

au naturel

wellness & medical spa

# spa menu



brookstreet

work · play · getaway

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# *your soul deserves it...*

At Brookstreet's Au Naturel Spa, enter into a welcome sense of calm and be captivated by smell, sight, sound and touch in an intimate environment of soft-spoken luxury and understated elegance.

We invite you to relax and revitalize with a variety of therapies designed to meet the diverse needs of both men and women. Au Naturel Spa offers a range of innovative spa services including uniquely tailored massages, facials, body treatments, manicures, pedicures, as well as the restorative properties of water with Vichy and hydrotherapy.

Experience one of our luxurious, healing and simply sensual wellness and beauty treatments delivered by our friendly spa professionals and complemented by exclusive spa products, scientifically-formulated using the highest quality natural ingredients. Book your time to unwind today!

## **reservations**

Please call us at **613.271.3393** or e-mail **[aunaturespa@brookstreet.com](mailto:aunaturespa@brookstreet.com)** in advance to book your spa appointment. We will be happy to advise you on the treatments and services that best meet your needs.

## **cancellation policy**

We respectfully request 24 hours notice when cancelling your appointment in order to prevent cancellation fees. Group bookings (*5 or more persons*) require 48 hours notice.

## **client feedback**

Your comments and suggestions are important to us. We appreciate and are open to them.

*Services and prices are subject to change without notice. À la carte services do not include taxes and gratuities; gratuities are at your discretion. Spa packages include a 15% gratuity charge; taxes are additional.*

# au naturel

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*Located on the 2<sup>nd</sup> floor of Brookstreet Hotel*



## corporate or group packages

Give the gift of relaxation and rejuvenation. We would be pleased to incorporate wellness into your next meeting or special event.

## gift cards

We would be delighted to assist you in selecting the perfect personalized gift. Choose one of our packages, a specific service or any dollar amount.

*Proud member of:*

LEADING SPAS OF CANADA

# facial

## Comfort Zone

### customized Comfort Zone facial

Let our estheticians recommend the facial best-suited to your skin type: purifying for oily and acne-prone skin, skin resonance for sensitive skin or hydramemory for dry skin.

### Au Naturel anti-aging action sublime

Our signature treatment combines the benefits of retinol, hyaluronic acid and lacto-proteins for a deep and synergistic action that visibly reduces wrinkles. Massage techniques provide the additional benefits of whole body relaxation. A truly rejuvenating facial with immediate results.

### anti-aging chrono reverser collagen

An extraordinary anti-aging treatment, using AHAs with the restorative properties of 100% natural collagen, effectively firms lifeless tissue resulting in a fresh, radiant look.

### glorious skin anti-aging

An intensive anti-aging treatment designed to visibly reduce expression lines and promote healthy, youthful skin.

### rebalancing absolute pearl instant brightening

Providing an immediate effect, this treatment uses the light of rare pearls and natural extracts to increase skin luminosity through an oxygenating and antioxidant action.

### rebalancing arctic berry

A restorative antioxidant facial with multivitamin complex neutralizes free radicals while nourishing the skin. This strong preventive treatment combats the negative effects of environmental aggression that cause premature aging of the skin.

### alphatherapy delicate rebalancing

A deep but delicate treatment stimulates cell regeneration and visibly diminishes wrinkles and skin imbalances, giving the complexion a fresh, uniform glow.

## service enhancements

- mini-microdermabrasion - incorporate a session into your facial to smooth out fine lines and restore even skin tone.
- eye remedy - a soothing treatment that targets puffiness and expression lines around the eyes.
- lip bloom - reduces small lines of the lip while immediately nourishing, volumizing and softening the lips.
- makeup application - create a fresh look with Jane Iredale cosmetics.

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# Dermalogica

## customized Dermalogica face treatment

A customized facial to perfectly suit your skin, this treatment includes Dermalogica's trademarked Face Mapping technique—a favourite of beauty editors around the world. A truly innovative treatment!

## medicated clearing facial

This face treatment helps repair and heal problem and congested skin to reduce unwanted shine, refine the pores, treat skin breakouts and restore skin balance. Deep cleansing followed by extractions and completed with medicated serums draw out skin impurities.

## age smart treatment

This is the most powerful Dermalogica treatment created for people concerned with premature aging and the signs of photo-aging and sun damage. Potent vitamins and hydroxy acid exfoliation resurfaces and retextures skin while energizing massage techniques release tension in the facial muscles for the ultimate in skin therapy for premature aging, mature or devitalized skin.

## clean start face treatment (11 to 16 years old)

Start your Tween or Teen on the right track with this personalized face treatment and consultation specifically targeted to educate on the importance of proper skin care. The focus will be on cleansing, finding solutions for problem areas and preventing breakouts.

## microdermabrasion

Microdermabrasion is a non-invasive, non-surgical treatment that revitalizes dull skin, making it look younger, healthy, and glowing.

Also referred to as an "instant facelift" it is an effective alternative to costlier and more invasive procedures like plastic surgery, chemical peels and Botox injections. Microdermabrasion offers treatment for the following conditions:



- fine lines and wrinkles
- skin lacking luminosity
- acne scarring
- aging skin due to sun damage
- enlarged/clogged pores
- altered pigmentation

Please call or e-mail us to book your free consultation and personalized treatment plan.

# massage

## Au Naturel signature massage

Our signature treatment combines the benefits of a Swedish massage with the deep, penetrating heat of smooth basalt stones and pure aromatic essential oils to deliver a blissful state of relaxation.



## Swedish or sports massage

Tailored to your specific needs, this full-body massage offers a customized intensity to increase circulation, relieve tense muscles, improve flexibility and, of course, relax. Guaranteed to please! Enhance your treatment with hot stones.

## aromatherapy massage

This therapeutic massage uses special blends of essential oils with soothing, relaxing strokes to promote balance and body/mind harmony. Enhance your treatment with hot stones.

## couples' massage

This is an intimate treatment couples can experience together. Indulge your loved one in unsurpassed luxury and pampering. Relax side-by-side in a romantic setting as two therapists perform your choice of a Swedish, sports or aromatherapy massage.



## Vichy rain massage

Experience profound relaxation as you inhale selected essential oils while being massaged under an effusion of gently cascading warm water.

## Hawaiian Lomi Lomi massage

This traditional Hawaiian method of rhythmic strokes produces a tonic effect for the whole body. Lomi Lomi helps release the blockages, using long continuous, flowing strokes mainly with forearms and elbows. This massage promotes a state of clarity and relaxation as well as detoxifying and nourishing the body, the temple of the spirit.

## scar treatment massage

This massage can assist with any scar which is completely healed. The treatment helps prevent tightness in the scar tissue by breaking down the thick bands of collagen. It will help rebuild the collagen in the skin, stimulate new tissue growth, reduce tightness and pain in any scar, and help improve scar appearance, by reducing redness and swelling.

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## Indian head massage

Our Indian head massage is based on the ayurvedic system of healing, which has been practiced in India for over a thousand years. This head massage is designed for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis. In addition, Indian head massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue, and aids in the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of stress and tension.

## PDA massage

A helping hand for high-tech businesspeople experiencing “blue thumb” and tenderness from working on PDAs and laptops. This massage eases tension in the hand and arm muscles, specifically in the thumb and overworked wrist area. This treatment is performed in a massage chair.

## other treatments

### reflexology\*

Enjoy a soothing massage utilizing specific thumb and finger techniques that are applied to precise reflex points on the feet bringing about positive physiological changes in the body.



### Thai yoga

A healing art that involves passive stretching and acupressure designed to stimulate the flow of intrinsic energies and release blockages for maintaining a healthy, pain-free body. Please wear loose, comfortable clothing.

### reiki\*

A powerful healing energy using the “laying of hands”— the therapist’s hands are placed gently over the body – to help reduce pain, regenerate, calm the emotions and aid the healing process. Reiki provides deep relaxation during times of stress, anxiety and sleeplessness. Please wear loose, comfortable clothing.

*\*Au Naturel Spa is pleased to issue receipts for all massage treatments except reflexology and reiki. If you require the services of a registered massage therapist, please request at time of booking.*

# massage

## registered massage

Au Naturel Spa will issue receipts for all massage treatments except reflexology and reiki. If you require the services of a registered massage therapist, please request at time of booking.

### the benefits of massage therapy\*

There are tremendous benefits to be achieved through regular massage therapy treatments from a Registered Massage Therapist. Whether your need is to have a moment of relaxation, reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being as well as your quality of life.

Massage therapy benefits people of all ages. While it benefits the injured, the ill and the stressed, the strength of massage therapy in preventing illness and conditions before they develop cannot be overlooked. Massage therapy can be used in the treatment of both acute and chronic stages of conditions.

Therapeutic massage is an important part of your health maintenance plan, by:

- Reducing or eliminating pain
- Improving joint mobility
- Improving circulation
- Improving immune system functioning
- Increasing lymphatic drainage
- Reducing depression and anxiety
- Reducing tension within muscles
- Increasing body awareness



\*Registered Massage Therapists' Association of Ontario / [www.rmtao.com](http://www.rmtao.com)

## service enhancements

- hot stones - the deep penetrating heat of smooth basalt stones added to any massage intensifies the element of relaxation.
- reiki - a powerful healing energy using the "laying of hands"
- hair & scalp massage - using a non oily hair concentrate.

### Customize your spa experience with music!

Let your therapist know if you would like to listen to one of our available artists/sounds during your treatment. Details also online under Au Naturel Spa | Treatments | Enhancements.

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# body

## wraps

### **D-age firming anti-age wrap**

An innovative treatment with precious oils to restore the body's natural elasticity and firmness; it renews tissues and provides a deep sense of physical and mental relaxation.

### **monticelli fango wrap**

A reducing and purifying treatment based on the use of soft, creamy mud and Italian thermal waters. This wrap is slimming and detoxifying.

### **detoxifying mud therapy**

A rebalancing treatment that encourages the elimination of toxins and stimulates the metabolism while providing a reducing action.

### **revitalizing firming algae**

A treatment based on the use of a revitalizing algae mud for re-contouring, firming and counteracting lost elasticity. Perfect for pre- or post-diet.

### **body strategist refiner**

This anti-cellulite treatment is extraordinarily effective for toning, firming and increasing skin elasticity; it provides maximum benefit when experienced in a series. Please consult with your therapist for more information.

## sunless tanning

Sunless tanning is the new and safe way of achieving a healthy, even golden look without the risks associated with UV rays. Using tanning essentials that only contain high grade ingredients such as CoQ10, hyaluronic acid and other select formula components, you will be able to feel and see the difference right away!

## epilation

### **soft sense**

A delicate epilatory system which prevents skin stress due to its extremely gentle formulation. Enriched with a blend of gardenia and water lily, it soothes and moisturizes the skin after epilation.

### **Alexandria body sugaring**

A modern version of the ancient art of hair removal delivered by certified body sugaring professionals using a specially formulated Alexandria sugar paste to reduce sensitivity.

# make up

## Jane Iredale - “the skin care makeup”

At Au Naturel Spa, our goal is to deliver to you only the best in skin care and makeup which made offering Jane Iredale an easy choice. It's known as “the skin care makeup”, and is the recommendation of doctors, plastic surgeons and makeup artists worldwide!



Here are just a few of the many benefits:

- Non-comedogenic (will not clog pores)
- Virtually no allergy risk
- All products go through strict sensitivity testing
- Received a “very water resistant” rating (highest) from an FDA-approved lab
- Anti-inflammatory
- Complete coverage for conditions like acne, rosacea, and redness following treatments like peels and laser resurfacing
- Contains no talc or parabens
- Composed of inert materials that cannot support bacteria
- No products are tested on animals

Jane Iredale make up is made from natural, inert minerals that cannot support bacteria... therefore no chemical preservatives are necessary. It also doesn't contain artificial dyes, chemicals, fragrance, and many other undesirable ingredients. Most of the minerals provide a natural SPF, and they tend to last much longer on the skin than traditional makeup.

### makeup application

A makeup application is a great way to focus on a fresh look! That special occasion, wedding, or a night out on the town are all reasons to look dazzling.

### makeup application with consultation

Let our professional cosmetic artists create a stunning new look for you! Our makeup application with consultation will not only teach you to apply cosmetics in a professional manner, but will also help you discover what colours, techniques and products are best suited to your complexion, wardrobe and personal style.

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# water

## hydrotherapy tub treatment

Experience our exclusive European hydrotherapy tub with over 252 strategically-placed water jets to stimulate specific areas of the body for an intense muscle massage. Select from **barefoot venus little indulgences** or **inner c** to eliminate toxins and rebalance the skin and body.

## hydrofusion capsule

Treatments in this innovative body capsule are totally customized to your needs. Hydrofusion therapy combines steam with a vibrating massage and infrared heat—with the option of including essential oils—resulting in a vigorous action that helps to break the bonds between fat cells and flush away cellulite. Several face and body treatments allow the option of integrating this truly state-of-the-art spa technology to enhance their results and provide the ultimate in pampering.

## exfoliation with Vichy rain shower

### inner C glow

Enhanced by an invigorating waterfall, this gentle scrub detoxifies the body, stimulates circulation, exfoliates and evens out the skin's tone and texture. An application of deeply moisturizing inner C lotion completes this service.

### tranquility body

Relieves tension and stress. Skin is gently exfoliated under the Vichy rain shower using alpha therapy, leaving it toned and as smooth as velvet. Includes a relaxing massage.

### tiare jasmine tea scrub

Evoking the scent of fresh jasmine tea, this soothing and antioxidant treatment combines rich white, black and green teas, natural cleansers and softening moisturizing agents to cleanse and calm your skin, protect it from environmental aggression and enhance overall skin health.



# hands & feet

## Au Naturel manicure

A softening treatment for overworked hands and arms. Finish your beautiful hands with a nail and cuticle treatment and your choice of polish.

## deluxe manicure

A luxurious paraffin treatment is added to our Au Naturel manicure.

## OPI gel nails

Long wearing gels for your hands and feet! The first soak-off gels now available in your favorite OPI nail lacquer shades! For 2 to 3 weeks of flawless wear and colour.

## Bio-Sculpture gel nails

A nail treatment that strengthens and promotes the growth of natural nails. Available in natural or French colour.

## Au Naturel pedicure

Lie back and enjoy our unique Au Naturel pedicure in the comfort of a plush chair equipped with back massage that you control yourself. The treatment includes a relaxing footbath, hydrating foot mask, exfoliation to relieve rough skin, nail and cuticle treatment, an application of protective foot cream and your choice of polish.

**deluxe pedicure** A luxurious paraffin treatment is added to our Au Naturel pedicure.

## vital leg pedicure

Great remedy for those tired, aching legs and especially effective for varicose veins and swelling. This pedicure leaves your legs feeling light, toned and ready to go!



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# for mum

## **pregnancy massage**

Enjoy a comforting and calming experience designed with the utmost care for both pregnant and nursing mums.



## **new life (mums to be)**

Relieve the common effects of pregnancy such as dry skin and physical stress. This treatment integrates firming and hydrating massage creams and a cooling gel to reduce swollen feet, ankles and legs leaving you with a smooth body and relaxed state of mind.

## **organic body wrap (mums to be)**

A soothing treatment using a special combination of essential oils, moisturizers and antioxidants that is massaged into the skin, followed by a warm cocooning process leaving your skin soft, smooth and deeply hydrated.



## **new mum (post-pregnancy)**

This invigorating treatment restores firmness to slackened skin and helps reduce stretch marks leaving your skin nourished and elasticized.

Additional benefits include relief from muscle cramps, spasms, and myofascial pain, especially in the lower back, neck, hips, and legs. The increase in blood and lymph circulation can also reduce swelling.

# for men

## deep cleansing facial

Clears chafed skin, detoxifies and soothes while improving skin elasticity and resistance to daily grooming habits.

## anti-age performance facial

A highly effective treatment to counteract wrinkles and expression lines, favour cellular turnover and re-establish skin compactness and tone.

## purifying body treatment

Therapeutic essential oils combined with hot and cold back wraps provide a deep cleansing treatment particularly suited to oily or acne prone skin.



## deep tissue massage

Targets sore, aching muscles and enhances muscle recovery after exercising or the stresses of daily life.

## men's foot treatment

Experience the benefits of having rough, callused areas exfoliated. Deep moisturizing lotion is applied to your feet, massaged from toes to knees and buffed to ensure that your feet are fully refreshed.

## men's hand treatment

Rough, dry hands are revitalized with this treatment which includes a hand massage, deep moisturizing lotion and nail buffing and shaping.

## waxing & sugaring

Chest, back, brow, shoulders, hands, ears.

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# spa packages

## queen for a day

- barefoot venus little indulgences hydrotherapy tub treatment
- 60-minute Swedish or Sport massage
- arctic berry or alphatherapy delicate facial
- Au Naturel manicure
- Au Naturel pedicure
- spa lunch

## tranquility

- barefoot venus little indulgences hydrotherapy tub treatment
- tranquility body treatment or 60-minute Swedish massage
- custom Dermalogica face treatment
- choice of Fuze beverage

## soul relief

- arctic berry or alphatherapy delicate facial
- Au Naturel manicure
- Au Naturel pedicure
- choice of Fuze beverage

## on the go

- express Dermalogica custom facial with eyebrow shaping
- express pedicure
- express manicure
- choice of Fuze beverage

## for brides

- slimming hydrotherapy steam capsule
- absolute pearl facial
- french manicure
- french pedicure
- choice of Fuze beverage



# spa packages

## for couples

Each person receives:

- 60-minute Swedish or Sport massage
- customized Dermalogica face treatment
- Au Naturel pedicure
- spa lunch



## for men

### king for a day

A combined face and body treatment individually tailored to focus on how you feel as well as how you look.

- pre-massage steam treatment
- 60-minute deep tissue massage
- deep cleansing facial
- men's hand treatment
- men's foot treatment
- spa lunch

### the 19th hole

A great remedy for the active man or after a long day on the course.

- pre-massage steam treatment or hydrotherapy tub treatment
- 60-minute deep tissue or Swedish massage
- vital leg pedicure
- choice of Fuze beverage

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# fitness

## flex fitness studio

Before or after your treatment, enjoy access to our spacious, naturally-lit Flex Fitness Studio with 35 pieces of state-of-the-art fitness equipment by Technogym, dry saunas, personal trainers, whirlpools, indoor/outdoor saltwater pools, towel service and personal lockers.

### body composition analysis

Discover your body mass index, percentage of body fat, water weight, basal metabolic rate and current caloric intake. One of our personal trainers assists you in creating a realistic plan for reaching your body composition goals.

### personal training

Take it a step further with an enthusiastic Flex Fitness Personal Trainer, dedicated to improving your physical fitness, health and well-being. Your personal trainer will help you set your personal fitness goals and provides the expertise, motivation, support and personal attention to ensure you achieve them. Flex Fitness Studio also supplies educational material to train the mind while training your body.



[brookstreet.com/spa](http://brookstreet.com/spa)

# fitness

## indoor & outdoor saltwater pools

Large windows ensure an abundance of natural light in our 50-ft indoor facility, which features a saltwater pool with an adjacent children's wading pool, a hot tub, and a spacious lounge area furnished with comfortable deck chairs.



Located by the eighth green of The Marshes Golf Club, our 30-ft outdoor pool offers a cabana and wading pool, and plenty of deck space. Of course, full shower facilities are available for both pools.

## outdoor activities

Regardless of weather or time of year, you can always enjoy recreational activities at Brookstreet. Seasonal sports available on-site or nearby: championship golf at The Marshes, cycling, jogging and walking trails, canoeing and white-water rafting, ice skating, cross-country skiing and snowshoeing.

## beverages

Selection of energy and nutritional beverages, juices and water.

Please visit [brookstreet.com/flex](http://brookstreet.com/flex) for additional information, membership and personal training rates.

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# helpful tips for a serene spa experience:

## be early

We recommend that you arrive 15 minutes prior to the scheduled appointment time. This will ensure that adequate time is available for any preparation that may be required. Please be advised that if you arrive late, your treatment will end at its scheduled time to ensure the next guest is not delayed or inconvenienced.



## be comfortable

Upon arriving at Au Naturel Spa, we will provide you with a robe and slippers and invite you to change in our dressing room. For your comfort, undergarments can be worn during the treatment or disposable undergarments for certain treatments. Our therapists are fully trained in proper draping procedures to ensure your privacy. Please do not bring jewellery and other valuables to the spa.

## be hushed

We kindly request that you respect other guests by using quiet conversation. Cell phones must be turned off while in the spa.



## be wined & dined

Delight in award-winning cuisine! Our spa dining menu offers a selection of delicious dishes from our four-diamond Perspectives Restaurant. Au Naturel is a fully-licensed spa; enjoy a glass of wine or cocktail before or after your treatment.

## be conveniently parked

Complimentary three-hour underground parking is available to all Au Naturel Spa guests.



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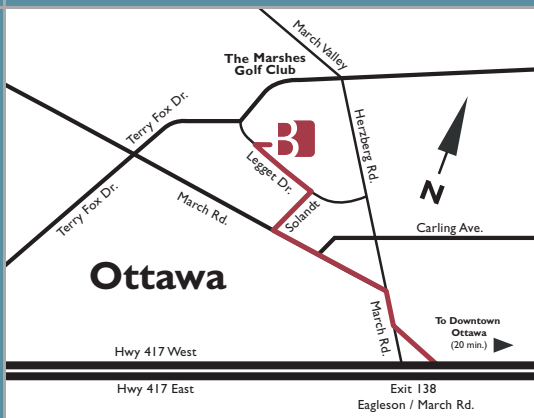
Monday: 10 am - 6 pm

Tuesday - Thursday: 10 am - 9 pm

Friday: 9 am - 9 pm

Saturday & Sunday: 9 am - 6 pm

*Au Naturel Spa is located on the 2<sup>nd</sup> floor of Brookstreet Hotel.*



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