

## SPA FACIAL THERAPIES

**Our fine line of German products BIODROGA & CLAYTON SHAGAL, guarantee your total satisfaction in skin care**

**Aroma Beauty (Initiation Facial) \$65 45min**  
A great introduction to facials. Includes skin analysis, cleansing, toning, massage and moisturizing.

**Classic Facial: (The fundamental facial) \$78 1hr**  
Protective and strengthening facial designed to increase circulation and increase elasticity. An energy-cocktail to vitalize and re-energize your skin. Individually customized.

**AHA Deep Cleansing Facial \$85 1 hr**  
An intensive deep cleansing/balancing solution for problematic skin conditions that will normalize secretions, prevent clogging, reduce redness and irritations, restoring a clear, smooth and purified appearance to the complexion.

**Harmonizing Facial \$115 1hr**  
Designed for all sensitive skin conditions, this soothing treatment with **no** fragrance, binders, colour or emulsifiers, calms the most reactive complexion while reinforcing the skin's natural resistance to harmful environmental influences. Active ingredients such as panthenol, bisabolol, Witch Hazel Extract and Fucogel © not only alleviate inflammation, redness and irritation but also restore the natural skin flora and make it more resistant to harmful external influences.

**Firming Effect Facial \$125 75min**  
Intensive collagen treatment ideal for replenishing and stimulating "dormant" functions of aging skin, improving elasticity, restoring firmness and eliminating the signs of fatigue. Results instantly seen and felt!

**Collagen Gel & Extract Facial: \$125 75 min.**  
The active ingredients of Hyprocel Gel and Hyprocel Extract, combined with Elastin and Collagen gels and extracts that are applied in this facial allow higher in-depth penetration plus powerfully stimulating cell activity, thus hydrating while bringing elasticity and tightness to the vulnerable areas such as eyes and lips. A facial that defies the aging process, granting instant rejuvenation.

**Oxygen Power Facial \$125 75min**  
The oxygen kick for sallow, tired, stressed skin. Oxygen is vital for healthy glowing and youthful skin. This specialized treatment delivers instant skin rejuvenation, activating intercellular metabolism and balancing skin deficits. Visible improvement for oxygen deficient skin!

**Skin Balancing Facial \$125 75min**  
Acne affects both men and women, particularly teenagers but more so during hormonal fluctuation levels. Heredity, allergies, stress, poor diet, smoking, improper use of cosmetics and consumption of alcohol and soft drinks are factors that cause over production of oil and sebum disrupting the skin's natural balance. The effective blend of

plant extracts, sea minerals and natural healing agents used in this facial, help promote decongestion while eliminating toxins, reducing redness and calming irritation. .

**Age Reversal Corrective Facial \$140 75min**  
Characterized by the application of a self-warming mineral mask, this hydrating and revitalizing treatment promotes the skin's absorption of active ingredients and vitamins intended to compensate for a variety of skin imbalances, leaving skin radiant, soft and luminous: visible results after the first treatment.

**Gentlemen's anti-stress Facial \$78 55 min**  
Tailored to address the specific needs of a man's skin, helping to prevent and relieve common conditions such as razor burn, ingrown hairs and sensitive skin areas. Scalp massage included.

### COMPLEMENTARY FACIAL TREATMENTS

**Collagen Treatment \$40**  
A facial rejuvenation that will last for days  
**Collagen Eye Contour \$35**  
Formulated to de-stress, strengthen and firm the eye area.  
**Brightening Eye Zone \$35**  
Detoxifies and delivers instant relief to sallow, tired-looking, puffy eyes.  
**Lip Smoothing Treatment \$35**  
Specialized ingredients impart an instant smoothing and plumping effect for a softer and more youthful look.

### SKIN IMPERFECTIONS Session \$50

Vascu-Lyse. Our non-invasive Vascu-Lyse treatment for skin blemishes, ruby points, distended capillaries and other vascular blemishes will give you the results that you have been looking for. Most conditions often disappear on contact or after 1 to 3 sessions. Call for a private consultation

### SKIN REJUVENATION

The most noticeable signs of aging skin are yellowing and uneven patches of pigmentation, fine lines around the eyes and lips; enlarged pores and loss of skin elasticity. Iclear™ XL dual wavelength technology offers a safe approach to skin rejuvenation by using a unique combination of pure light wavelengths, specially designed to cosmetically enhance and revitalize the appearance of aging skin, significantly reducing skin pores size and fine wrinkles  
Call for your private consultation

## SPA BODY THERAPIES

**Body Scrub with Dead Sea Salt \$85 45 min**  
**Body Scrub with Coffee and Dead Sea Salt \$85 45 min**

Heal and rejuvenate! We will scrub your body with our pure natural mineral Dead Sea Salts, rinse it under mist from our Vichy shower and moisturize it with an invigorating massage to obtain glowing radiance.

**Algae Wrap \$95 1 hr**

An invigorating massage prepares your skin for the nutrient rich layer of Algae Seaweed. The protective thermal wrap lets the nutrients help replace lost minerals, detoxify and eliminate cellulite.

**Slimming & Toning with Cocoa-therapy \$95 1hr**  
Our cocoa treatment detoxifies, burns fat and helps eliminate cellulite while toning your skin leaving it silky and soft. This therapy is so good that you will feel tempted to eat it.

**Powerful Anti-Aging Cranberry Wrap \$95 1 hr**  
Rich in natural polyphenols that act as powerful anti-ageing agents as well as tocotrienols, another potent source of natural vitamin E, this wrap will protect your skin body against the peroxidation process to leave it younger looking

**Infrared Therapy \$40/30min \$25/15min**  
Bring your favorite book or just simply close your eyes and let the many benefits of our dry-heat Far Infrared Sauna penetrate your body. Ideal treatment before a facial or massage.

**Reiki/Intuitive Healing \$95/1hr \$55/30min**  
Our Reiki Master will help locate, alleviate and dissolve blockages that arise from stresses in our daily life. His reading will help you tune into your own guidance to get the clear messages you need to grow and move on with your life.

**Reflexology \$70/1hr \$45/30min**  
This therapy alleviates stress and relieves pains in the body by rubbing or kneading the skin of the feet..

## MASSAGES

**Registered Massage \$115/1 ½ hr \$80/1hr \$50/30min**  
Take advantage of your insurance benefits and book an appointment for a registered therapy to help you relax or treat any soft tissue injuries and rehabilitation including carpal tunnel syndrome, tendonitis, postural and muscle imbalances, pre and post-natal massage.

**Indian Head Massage \$75//50 min**  
An ancient therapy that massages and applies acupressure on key meridians points of your scalp, shoulders and face, to deeply relax you and relieve you from physical and emotional stress. Our treatment includes lymphatic massage.

**Couples Massage \$150 /per couple/50 min**  
A perfect way to introduce someone to the comfort and relaxation of a massage and discover its restorative benefits, or just to spend a fabulous time together in our beautiful massage suite.

**Relaxation Massage \$75/1hr \$50/30 min**  
Let our expert hands bring you the relaxation that you deserve.

## WAXING

Abdomen	\$15	Full arm	\$40
Back	\$50	Full Face	\$40
Bikini	\$25+	Full legs	\$55

Brazilian	\$50	Full legs & bikini	\$65
Brows	\$15	Lower Leg	\$30
Brows Tweeze	\$18	Sides of Face	\$15
Chest	\$40	Underarms	\$20
Chin	\$10	Upper Lip	\$12
Forearm	\$25	Upper Leg	\$35
Ears	\$10	Nostrils	\$10

Facial Threading available at the same price as waxing

### MAKE-UP

Bridal with prior consultation	\$70	Lesson & application	\$50
Day	\$30	Eye brow tinting	\$18
Evening	\$40	Eye Lash tinting	\$20
Eyes,Lips, Cheeks	\$30		

### AIR-SPRAY TANNING

**A safe and immediate solution to tanning**

Face, shoulder & arms	\$35	Legs	\$35
Full Body	\$50		

### HAND TREATMENTS

Includes cleansing, nail shaping, cuticle work, Massage, moisturizing and any OPI/ Creative/China Glaze polish

Gel Nails by Bio Gel

Manicure	\$30	Polish change	\$20
Exfoliant manicure	\$40	Elbows exfoliation	\$10
Spa manicure (paraffin)	\$40	Gel nails with tips	\$70
Anti-age treatment mask	\$50	Gel overlays	\$50
w/manicure		French Gel Overlay	\$60
Express Manicure	\$25	Gel Replacement	\$30
French Manicure	\$40	Gel Refill	\$40.

### FOOT TREATMENTS

Our comforting treatment includes a therapeutic foot bath to sooth your tired feet, a scrub with sea salts to re-energized your feet, cleansing, callus work, nail shaping, cuticle work, moisturizing massage, with Allpresan products and any OPI, China Glaze, or Creative polish

Pedicure (Basic)	\$60	French Pedicure	\$65
Spa pedicure (paraffin)	\$65	Express Pedicure	\$50
		(Does not include salts scrub and massage)	
Spa Hot Stone Pedicure	\$65	Polish change	\$30
Holistic Pedicure for extremely tired feet	\$70	Moisturizing Pedicure with mask	\$70

### SPA PACKAGES

<b>ON THE GO!</b>	<b>\$90</b>	<b>1½hs</b>
Manicure & Pedicure		
French Manicure & Pedicure	<b>\$95</b>	<b>1½ hs</b>

### FOR THE LOVE OF YOUR SKIN

Our goal is to help you improve your skin and wellness, and this package is our commitment. When you purchase 3

facials or 3 body treatments, we will give you the 4<sup>th</sup> one for free!

### INTRODUCTORY SPA PACKAGE \$115 2 hs

Four spa sessions including hand and foot treatments, a facial and a body treatment. This package will certainly be a great initiation to wellness for anyone!

### LADIES NIGHT OUT \$135 2 hs

Classic Facial & Pedicure What better way to party, share and relax with your friends and family for a night or day at the Spa.

### BRIDAL PARTY \$120 2 hs

Manicure, Pedicure & Make-up. We could book your manicures and pedicures ahead and on D-day for your make-up sessions at the Spa or at home for a bit extra. With 3 or more bookings, bride receives a free make up consultation.

### BRIDAL DE-STRESSER \$150 2½ hs

Manicure, pedicure and the sublime relaxation of an Indian Head Massage

### THE GLEBITE \$200 3 hs

High Performance Facial, Pedicure & Manicure. The pampering experience for all-round relaxation. Let yourself be immersed in a world of absolute comfort when you choose the high performance facial that best suits your needs from firming/lifting, oxygen or balancing.

### THE EXECUTIVE SPA \$260 3½ hs

Body Scrub, Facial, Massage & Pedicure. Indulge your body with any of our body treatments, our classic facial, half an hour massage and a pedicure.

### DAY AT THE SPA \$350 5 hs

Our ultimate spa package includes a 1Hour full body massage, a body treatment, a facial, a manicure and pedicure and lunch with relaxation session. Enjoy a day of pampering and revitalization in our little piece of heaven.

### GENTLEMAN'S SPA \$150.00 1 ¾ hs

Gentleman's Facial and Relaxation Massage. An effective, soothing and de-stressing therapy.

**Services in packages could be exchangeable upon consultation**



## SERVICES & PRICE LIST

**177 FIRST AVENUE**

(JUST EAST OF BANK STREET)

(Parking in the driveway or at rear of building)

**Tel. (613)567-7720**

**[www.glebespa.com](http://www.glebespa.com)**

E-mail: [info@glebespa.com](mailto:info@glebespa.com)

Business Hours

Mondays 12 – 5 pm

Tuesdays & Wednesdays 10 to 6pm

Thursdays & Fridays 10 to 7pm

Saturdays 9 to 5pm Sundays- closed

We appreciate 24 hours cancellation notice for individual appointments.

Groups of two or more people and spa packages appointments require a credit card reservation and 48 hours cancellation notice

Gift Certificates Available for any service, package or denomination

Debit and credit cards welcome

Prices subject to change without prior notice

Our Mission:

Provide to our customers products and services of superior quality that educate them and give them instant relaxation, well-being and satisfaction making them feel better than when they arrived at our premises



**WHERE BODY AND SOUL MEET TO  
LIBERATE YOUR SENSES**