

MASSAGES (Please note massage therapists are NOT registered.)

Indian Head Massage (30 mins/\$50)

This invigorating head and scalp massage provided with oil, is traditionally by mothers to their children in India. A combination of acupressure and shiatsu movements on the head scalp, shoulders, upper, back, arms and hands that releases tension, stimulates the blood and lymph circulations and rebalances energy.

Facial Massage (30 mins/\$50)

Facial Massage is a very popular beauty treatment to slow down the aging process. It is also known as “face yoga”. It relaxes your facial muscles, which releases wrinkles. It also relieves muscle tension and pain.

Back Tension Relief Massage (30 mins/\$50)

This is a deep tissue massage performed to release the accumulated tension in the neck, shoulders and back. You will immediately feel relieved from stress and pain.

Relaxation Massage (30 mins/\$50; 60 mins/\$80)

This relaxing Swedish-style massage uses a skillful combination of gentle stroking, kneading and deep circular motions to help soothe your sore, tired muscles. Let your mind drift as your therapist works to relax muscles, increase oxygen flow in blood and release toxins from tissue, leaving you relaxed yet invigorated.

Colonial Body Massage for Two (60 mins/\$160)

Experience a total state of relaxation – together! Full-hour Colonial body massage for two is the ultimate in pleasure. Relax your mind and rejuvenate your body with wonderful effleurage and soothing, circular motions of a massage.

FACIALS

Express Facial (30 min/\$55)

Our time convenient facial allows for a quicker service, but still delivers beautiful results. Cleaning, exfoliation, light massage and hydrating mask are a part of this express service.

European Facial (60 min/\$80)

Soluble marine collagen deeply hydrates your skin like a drink of fresh spring water. An intensely moisturizing collagen sheet applied to deeply replenish, hydrate and firm your skin.

Oxygen Facial (70 min/\$85)

The oxygen facial is a popular treatment to indulge in prior to a big event or soiree, and it can be performed on all skin types. Oxygen is suggested to strengthen skin's elasticity and help eliminate acne-causing bacteria, as well as reduce fine lines and wrinkles.

SPA PACKAGES

Chocolate Lover (75 min/\$99)

Do you love chocolate and massage? A chocolate massage package may be just for you. Rich, warmed chocolate oil, used in a relaxation massage. Chocolate is high in antioxidants which gives the skin a firmer, plumper look. It is the best way to slip out of reality while the chocolate aromas engulf your senses.

Package includes: Chocolate Swedish Relaxation Massage AND Mini Facial

Love Yourself (75 min/\$99)

Allow the skin ritual body polish smooth your skin before Back, Neck & Shoulder massage. Relax and release any back tension with this warm, soothing detox and massage treatment before flowing into your facial.

Package includes: Body Polish; Back, Neck & Shoulder Massage, Mini Facial.

ENERGY TREATMENT

Reiki (60 min/\$80)

Reiki is a Japanese healing technique where the practitioner lays their hands on, or slightly above the clients fully clothed body. Come join our bilingual Reiki Master for a treatment of stress reduction and relaxation. Reiki offers many other benefits such as: accelerating the body's self healing abilities, helps relieve pain, supports the immune system, aids in better sleep and reduces blood pressure. Practitioner can also use singing bowls to play for healing (inquire at time of booking).

Reservations are required for all services. A valid credit card is required for all reservations.

Payment is required at the front desk before your service. You will then remit your voucher to the service provider. You should **plan on arriving a minimum of 10-15 minutes in advance of your appointment time.** As a courtesy, we ask for **48 hours notice for cancellation of services.** (The provider reserves the right to charge in full for cancellations with less than 48 hours notice.) Spa guests under the age of 18 must be accompanied by an adult. Unfortunately we are unable to provide services to anyone 12 years of age and under. If you have any health issues (e.g. diabetic, pregnant, over 250 lbs., etc.), that may affect your treatment, please advise at time of booking. Our massage therapists are NOT registered. Colonial Resort and Sensations Spa appreciates your business!

2019 Rates and packages are subject to change without notice. Applicable taxes must be added to all the rates listed. Gratuities are not included. All previous flyers before May 1, 2019 are void.

FOR SPA RESERVATIONS, contact the Colonial Resort & Spa Front Desk. Dial 0 from your overnight room or see the contact information below.

Colonial Resort & Spa

780 King Street West
Gananoque, ON K7G 2H5
Toll Free: 1-800-267-9497
Local Tel: 613-382-3226



POOL MEMBERSHIPS

Memberships are available to use our two pools (indoor and outdoor), steam room, sauna, whirlpool spa, tennis and outdoor games. If you are an overnight guest, these facilities are included in your room rental. Our indoor pool is open daily 8 am to 10 pm. The outdoor pool is open daily 8 am to 8 pm (depending on weather, daylight hours, and maintenance). Call our Front Desk to check hours. Local pool members are asked to bring their own towels. All pool guests are asked to respect and follow pool regulations.

Note: All child memberships are an add-on to an adult membership; that is, they cannot be purchased on their own.



	<u>Weekly</u>	<u>1 Month</u>	<u>3 Months</u>	<u>Season</u>
Adult (16+)	\$25	\$50	\$130	\$275
Couple	\$50	\$85	\$240	\$485
Child (15 & under)	\$15	\$25	\$75	\$125
55+	\$20	\$45	\$120	\$250
55+ Couple	\$40	\$75	\$225	\$450

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