



Body Treatments - Relax as we pamper you from head to toe!

Water Therapy

Jetted Hydrotherapy Tub/Steam Sauna

\$45 (30 Mins)

Designed for two people and combined with a jetted bathtub, this is a stylish and spacious steam shower and is the perfect compliment before any body treatment.

Soaking in water is amazing for your skin and well being so let your tension and stress melt away with **your choice of bath salts.**

The **Spa tub** promotes good health and increases blood circulation. When muscles become tense this leads to headaches and muscular soreness. Hydrotherapy uses buoyancy and water turbulence to speed recovery. The **Spa tub** is great for those suffering from arthritis, chronic pain, knee problems, joint ache relief, back pain and fibromyalgia. It is also beneficial for healing sports injuries, arthritic neck, back or knee pain and more.

The **Spa tub** is a combination that includes steam shower, gravity rain over head monsoon ceiling shower head and 8 shower jets for an over all shower including a hand held wand. Mood lighting and aromatherapy transforms the cabin into a steam room that relaxes and detoxifies. 14 micro adjustable jets strategically patterned and positioned target specific pain zones critical for relaxing tense muscles, joint pressure and accelerating the body's natural healing process.

Hydrotherapy is therapeutic as well as a relaxing experience at Changes Spa. This tub will heighten your sense of relaxation and bring you the enjoyment and benefits while you relax in a bath of essential oil or bath salts and prepare you body for the massage therapist

RELAX and be pampered!

Bath salts: A mineral-rich blend of locally harvested California Sea Salts, Dead Sea Salts, and Epsom Salts detoxifies, soothes and softens the skin. Enjoy this half hour of pure bliss.

(add a 30 minute massage in for \$50)

Body Care

Body Scrubs & Polishes

\$70 Each

Refresh your skins surface with an organic body exfoliation treatment. Highly recommended before sunless tanning and body wraps. ~ Add a body wrap for only \$85 ~ (\$10 off regular)

Choose any of the following:

***Silky Scrubs; micro seaweed, Brown sugar, chocolate, rose, Aroma salt Glow etc.**

Leave your skin velvety smooth with one of our delightful monthly selections.

***Chocolate Scrub**

This decadent skin treat will leave your entire body and senses deliciously rejuvenated.

***Aromatherapy Salt Polish**

This salt & essential oil scrub will leave your skin feeling invigorated & renewed.

***Perfect Polishes**

Ask about our monthly selections of perfect polishes to leave your skin super soft.



Body Wraps & Treatments

\$95 Each

Enjoy a stress relieving scalp massage while wrapped up in a thermal blanket. All of our body wraps are followed by a half hour relaxation body massage that helps to restore blood flow and bring back your skin's natural radiance. Emerge feeling rejuvenated, glowing from head to toe!
~ Add a body scrub for only \$60 ~ (\$10 off regular)

Choose any of the following:

Eco-Moor Mud Pevonia Wrap (Therapeutic & Detoxifying) ~ add a scrub for \$60 ~ (\$10 off reg.)

This therapeutic wrap removes debris and impurities, promoting cell oxygenation.

Select essential oils are used in order to benefit healing and relaxation.

Chocolate Mousse Wrap (Trimming & Delicious)

Indulge your senses while your body is wrapped in chocolate. A delicious cream moisturizer is massaged into your skin after your wrap, leaving your body looking more slender, and smelling absolutely scrumptious.

Eco-Seaweed Pevonia Wrap (Hydrating & Firming)

This unique wrap detoxifies, moisturizes and protects the body from harmful toxins.

Tropical Escape Anti-aging Pevonia Wrap

This is perfect if your skin is dry, and in need of nourishment, leaving your skin fresh and moisturized.

Green Coffee Skin Toning Pevonia Wrap (Slimming & Purifying)

This deep cleansing wrap expels a lot of the build-up that causes cellulite and dimpled, uneven skin. Toxins are released and skin is left looking slim and smooth. Desert Heat Body Wrap; Fruity Yogurt Body Wrap; Papaya-Pineapple Crème Body Wrap

For best results, a series of six regular treatments is recommended.



Massage Treatments

Tranquility, invigorating, and wellness, our expert massage team has just the right touch to promote circulation, rejuvenate and heal, for body and spirit alike.

Regular massage helps to reduce physical stress, mental fatigue and promotes relaxation. Natural organic oils are used and privacy is assured. For a specialized or therapeutic massage, please consult with one of our RMT (Registered Massage Therapists). With every 1 hour massage receive a complimentary Sauna or Hydro Tub to relax your body and prepare it for the treatment.

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|----------------------------|--------------|
| 30 Minute Massage | \$55 |
| 45 Minute Massage | \$65 |
| 60 Minute Massage | \$85 |
| 90 Minute Massage | \$125 |
| 60 Minute Pregnancy | \$85 |
| 90 Minute Pregnancy | \$125 |

Reclaim your body for an hour while our special pillows are strategically placed, to allow you to lie comfortable and relax. This specialized massage technique helps to relieve tension, headaches, swelling and stress. *Please consult your physician before a massage*

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|---------------------------------------|--------------|
| 30 Minute Aromatherapy Massage | \$55 |
| 45 Minute Aromatherapy Massage | \$65 |
| 60 Minute Aromatherapy Massage | \$85 |
| 90 Minute Aromatherapy Massage | \$130 |
| Raindrop | \$135 |

-a powerful modality that uses therapeutic essential oils to bring Balance to the Body and realign the spine and relieve stress

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| Massage Chair (30 minutes) | \$20 |
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Featuring oscillating motors and a vibration function, with heated foot cradle and a customized LED panel with kneading, tapping and vibration.

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| Mini Relaxation Massage | \$50 |
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Feel revitalized as your back, neck and shoulders are massaged for a half-hour with our neck and back chair. Tired muscles will feel rejuvenated, as circulation improves.

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|----------------------------|--------------|
| 1 Hour Couples | \$150 |
| 30 Minute Hot Stone | \$80 |

Feel any tensions drift away as warm stones are applied to your muscles along your shoulders and spine, providing deep heat with a therapeutic massage technique.

~ Add an organic back scrub for only \$20 ~

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|-------------------------------------|--------------|
| 1 Hour Hot Stone | \$110 |
| 90 Minute Extended Hot Stone | \$145 |

See Next Page for Add-Ons



Massage Add-On's:

Paraffin

Relax your tired muscles and joints with this deep soothing heat.

One area only \$20

Hot Stones

Excellent for stiff or sore muscles. Add this specialized technique to any massage and enjoy the relaxation of deep heat.

\$20 (\$45 for 1/2 hour) (\$70 for 1 hour)

Reiki

Induce balance and harmony throughout the entire body.

\$70 (1 hour) \$45 (1/2 hour)

Reflexology Hands OR Feet (15 minutes per area)

Reflexology is the science or method of stimulating reflexes of the foot, hand or ear that correspond to each gland, organ and part of the body. Stimulation of these reflexes serves to relax and normalize all functions of the body in order to promote natural balance and revitalization. In ancient times, walking barefoot over rocks and hard ground naturally stimulated these reflexes each day.

Session \$80

Back Facial

Perfect for those that like to show off their back! Enjoy a deep cleansing, exfoliation and light extraction treatment followed by a purifying masque. Your skin will look terrific. Includes 20 minute relaxation massage.

\$80

Bum Facial

Tighten the skin on your backside with this effective treatment. A brush cleaning method and exfoliating scrub removes dead skin and an anti-cellulite thermal booty mask tightens. Includes 20 minute relaxation massage.

\$80

Body Treatment

Treat your body to some extra pampering with one of these wonderful services. See our body section for a list to choose from. Includes 20 minute relaxation massage.

Wrap \$95

Scrub or Polish \$70

Cupping

Works the facia and helps break down scar tissue. It can also help with range of motion.

\$20



Bride, Groom & Couples Packages

The Love Birds

(Reg. \$250)

\$200 (90 Min)

Treat the two of you to a **candle-lit jetted hydrotherapy bath**, followed by a **45 minute couples hot stone massage**.

Ultimate Bliss ~ Just the Two of You

(Reg. \$330)

\$295 (2 Hrs)

De-stress yourselves together, starting with a 30 minute hot session in our **far-infrared sauna**, followed by **aromatherapy body scrubs**. Enjoy the rest of your blissful time together with a **relaxing 45 minute couples massage**.

Changes Date Night For Two *Add \$200 For Limo*

(Reg. \$610)

\$530 (3.5 Hrs)

Your ultimate date night can start out with a limo picking the two of you up and later dropping you off! Your time at the spa together begins with a **relaxing soak in our jetted hydrotherapy tub**. Feel your tensions and stresses melt away while **candles, rose petals** and lovely **spa music** enhance your surroundings. Enjoy **aromatherapy body scrubs, detoxifying and smoothing body wraps**, followed by a **nourishing 45 minute body massage** with your choice of **flavored scents**, and **massage lesson**. We end your couples treat with a **hot session in our far-infrared sauna**, to help detoxify and improve your well being. Enjoy a **free take-home gift of massage oil, a relaxation CD, candle and non-alcoholic wine**.

Chocolate Romance Couples Package

(Reg. \$350)

\$310 (2.5 Hrs)

The ultimate chocolaty experience for couples! **2 body scrubs** in our private couple's room. The two of you then slip into a bath or sauna with **tasty chocolate treats**. Your time is completed with a 45 minute **romantic couples massage**, followed by **spa lunch for two**.

~ Choose from our selections of delicious flavours! ~

Love is in the Air

(Reg. \$480)

\$445 (3.5 Hrs)

Treat yourselves to a de-stressing romantic experience. De-stress yourself, beginning with a **30 minute far-infrared sauna session**, then enjoy **invigorating aroma body scrubs** in our **candle-lit couples room**. Rinse off with a **shower** and return to a **30 minute couples massage**. Quench your thirst with one of our tasty **complimentary beverages**, or feel free to bring a bottle of wine to enjoy. We end your experience with **spa pedicures** in our luxurious massage chairs.

For the Groom

(Reg. \$135)

\$100 (2 Hrs)

De-stress yourself, beginning with a **30 minute far-infrared sauna session**, followed by a **45 minute body coffee massage** and a **10 minute scalp massage**. Finish off with a **professional hair style** – leave looking and feeling your absolute best.

The Beautiful Bride

(Reg. \$245)

\$200 (4.5 Hrs)

Look like a queen on your special day! Enjoy a **French spa manicure and spa pedicure**, an **up-do** and **full make-up application**.