



## SPA MENU



# DO YOU *Know?*

The waters used at Grail Springs in our Grail Alchemy aromatherapy products, spa treatments, baths, cooking and for drinking come straight from our spring-fed lake. You can drink the best alkaline water in the world from any tap.



## BATH TREATMENTS

### **Grail Alchemy Sensory Bath Ritual** - stress-relieving, detoxifying, meditative 65 min

A meditative and releasing, sensory-journey connecting and awakening us to our higher counterpart. This is a uniquely guided experience using the five-senses, combining the attributes of touch, smell, vision, taste, and sound...

### **Canadian Pacific Seaweed Bath** - detoxifying, immune-boosting, firming 45 minutes

The combination of aromatherapy, balneotherapy and thalassotherapy, makes a strong thyroid tonic, immune fortifying and anti-viral composite. Feel the immediate effects of the Laminaria as it calls upon the powers of the water carrier to start your cleansing process. A 15 minute bath is followed by light mini-massage with firming seaweed lotion...

### **Coconut Milk Bath Body Ritual** - skin renewal & nourishment 55 minutes

A three-step treatment begins with a raw sugar cane scrub combined with organic fruits, melting away layers of old skin cells. Promotes circulation while infusing deep hydration and nutrition into the skin. Sink into a luxurious coconut milk bath rich in skin-loving fatty acids, leaving skin soft and smooth...

### **Colour Therapy Bath with Reiki Session** - stress management, calming 55 minutes

Colour has been scientifically proven to influence a person's mood and in turn can assist in one's healing process. Our colour bath pigments are natural and vibrant, specifically chosen to enliven or calm a particular chakra energy centre. Along with colour healing, therapeutic sea salts and correlating essential oils are added to the bath...

### **Moor Mud Detox Bath** - reduces pain & inflammation, nourishment 45 minutes

Renowned for its natural therapy for detoxifying and re-mineralizing the body as well as for treatment of arthritis, chronic skin conditions, cellulite and stomach ailments. Soaking in the moor mud allows the skin to absorb hundreds of trace elements and minerals contained within the moor...

### **Sacred Journey of the Heart** - emotional healing, energy balancing 55 minutes

Allow your heart to open and release its burdens on this full sensory journey of healing and renewal. Begin with a soothing colour therapy bath infused with special healing herbs, sea salts and essential oils designed to balance the heart chakra, melt away tension and inflammation. Following, receive a gentle neck and shoulder massage with a tension-releasing lotion, and breathe in the invigorating aromas as you relax to the gentle sound of chimes and a Reiki treatment...

## BODY WRAPS

### **Blueberry Soy Wrap** - detoxifying, firming, increase circulation

*60 minutes*

A gentle exfoliation using organic sugar cane melts away old skin cells while an application of a luscious blend of blueberry and algae mask aids in blood circulation and flushes toxins. A warm wrap follows with professional-grade antioxidant-rich blueberries, raspberries, grapefruit and green tea mask to replenish nutrients. Followed by a warm shower and a light massage using an organic blend of cinnamon and paprika to encourage increased circulation, firmness and vitality.

### **Canadian Pacific Seaweed Wrap with Steam** - energizing, skin firming, immune boosting

*55 minutes*

Promotes deep hydration, cellulite reduction, anti-inflammatory effects, improved blood and lymph circulation and stimulates cellular metabolism. While your skin absorbs the rich sea algae, a soft flowing stream of warm steam surrounds your body. During the steam segment enjoy a neck and shoulder massage with cooling tension balm. After a warm shower enjoy a light massage with hydrating organic Canadian Pacific seaweed lotion and firming gel for toning.

### **Canadian Pacific Seaweed Wrap with Vichy Shower** - energizing, skin firming, immune boosting

*65 minutes*

A unique and luxurious water therapy originating from France activates our detoxification systems. Treats chronic skin conditions, promotes cellulite reduction and skin toning. Begins with exfoliation and then a warmed Canadian Pacific seaweed mask is applied. Relax under the steam tent to open the pores, increase the detox process while absorbing the rich minerals contained in the algae. Enjoy the unique sensation of the seven-head vichy shower, followed by a light massage with hydrating and toning lotions.

### **Mists of Avalon** ~ release energy blocks, calming, meditative experience

*75 minutes*

A sensory journey connecting the mind, heart, body and soul, supported by the combination of aromatherapy, heat, hydrotherapy, energy balancing and a visual meditation.

### **Moor Mud Detox Wrap with Steam** - reduce pain & inflammation, hydrating

*55 minutes*

Induces stress relief while providing optimum absorption of hundreds of trace minerals contained in the rich moor. Benefits include deep hydration, cellulite reduction, anti-inflammatory effects, improved lymph circulation and stimulates cellular metabolism. A light massage with hydrating lotion and tension balms where needed.

**Moor Mud Detox Wrap with Vichy Shower** - reduce pain & inflammation, energizing

*65 minutes*

A luxurious treatment that delivers results for arthritis, chronic skin conditions, cellulite reduction and stomach ailments. Begins with an exfoliation followed by warm moor applied to the entire body. Relax under the steam tent to open the pores and increase the detox process while absorbing rich minerals of the moor.

**Red Carpet Mineral Wrap** - inch loss, detox, toning

*1 hour 45 minutes*

The most effective slimming wrap available melts away inches from thighs, stomach, hips, waistline while toning the skin, removing cellulite and reducing inflammation.

**Stone Crop Body Treatment**

*60 min*

Elevate your body ritual with head-to-toe organic healing. Featuring stone crop – one of Éminence’s signature ingredients – this treatment extends firming and moisturizing to the entire body



## BODY SCRUBS

**Velvet Skin Renewal Treatment - aromatic, exfoliation, skin renewal**

**40 min**

**Breathe deeply and relax into this gentle aromatherapy exfoliating treatment which promotes velvety renewed skin. With the comfort of warmed body pads, special blends of essential oils and hydrating lotions, the health benefits of this experience can include reduced anxiety, support positive moods, boost energy, increased circulation and strengthen the immune system.**

**Canadian Pacific Sea Salt & Kelp Scrub – activate lymphatic, firming, energizing**

*40 minutes*

A gentle exfoliating salt scrub with wild organic seaweed promotes removal of dead skin cells, impurities, toxins, improves circulation and leaves the body nutrient replenished. This essential cleansing therapy breathes new life into our skin. Following a warm shower you will enjoy a light effleurage massage with skin-firming seaweed lotion. Skin will feel soft, young and hydrated. (refrain from shaving 24 hrs prior to treatment)

**Eminence Fruit Infusion Body Glow - increased circulation, skin renewal**

*40 minutes*

Organic fruits of coconut, blueberry-soy or cranberry-pomegranate infused with raw sugar cane granules. This gentle scrub melts away layers of old skin cells, smooths the epidermis while deeply hydrating and increasing microcirculation.



Following with a warm shower, finishing with a light massage using a vitamin-rich blend of apricot kernel, grapeseed, seabuckthorn and jojoba oil to protect the new layers of skin.

**Lymphatic Dry Brushing with Instruction - detoxifying, increases circulation**

*20 minutes - includes take home brush*

Skin-brushing is a method designed to cleanse the blood, activate lymph flow, and stimulate the bio~energy or Chi meridians while simultaneously improving the skin's health and beauty. This 20-minute treatment is powerfully purposeful in achieving optimum health and vitality goals. Each guest will receive a skin-brush to take home along with instructions.

## COLONICS

### **Colon Hydrotherapy** - cleansing, improve digestion and elimination

*60 minutes*

Add a colon-hydrotherapy session to fast track weight loss and body cleanse. We merge this natural approach to body cleansing and detoxifying with the most advanced technology and in an environment which is safe and relaxing. Using abdominal massage and relaxation techniques our therapist will optimize your experience. Benefits you may see; clearer skin, reduced bloating, improved digestion and elimination. CSA and CE approved.

## DEEP CLEANSE

### **Ion-Cleanse Foot Bath with Oxygen Therapy** - removes toxins, increases energy

*30 minutes*

Activates and stimulates to remove toxins, fungus and bacteria. Reduces acidosis allowing the body to regain a natural ph balance. Those with sleep issues or joint pain may feel some relief along with increased energy. A series of treatments taken every other day is optimum. Includes oxygen inhalation therapy.

### **MAS Mat with Oxygen Therapy** - stimulates cell renewal

*30 minutes*

This system was featured on Dr. Oz and involves the stimulation of our body's cells using variable frequencies and waveforms to promote a natural detox and healing process. The field prepares your body to relax and sleep. When the pulsation is set from 8 to 14 Hertz, it encourages a deep feeling of wellbeing. Higher frequencies can reduce inflammation and pain. It is recommended to book 30 minutes in the infrared sauna following this session for optimal results.

### **Oxygen Inhalation Therapy** - improves vital body function

*30 minutes*

Created by European scientists to improve the body's ability to draw energy from oxygen and combat cellular damage caused by excessive free radicals and toxins. Can greatly improve vital body functions such as breath, heart, blood pressure, metabolism and hormone balance. Guests often feel an immediate energy boost.



## ENERGY BALANCING

### **Axiatonal Alignment** - chakra balancing

*30 minutes*

*add-on Reiki 50 minutes*

Using a hands-on healing tool working with the meridians of the body and the earth, this treatment flushes the energetic system, balances the left and right sides of the brain and body, and strengthens your connection to the earth energies while attuning you to higher levels of consciousness. This treatment is great for those working on expanding their higher chakras while remaining grounded and centred.

### **Bio-Energy Photo & Report**

*25 minutes*

Would you like to see your own life-force field, also known as your bio-energy field? Our life-force can be affected by ongoing stress, grief, environmental toxins, adrenal-fatigue, dehydration and other underlying stresses. One of our coaches will take a photo and guide you as to where your strengths and weaknesses are according to your chakra energy health and how to make improvements. Book at the beginning of your stay so your coach can make recommendations for specific energy-balancing treatments.

### **Colour Therapy Bath with Essential Oils & Reiki** - chakra balancing

*55 minutes*

Colour has been scientifically proven to influence a person's mood and in turn can assist in one's healing process. Our colour bath pigments are natural and vibrant, specifically chosen to enliven or calm a particular chakra energy centre. Along with colour healing, therapeutic sea salts and correlating essential oils are added to the bath. Relax and recharge in our alkaline waters, followed by a chakra balancing session with your Reiki practitioner.

### **CranioSacral Therapy** - relieve stress and chronic pain, restore harmony

*60 minutes*

Craniosacral Therapy is a non-invasive and gentle approach to restore harmony and balance through the release of stress and trauma at the cellular level.

Overwhelming trauma and chronic stress is stored in the body, manifesting as chronic pain, tension, emotional unrest and fatigue. A deeply restorative treatment relieves symptoms of stress, tension and trauma and serves to restore harmony and a sense of wellbeing.





### **Crystal Light Bed Therapy** - chakra balancing

*20 minutes, 30 minutes, 40 minutes*

Seven special quartz crystals suspended over a table, align with and correspond to the seven major energy centres or chakras of the human body. These specially cut crystals in combination with colour and light therapy, balance the chakras and energy field on the mental, physical, emotional and spiritual levels. May be reserved daily.

### **Raindrop Therapy** - aromatherapy, energy balancing

*80 minutes*

A series of nine essential oils is applied on the spine and are gently dispersed and absorbed in to the nervous system using light strokes. Warm, moist towels are placed on the back to further the absorption and relaxation effects of the oils. This unique therapeutic technique supports elimination of toxins, balances body's energy, boosts immune system, supports healing of back injuries, swelling and pain, aids in straightening spinal curvatures, relaxes and releases stress. Should be avoided by individuals with sensitive skin.

### **Reiki** - nourish and balance vital life-force

*30 minutes, 50 minutes*

Reiki is a relaxing meditative therapy based on ancient 'laying on of hands' to balance and nourish your vital life force energy for highest level of health, wellbeing and peace of mind.





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## FACIALS

### **Arctic Berry Illuminating Collagen Boosting Facial**

*70 minutes*

Exquisite blend of arctic berries, lingonberry seed oil and hibiscus seed extracts work in harmony as an advanced resurfacing treatment to deliver the ultimate in skin renewal. Your skin is then infused with botanical peptides, collagen boosting actives and innovative, globally-sourced algae extracts. This facial reduces fine lines and wrinkles, and recalibrates your collagen synthesis to encourage the formation of high quality, 'smart' collagen. Ideal for all skin types, this anti-aging powerhouse will leave your complexion feeling pleasantly radiant and reveal a new level of luminosity to your skin.

### **Arctic Berry Illuminating Collagen Refresher**

*30 minutes*

This 3-step refresher will re-energize your skin, smooth fine lines, brighten and improve the tone and texture of your skin. This begins with an exfoliation to break down and remove dead skin cells, followed by a light peel to reduce inflammation, refine lines and even skin tone. Finish with the Arctic Berry cream to leave your skin hydrated, smooth and luminous.

### **Eminence Personalized Facial**

*50 minutes*

Tailored to your skin condition, this facial combines an array of the very luscious fruit, vegetable and herbal skincare products handcrafted by Éminence Organic Skin Care of Hungary. These organic ingredients have an incredibly fresh aroma and will infuse your skin with natural pure vitamins and high bioflavonoid content to heal, reduce inflammation and repair skin to its natural healthy state. Choose from: Brightening, Calming, Firming or Clarifying.

### **Fire and Ice Cell Renewal Facial**

*70 minutes*

This stimulating facial uses the fresh pulp of apples, grapes and naseberries to exfoliate, while Hungarian paprika significantly increases blood flow. Detoxifying, oxygenating and cellular renewal occurs through a stimulating peel followed by a cooling down mask of cucumber and tea tree. This clinically proven facial will wake up a tired complexion, reduce inflammation, plump up fine lines, reduce wrinkles and leave the skin glowing, toned and rejuvenated. This is a treatment that delivers instant results.

### **Fire and Ice Renewal Facial**

70 min

This stimulating facial uses the fresh pulp of apples, grapes and naseberries to exfoliate, while Hungarian paprika significantly increases blood flow.

### **Mangosteen Radiance Booster**

30 minutes

This is the perfect pick-me-up to refresh your skin. Mangosteen, the 'Queen of Fruits' together with vegan lactic acid will exfoliate and feed your skin with antioxidants to refresh and renew, giving you a luminous, radiant complexion.

### **Nutrient-Rich Detox Facial**

60 minutes

A deeply cleansing facial designed to detoxify, purify and rehydrate the skin. Using a selection of potent organic treatments to counter the effects of pollution and discover revitalized, radiant skin with help from nutrient-rich microgreens. This invigorating facial will leave your skin feeling rejuvenated and protected from environmental elements.

### **Oxygen Facial Treatment – anti-aging**

50 minutes

A favourite of Hollywood's A-list celebrities such as Jennifer Lopez and Madonna, potent serums containing vitamins and antioxidants dramatically lift, tone and hydrate the skin. Results are not only instant but continue to improve in the following days. Best for aging, tired, dry skin while delivering a powerful boost to achieve a youthful appearance of fresh, hydrated skin. Excellent to have before a special occasion.

### **Oxygen Facial Treatment with add-on booster**

60 minutes

An add-on to the Oxygen Treatment, the Atoxylene Treatment is made up of natural amino acids which instantly firms, lifts and plumps your skin for more dramatic results. Ideal for fine lines, wrinkles, expression lines, premature aging.

### **Seaweed Botanical Facial**

50 min

Direct from the wild, pristine ocean, we bring you the Canadian Pacific Ocean Botanicals Facial. This unique blend of organic seaweed with chamomile and lavender calms the mind and promotes deep relaxation. With the healing power of seaweed, your skin will be glowing from the richness of protein-building amino acids, beta-carotene, antioxidants and trace minerals.





### **Stone Crop Gentlemen's Facial**

*50 minutes*

This facial is sure to meet the demands from the effects of shaving, the environment and everyday stress. This treatment will detoxify and renew your skin with nutrient-rich microgreens to gently clarify and remove impurities. Stone crop, an exotic succulent which has been used for centuries as a first-aid plant, heals irritation, brightens and breathes life into your skin. (do not shave prior to facial)

### **Yam & Pumpkin Enzyme Glow Facial**

*60 minutes*

[This refining and collagen-boosting facial features organic yam and pumpkin to naturally and deeply exfoliate. Appropriate for all skin types, this facial begins with a customized cleanse. Next natural fruit and vegetable enzymes in this vegan peel detoxify the skin and restore a youthful glow. Then, a soothing chamomile mist hydrates and softens as a calming masque is applied. This deep exfoliation prepares the skin to receive the full benefit of a specially selected serum and moisturizer to address your specific skin concerns. Your complexion will be glowing, toned and hydrated.

## **FACIAL Add-on**

### **Hibiscus Ultra Lift Treatment for Eyes, Lips and Neck – anti-aging**

*Add-on to any Facial*

Elevate your Eminence facial with an Age-Corrective Ultra add-on treatment. Dramatically improve the appearance of puffy, tired eyes, sagging skin or even the deepest expression lines. Featuring firming and lifting hibiscus, botanical peptides and a unique ice wine active, this add-on treatment delivers results in minutes and shows long-lasting improvements over time. Just one treatment will leave you feeling and looking young and refreshed.

## HANDS & FEET

### **Eminence Beautiful Hands & Arms Treatment** - increase circulation, hydration *30 minutes*

While lying down and relaxing your therapist buffs your skin with a mixture of pure sugar cane, removing dryness and roughness. With the warmth of an organic blend of avocado, tea tree and peppermint oils combined with shea butter, this infusion delivers deep hydration into your hands and forearms and helps to reduce soreness and tired muscles. Following a warm wrap, enjoy a gentle massage with an aromatic apricot oil, melting away any remaining tension and leaving your hands and arms looking younger and feeling refreshed.

### **Eminence Treatment for Tired Feet & Legs** - relieves tension, rejuvenating *30 minutes*

Treat yourself to the comforts of this foot and leg treatment lying down and relaxing while your therapist buffs away dryness and roughness with a raw sugar cane mixture, especially targeting the heels. Applying a blend of avocado, tea tree and peppermint oils, combined with shea butter and warm towels, this treatment will deliver deep hydration and muscle relaxation to your feet and calves. Following the wrap, a massage with aromatic apricot oil will work out any remaining tension in your calves while leaving feet feeling soft and supple.

## HAIR & SCALP

### **Essential Oil Hair & Scalp Treatment** – for healthy hair and new growth *30 minutes*

A gentle hair and scalp massage with Tibetan apricot kernel essential oils helps to improve circulation and delivery nutrition and strength to the hair and scalp. As well as receiving a scalp massage, the soft tissues of the neck and shoulders are gently mobilized and stretched, helping to ease tension and restore joint movement. A specialized treatment for anyone experiencing hairloss.

## MASSAGE THERAPY

### **Aromatherapy Massage** - relaxation, light to medium touch *60 minutes*

Customized to your needs, this massage incorporates the balancing power of essential oils. Choose from a number of different blends that address different outcomes; calm and relaxation, pain relief and grounding, energy and rejuvenation, and one for healthy skin and collagen production. This treatment induces relaxation and stress relief. Light to medium touch.

### **Back, Neck & Shoulder** - stress & tension relief, medium to deep touch

*30 minutes*

This massage is designed for the individual needing immediate relief from tired aching muscles, knots, daily stresses or headaches. Medium to deep touch.

### **Holistic Massage** - relaxation, light to medium touch

*60 minutes*

Full body relaxation massage performed by skilled holistic body therapists and designed to induce calm, balance and promote a general sense of wellbeing and relaxation. Light to medium touch.

### **Hot Stone Massage** - therapeutic, medium touch

*60 minutes*

Journey into a deep state of relaxation with an ancient art of massage. Using smooth, heated river stones in combination with aromatherapy essential oils and various massage techniques, the effect is a very soothing treatment, relaxing the body and mind at its deepest level. Medium pressure.

### **RMT Massage** - personalized, medium to deep touch (*available Jan 1 2020 onward*)

*60 minutes, 80 minutes*

Ideal for those who place strenuous demands on their bodies. A deep tissue massage can be customized to address the entire body, as well as target problem areas, ease stress, muscle pain and increase circulation. Receipt provided for insurance purposes upon request.

### **Swedish Kinetic Massage**

*60 min*

A traditional and deeply relaxing massage, Swedish Kinetic involves the entire muscle, working from tendon to tendon, resulting in a re-aligning of muscle fibers and releasing of tension.



## REFLEXOLOGY

### **Foot Reflexology** - stimulates meridians, promotes wellbeing

*60 minutes*

Reflexology is natural healing therapy which helps restore balance throughout the body by using pressure-point massage techniques. It can alleviate stress, relax the mind and improve overall health and wellbeing. After the feet have been soaked and wrapped in warm towels, the therapist applies acupressure to 'reflex' zones which correspond to specific organs and glands. Most individuals find that reflexology is deeply relaxing and rejuvenating.

### **Hand Reflexology** - stress relief, relaxation

*30 minutes*

Based on the same principles as foot reflexology this treatment helps to restore balance by using pressure-point massage techniques on the hands. It is known to alleviate stress, relax the mind and improve overall health and wellbeing. After the hands have been wrapped in warm towels, the therapist applies acupressure to 'reflex' zones which correspond to specific organs, glands and other parts of the body. Can be both deeply relaxing and rejuvenating.

## A GUIDE TO THE SPA

- ◆ Advise at the time of booking if there are any health concerns, are pregnant, have skin allergies, a pacemaker or any metal in your body such as joint replacements.
- ◆ As a courtesy to other guests, please turn off cell phones while in public areas. Leave cell phones in guest room while attending spa or a yoga class. *Note: cell phones can affect some of the spa technology AND can be damaged by saunas.*
- ◆ Health forms are required if receiving body treatments.
- ◆ Men are advised to refrain from shaving the day of receiving facial. Women are advised to refrain from shaving the day of receiving any body treatments such as salt scrubs which may irritate the skin.
- ◆ It is ideal to take an infrared sauna following a MAS Mat treatment, or after using the Chi Machine or the Body Vibration Machine.
- ◆ Relax in the Great Hall five minutes prior to spa or coaching appointment.



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2004 Bay Lake Road  
Bancroft, Ontario CANADA

1-877-553-5772 | [www.grailsprings.com](http://www.grailsprings.com)