

breathe deep.

body treatments

Essence of Life Signature massage

Our signature massage with heated basalt stones, seaweed and exfoliation		80min	\$185
Westcoast granite massage		80min	\$185
Traditional thai massage		80min	\$185
Vino massage	50min \$115	80min	\$165
Full body relaxation treatment	50min \$95	80min	\$135
Deep tissue massage	50min \$105	80min	\$145
Pregnancy massage		50min	\$115
Reflexology		50min	\$105

Essence of Life Signature wrap

A unique westcoast wrap with rockweed exfoliation, warm alaria body wrap, seaweed mini-facial, vichy shower and laminaria lotion		75min	\$145
Vino & honey wrap		60min	\$120
Detoxifying mud wrap		60min	\$120
Tropical oasis wrap		60min	\$120
Honey & orange blossom scrub		45min	\$105
Luscious vino scrub		45min	\$105
Tropical escape scrub		45min	\$105
Add a massage to any body treatment		25min	\$60

hydrotherapies

Experience the hydrotherapy bath with 252 jets, light and sound to activate the immune system, stimulate circulation and melt away tension			
Westcoast seaweed bath		20min	\$35
Detox mud bath		20min	\$35
Vino bath		20min	\$35
Aromatherapy bath		20min	\$35

nail treatments

Essence of Life Signature pedicure

Our most luxurious pedicure with island seaweeds, massage, exfoliation, paraffin & polish		75min	\$85
Vino stomp pedicure		75min	\$85
Spa pedicure		60min	\$75
Sport pedicure for men		60min	\$70
Garden manicure		60min	\$60
Spa manicure		45min	\$45
Executive manicure for men		30min	\$40
French finish			add \$10
Paraffin dip			add \$10

spa
ESSENCE OF LIFE

Brentwood Bay Lodge & Spa • 849 Verdier Ave • Victoria, BC
SPA RESERVATIONS 250.544.5111 • TOLL FREE 888.544.2079
www.brentwoodbaylodge.com

skin care treatments

Essence of Life Signature Facial

The most luxurious & relaxing anti-aging facial	80min	\$175
Deluxe customized facial	75min	\$145
Classic facial	60min	\$ 95
Add eye treatment for wrinkles or puffiness		\$ 15
Add youthful lip treatment		\$ 15
Brow tint or eyelash tint		\$ 20
Make-up application	30min	\$ 45

waxing

Brow, Chin, or Lip	\$ 18	Half leg	\$ 38
Underarm or forearm	\$ 25	Half leg / bikini	\$ 45
Back or Chest	\$ 50	Full leg	\$ 65
Bikini	from \$ 30	Full leg / bikini	\$ 75

couples packages

Essence of Life Duet

Our signature massage x2 80min \$185/person

Two Mud Cocoons

Full body exfoliation, mud wrap, couples rainshower and relaxation massage 2.5 hrs \$245/person

Two Hearts Massage

45 minute relaxation massage, rainshower, followed by wine and truffles in the lounge 60min \$125/person

Vino Lovers Retreat

Vino foot wrap, vino scrub, rainshower & vino massage 2.0 hrs \$250/person

day packages

Essence of Life Signature Package

Essence of Life massage, Essence of Life facial, and seaweed pedicure 4.5 hrs \$445

Island Ritual

Honey & orange blossom scrub, detox mud bath, 50min relaxation massage, classic facial and spa pedicure 4.5 hrs \$405

Westcoast Retreat

Westcoast seaweed bath, westcoast granite massage, seaweed pedicure and spa manicure 4 hrs \$350

Vino Therapy Spa Package

Vino & honey wrap, vino massage, vino stomp pedicure 3.5 hrs \$320

Pacific Pampering

Classic facial, spa manicure & pedicure 2.75hrs \$215

spa policies

- Please arrive at least 15 minutes prior to your treatments to enjoy a relaxing cup of tea in the Tranquility Lounge.
- Appointments are secured by credit card.
- Cancellations require 24 hours notice.
- Rates are subject to local taxes.
- Treatment descriptions available online.
- Ask about Island Time Spa Membership.