



Back to your Senses - 60 min \$69

Nurture your inner senses with a soothing, invigorating and thoroughly relaxing back treatment. The session uses pure organic products, applications of steamed towels, a back & shoulder massage and a warm mud mask designed to soothe the senses.

Body Sugar Smoothie - 60 min \$69

Softly glowing is how you will look and feel with these organic sugar scrubs. Exfoliation begins with your choice of tropical coconut, mimosa champagne or cucumber mint to cleanse pores and remove impurities. A mango enzyme treatment is then applied and you are wrapped in a warming blanket to assist hydration, exfoliation and toning. Your treatment finishes with a massage with an organic body lotion of your choice.

Salty Sea Scrub - 60 min \$69

Absorb yourself in pure mineral salts. A combination of Dead Sea salts, warm almond oil and vitamin E are applied to exfoliate, invigorate and moisturize your entire body. The salty scrub is then dissolved with steamed towels and followed with a soothing application of an organic body lotion of your choice.

Sol Manicure - 45 min \$35

Your hands are softened in a warm herbal soak, nails are perfectly manicured following a massage with a nourishing organic hand lotion; finishing with a polish of your choice.

Sol Pedicure - 60 min \$49

Treat your soles and toes with a special pedicure. Your feet are soothed and softened in a bath of refreshing sea salt and basalt stones. Cuticles, nails and calluses are carefully treated, followed by a moor spa scrub. Next a wonderful relaxing massage to sooth areas of tension and finishing with a polish of your choice.



Sol Spa Packages

Serenity Now! - \$145
Heaven Scent Massage & Eminence Organic Facial

Bliss - \$189
La Stone Therapy Massage & Eminence Organic Facial

Cloud Nine - \$185
Eminence Organic Facial & Body & Soul Massage & Sol Pedicure

Seventh Heaven - \$145
Body and Soul Massage & Sol Manicure & Pedicure

Elation - \$109
Salty Sea Scrub & Short 'n Sweet Facial

Delight - \$89
Sol Pedicure & Short 'n Sweet Facial

Waxing

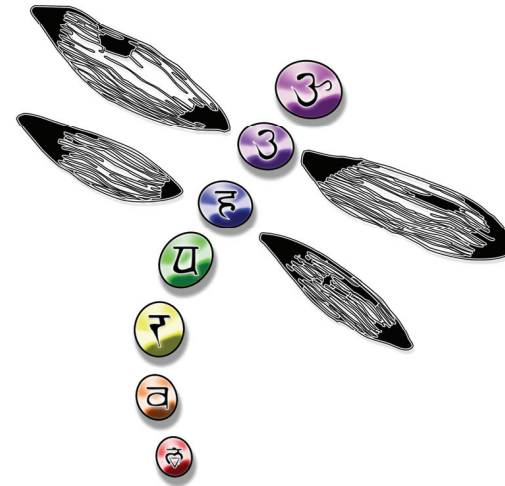
Bikini \$25 Brazilian/Full Bikini \$40*
Half Leg \$40 Half Leg & Bikini \$55
Forearms \$20 Face \$20 Lip \$10 Back \$40*
Full Leg \$60 Full Leg & Bikini \$70
Under Arm \$20 Full Arms \$30*
Chin \$10 Eyebrow \$20

* these items have prices that may vary.

Tinting & Extras

Eyebrow tint \$10 Eyelash tint \$20
French manicure or pedicure add \$10
Polish change \$15

Sol-Spa



Experience the Art & Soul of Spa!

Our Sol Purpose is to provide you with exceptional spa services using the finest natural and organic products in all our treatments and to offer a unique experience that nurtures the senses and touches both body and soul.

Gift cards are always available!

Please arrive 5 minutes prior to your appointment and honour our 24 hour cancellation notice.



Enjoy a quiet and peaceful atmosphere.

4664 Whitaker Road, Davis Bay, Sechelt, BC

604.885.5201

www.sol-spa.com

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Massage

LaStone® Therapy Massage

The original Hot Stone Massage involves the use of basalt and marble stones. The stones glide across your body, radiant heat penetrates deep into muscles, accentuated by cool, refreshing highlights. Your head-to-toe massage provides deep relaxation and restores energy and balance. – 90 minutes / \$120

LaStone® Back Neck & Shoulder

The use of basalt and marble stones facilitate in providing a deeper massage to alleviate muscle ache, tension, pain, chronic or acute. Each treatment is customized to suit your needs. – 60 minutes / \$85

Body & Soul Massage

Rejuvenate your body and soul with a Swedish massage, suited to your preference of a deep tissue or relaxing experience. – 90 min / \$100, 60 min / \$75, 30 min / \$40

Lomi Lomi

The flow of 'loving hands' massage will gently and yet deeply allow your entire being to be. The art of this massage is in the continuous flowing strokes, the rhythm of the movement relaxes your body assisting in letting go. By enabling you to relax, your body releases blockages at a cellular level. The practitioner focuses on being completely present, using loving hands and a loving heart to totally nurture from head to toe. – 90 min / \$100, 60 min / \$75

Reiki

The art and techniques of Reiki loosen and balance disturbances in your body. The energy of Reiki and its soothing effects will bring a state of deep relaxation, promote healing and relieve stress. This session will leave you feeling peaceful and refreshed. – 60 min / \$65

Side by Side One Hour Massage – Add \$10 per person



Heaven Scent Massage

Enhance your massage treatment by adding aromatherapy to your experience. We use organic and therapeutic grade essential oils. These extracts have been prized for thousands of years for their healing properties.

Choose one of our special blends \$5

Muscle Magic – Repair and relax your sore muscle and joints with our anti-inflammatory blend of lemon, lavender, ginger and juniper. These oils will comfort the body by soothing and warming fatigued muscles.

Heart Song – Allow yourself to feel absolute joy and happiness. Our uplifting blend of grapefruit, orange, bergamot and ylang ylang. These stress relieving oils will relax and rejuvenate your body, mind and soul.

Dreamy – Drift into a relaxing and tranquil sleep with our mellow blend of benzoin, mandarin, lavender and cedarwood. These calming oils will let the day just melt away.

Blue Moon – Ease the physical and emotional symptoms of PMS and Menopause with this beautiful womens' blend of clary sage, geranium, chamomile and rose. These nurturing oils will help balance and allow you to feel grounded and ultimately more cheerful.

Serenity Now! – Refreshment and renewal for fatigued minds. Our unique blend of grapefruit, spearmint, rosemary and basil will clarify muddled thinking and restore your brain.

Spirit Talker – Please your body and relax your mind with our meditative blend of sandalwood, patchouli, jasmine and rosewood. Savour the aromas of these exotic oils.



Eminence Organic Facials

Revitalize and purify your skin with 100% organic handpicked herbs, fruits and flowers from Hungary. The Eminence formula, with a high level of potency and concentration, is readily accepted and absorbed by the skin. The active nutrients and vitamins nourish and replenish, providing immediate results for a smoother, clearer, more supple and radiant complexion. Your skin is rejuvenated through a refreshing and relaxing experience.

Organic Deep Cleansing Facial

Your cleansing facial focuses on exfoliation with natural AHA's and grape pulp to clear clogged pores. Stimulating herbs dramatically increase blood flow to detoxify the skin and increase cellular renewal. This amazing facial is especially well-suited for oily to normal skin. – 60 min / \$79

Blueberry Detox

A highly active and stimulating facial using a cocktail of blueberries, blackberries and raspberries focuses on firming and repairing sun damaged skin. This medical grade peel refines and clears pores, skin is plumped and smoothed with the antioxidant-rich fruit. A creamy mixture of hibiscus, calendula and aloe vera will then soothe, heal and nourish normal to dry and sun damaged skin. – 60 min / \$79

Rosehip & Soothing Treatment

A calming facial treatment. Rosehip contains high quantities of vitamin C, helping to repair irritated skins. Maize and lactic acid gently remove dead skin and sweet red rose nourish, soothe and replenish leaving you with a dewy complexion. Suited for sensitive & rosacea skin. – 60 min / \$79



more facials...

Rainforest Facial

Relax to the sounds of the rainforest during this lavish facial designed to rejuvenate your skin. Extracts and juices from stonecrop cactus, yucca, flaxseed and thermal water firm and revitalize. Suited for fatigued, mature, menopausal or blemished skin types.

60 min / \$79

Sweet Skin

A tasty tune-up for your face. A selection of fruits, flowers and herbs are blended for your skin type. An organic mixture, rich in antioxidants, vitamins and minerals are massaged in, leaving your skin soft, supple and radiant.

60 min / \$79

Short 'n Sweet Facial

An intensive sweet treat for your skin, designed to cleanse, clarify and nourish. This treatment is an excellent introduction to our full facial and is customized for any type of skin including acne, oily, dry, sensitive, rosacea. A great boost for your skin on a night out.

30 min / \$45

LaStone® Facial

Let beauty radiate from your soul. Combining an Eminence organic facial with the therapeutic benefit of LaStone® Therapy; the facial focuses on your accupressure points, facial tension, improved circulation and revitalization of your skin. The warm stones are placed along pressure points in order to relax facial muscle tension, open pores, and restore blocked energy channels. Coal stones enhance stimulation, tone, tighten and close pores. The organic treatments and use of the stones melts away stress and provides a deep state of relaxation.

60 min / \$89