dry skin cells & encourage your skins natural cell renewal process. Exfoliation also helps to improve circulation and the release of toxins. Your skin will be left feeling soft, moisturized and purified. All of these treatments include an invigorating Vichy shower (45 mins)

<b>Soothing Aqua Polish</b>	<b>\$135</b>
<b>Rosemary Mint Salt Glow</b>	<b>\$135</b>
<b>Caribbean Therapy™ Body Scrub</b>	<b>\$155</b>
<b>Walnut Scrub</b>	<b>\$100</b>

## Massage

### **Relaxation & Deep Tissue**

Relaxation & energy healing techniques along with customized essential oils help to reduce stress, increase circulation & leave you with a feeling of complete wellness.

<b>90 min</b>	Relaxation \$135	Deep Tissue \$155
<b>60 min</b>	Relaxation \$100	Deep Tissue \$120
<b>30 min</b>	Relaxation \$75	Deep Tissue \$85

### **Fusion Stone Massage** **\$160**

The nurturing heat & comforting weight from warmed stones immediately promotes a soothing sensation of relaxation and healing (90 min)

### **Reflexology** **\$80**

With all the stress and strain your feet experience, it's no wonder that reflexology sessions are such a healthy treat. Pressure is applied to specific points on your feet, stimulating the nerves, resulting in total body relaxation. (45 min)

### **Hydrotherm Floating Massage** **\$120**

The Floating Massage is an experience of pure bliss. Performed on warm, water-filled pillows, this unique treatment supports the back in perfect spinal alignment, while the soothing effect of heat promotes relaxation. You can have a full body massage without adjusting or turning. Ideal for expectant mothers. (60 min)

### **Chakra Balancing Massage** **\$100**

An innovative treatment that focuses on the chakra centers using a variety of massage techniques. The treatment features the Aveda Chakra Balancing Blends with deep tissue massage on the back and spinal muscles, a chakra reflexology treatment for the feet and chakra energy work. (60 min)

### **Shiatsu** **\$120**

A combination of acupressure, Japanese massage, stretching, and western massage is used to treat the entire body. Rhythmic pressure is applied to specific points along the body's meridians with fingers, hands, elbows, knees, and sometimes bare feet to unblock & stimulate the flow of energy. This treatment is done fully clothed be sure to wear comfortable attire. (60min)

# Heirloom Spa Packages

True Bliss (6.5 hours)	\$469
~ Soothing Aqua Polish with Vichy Shower	
~ Self-Renewal Facial	
~ Fusion Stone Massage	
~ Pedicure with Masque	
~ Spa Lunch	
A Day to Remember (5 hours)	\$370
~ Self-Renewal Facial	
~ 60 Minute Relaxation Massage	
~ Mini-Manicure & Mini-Pedicure	
~ Spa Lunch	
~ Includes a Body Cleanser & Moisturizer	
Caribbean Escape (3.5 hours)	\$280
~ Caribbean Therapy Body Scrub	
~ Caribbean Therapy Manicure & Pedicure	
A Spa Retreat (3 hours)	\$250
~ Elemental Nature Back Treatment	
~ Pedicure	
~ 60 Minute Relaxation Massage	
~ Refreshing Bath Bar to take home	
The Body Infusion (2 hours)	\$221
~ Aqua Polish	
~ 30 Minute Relaxation Massage	
~ Conditioning Hair & Scalp Treatment	
A Date with Serenity (3.5 hours)	\$248
~ Elemental Nature Facial	
~ Pedicure	
~ 60 Minute Relaxation Massage	
The Rosemary Mint Refresher (3 hours)	\$233
~ Rosemary Mint Awakening Body Wrap	
~ Manicure & Pedicure	
~ Rosemary Mint Bath Bar for home care	
The Spa Sampler (3 hours)	\$207
~ Self - Renewal Facial	
~ Mini-Manicure & Mini-Pedicure	
Element of Relaxation (2 hours)	\$167
~ Elemental Nature Facial	
~ 30 Minute Relaxation Massage	

Our focus at the Heirloom Spa is to provide relaxation and benefits to body, mind and spirit. The following information will help you enjoy your visit.

### Reserve Your Appointment

Upon scheduling your appointment, a credit card or gift certificate number is required.

### Arrival and Steam Bath

When you schedule your appointment, we will include time to enjoy our Aromatherapy Steam Bath. If you do not plan to use our Steam Room, please let us know when booking your appointment.

### Late Arrivals

In consideration of other guests, we can offer you the time remaining on your treatment; but please understand we need to work within the time that is remaining so as not to interfere with the next guest's reservation.

### Cancellation Policy

We have reserved this time especially for you. We understand that sometimes it is necessary to change your schedule. We ask that you give us 24 hours notice if you must cancel an appointment. If less than 24 hours notice is given, a fee of 50% of services booked will be charged. Failure to show for an appointment will result in the full charge of the services booked.

### Spa Attire

Upon your arrival, you will be provided with a robe, sandals and a locker. Your privacy and comfort are of the utmost importance to us and our spa staff is trained in appropriate methods of draping. We recommend that jewelry not be worn to the spa.

### Spa Etiquette

Our spa environment is relaxing and serene. Please try to walk and converse quietly while in the spa area. It is essential to make child care arrangements prior to your spa appointment so that you may enjoy it to its fullest. In consideration of other guests, please have your cell phone turned off before entering the spa.

### Gratuities

15-20% are traditionally given in appreciation of service excellence.

### Gift Certificates Available

~Spa prices & info may change at any time ~ Taxes & Gratuities not included in prices~

## The Heirloom Spa

Box 130, 3625 1st Street, Naramata, BC V0H1N0

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**(250) 496-6808, ext. 103 or**

**Toll Free: 1-866-617-1188**

We are open year-round.

Please call for current hours as they vary each season.

Connecting Beauty, Environment,  
and Well-Being