

# VICTORIA PARK SPA





The Spa at Victoria Park is your own intimate space – designed to allow you to strip away all of the distractions of everyday life and focus on...

### **YOUR BODY, YOUR MIND, YOUR SOUL, YOUR SELF**

Together, we build an experience that's as unique as you are. Everything from the music to the scent of your specially warmed oil can be customized for your visit. You can even complement your treatments with a relaxing yoga class, a trip through our beautiful thermal circuit (steam, sauna and cold room) or top up your visit with specialized rejuvenating treatments at our world class Medispa.

## THE EXPERIENCE

### A FEW THINGS TO KNOW

#### **Appointments**

You may stop by or call us at 514.488.7722 to schedule your Victoria Park experience. All appointments are guaranteed with a credit card.

#### **Arrival**

Please arrive fifteen minutes prior to your appointment to allow time to check in, change, enjoy some tea and wind down in our spa lounge.

#### **Cancellations**

If you have to cancel or reschedule an appointment, please contact us 24 hours in advance. No-shows and cancellations less than 24 hours in advance will be charged the treatment rate. All spa services will finish on time as a courtesy to our guests.

#### **Gift cards**

Give the gift of wellness, health and beauty. Customized gift cards are available at the Victoria Park Boutique, Spa reception or online at: [vicpark.com/giftcard](http://vicpark.com/giftcard)

#### **Bridal registry**

Register with us for your bridal registry and look beautiful on your wedding day!

#### **Events**

Victoria Park specializes in custom packages for birthdays, bridal and corporate events. Speak to us about reserving the entire spa for your event.

## FANTASTIC FACIALS

Every Victoria Park facial is designed to address the needs of each skin type and the specific zones of the face and neck. Results-oriented skin care techniques restore balance and harmony. All of our facial treatments may be finished with a post-treatment camouflage application.

### **Classic Facial**

Feel refreshed with a cleansing, exfoliation, extraction (if applicable), custom mask and face massage. *Face-mapping analysis of the skin and its zones is included.*

### **Park Facial**

Our signature facial offers a specialized treatment of the face, eyes and lips. It includes surface and deep pore cleansing, exfoliation, extraction, spot treatment, profound hydration treatment, soothing face massage and an eyebrow touchup.

### **Rejuvenating Treatment**

Turn back the clock with our revitalizing anti-aging treatment. Firm, nourish, regenerate and energize your skin with a multi-vitamin power exfoliation and custom face mask finished with an invigorating massage.

### **Soothe & Restore Treatment**

Protect sensitive skin suffering from redness, irritation and inflammation with a correcting treatment for long-term relief from flare-ups and burning sensations.

### **Blemish Buster Treatment**

Purify and detoxify your skin, normalize sebum production and prevent new breakouts by killing acne-causing bacteria.

*For optimal results, enquire about combination treatment with our Blu-U or Isolaz treatment in our Medispa.*

### **Red Carpet Treatment**

Rehydrate and replenish thirsty and tired looking skin. Restore, lift and firm the skin for instant radiance. A special occasion beauty must-have.

## **Illuminating Treatment**

Enhance skin clarity and improve skin tone while minimizing sun and age spots. This treatment treats and prevents cellular discoloration and pigmentation.

*For optimal results enquire about combination treatment with Intense Pulsed Light (IPL), Fraxel or Vbeam laser treatments in our Medispa.*

## **Teen Facial**

Purify, prevent breakouts, and tighten pores with a treatment designed to create smooth skin texture and brighten complexion for young ladies up to 17 years of age.

## **ADD-ONS:**

### **Algo Mask**

Instant glow, profound hydration and even skin tone.

### **Eye Treatment**

Revive tired eyes, minimize puffiness and reduce fine lines.

### **Lip Renewal Treatment**

Exfoliate and hydrate dry or chapped lips.

### **Hand Treatment**

Rejuvenate your hands with a specialized treatment applied during your facial mask.





## THE ULTIMATE MASSAGE

Slip away and return restored and renewed. Heated beds, warmed oils, customized music, expert therapists—the perfect massage. Select from the menu, or let us create something just for you.

### **Just Heal Me**

Tell your therapist which areas need attention and let them do the rest!

### **Deep Tissue**

This deep and detailed massage focuses on myofascial release techniques, providing relief and rehabilitation to the matrix of connective tissue.

### **Lymphatic Drainage**

A relaxing light pressure massage to expel excessive fluids and increase circulation.

### **Therapeutic**

Treat troubled areas in your body from overuse, injury, poor posture, circulation and even, chronic pain. Techniques include: active release therapy (ART), myofascial release, passive and active stretching and trigger point therapy.

### **Couples Therapy**

Enjoy our signature Just-Heal-Me Massage in our couple's room, completed with chocolate-covered berries.



### **Hot Stone**

Heated smooth, flat, basalt stones are incorporated into this comforting massage to increase circulation and melt away tension

### **Great Expectations – pregnancy massage**

A special treat for you and your baby. Your specially trained therapist will customize the ideal massage based on your needs. Also available for post partum to help speed recovery after birth.

### **Reflexology**

Experience foot therapy at its best! Tap into your reflex network by acupressure points and meridians of your feet to balance your body's equilibrium.

### **Abhyanga – Ayurvedic massage**

A full-body warm oil massage known to relieve fatigue, improve sleep, help detoxify and enhance the complexion and luster of the skin.

### **Shirodhara – Ayurvedic oil treatment**

A practice of Ayurvedic medicine, that involves gently pouring warm herbal oil over the forehead. Clinical tests have shown that Shirodhara decreases anxiety, gives a sense of calm and aids sleep.

## NAIL CARE

All Victoria Park treatments employ the highest standards of sterilization and hygiene, along with the option of personal kits. If you dare, accessorize your style with bold, bright pop art nails with custom designs, or perhaps a flash of colour on your hands or a French duo is what you have in mind.

### Shape and Polish

In a rush? You can still have beautiful hands with a quick nail shaping, massage and a polish application.

### Basic Manicure

For great looking nails, our Basic Manicure includes nail shaping, cuticle care, massage and a polish application.

### Park Manicure

Want beautiful nails and hands that look amazing? Restore softness and hydration to your hands with a nail shaping, cuticle therapy, exfoliation, hand and arm massage, paraffin dip and intense hydration ritual and a polish application.

### Gel Manicure

Victoria Park specializes in natural looking gel and shellac manicures. Our gel nails provide you with a healthier alternative to acrylics. Your gel nails will last 2 to 4 weeks.

*\*Visit our Medispa for more information and to book a complimentary consultation on hand rejuvenation treatments.*



## PEDICURES



### **Pretty Toes**

The bare foot essentials. Includes nail shaping, massage and a polish application.

### **Basic Pedicure**

Relax and unwind as you give your feet and toes a makeover - nail shaping, cuticle care, exfoliation, leg and foot massage and a polish application.

### **Perfect Pedicure**

Our signature pedicure restores vitality to your feet and legs as well as melts and buffs away calluses. Our Basic Pedicure essentials enhanced with a ritual for your feet - a soothing paraffin dip and an intense hydration treatment.

### **Gel Pedicure**

Three reasons to enjoy our Basic Pedicure with gel or shellac toenails: you never have to wait for it to dry, it lasts 6 to 8 weeks, and it's always shiny.

### **TLC Pedicure**

Designed for feet and toes that need extra attention. Our Basic Pedicure with more time devoted to foot care, cuticle care, buffing, exfoliation and product education. Get back on your feet comfortably.

### **ADD-ONS:**

Make your manicure or pedicure your own. Ask for personalized designs, French tips, a healing paraffin dip or a rejuvenating 5-star glove treatment.



*Our one of a kind  
spa boutique awaits you .  
Discover a treasure trove  
of innovative and nourishing  
cosmetics sourced from  
around the world*

## HAIR REMOVAL

Expert methods of hair removal are combined with innovative techniques to help reduce discomfort and redness.

### **Waxing**

Get smooth quickly with minimal pain. Our expert team prepares the skin, and applies premium wax and post-expiatory products to soothe the skin.

### **Laser**

Get the best results safely with the pioneers in laser hair removal at our Medispa. Permanently remove dark hair. Typically, eight sessions 6 to 8 weeks apart are required. *Schedule a complimentary consultation at the Victoria Park Medispa.*

### **Electrolysis**

Easy, permanent hair removal. Ideal for unwanted hair on the face.  
*New clients require a complimentary consultation.*

### **Threading & Tweezing**

Specialized techniques for removing facial hair from the root.

## MAKEUP

Our makeup team hand selects the best products from the finest makeup collections around the globe. Whether you need an application for a special occasion (even as special as your wedding) or a little schooling (think makeup lesson), allow our talented makeup artists to find your best light. Need something to last longer than a night? We offer mink and faux-mink eyelash extensions, and eyebrow and eyelash tinting. Look and feel your very best!

## SPRAY TAN

### **Spray tan**

Receive an all-natural, safe tan. Made from green tea and vitamins A, C and E, the special formula is manually sprayed onto the skin, leaving you bronzed, smelling good and feeling great. Perfect for special occasions, vacations and little pick me ups! *For optimal results: please exfoliate prior to your appointment and wear dark, loose clothing to your appointment.*

### **Body polish**

Invigorate, relax and beautify your entire body with sweet or salty choices. Stimulating fine sugar or salt crystals will exfoliate, oxygenate and polish your skin leaving it silky and soft to the touch.

## ADD ONS

### **Thermal spa circuit**

Enjoy the cleansing effect of a rotation between our sauna, steam and cold room.

### **Spa Meal**

Healthy and delicious meals catered by Park.

## PERFECT PACKAGES

Victoria Park has designed unique treatments and packages for a spa escape. Perfect Packages offer something for everyone special in your life including close friends, pregnant women, brides, men and especially you!

### QUALITY TIME

A wonderful way to spend an afternoon. This package includes two sixty-minute massages, two sixty-minute facials and healthy meal for two in our spa lounge.

*Should you prefer some blissful solitude, we offer this popular package for one as well.*

### SPA BLISS

Treat someone to all the essentials: a relaxing sixty-minute massage with a manicure and pedicure.

### SPA LOVE

Love yourself or another with the perfect spa day. Includes a luxurious one-hour massage, a facial, a manicure and a pedicure as well as a healthy lunch. Love is in the air at Victoria Park.

### BRIDAL BLISS

Organizing a wedding can be stressful. Help the bride-to-be take a moment for herself with a relaxing and revitalizing spa day. Included in the package is a manicure, a pedicure, an hour massage and a facial topped off with a makeup trial. Give the bride a glowing start to her marriage.

### PRENATAL PARADISE

Ideal for a mommy-to-be. Includes a prenatal massage to relieve tension and stress, a prenatal pedicure to ease leg fatigue and water retention, a quick shape and polish for the hands. A perfect excuse to relish in some quality time alone!

## WELLNESS PROGRAMS

### ACNE THERAPY

Look in the mirror and see clearer skin! Victoria Park offers a range of leading-edge, drug-free programs for clients with acne, oily skin, and/or large pores. Treatment options include our advanced Isolaz laser for acne, diet assessment, and stress and lifestyle management.

### WOMEN'S HEALTH

Be proactive about your health. Our resident specialist learns about your issues and concerns, provides a Pap test and complete physical examination designed specifically for women, interprets the results for you in a customized report, and works with you on a personal plan based on your results and goals.

### AYURVEDIC CONSULTATION

Evaluate your global health and wellbeing in your one-on-one consultation with a licensed Ayurvedic Practitioner. Once assessed, you will receive a personal program which could include nutrition, body therapies, herbs and cleansing. Achieve pure wellness for your body and mind.

### MEDICAL ESTHETICS

The Medispa at Victoria Park has brought together a team of Canada's leading esthetic dermatologists and plastic surgeons to offer you the latest in safe and effective, medical esthetic treatments. The Medispa offers the widest possible selection of proven medical esthetic tools; this allows us to select the best solution for you and even combine treatments for significantly enhanced results. Medispa services include treatments for body shaping, facial rejuvenation, pigmentation and laser hair removal.

## FANTASTIC FACIALS

|                                      |        |       |
|--------------------------------------|--------|-------|
| <b>Classic Facial</b>                | 60 min | \$95  |
| <b>Park Facial</b>                   | 90 min | \$150 |
| <b>Rejuvenating Treatment</b>        | 60 min | \$120 |
| <b>Sooth &amp; Restore Treatment</b> | 60 min | \$105 |
| <b>Blemish Buster Treatment</b>      | 60 min | \$105 |
| <b>Red Carpet Treatment</b>          | 60 min | \$125 |
| <b>Illuminating Treatment</b>        | 60 min | \$110 |
| <b>Teen Facial</b>                   | 45 min | \$85  |

### ADD-ONS:

|                       |      |
|-----------------------|------|
| Algo Mask             | \$40 |
| Eye Treatment         | \$35 |
| Lip Renewal Treatment | \$25 |
| Hand Treatment        | \$20 |

## NAIL CARE

### MANICURES

|                         |        |      |
|-------------------------|--------|------|
| <b>Shape and polish</b> | 20 min | \$18 |
| <b>Basic manicure</b>   | 35 min | \$25 |
| <b>Park manicure</b>    | 60 min | \$40 |
| <b>Shellac manicure</b> | 45 min | \$45 |
| <b>Gel manicure</b>     | 60 min | \$55 |
| Nail enhancements       | 90 min | \$75 |
| Removal                 | 20 min | \$30 |
| Repair (per nail)       | 10 min | \$5  |

## MASSAGES

|   |        |       |
|---|--------|-------|
| <b>Relax / Deep tissue /<br/>Lymphatic Drainage</b> | 30 min | \$50  |
|   | 60 min | \$89  |
|   | 90 min | \$120 |
| <i>Package of 5 x 60 min for</i>                    |        | \$400 |
| <i>Package of 5 x 90 min for</i>                    |        | \$550 |
| <b>Therapeutic<br/>Couples Massage</b>              | 30 min | \$65  |
|   | 60 min | \$175 |
|   | 90 min | \$235 |
| <b>Hot Stone</b>                                    | 60 min | \$115 |
|   | 90 min | \$145 |
| <b>Great Expectations<br/>Reflexology</b>           | 60 min | \$89  |
|   | 30 min | \$50  |
|   | 60 min | \$89  |
| <b>Abhyanga</b> - two hands                         | 75 min | \$110 |
| <i>four hands</i>                                   | 60 min | \$185 |
| <b>Shirodhara</b>                                   | 60 min | \$100 |

### PEDICURES

|                         |        |      |
|-------------------------|--------|------|
| <b>Pretty toes</b>      | 30 min | \$25 |
| <b>Basic pedicure</b>   | 60 min | \$50 |
| <b>Perfect pedicure</b> | 75 min | \$65 |
| <b>Gel pedicure</b>     | 90 min | \$75 |
| <b>TLC pedicure</b>     | 70 min | \$60 |

### ADD-ONS

|                            |           |
|----------------------------|-----------|
| French                     | \$3       |
| Nail Design                | \$20-\$40 |
| Paraffin dip/5 ★ Treatment | \$10      |
| Moroccanoil Ritual         | \$15      |

## HAIR REMOVAL

### WAXING

|                        |        |             |
|------------------------|--------|-------------|
| Brows                  | 15 min | \$18 - \$20 |
| Lip                    | 15 min | \$12        |
| Face                   | 30 min | \$40        |
| Full leg               | 60 min | \$55        |
| Half leg               | 30 min | \$30        |
| Bikini                 | 15 min | \$20        |
| Brazilian              | 30 min | \$45        |
| Upper leg and bikini   | 45 min | \$45        |
| Full leg and bikini    | 75 min | \$70        |
| Full leg and Brazilian | 90 min | \$90        |
| Underarms              | 15 min | \$20        |
| Full arms              | 30 min | \$35        |
| Forearms               | 15 min | \$25        |
| Back                   | 45 min | \$45        |
| Half back              | 20 min | \$22        |
| Chest and abdomen      | 45 min | \$40        |

### LASER

50% OFF your first treatment

Determined at the consultation

### ELECTROLYSIS

\$1.50 per minute

Ask about our packages

### THREADING & TWEEZING

|                              |        |      |
|------------------------------|--------|------|
| Eyebrows*                    | 15 min | \$18 |
| Upper lip                    | 10 min | \$12 |
| Neck                         | 15 min | \$15 |
| Chin                         | 10 min | \$10 |
| Eyebrow* and upper lip       | 30 min | \$25 |
| Eyebrow*, upper lip and chin | 30 min | \$30 |
| Full face                    | 45 min | \$40 |

\*First visit add \$15

\*prices are subject to change without notice.

## MAKEUP

|   |                           |
|---|---------------------------|
| Just eyes                                 | \$35                      |
| Makeup application                        | \$65                      |
| Bridal makeup                             | \$100                     |
| Trial makeup                              | \$50                      |
| Lashes with application                   | \$20                      |
| Private makeup lesson                     | \$75                      |
| Eyebrow tinting                           | \$15                      |
| Eyelash tinting                           | \$30                      |
| Eyebrow and eyelash tinting               | \$40                      |
| Eyelash extensions ( <i>application</i> ) | \$250/\$300               |
| Eyelash extensions ( <i>touchup</i> )     | \$60/\$80 ( <i>mink</i> ) |

## SPONGE TAN

|                          |        |       |
|--------------------------|--------|-------|
| Sponge tan               | 45 min | \$60  |
| Sponge tan + Body polish | 75 min | \$110 |
| Thermal circuit          |        | \$15  |

## PERFECT PACKAGES & PROGRAMS

|                        |                      |                   |
|------------------------|----------------------|-------------------|
| Quality Time           | \$185,               | \$365 for two     |
| Spa Bliss              |                      | \$155             |
| Spa Love               |                      | \$260             |
| Bridal Bliss           |                      | \$290             |
| Prenatal Paradise      |                      | \$150             |
| Acne Therapy           | packages starting at | \$250             |
| Women's Health         | wellness exam & plan | \$595             |
| Ayurvedic Consultation | initial              | \$150, after \$85 |

## Spa Operating Hours

|                  |                     |
|------------------|---------------------|
| Monday to Sunday | Wednesday to Friday |
| 9:00am to 6:00pm | Open until 9:00pm   |



## VICTORIA PARK

376 Victoria Ave. #400 Westmount, QC  
514.488.7722  
[www.vicpark.com](http://www.vicpark.com)