

# *breathe deep.*

A tranquil oceanfront spa with a sparkling heated pool, hot tub and aroma garden.

A luxurious environment with elegant treatment rooms and a special couples suite.

Essence of Life signature treatments, massages, vinotherapies and hydrotherapy.

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**

849 Verdier Avenue at Brentwood Bay Resort  
250.544.5111 • [brentwoodbayresort.com](http://brentwoodbayresort.com)

## massage treatments

### Essence of Life Signature Massage

Smooth flowing massage techniques combined with heated basalt stones, back and foot exfoliation and organic seaweed make this the ultimate in relaxation massage.

### Westcoast Hot Stone Massage

Escape to a state of relaxation with this indigenous 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 deep tissue massage without the deep pressure!

### Traditional Thai Massage

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.

### Deluxe Reflexology from Head to Toe

This luxurious treatment begins with a stimulating exfoliation of the feet. Begin to drift off as your feet are covered in a detoxifying mask. While your feet are taking in the hydrating benefits of shea butter, have your scalp and reflexes of the ears and hands massaged. Finishing with treatment of the feet to reduce pain and provide overall relaxation.

### Reflexology

A treatment based on the theory that each organ in the body corresponds to a reflex point in the foot. The feet are relaxed but stimulated to reduce pain and stress while increasing circulation.

### Full Body Relaxation Treatment

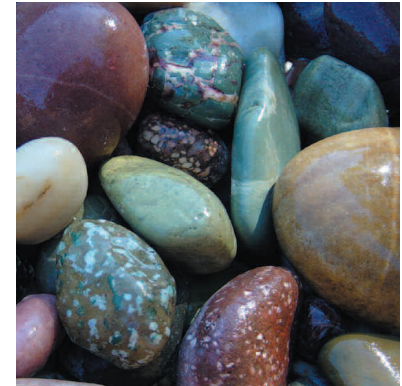
Relieves tension and soothes the body using medium to light pressure. Swedish-style massage techniques improve circulation and reduce stress.

### Deep Tissue Massage

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

### Pregnancy Massage

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



massage

## body treatments

### Essence of Life Signature Wrap

For a unique experience with a westcoast perspective, this wrap uses local, organic seaweeds to soothe, hydrate and improve mineral balance. Includes a full body exfoliation, warming alaria body mask, seaweed mini-facial and finishes with a hydrating seaweed lotion.

### Detoxifying Mud Wrap

A re-balancing and deeply detoxifying treatment for the skin. Revitalize the metabolism and replenish the essential elements while eliminating toxins.

### Tropical Oasis Wrap

Experience a tropical retreat with the anti-aging benefits of the aromatic Pevonia De-Aging body line. This service will leave your skin smoother, firmer, nourished and rejuvenated.

### Detoxifying Back Treatment

For those hard to reach spots that need a little extra care. This treatment begins with a soothing Lavender exfoliation, revealing softer skin. Through steam and heat, extractions will be performed minimizing congestion. Follow with a detoxifying Golden Moor Mask and finish with a relaxing back massage.

### Honey & Orange Blossom Scrub

A gentle and uplifting exfoliation to stimulate mind and body. Finishes with a full body moisture application to reveal a luminescent glow.

### Island Seaweed Scrub

A combination of Pacific Sea Mud and Sea Salt exfoliates and invigorates skin while stimulating the lymphatic system. A soothing Sea Kelp moisture application leaves you feeling polished from head to toe.

## body treatment enhancements

Add a 25 minute massage or mini-facial to any body treatment.



# body treatments

## **couple's packages**

At Brentwood Bay Resort we have specially designed a luxurious suite 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, leaving you both completely relaxed and renewed.

### **Two Mud Cocoons**

Each of you will experience a full body exfoliation and then be smothered in black Moor Mud – a detoxifying treat for the skin and body. Enjoy a cleansing 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 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 couple's treatment has been created with wine lovers in mind. Enjoy a glass of wine together while experiencing the anti-oxidant benefits of our unique spa treatments that use local wine and grape seeds. Begins with a luxurious foot soak followed by a full body exfoliation, warm rain shower and relaxing vino-massages with red wine infused massage oil.



*couple's suite*

## skin care treatments

### Essence of Life Signature Facial

Our most luxurious and relaxing Anti-Aging facial. Using the Myoxy Caviar line, 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 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.

### 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.

### Organic Seaweed Facial

This healing and repairing facial uses local, organic, cold pressed seaweed to improve skin's vitality and circulation. For all skin types, it leaves skin feeling revitalized, hydrated and vibrant.

### Deeply Detoxifying Back Treatment

For those hard to reach spots that need a little extra care. This treatment begins with a soothing Lavender exfoliation, revealing softer skin. Through steam and heat, extractions will be performed minimizing congestion. Follow with a detoxifying Golden Moor Mask and finish with a relaxing back massage.



# skin care treatments

## nail treatments

### Essence of Life Signature Pedicure

Our most luxurious pedicure with island seaweeds, foot massage, exfoliation, paraffin 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 seed exfoliation, OPI polish of your choice, and to make it even more of a treat you get to enjoy a glass of wine with your pedicure.



### Spa Pedicure

Pamper your feet and leave them refreshed with essential oils and a foot mask. Includes nail care, exfoliation and an OPI polish of your choice.

### Sport Pedicure for Men

Treat sore, tired feet with this pedicure designed specifically for men. Includes nail care, exfoliation and foot massage.

### Essence of Life Signature Manicure

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

### Spa Manicure

Your nails and cuticles are gently shaped and hands and arms are massaged and hydrated. Finishes with an OPI polish of your choice to take home.

### Sport Manicure for Men

Includes a hand massage, nail buff and cuticle work to treat and hydrate hands.

## nail treatment enhancements

Enhance your Nail Treatments with Paraffin or French finish.

# *nail treatments*

## spa experiences

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

### Signature Package

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

### Island Ritual

Take some time for yourself to rejuvenate body, mind, and spirit. Experience a Honey & Orange Blossom Scrub and a Relaxation Massage, followed by a Deluxe Reflexology treatment. Feel nurtured from top to bottom with this classic spa package.

### Westcoast Retreat

A spa retreat with a unique westcoast 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

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!

### Pacific Pampering

A simple treat including a Classic Facial, Spa Manicure and Spa Pedicure. A quick spa trip to refresh and restore.



# spa packages

## 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 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. Remember that as a guest you are here to relax.
- Appointments do require 24 hours notice of change or cancellation.
- 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)



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*spa etiquette*