



# CLARAMOUNT

*Inn & Spa*

Spa services at Claramount are personalized to meet individual needs and spa clients are welcome to choose from our menu of individual spa services or the popular Day Spa packages. *Please note that prices may be subject to change without notice.*

## KNEIPP WATER TREATMENTS

*Kneipp therapies may be used separately or as pre-treatments to massage and bodywork.*

**Affusions.** Water is applied so that it covers the entire part of the body being treated in a uniform even coat, without pressure. This provides excellent stimulation to the circulatory system, helps relieve fatigue, and increases alertness. **\$35**

**Wet Socks.** This unique treatment layers wet and dry socks to encourage the body's natural response and stimulate the metabolism. **\$35**

**Vichy Therapy.** This form of hydrotherapy begins with a dry brush and then involves the use of warm water cascading over the body, along with a hydro massage to create a relaxing effect. **\$45**

## WET ROOM BODY CARE

*The following treatments are carried out under our soothing Vichy shower and treatments are enhanced with a hydro massage wand. Application of a hydrating moisturizer is the finishing touch.*

**Pear and Green Apple Body Polish** is an invigorating exfoliation using a mixture of spicy grains, and an organic pear and green apple fruit masque. This treatment is designed to exfoliate, tone, and hydrate your skin. **45 min, \$90**

**Moor Mud Body Masque** begins with a dry brush exfoliation followed by an application of moor mud, then a wrap. Once wrapped, a cascade of warm Vichy shower water will aid the absorption of the moor mud. **60 min, \$130**

**Maple Antioxidant Wrap.** Using local Prince Edward County maple syrup, the Maple Antioxidant Body Wrap is now one of Claramount's signature treatments. A maple sugar scrub is followed by an application of warm maple syrup. Relax under the Vichy shower and soak up the antioxidant benefits and the maple minerals that help nourish and firm skin and maintain cell integrity. Complete your experience with a glass of herbal tea with maple syrup. **75 min, \$140**

**Thalassotherapy Body Experience** is as close as you'll get to ancient Greece. Three types of seaweed, each with different properties, are layered before wrapping. While wrapped, a mini facial is administered, using only the finest seaweed products from Vancouver Island. Enjoy a cup of Sea Tea after your treatment and take home the seaweed pieces used in your treatment to use again. **90 min, \$160**

**Vichy Massage Treatment** is a two-part treatment involving a half hour back, neck, and shoulder massage and a half hour on Claramount's Vichy table. While under the Vichy shower a Moor Mud Masque will be applied to the back and a hydro massage to the legs. **60 min, \$105**

## BODY CARE

**Eminence Back Bliss** is equivalent to an organic facial for your back, including cleansing, toning, exfoliating, application of a customized masque, and a hydrating massage. (30 min) \$55  
**ADD** a Hot Stone Massage to your lower legs and feet. **45 min, \$75**

**Dry Brush** removes surface debris and dead skin cells and may help stimulate circulation.  
**30 min, \$35**

**Hair and Scalp Treatment** includes wash, pressure point massage with oils that are based on your individual needs, and an invigorating conditioning. **20 min, \$35**

**Chocolate Truffle and Champagne Body Wrap** begins with a dry brush to exfoliate and prepare the skin to absorb the next step: the hydrating and refining Chocolate Truffle Body Masque. While the product is absorbed, enjoy a mini facial that includes a massage with a masque to complement your skin type. The masque is mixed with rich-in-antioxidants Hungarian Cocoa for added benefits. The treatment is completed with an application of Mimosa Champagne Body Lotion. **90 min, \$145**

**Reiki** is a non invasive energy treatment that originated in Japan. It helps promote a deep sense of relaxation and stress reduction. **60 min, \$65**

**Hydrating Body Treatment.** A hydrating lotion, infused with essential oils of lavender or citrus, is massaged into the skin. **60 min, \$80**

## MASSAGE

*Receipts for massage therapy can be provided for insurance purposes.  
Please advise when booking.*

**Therapeutic and Relaxation Massage**  
30 minutes – focus on a specific area. **\$55**  
60 minutes – full body. **\$90**  
90 minutes – full body. **\$130**

**Prenatal** – 60 minutes. **\$90**

**Hot Stone Massage**  
60 minutes. **\$110**  
90 minutes. **\$145**

**Aquatic Massage** is done in our heated saltwater pool and consists of gentle, flowing stretches and circling movements while being supported by the therapist throughout the session.  
**45 min, \$75**

## MAKEUP

*La Bella Donna Mineral Makeup is used in all applications.*

**Makeup Application.** **30 min, \$30**

**Bridal Makeup Application** includes a one hour consultation prior to your wedding and then a final application on your big day! **90 min, \$75**

## HAND & FOOT CARE

**Manicure. 45 min, \$30**

**Spa Manicure** includes a hydrating masque. **60 min, \$50**

**Pedicure. 60 min, \$50**

**Spa Pedicure** includes two hydrating masques. **90 min, \$70**

**ADD French Polish... must be pre-booked! 15 min, \$5**

## WAXING

**Full leg. \$45**

**Half leg. \$30**

**Underarm. \$16**

**Bikini. \$20**

**Full leg and bikini. \$60**

**Back. \$55**

**Lip, chin, and brow. \$10 each / \$15 for two / \$20 for three**

## FACE CARE

**Intensive Eye Treatment** is an exquisite mini facial that focuses on the delicate eye area. (30 min) **\$45**

**Facial Massage** is a mini facial that includes a cleanser, toner, moisturizer and an aromatic massage. **30 min, \$45**

**Eminence Radiance Facial** is a complete facial without extractions. (45 min) **\$75**

**Eminence Vitality Facial** includes gentle extractions, as well as a scalp, hand, and arm massage. **60 min, \$95**

**Eminence Nirvana Facial** is a full facial, plus an extra masque, and soothing foot massage. **90 min, \$135**

**Eminence Biodynamic Facial** is a hypo-allergenic facial that is appropriate for the most sensitive skin types. This is the purest and most potent facial that Mother Nature has to offer! **60 min, \$105**

**Collagen Infusion Facial** is an anti-aging facial that infuses both collagen and elastin deep into the dermis. These ingredients work together to replenish and maintain the skin's much needed moisture supply. **60 min, \$115**

## REGENERATIVE THERAPIES

**Personal Fitness Assessment** includes postural, strength and flexibility testing with a personalized home program. **30 min, \$40**

**Stretch and Strengthen** is a take home stretch program designed specifically for your body. **30 min, \$40**

**One-on-One Personal Fitness Training**, either on land or in Claramount's heated saltwater pool. **30 min, \$40 each / 12 sessions, \$350**

**Aqua Therapy** can be enjoyed in a small class setting or one-on-one. Aqua therapies are conducted in Claramount's heated saltwater pool and consist of warm up, stretching and strengthening exercises, and cool-down. **Individual, 30 min, \$40**  
**Group of 4 or more, 30 min, \$10 per person**

## JUST FOR MEN

**Beer Pedicure** uses TRUB, the enzymes left over from the beer making process at Prince Edward County's Barley Days Brewery. These enzymes help to break down stubborn callouses and soften feet. **45 min, \$45**

**Men's Eminence Facial.** This gentle, hydrating facial uses Eminence's Stone Crop line. Enjoy a scalp, foot, and lower leg massage during this relaxing treatment. **60 min, \$95**

## ADD-ONS

Enhance most treatments with the following:

**Steam. \$10**

**Paraffin** for hands or feet. **\$15**

**Bright Eyes or Hydrating Lip Treatment** is the perfect add-on for facials. **\$20 each**

**Wash & Go.** Let us wash your hair so you can keep all of those wonderful spa products on. Blow dryers are provided for your use in change rooms. **\$15**

**Light Therapy.** Chase away the winter blues with these healthy rays! **30 min \$15**

## DAY SPA PACKAGES

*Day Spa packages include 10% gratuity. Taxes are additional.*

Book a Claramount Day Spa package and SAVE 10% off individual treatments. All Claramount Day Spa packages include a steam bath and refreshing Spa Energy Break (delicious vegetable pâté, small salad with seasonal fruit accent, cheese, and one of Chef Michael Hoy's nutritious Energy Break biscuits.

<p><b>DECADENT DAY</b> <b>6.5 hr, \$399</b></p> <p>Moor Mud Body Wrap Eminence Nirvana Facial Manicure &amp; Pedicure Wash and Go Makeup Application</p>	<p><b>WELLNESS BEGINS HERE</b> <b>5 hr, \$299</b></p> <p>Reiki Therapy Blueberry Soy Slimming Wrap Facial Massage Kneipp Affusion <i>Choose one of the following:</i> Personal Fitness Assessment Stretch and Strengthen Aqua Therapy</p>
<p><b>RELAX AND RENEW</b> <b>4 hr, \$278</b></p> <p>Pear and Green Apple Body Polish Eminence Vitality Facial Eminence Back Bliss with Hot Stones</p>	<p><b>SERENITY SAMPLER</b> <b>3.5 hr, \$188</b></p> <p>30-min Vichy Pre-heat Eminence Back Bliss Intensive Eye Treatment Kneipp Wet Socks</p>

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