

PREGNANCY

55 Minutes \$110
85 Minutes \$155

RELAXATION MASSAGE

This massage is performed by one of our highly skilled and experienced spa therapist professionals for guests not requiring a receipt for insurance.

55 Minutes \$100
85 Minutes \$145

CALMING LA STONE

Warm smooth basalt stones used with aromatic oil deepen the relaxing nature of Swedish massage. The use of hot stones facilitates the flow of profound relaxation through your body, mind and spirit. The deep penetrating heat prepares your body for deeper work, allowing trigger points to dissolve away with minimal effort.

45 Minutes \$115
75 Minutes \$160

STRESS-FIX™ BODY MASSAGE

The Stress-Fix™ Body Massage combines Swedish massage, deep tissue massage, foot reflexology and acupressure techniques with a guided meditation to help the recovery process. The treatment features the Stress-Fix™ aroma of lavender, lavandin and clary sage, which is proven to relieve feelings of stress.

55 Minutes \$115
85 Minutes \$160

AVEDA AROMA SCALP MASSAGE

This deep head and scalp uses a slow, rhythmical, precisely adjusted pressure to reduce tension and headache. It is customized with an Aveda aroma made from pure flower and plant essences.

25 Minutes \$65

REFLEXOLOGY

Based on traditional principles, Reflexology applies pressure, stretch and movement to the head, ears, hands and feet to provide balance, serenity and calm. The benefits of deep relaxation can

include reduced stress and fatigue, and relief of aches and pains.

25 minutes \$60 Feet only
55 minutes \$95 Hands, feet and head

BODY TREATMENTS

BEAUTIFYING BODY WRAP

The Beautifying Body Wrap is a warming, detoxifying, seaweed body wrap treatment featuring the uplifting aroma of Aveda's Beautifying body care products. The treatment includes a dry exfoliation, seaweed body masque, scalp and face massage and foot reflexology treatment.

85 Minutes \$155

ROSEMARY MINT AWAKENING BODY WRAP

Renew the body and mind with a revitalizing dry body wrap that cools and stimulates with essences of rosemary and peppermint. Skin is smoothed and softened while the senses are awakened. Includes Body Polish.

85 Minutes \$165

BODY POLISH

Utilizing a customized Aveda exfoliation formula, this spa experience exfoliates and moisturizes skin, leaving it feeling soft and smooth.

55 Minutes \$105

BACK TREATMENT

A customized treatment that focuses on cleansing, exfoliating, extracting (if desired) and massaging the back.

55 Minutes \$105

HAIR REMOVAL

WAXING TREATMENT

Aveda Spa's waxing treatments effectively remove hair while ensuring maximum comfort.

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|-----------|------|----------|------|
| Eyebrow | \$20 | Back | \$60 |
| Upper Lip | \$20 | Bikini | \$40 |
| Full Leg | \$75 | Arm | \$35 |
| Lower Leg | \$45 | Underarm | \$25 |

PLAN YOUR JOURNEY

Open 7 Days a Week Year Round

Check-in

Please arrive at least 15 minutes prior to your booking time. Feel free to arrive earlier or stay after to enjoy our outdoor salt water Pool and Hot Springs (open seasonally), Fitness Room and Steam Room.

Environment

OSpa is a soothing environment for those 16 years of age and over. We will provide you with bathrobe, sandals and lockers. OSpa is wheelchair accessible.

Reservations

Please call 905-468-2165 or 1-866-359-6226 or email reservations@obaninn.ca. Advanced reservations are highly recommended.

- All prices are in Canadian dollars – HST additional
- A gratuity will not be automatically added to your bill, we leave this to your discretion and appreciation.
- We require 48 hours prior notice for all cancellations to avoid cancellation fee.
- For your insurance coverage we will provide a receipt for your massage.

The Oban Inn, OSpa & Restaurant

160 Front Street
Niagara-on-the-Lake, ON L0S 1J0

905-468-2165 toll free 1-866-359-6226

 @obaninn

www.obaninn.ca



SPA TREATMENT SELECTIONS

AVEDA™

FACIAL TREATMENTS

All Facials will be customized for your individual needs, and includes the following:

- Detailed skin consultation.
- Hand, arm and your choice of foot or scalp massage.
- All facials are available for couples.

BOTANICAL SKIN RESURFACING TREATMENT

Aveda's botanical alternative to microdermabrasion reveals a truly radiant complexion and smoother skin—without irritation or redness.

55 minutes \$110
With anti-aging eye treatment \$120

ELEMENTAL NATURE™ FACIAL

A customized facial based on your skin's specific needs. From dry to sensitive to oily skin, you'll experience a truly personalized treatment for the skin.

55 minutes \$105
With anti-aging eye treatment \$115

GREEN SCIENCE™ SKIN-RENEWING TREATMENT

Unique, rejuvenating manipulations enhance the powerful plant technology of Aveda's Green Science™ system, which is clinically proven to lift and firm skin while reducing the appearance of fine lines and wrinkles. A lip nourishing and neck firming treatment is included.

55 minutes \$115
With anti-aging eye treatment \$125

OUTER PEACE™ ACNE RELIEF TREATMENT

A botanical approach to treating acne—personalized with extractions and professional exfoliation—that utilizes Aveda's Outer Peace™ system powered in part by 100% naturally derived salicylic acid.

55 minutes \$105
With anti-aging eye treatment \$115

- The anti-aging eye treatment is done within the 55 minute treatment.

DUAL EXFOLIATION TREATMENT

The Dual Exfoliation Treatment is Aveda's latest advancement in non-invasive, skin-renewing treatments. Using innovative techniques, this treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliation. In a clinical study, the Dual Exfoliation Treatment achieved better results than a combined microdermabrasion/30% glycolic peel treatment in both immediate smoothness and radiance, plus significantly better results in smoothness, radiance and skin tone one week later. Experience the rejuvenating power of plants and minerals to help skin to look and feel its best.

85 minutes \$150
With anti-aging eye treatment \$160

FACIALS FOR HIM

HYDRATION FACIAL

A stress-relieving, customized facial that both deeply cleanses and rebalances oily skin that is prone to breakouts, as well as rejuvenates and moisturizes dry, dehydrated skin. You will feel refreshed and completely relaxed.

55 minutes \$105
85 minutes includes anti-aging eye treatment. \$155

ANTI-AGING PERFORMANCE FACIAL

Perfect for mature, dry or neglected skin. This rejuvenating, anti-aging treatment stimulates cellular turnover. An intensive anti-aging serum prevents signs of aging, gives a pleasant sensation of well being and vitality.

55 minutes \$115
85 minutes includes anti-aging eye treatment. \$165

FOR YOUR EYES ONLY

RESTORATIVE FULL EYE TREATMENT

Refresh and renew your eyes with a treatment that combines the botanical benefits of Firming Eye Creme to help boost its natural collagen production and reduce the appearance of lines and wrinkles, puffiness

and tired eyes. This soothing, restorative experience for eyes helps relieve tension and visibly revitalizes the skin around the eyes.

25 Minutes \$60

HANDS AND FEET

OSpa SIGNATURE HAND TREATMENT

Tradition at it's best! Your nails are beautifully shaped while the delicate cuticles are carefully groomed and nourished. Gentle, soothing emulsion is massaged into your hands and arms, restoring your skin's natural vitality. Finish with a perfect polish application or have your nails buffed to a healthy, natural shine.

55 Minutes \$60

OSpa HARMONY HAND TREATMENT

Put your mind and body in total balance with our exclusive exfoliating, hydrating and refreshing treatment for your hands and arms. Your nails and cuticles are beautifully shaped, groomed and nourished. Your delicate skin is renewed and restored with gentle exfoliation, nourishing massage, and a warm, soothing mask. Finish with a perfect polish application or have your nails buffed to a healthy, natural shine.

85 Minutes \$85

OSpa SIGNATURE FOOT TREATMENT

Relax and unwind in our beautiful shiatsu massage chair. Let our whirlpool foot bath melt your cares away. Your nails are beautifully shaped and your delicate cuticles carefully groomed and nourished. Rough, dry areas are buffed away before a gentle, soothing emulsion is massaged into your feet and legs, relieving tired, sore muscles. Complete your experience with a perfect polish application or have your nails buffed to a healthy, natural shine.

55 Minutes \$65

OSpa HARMONY FOOT TREATMENT

Rebalance and re-energize with our exclusive exfoliating, hydrating and refreshing treatment for your tired, weary feet. Be comforted as our whirlpool

footbath and beautiful shiatsu massage chair restore your complete state of well being. Your nails are beautifully shaped, groomed and nourished, while rough, dry areas are smoothed away. Your delicate skin is refreshed and restored with a gentle, yet stimulating exfoliation, nourishing massage and warm, soothing mask. Complete your experience with a perfect polish application or have your nails buffed to a healthy, natural shine.

85 Minutes \$95

OSpa SIGNATURE HAND & FOOT TREATMENT

Enjoy our combination Manicure and Pedicure treatment with the key elements of our signature service.

85 Minutes \$105

ADD FRENCH MANICURE OR PEDICURE \$10

MASSAGE

- All OSpa therapeutic massages are available for couples.

THERAPEUTIC RELAXING

Deeply relaxing, soothing and gentle by using slow intermittent pressure below the point of real pain, this full body massage facilitates pain relief and improves blood circulation while increasing your range of motion. This treatment will be tailored to your individual needs.

55 Minutes \$110
85 Minutes \$155

DEEP TISSUE

For complete tension and stress relief. Traditional, vigorous deep tissue techniques stimulate and stretch your muscles promoting drainage of waste products and metabolic toxins. Ideal for individuals wishing to experience a more firm massage.

55 Minutes \$125
85 Minutes \$180