

reduces the appearance of fine lines.

Botanical Hair and Scalp Therapy **\$25**

Our holistic approach to healthy hair and scalp. Begin with an aroma-therapeutic scalp massage customized to treat your scalp condition and balance your mood. Next, your hair is repaired with a botanically based treatment that improves hair's condition by up to 71%. You are also treated to a Stress-Relieving Hand Ritual

Body Care

Relaxation Massage

Relaxation techniques along with customized essential oils help to reduce stress, increase circulation & leave you with a feeling of complete wellness. This massage includes long, smooth strokes, kneading and circular movements on superficial layers of muscle and is very gentle and relaxing.

90 min \$135 **60 min \$100** **30 min \$75**

Deep Tissue Massage

This method of massage targets the deeper layer of muscles & connective tissue. Slower strokes or friction techniques are used across the grain of the muscle to help relieve chronically tight or painful muscles, repetitive strain, and postural problems.

90 min \$155 **60 min \$120** **30 min \$85**

Fusion Stone Massage (90 min) **\$160**

A customized massage with warm stones for deep relaxation of the muscles and the aromatic power of Aveda Pure Flower and Plant Essences.

Reflexology (45 min) **\$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.

Hydrotherm Floating Massage (60 min) **\$120**

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. Ideal for expectant mothers.

Chakra Balancing Massage (60 min) **\$100**

A massage experience to balance the Chakra energy System utilizing deep tissue massage, foot reflexology and Energy work with a guided meditation – enhanced by Aveda Chakra™ Balancing Blends

Rosemary Mint Body Wrap (45 mins) **\$120**

Renew body and mind with a revitalizing dry body wrap that cools and stimulates with essences of rosemary and peppermint. Skin is smooth and softened, the senses awakened.

Body Exfoliations (60 mins) **\$120**

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. Includes an invigorating Vichy shower.

Hand & Foot Care

Elemental Nature Manicure & Pedicure

Customized care includes grooming of nails & cuticles, callus reduction for feet and a relaxing massage. Finish with a natural buffing or polish application.

Hands \$50 Feet \$70

CND Shellac Manicure & Pedicure

Imagine a polish that lasts for up to two weeks. This does not damage your natural nails and you leave the spa with instantly dry, smudge-proof polish.

New Set Hands \$60 Feet \$80 Colour removal \$10

Finishing Touch

Eyelash Tint \$25

Eyebrow Tint \$20

Brow & Lash \$38

Makeup Application \$45

Bridal Makeup \$75 (includes consultation)

Hair Removal

Brow \$20

Lip or Chin \$15

Full Face \$40

Underarms \$17

Half Arm \$25

Full Arm \$35

Half Leg \$35

Full Leg \$55

Back or Chest \$35

Bikini \$25

French Bikini \$45

Brazilian \$55

Teen Spa (12-18 years)

Let our experts educate your teen on self-care and provide them with lifelong wellness techniques. Facial care is great for young women **AND** young men!

Face Basics (30 min) \$65

Designed to introduce our younger spa guests to healthy skin care. Take home kit will include products to get you started!

Acne 101 (30 min) \$85

A common skin issue among teens. We will teach you proper dos and don'ts of this pesky condition. Our specialized Outer Peace products will be used to help heal & prevent breakouts. Your starter kit will include Outer Peace products for home care.

Nail care Hands (20 mins) \$35 Feet (30 mins) \$45

Our teen manicure and pedicures will focus on cuticle and nail work. Your choice of a relaxing hand/foot massage or fun & fashionable nail polish! (Suitable for children under 12 as well)

Make-up (20 mins) \$35

We teach you how less **IS** more and how to enhance your natural beauty with minimal makeup.

Waxing

Take 25% off our regular hair removal prices. Please be aware we cannot wax anyone who is currently using acne medication.

Heirloom Spa Packages

All of our Spa Package prices include gratuities

Infinity (5 hrs) **\$465**

Body Exfoliation
60 Min Elemental Nature Facial
90 Min Relaxation Massage
Pedicure
Spa Lunch

Air (5.5 hrs) **\$385**

90 Min Elemental Nature Facial
60 Min Relaxation Massage
Manicure
Pedicure
Spa Lunch

Water (2.5 hrs) **\$243**

Body Exfoliation
30 Min Relaxation Massage
Botanical Hair & Scalp

Earth (3.5 hrs) **\$285**

60 Min Elemental Nature Facial
60 Min Relaxation Massage
Pedicure

Fire (2 hrs) **\$230**

Rosemary Mint Body Scrub
Rosemary Mint Aroma Wrap

The Heritage Sampler (2 hrs) **\$179** Can't decide what you want? Enjoy sample versions of: Body xfoliation, back massage, aroma wrap, facial care, foot care & scalp massage

Total Teen (2 hrs) **\$184**

Facial Basics
Hand Care
Foot Care
Makeup **OR** 20-Min Massage

The Perfect Ten ...Times 2

(2.5 hrs) **\$140**

Manicure
Pedicure
Moisturizing Masque for feet

**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 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 are 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% is 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

Website: www.naramatainn.com

Email: spa@naramatainn.com

1-866-617-1188

Please call for current hours as they vary each season.