



# SHUSWAP BLISS

DAY SPA & MASSAGE



Shuswap Bliss

Located Inside the Prestige Hotel

(250) 804-4836 | [shuswapbliss.com](http://shuswapbliss.com)

251 - Harbourfront Drive NE, Salmon Arm, BC

## SPA PACKAGES

<b>Pamper Me!</b> <i>Includes a Spa Manicure &amp; Spa Pedicure.</i>	2¾ hrs	\$95
<b>You Glow Girl</b> <i>Includes a Targeted Facial Treatment, Express Manicure &amp; Express Pedicure.</i>	2¼ hrs	\$105
<b>King of Bliss</b> <i>Includes a Customized Facial Treatment &amp; Sport Pedicure.</i>	3 hrs	\$130
<b>Ultimate Bliss</b> <i>Includes a Hot Stone Massage &amp; Deluxe Pedicure.</i>	2½ hrs	\$160
<b>Relax &amp; Renew</b> <i>Includes a Specialized Facial Treatment &amp; Deluxe Pedicure.</i>	3 hrs	\$165
<b>The Queen Bee</b> <i>Includes a Customized Facial Treatment, Spa Manicure &amp; Spa Pedicure.</i>	4 hrs	\$170
<b>The Stress Buster</b> <i>Includes a Body Polish, Deluxe Manicure &amp; Deluxe Pedicure.</i>	4 hrs	\$195
<b>Diva for a Day</b> <i>Includes a 60 Minute Massage, Specialized Facial &amp; Deluxe Pedicure.</i>	4 hrs	\$235

*\*Spa Packages are inclusive and must be redeemed concurrently.*

**dermalogica**<sup>®</sup>

*jane iredale*<sup>®</sup>  
THE SKIN CARE MAKEUP™

## HAND THERAPY

**Express Manicure** 30min **\$31**

*Includes a soak, express nail care and polish application.*

**Spa/Sport Manicure** 70min **\$41**

*Includes a soak, hand exfoliation, nail care, hand & arm massage and polish application or hot paraffin treatment.*

**Deluxe Manicure** 80min **\$51**

*Includes a soak, hand & arm exfoliation, deluxe nail care, hand & arm massage with hot stones, hot paraffin treatment and polish application.*

**CND™ Shellac® Manicure** 60min **\$45**

*Includes nail care, Shellac® application and cuticle hydration.*

**CND™ Shellac® Removal** 30min **\$20**

*Includes Shellac® removal, cuticle hydration and hand massage.*

## FOOT THERAPY

**Express Pedicure** 45min **\$42**

*Includes a soak, express nail care and polish application.*

**Spa/Sport Pedicure** 75min **\$58**

*Includes a soak, foot exfoliation, nail care, callus work, leg & foot massage and polish application or hot paraffin treatment.*

**Deluxe Pedicure** 85min **\$72**

*Includes a soak, foot & leg exfoliation, deluxe nail care, callus work, leg & foot massage with hot stones, hot paraffin treatment and polish application.*

**French Polish Add-on** **\$11**

**Nail Decal Add-on** **\$5**

## HAIR REMOVAL

**Lip or Chin** **\$12**      **Lower Legs** **\$34**

**Cheeks** **\$15**      **Upper Legs** **\$39**

**Brows** **\$19**      **Full Legs** **\$66**

**Full Face** **\$50**      **Full Legs & Bikini** **\$88**

**Underarms** **\$17**      **Chest** **\$45**

**Full Arms** **\$38**      **Back** **\$45**

**Bikini** **\$27**

## TINTING

Eyebrow Tint	\$15	Brow & Lash Tint	\$40
Eyelash Tint	\$28	Brow Tint, Wax & Lash Tint	\$55
Brow Tint & Wax	\$32		

## BODY THERAPY

### 30 Minute Massage \$42

*Using aromatherapy or unscented massage oil, the back, neck and feet are focused on.*

### 45 Minute Massage \$57

*Using aromatherapy or unscented massage oil, the back, lower legs, neck and feet are focused on.*

### 60 Minute Massage \$72

*Using aromatherapy or unscented massage oil, the back, legs, arms, hands, neck and feet are focused on.*

### Bliss Fix 30min \$42

*Includes facial cleansing followed by a face, décolleté and scalp massage. A quick way to unwind and relax.*

### Body Polish 60min \$82

*Gently scrub away dry, dull skin to reveal younger looking, radiant skin. Followed by a blissful lotion massage application to hydrate the skin.*

### Hot Stone Massage 60min \$96

*Hot Basalt stones are placed along the spine and used to massage the body giving a deeply relaxing, soothing experience that helps to relieve tight muscles.*

*\*Ask about Registered Massage Therapy availability and pricing.*

## SKINCARE

### Targeted Facial Treatment 20min \$40

*This treatment targets your most pressing skin issues in just 20 minutes! It's quick, effective and provides immediate results with no need to change or remove eye make-up during the treatment. An ideal treatment for skincare regulars, new clients, men, teens and tweens.*

### Customized Facial Treatment 60min \$80

*An in-depth skin treatment suitable for all skin types. Using Face Mapping® skin analysis, your skin therapist customizes the treatment specifically for your skincare needs, and provides you with the most effective homecare to correct and maintain the health of your skin.*

## **Specialized Facial Treatment** 75min **\$100**

*Adult Acne? Fine Lines? Dull Skin? Sensitivity? The following four advanced facial treatments are specifically choreographed to your skin's needs. Select a facial that addresses your concerns or simply allow our expert skin therapists to best advise you!*

### **Adult Acne Clearing**

*Breakouts have finally met their match. Our Acne Clearing Treatment works to treat, clear and prevent adult acne while addressing the needs of adult skin.*

### **Anti-Aging**

*Are the signs of aging becoming more prevalent on your skin? Give it a revitalizing power boost with this treatment designed to help firm, smooth, nourish, regenerate and energize while controlling the biochemical triggers that lead to skin aging!*

### **Skin Brightening**

*Improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment. Powerful exfoliants smooth skin and slough off dulling surface cells, helping to minimize the appearance of sun damage.*

### **Ultra Calming**

*Red, itching, inflamed skin? Don't conceal it, control it! Our calming oatmeal masque will instantly calm redness and reduce inflammation, while moisturizers reinforce the protective barrier helping to control environmental sensitivity.*

## **Facial Contour Masque Add-on** 15min **\$20**

*Firms, hydrates and increases circulation.*

## **MEDI-SKINCARE**

## **Microdermabrasion** 75min **\$130**

*Turn back time with our Microdermabrasion treatment. This non-invasive resurfacing treatment encourages the production of collagen and elastin tissue, creating a firmer, more youthful facial contour. Fine lines, wrinkles and superficial sun damage are all reduced, leaving your skin smooth and even.*

## **Soli-Tone® Light Therapy\*** 90min **\$140**

*Our Soli-Tone® Light Therapy treatment uses medical grade infrared LED Lights at specific wavelengths to treat many skin conditions including blemishes, dull and lifeless skin, uneven skin tones, redness, fine lines and wrinkles.*

## **Soli-Tone® Firming & Lifting\*** 75min **\$140**

*Our Soli-Tone® Lifting & Firming treatment works from the inside out by using a combination of high frequency polarized current, micronized current and light therapy. These technologies work together to produce skin rejuvenation that is safe, comfortable and effective. The micronized currents work with the natural bio-electrical currents found in the body to reconstruct, or re-educate, muscle tissue achieving visible lifting results, restoring facial contour and slowing the aging process.*

## **\* Microdermabrasion Add-on** **\$42**

# HOW TO SPA BLISSFULLY

## **Arrival:**

*We invite guests to arrive 10 minutes prior to their first scheduled appointment. This will ensure much needed relaxation and allow for proper consultation. Please note there is a short consultation form for all new guests to complete.*

*If guests arrive late for an appointment, everything possible will be done to accommodate the remainder of the treatment(s); however, treatments may still end as scheduled, in consideration of the next guest. Full prices will apply.*

## **Cancellations and Reservations:**

*Walk-ins are welcome; however, we highly recommend booking Spa treatments in advance to ensure that preferred times and treatment(s) are available. Please have credit card or gift certificate number available when booking.*

*We have reserved this time especially for you. In the event that you are unable to keep your appointment, please notify the Spa within 24 hours for individual bookings and 48 hours for group bookings to avoid being charged for the scheduled service. Cancellations made less than 24 hours in advance are subject to a 50% charge.*

## **Atmosphere:**

*To maintain the serenity of the Spa, and to enhance your own relaxation, children are not permitted in the spa. We ask that cell phones be turned off, and that guests walk and converse quietly.*

*During your treatments at the Spa you will be professionally draped at all times, ensuring your comfort and privacy.*

## **Parking:**

*Free parking is available at the Prestige Harbourfront Resort.*

## **Gratuities:**

*Gratuities are not included in service prices and may be given by you as personal appreciation, based on the excellent service you received from your Spa professional.*

