

# *breathe deep.*

A tranquil oceanfront spa with an outdoor sparkling heated pool, hot tub and aroma garden. A luxurious environment with elegant treatment rooms offering unique spa experiences with a west coast perspective.

Enjoy our Essence of Life signature treatments that incorporate local organic seaweeds or try our Vinotherapy treatments inspired by our wineries here on the Saanich Peninsula. Rituals and techniques to inspire body, mind and soul. Pure essential oils, botanicals and natural ingredients.

A world of harmony and healing at Victoria's only five star oceanfront resort.



Ask about the exclusive Island Time Membership for a 25% discount on all treatments, 10% on all spa products plus an email newsletter with even more savings on feature treatments – all for an annual fee of only \$100.

The ideal treat for yourself. A perfect gift for someone special.



**BRENTWOOD BAY**

**Spa**

**ESSENCE OF LIFE**

# massage treatments

## Essence of Life Signature Massage – 90 minutes

Smooth flowing massage techniques combined with heated basalt stones and exfoliation for the feet and back using local organic seaweeds makes this the ultimate relaxation massage.

## West Coast Hot Stone Massage – 90 minutes

Escape to a state of relaxation with this indigenous thermotherapy treatment. Heated basalt rocks melt away tired, stressed muscles to leave you feeling re-balanced and grounded. Perfect for those who like the results of a therapeutic massage without the deep pressure!

## Traditional Thai Massage – 90 minutes

Energize your entire body through gentle rocking, acupressure and assisted stretching movements. This massage is an ancient art of healing that has been practiced for centuries in Thailand. A perfect massage for balancing body, mind and spirit. For this service, a floor mat is used while you are fully clothed. Please wear loose fitting, comfortable attire.

## Reflexology – 60 minutes

A treatment based on the theory that each organ in the body corresponds to a reflex point in the foot. This treatment relieves tension, improves circulation and helps promote the natural function of the related areas of the body.

## Deluxe Reflexology from Head to Toe – 90 minutes

This luxurious treatment begins with a lemongrass exfoliation of the feet. Begin to drift off as your feet are covered in a detoxifying Kiyoshi mask. While your feet are taking in the hydrating benefits of Shea butter, have your scalp and reflexes of the ears and hands massaged. Finish with reflexology on the feet using our lemongrass foot cream to reduce pain and provide overall relaxation.

## Herbal Compress Massage – 60 or 90 minutes

Soothe tension with traditional herbal compresses that have been used for centuries in Thailand. Infused with Lemongrass, Ginger and Prai, a root native to Thailand, experience their warming and detoxifying properties. This treatment incorporates a spicy blend of oils including Ginger, Rosemary, Black Pepper, Cinnamon and Sandalwood. Special attention is given to the back with an invigorating Lemongrass Body Scrub from Akhassa followed with two warmed herbal compresses incorporated into your massage. With our longer treatment experience their benefits on the back of your legs and feet as well.

*Massage*

## Full Body Relaxation Treatment – 60 or 90 minutes

Relieves tension and soothes the body using medium to light pressure. Swedish-style massage techniques improve circulation and reduce stress.

## Deep Tissue Massage – 60 or 90 minutes

A massage technique that uses deeper pressure while focusing on specific muscle tensions to loosen up tight tissue and open blocked energies.

## Therapeutic Massage – 60 or 90 minutes

Our RMT massages begin with an assessment of the guest, determining the areas of focus for the treatment. RMT massages involve the manipulation of the soft tissue structures of the body to prevent and alleviate pain, discomfort, muscle spasm, and stress. Our Registered Therapists are educated and trained to accurately assess and treat with techniques that include massage, manual therapy, joint mobilization, and rehabilitative exercise such as stretching, strengthening, postural exercise and patient education.

## Pregnancy Massage – 60 minutes

Created with the specific needs of the 'mom to be' in mind. Relieves neck and back pain and helps to reduce edema.

### enhance your massage experience with Aromatic Oil

An added treat to any massage! Choose one of Akhassa's three Signature Scents – Retreat with Kaffir Lime, Nurture with Ylang Ylang or Rituals with Ginger blended with Rice Bran Oil to moisturize body while uplifting your senses.

*Massage*

# body treatments

## Essence of Life Signature Wrap

For a unique experience with a west coast perspective, this body treatment uses local, organic seaweeds to soften, hydrate and firm your skin. Enjoy gentle detoxification and improve your mineral balance. The signature wrap includes a full body exfoliation, warming alaria body masque, scalp massage, seaweed mini-facial and finishes with a hydrating seaweed lotion application.

## Detoxifying Mud Wrap

A re-balancing and deeply detoxifying treatment for the skin. Includes an invigorating Eucalyptus body scrub and warm Moor mud body masque. Revitalize the metabolism and replenish the essential elements while eliminating toxins.

## Thai Inspired Kiyoshi Wrap

Invigorate your skin with this detoxifying body masque. Incorporates deeply hydrating Shea Butter with nourishing sake yeast, warming wasabi extract, nutrient rich seaweed and circulation boosting red capsicum. This masque removes excess fluids from the skin, warms the body and stimulates circulation allowing for a gentle detoxification.

## De Aging Tropical Oasis Wrap

Experience a tropical retreat with the anti-aging benefits of the aromatic Pevonia De-Aging body line. Incorporates a foaming saltmousse exfoliation, crème fraiche body masque and finishes with a rich body balm application leaving your skin smoother, firmer, nourished and rejuvenated.

## Tropical Oasis Scrub

Pure tropical bliss! Enjoy the softening benefits of our Saltmousse, rinse off with our Vichy shower and finish with our de-aging body balm.

## Island Seaweed Scrub

A combination of Pacific Sea Mud and Sea Salt exfoliates to invigorate skin while stimulating the lymphatic system. Our Wild Sea Kelp Body Lotion application leaves you feeling polished from head to toe.

enhance your wrap experience with additional massage

Add on 25 minutes additional massage time to any of our body scrubs or wraps for even more blissful relaxation!

# *Body Treatments*

# Couples Treatments

At Brentwood Bay Resort we have specially designed two luxurious suites for couples and friends who want to enjoy their treatments together.

## Essence of Life Signature Massage Duet

Enjoy our signature massage side by side. Experience the ultimate in relaxation together in our couple's suite. You each enjoy a smooth flowing massage combined with hot basalt stones, local seaweed and an exfoliation for your feet and back, leaving you both completely relaxed and renewed.

## Two Mud Cocoons

Experience an invigorating body scrub and then our warm Moor Mud will be applied. Relax and enjoy this detoxifying treat for the skin and body while you are wrapped up in a cozy cocoon having your scalp massaged. Rinse off with our amazing rainshower and then you will both receive a full body relaxation massage. Extremely beneficial to the skin and a truly relaxing experience.

## Two Hearts Massage

In the intimate atmosphere of our cozy couples suite you will both receive relaxing massages and share our beautiful rainshower for two. Then you can enjoy some delicious house-made truffles and a glass of wine by the fire in the Tranquility Lounge.

## Vino Lover's Retreat

This couples treatment has been created with wine lovers in mind. Begins with a full body exfoliation with crushed grapes and sea salt, then enjoy a warm rain shower and relaxing vinotherapy massages with red wine infused massage oil. Enjoy a glass of wine together while experiencing the anti-oxidant benefits inside and out with this unique spa treatment using local grapes!

*Couples Treatments*

# skin care treatments

## Essence of Life Signature Anti-aging Facial

Our most luxurious and relaxing anti-aging facial. Using the Myoxy Caviar line from Pevonia, this facial repairs and firms the skin while warm basalt stones and specialized massage techniques soothe you from head to toe. Perfect for mature, dry or sun damaged skin.

## Deluxe Customized Facial

Our estheticians will perform an evaluation to determine your skin's specific needs and then using advanced treatment masks, serums, and creams customize a facial to suit your skin type.

**Anti-Free Radical Facial** – A unique triple-layer treatment, providing deep hydration and a vibrant glow. Especially recommended for deeply dehydrated, sun damaged and environmentally damaged skin.

**Luminous “C” and “Sea” Facial** - One of our most popular, this treatment joins a high potency concentration of Vitamin C with pure freeze-dried seaweed. A treatment designed to refine, smooth and reduce fine lines, strengthen skin elasticity, counteract photo aging, and restore a youthful appearance.

**Rosacea Soothing Facial** – This soothing treatment promotes immediate relief and visible results, by delivering highly comforting and healing ingredients such as green tea, chamomile and licorice. Recommended for anyone suffering from Rosacea or sensitive skin.

**Plantomer Healing Facial** – This highly effective treatment soothes, hydrates, heals, and strengthens using Propolis, leaving it firm, refreshed, vital and healthy. Recommended for all skin types, especially irritated, sunburned, ultra-sensitive, and acne skin types. Perfect treatment before a makeup application.

**Elasto-firm Facial** – A wonderful treatment to tone and firm the skin. Elastin is the most renowned protein for skin strengthening; it helps slackening of the skin and gives it a radiant and youthful look. Recommended for aging, mature skin.

**Skinfit Facial for Men** – Suited to men's skin, soothing, hydrating and anti-aging

## Classic Facial

A great starter facial, the Classic Facial uses gentle skin care products to cleanse, tone and exfoliate while leaving you feeling refreshed and hydrated. Perfect for any skin type. At home product recommendation will be made to enhance and prolong the benefits of the facial.

## Purifying Back Treatment

For those hard to reach spots that need a little extra care. This treatment begins with a seaweed exfoliation, revealing softer skin. Through steam and heat, extractions will be performed minimizing congestion. Followed with a detoxifying Alaria Masque and finishing with a relaxing back massage.

enhance your facial treatment with [Youthful Lip Treatment](#) or [Anti-stress Eye Treatment](#) for wrinkles or puffiness

# *Skin Care Treatments*

## nail treatments

### Essence of Life Signature Pedicure

Our most luxurious pedicure using Vancouver island seaweeds. Includes nail shaping, cuticle and callous care, a seaweed scrub, foot massage, paraffin dip and an OPI polish of your choice to take home.

### Vino Stomp Pedicure

This full pedicure includes all the pedicure essentials, but with a bit of a twist... Whole, locally grown wine grapes are added to your foot soak to release great anti-oxidant benefits. Includes a grape exfoliation, vinotherapy foot massage, paraffin dip, OPI polish to take home and to make it even more of a treat you get to enjoy a glass of wine with your pedicure!

### Spa Pedicure

This Thai inspired pedicure incorporates lemongrass and kaffir lime for an uplifting treat for your feet. Includes nail shaping, cuticle and callous care, exfoliation, massage along with our detoxifying and hydrating kiyoshi masque. An OPI polish to take home too!

### Natural Buff Pedicure

Just like our Spa Pedicure without the polish! All the pedicure essentials with more time to spend on callous care and massage. Nails are finished with a natural shine.

### Essence of Life Signature Manicure

Our most luxurious manicure with island seaweeds, exfoliation and hand massage as well as paraffin to soothe and moisturize dry hands. Finishes with an OPI polish of your choice to take home.

### Spa Manicure

Experience the relaxing scent of Ylang Ylang with this Thai inspired manicure. A great treat for the hands! Includes nail and cuticle care, hand and arm massage with your choice of OPI polish to take home.

### Natural Buff Manicure

Includes nail and cuticle work, hand massage with rich lotion to hydrate hands and natural buff to finish.

enhance your nail treatments with hydrating paraffin wax or French finish

# *Nail Treatments*

## spa experiences

Presenting exclusive packages, each with its own special theme, designed to offer a complete spa experience.

### Signature Essence of Life 4 ½ hours

Our most deluxe package includes Essence of Life Signature Massage, Essence of Life Signature Facial and our Signature Seaweed Pedicure.

### Island Ritual 3 ¼ hours

Take some time for yourself to rejuvenate body, mind, and spirit. Experience our warming and hydrating Kiyoshi Wrap, followed by a full body relaxation massage and special attention to your feet with a Reflexology treatment. Feel nurtured from head to toe with this Thai inspired spa package.

### Westcoast Retreat 3 ½ hours

A spa retreat with a unique west coast perspective. You will start off with a Westcoast Hot Stone Massage with heated Basalt stones to melt away tired sore muscles and then move on to an Organic Seaweed Facial. Finish with the Essence of Life Signature Pedicure. This is the perfect package when you want to be truly pampered... all over!

### Vino Therapy 3 ½ hours

Indulge with this exclusive experience! All the treatments are created with wine and grapes from local wineries. The Vino & Honey Wrap, Vino Massage and Vino Stomp Pedicure combine to deliver the benefits of anti-oxidants to your skin. A glass of wine is also included!

### Gentleman's Retreat 2 ¾ hours

A great spa getaway for men. Begin with a deep tissue massage to ease muscle tension, then enjoy our men's skinfit facial and natural buff manicure to leave you feeling relaxed and refreshed.

### Pacific Pampering Package 3 hours

A absolute treat including a Classic Facial, Spa Manicure and Spa Pedicure. A perfect way to spend the day and pamper yourself.

*Spa Experiences*

## spa etiquette

- We ask that you arrive at least 15 minutes prior to your reserved treatment time.
- Please allow time before or after your service to take full advantage of our facility offerings. Enjoy a cup of tea in the Tranquility Lounge or a relaxing dip in the year round heated seaside pool and hot tub.
- To maintain a level of peace, we ask that you please avoid use of cell phones while at the Spa.
- We recommend not shaving prior to having a body treatment or pedicure.
- We recommend not using the hot tub prior to any waxing treatments
- Please bring your own sandals when experiencing a pedicure.
- Appointments do require 24 hours notice of change or cancellation or you will be responsible for 50% of the treatment cost. No shows will be responsible for full amount of treatment cost.
- Please provide a credit card or gift certificate number to secure your reservation.
- Rates listed do not include taxes or gratuities and are subject to change.
- Call 250.544.5111 for reservations or more information. Alternatively, email [spa@brentwoodbayresort.com](mailto:spa@brentwoodbayresort.com) or visit [www.brentwoodbayresort.com](http://www.brentwoodbayresort.com)

*Spa Etiquette*