



SHUSWAP BLISS

DAY SPA & MASSAGE



Shuswap Bliss

Located Inside the Prestige Hotel
(250) 804-4836 | shuswapbliss.com
251 Harbourfront Dr. NE, Salmon Arm, BC

SPA PACKAGES

Pamper Me! <i>Includes a Spa Manicure & Spa Pedicure.</i>	2 hrs	\$105
You Glow Girl <i>Includes a Targeted Facial Treatment, Express Manicure & Express Pedicure.</i>	1½ hrs	\$120
Pure Indulgence <i>Includes a 60 Minute Massage, Spa Pedicure.</i>	2 hrs	\$135
King of Bliss <i>Includes a Customized Facial Treatment & Sport Pedicure.</i>	2 hrs	\$145
Ultimate Bliss <i>Includes a Hot Stone Massage & Deluxe Pedicure.</i>	2½ hrs	\$175
Relax & Renew <i>Includes a Specialized Facial Treatment & Deluxe Pedicure.</i>	2½ hrs	\$180
The Queen Bee <i>Includes a Customized Facial Treatment, Spa Manicure & Spa Pedicure.</i>	3 hrs	\$190
The Stress Buster <i>Includes a 60 Minute Massage, Deluxe Manicure & Deluxe Pedicure.</i>	3½ hrs	\$205
Diva for a Day <i>Includes a 60 Minute Massage, Specialized Facial & Deluxe Pedicure.</i>	3½ hrs	\$255

*Spa Packages are inclusive and must be redeemed concurrently.

dermalogica[®]

jane iredale[®]
THE SKIN CARE MAKEUP™

HAND THERAPY

Express Manicure 30min **\$36**

Includes a soak, express nail care and polish application.

Spa/Sport Manicure 50min **\$46**

*Includes a soak, nail care, hand & arm massage and polish application **or** hot paraffin treatment.*

Deluxe Manicure 60min **\$56**

Includes a soak, deluxe nail care, hand & arm massage with hot stones, hot paraffin treatment and polish application.

Shellac Manicure 50min **\$51**

Includes nail care, Shellac application and cuticle hydration.

Shellac Removal 30min **\$31**

Includes Shellac removal, nail shaping and cuticle hydration.

FOOT THERAPY

Express Pedicure 40min **\$47**

Includes a soak, express nail care and polish application.

Spa/Sport Pedicure 60min **\$64**

*Includes a soak, foot exfoliation, nail care, callus work, leg & foot massage and polish application **or** hot paraffin treatment.*

Deluxe Pedicure 70min **\$78**

Includes a soak, foot & leg exfoliation, deluxe nail care, callus work, leg & foot massage with hot stones, hot paraffin treatment and polish application.

French Polish Add-on **\$11**

Nail Decal Add-on **\$5**

HAIR REMOVAL

Lip or Chin **\$13** **Brazilian** **\$60**

Cheeks **\$15** **Lower Legs** **\$37**

Brows **\$21** **Upper Legs** **\$42**

Full Face **\$51** **Full Legs** **\$71**

Underarms **\$18** **Full Legs & Bikini** **\$92**

Full Arms **\$40** **Chest** **\$50**

Bikini **\$30** **Back** **\$50**

TINTING

Eyebrow Tint	\$18	Brow & Lash Tint	\$44
Eyelash Tint	\$31	Brow Tint, Wax & Lash Tint	\$59
Brow Tint & Wax	\$34		

BODY THERAPY

30 Minute Relaxation Massage \$47

Using advanced therapy massage gel, the back, neck and feet are focused on.

45 Minute Relaxation Massage \$62

Using advanced therapy massage gel, the back, back of the legs, neck and feet are focused on.

60 Minute Relaxation Massage \$77

Using advanced therapy massage gel, the back, legs, neck, arms, hands and feet are focused on.

Bliss Fix 30min \$40

Includes facial cleansing followed by a face, décolleté and scalp massage. A quick way to unwind and relax.

Body Polish 60min \$87

Gently scrub away dry, dull skin to reveal younger looking, radiant skin. Followed by a rinse in our deluxe rain shower and a blissful lotion massage application to hydrate the skin.

Hot Stone Massage 60min \$102

Hot Basalt stones are placed along the spine and used to massage the body giving a deeply relaxing, soothing experience that helps to relieve tight muscles.

SKINCARE

Targeted Facial Treatment 20min \$40

This treatment targets your most pressing skin issues in just 20 minutes! It's quick, effective and provides immediate results with no need to change or remove eye make-up during the treatment. An ideal treatment for skincare regulars, new clients, men, teens and tweens.

Customized Facial Treatment 60min \$87

An in-depth skin treatment suitable for all skin types. Using Face Mapping® skin analysis, your skin therapist customizes the treatment specifically for your skincare needs, and provides you with the most effective home care to correct and maintain the health of your skin.

Specialized Facial Treatment 60min **\$108**

Adult Acne? Fine Lines? Dull Skin? Sensitivity? The following four advanced facial treatments are specifically choreographed to your skin's needs. Select a facial that addresses your concerns or simply allow our expert skin therapists to best advise you!

Adult Acne Clearing

Breakouts have finally met their match. Our Acne Clearing Treatment works to treat, clear and prevent adult acne while addressing the needs of adult skin.

Anti-Aging

Are the signs of aging becoming more prevalent on your skin? Give it a revitalizing power boost with this treatment designed to help firm, smooth, nourish, regenerate and energize while controlling the biochemical triggers that lead to skin aging!

Skin Brightening

Improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment. Powerful exfoliants smooth skin and slough off dulling surface cells, helping to minimize the appearance of sun damage.

Ultra Calming

Red, itching, inflamed skin? Don't conceal it, control it! Our calming oatmeal masque will instantly calm redness and reduce inflammation, while moisturizers reinforce the protective barrier helping to control environmental sensitivity.

Facial Contour Masque Add-on 15min **\$20**

Firms, hydrates and increases circulation.

MEDI-SKINCARE

Microdermabrasion 70min **\$140**

Turn back time with our Microdermabrasion treatment. This non-invasive resurfacing treatment encourages the production of collagen and elastin tissue, creating a firmer, more youthful facial contour. Fine lines, wrinkles and superficial sun damage are all reduced, leaving your skin smooth and even.

Soli-Tone® Light Therapy* 70min **\$150**

Our Soli-Tone® Light Therapy treatment uses medical grade infrared LED Lights at specific wavelengths to treat many skin conditions including blemishes, dull and lifeless skin, uneven skin tones, redness, fine lines and wrinkles.

Soli-Tone® Firming & Lifting* 70min **\$150**

Our Soli-Tone® Lifting & Firming treatment works from the inside out by using a combination of high frequency polarized current, micronized current and light therapy. These technologies work together to produce skin rejuvenation that is safe, comfortable and effective. The micronized currents work with the natural bio-electrical currents found in the body to reconstruct, or re-educate, muscle tissue achieving visible lifting results, restoring facial contour and slowing the aging process.

*** Microdermabrasion Add-on for Soli-Tone® Facials**

\$30

HOW TO SPA BLISSFULLY

Arrival:

We invite guests to arrive 10 minutes prior to their first scheduled appointment. This will ensure much needed relaxation and allow for proper consultation. Please note there is a short consultation form for all new guests to complete.

If guests arrive late for an appointment, everything possible will be done to accommodate the remainder of the treatment(s); however, treatments may still end as scheduled, in consideration of the next guest. Full prices will apply.

Cancellations and Reservations:

Walk-ins are welcome; however, we highly recommend booking Spa treatments in advance to ensure that preferred times and treatment(s) are available. Please have credit card or gift certificate number available when booking.

We have reserved this time especially for you. In the event that you are unable to keep your appointment, please notify the Spa within 24 hours for individual bookings and 48 hours for group bookings to avoid being charged for the scheduled service. Cancellations made less than 24 hours in advance are subject to a 50% charge.

Atmosphere:

To maintain the serenity of the Spa, and to enhance your own relaxation, children are not permitted in the spa. We ask that cell phones be turned off, and that guests walk and converse quietly.

During your treatments at the Spa you will be professionally draped at all times, ensuring your comfort and privacy.

Parking:

Free parking is available at the Prestige Harbourfront Resort.

Gratuities:

Gratuities are not included in service prices and may be given by you as personal appreciation, based on the excellent service you received from your Spa professional.

Gift Cards:

Gift cards are available for purchase, in any denomination, at the Spa or over the phone. Phone orders can be shipped directly to the recipient. Please note that gift cards are non-refundable.

Open: Tuesday to Saturday 9:30am to 5:00pm

Closed: Sunday, Monday & Holidays

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All treatments, prices and times are subject to change without notice. Prices do not include tax or gratuity.

Shuswap Bliss is a division of #0875032 B.C. LTD. Rev. May 2016.