

Mini Manicures and Pedicures 30 min. \$39 each
Quick shape and polish. Nails are trimmed, shaped and buffed. A cuticle treatment and a choice of nail polish follows. Perfect for anyone on the go.

Group bookings of three or more people for manicures and/or pedicures are gladly accepted, but please book ahead.

Gentlemen's Treatments

Gentlemen's Manicure 45 min. \$49
Expert nail care including trimming, shaping, buffing and filing. Your cuticles are oiled and pushed back, followed with a stimulating hand and arm massage. (1hr \$65 with paraffin wax)

Men's Foot Care 45 min. \$59
Includes an invigorating foot soak in mineral salts, toe nail grooming, cuticle treatment and dry heel care. (1 hr \$75 with paraffin wax)

Men's Facial 50 min. \$89
We begin with a deep facial steaming, a deep cleansing treatment, skin exfoliation, application of the Manitou Minerals Mud Mask and finish up with skin toner and deep moisturizer. The key to this treatment is the warm towels we apply between each phase of the facial.

- We will require a credit card number at the time of booking to reserve your appointment.
- Taxes and gratuity are not included in prices.
- Treatment times listed include a brief client consultation.
- Full treatments are 50 minutes (unless otherwise stated) but please allow one hour.
- Partial treatments are 25 min., but please allow 30 min.
- **Failure to provide 24 hours' notice to cancel an appointment will result in a charge equal to 50% of the treatment cost.**

- Gift cards are available.
- Spa hours are from 9 a.m. to 10 p.m. daily.
- Please arrive 15 minutes before your treatment for consultation.
- Liquor is allowed in Esthetics area if you bring your own. Glassware is provided.

Complimentary swim in our mineral waters is included with all massages.

Call toll free
1-800-667-7672
ext. 214 or contact us at

Serenity Massage and Esthetics

Box 610, Watrous, SK S0K 4T0 Canada

Phone: (306) 946-2233 ext. 214

Manitou Beach, Saskatchewan

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LEADING SPAS OF CANADA



**Ranked #1 Spa
in Sask.
For The Last 5 Years**

Please book ahead to avoid disappointment.

Serenity
Massage and Esthetics

at


Manitou Springs
Resort & Mineral Spa



**Manitou Beach
Saskatchewan, CANADA**



Serenity Massages 50 min. \$89

Choose from Swedish, Relaxation or Deep Tissue Massage to release blockages, increase circulation, stimulate the lymphatic system and ease muscle tension. Light to medium applied pressure with long gliding strokes and muscle kneading help loosen and soothe your body and improve flexibility. Warm towels are used to further relax muscles, remove excess skin toxins and enhance your overall sense of balance and well being. 80 minutes \$134 (Partial treatment is \$49 for 25 min.)

We highly recommend you soak in our naturally therapeutic pool to warm up your body before any of our specialized massage treatments, greatly advancing the treatment benefits.

Couples Serenity Massage 50 min. \$178

Enjoy the intimate experience of having your massages side by side in our tranquil massage suite designed especially for your comfort and relaxation. (Partial treatment is \$99 for 25 minutes.)

Aromatherapy Massage 50 min. \$99

This amazing treatment elevates the traditional relaxation massage by combining it with the curative and therapeutic benefits of touch and smell. Your therapist will help you choose from a selection of the High Grade, Pure Essential Oils to enhance your mood, awaken your senses and promote a healthy and balanced Body, Mind and Spirit.

Hot Stone Massage 50 min. \$99

Life's demands slip away with this century old treatment. Heated, smooth, flat stones are used in a body massage

which produces a penetrating warmth felt deep into the layers of your skin and muscles, increasing the release of blocked energy and melting away your tensions!

Raindrop Massage 50 min. \$99

Selected Therapeutic and Pure Grade Essential Oils are dispensed like drops of rain along your spine to bring about the electrical alignment of your body and energy field. A soft massage to the back, legs and feet follows. Warm towels are gently laid along your spine to allow the essential oils to penetrate deeper into your body. This is a very grounding and unique experience.

Herbal Hot Wrap Massage 1 hr 15min. \$135

This relaxing and detoxifying massage starts with the Hot Stone Massage followed by the Therapist gently covering your body in selected Therapeutic Grade Essential Oils then wrapping you in our Solar Thermal Blanket which will allow your own body heat to cause the essential oils to absorb deeply into your body improving circulation, releasing body toxins and penetrating muscles and joints. Choose from one of our Signature Oil blends.

Manitou Salt Glow (Exfoliation) 1 hr 10 min. \$135

Using our own Manitou Mineral Salt, we offer this truly exquisite whole-body treatment. This exfoliation removes dull surface skin cells, improves circulation and nourishes the skin with trace minerals. You'll have softer, smoother and more radiant skin. Our procedure involves dry brushing, a salt exfoliating scrub and then wrapping you in our solar thermal blanket.

Manitou Minerals Mud Wrap 1 hr. 10 min. \$135

The application of Manitou Mineral Mud has a firming and detoxifying effect that re-mineralizes the skin, soothes the muscles and improves circulation. Our procedure includes dry skin brushing, mud application on the body and face, and a thermal wrap.

Manitou Minerals Mud Facial 50 min. \$89

A cleansing, exfoliating, steaming, toning and moisturizing procedure is performed to relax and rejuvenate the face. Our Manitou Mud mask is applied to the face to firm and detoxify the skin and is followed by a soothing moisture application. For all skin types. Includes a light neck and face massage to enhance the treatment.

Serenity Foot Reflexology 50 min. \$79

A complete one hour healing therapy focusing on the feet to gently reduce stress, improve blood circulation and naturally promote the elimination of toxins. By stimulating the reflex points on the feet, the body is able to return to a more balanced state and enjoy a greater sense of well-being.

Day at The Spa –Just For You 3 hours \$290

Pamper yourself with our signature treatments and healing products derived from Little Manitou Lake. This custom treatment includes:

- 50 minute Manitou Minerals Mud Facial
 - 50 minute Massage of Your Choice (Serenity, Hot Stone, Aromatherapy or Raindrop)
 - 70 minute Manitou Salt Glow (exfoliation)
- A complimentary gift of Manitou Mineral Salve is included in the price, as well as soaking in our natural mineral waters before and after your treatments.

Pedicure 1 hr. 15 min. \$89

Our pedicure begins with a foot soak infused with Manitou Mineral Salt to soften and refresh tired feet, while you relax in our heated and massaging pedi chairs. Toenails are trimmed, heels are buffed and smoothed followed with nail shaping and cuticle treatment. Hot paraffin wax is applied to hydrate and moisturize the skin. Feet and lower legs are massaged. Nail polish is applied. Complimentary open-toed sandals are provided for your convenience.

Manicure 1h 15 min. \$79

Treat yourself to our manicure which includes cleansing, shaping and cuticle treatment. Hot paraffin wax is applied to hydrate and moisturize the skin. Hand and arm massage is done and nail polish is applied.