

Shizen Signature Treatments

Our Signature Treatments are the ultimate spa experience and are marked throughout the menu with the Shizen Spa logo. 

Shizen Classic Facial

Our specialized facials can target age defying, dehydration, purification, pigmentation and sensitivity. Shizen Spa uses only the best products to repair and restore a naturally radiant complexion.

Oxygen Infusion Facial

Align yourself with the Hollywood A-list. Intraceutical Infusions use pressurized oxygen, hyaluronic acid and specialized serums to deliver real results for all skin types and conditions. For the ultimate in hydrated, clean and fresh glowing skin.


Shizen Signature Massage

Count on this relaxation massage that can incorporate the healing therapy of hot stone placement, for deep relaxation and massage movement to address tension.

Shizen Body Wrap

Let go of your stress and soothe your skin with a detoxifying and hydrating body wrap, featuring your choice of aromatic essential oil blends.

Shizen Signature Manicure

 Shizen Signature Pedicure
Nurture your hands or feet with a custom treatment enhanced with a relaxing pressure point massage, mask, and paraffin. Complete with nail polish application.
Callus abrasion included with pedicure.



HOTELS & RESORTS



DEERHURST
a
SKYLINE RESORT

Muskoka

1-800-461-4393
deerhurstresort.com



HORSESHOE
a
SKYLINE RESORT

Barrie

1-800-461-5627
horseshoeresort.com



PANTAGES
a
SKYLINE HOTEL

Toronto

1-866-852-1777
pantageshotel.com



COSMOPOLITAN
a
SKYLINE HOTEL

Toronto

1-800-958-3488
cosmоторonto.com

skylinehotelsandresorts.com

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SHIZEN SPA – HORSESHOE RESORT

TAKE TIME TO UNWIND




SHIZEN SPA
— at —
HORSESHOE RESORT
Barrie

The Shizen Spa Collection At Skyline Hotels & Resorts

Inspired by the Japanese word for nature, the Shizen Spa collection brings you results-oriented treatments and proven techniques hand-picked from around the globe.

We have balanced these therapies together in a carefully designed selection of Shizen retreats, rituals and signature treatments, each created to help you reach your goals. And we share them with you

in settings as diverse and inspiring as our Canadian landscape. Our experts are here to provide you with worthwhile experiences, plus the tips, know-how, advice and products to extend those spa benefits at home. From real stress-relief to stylish finishing touches, it's all about you.

Simple, pure, polished. Welcome to the Shizen Moment.



REJUVENATION FROM HEAD-TO-TOE

Nail Therapies

Take care of your fingers and toes

S Shizen Signature Manicure **60 MIN** | \$65

Our custom manicure with special rejuvenating touches: a decadent hand massage with an exclusive anti-aging and hydrating lotion followed by a warm and relaxing paraffin wax soak.

Shizen Signature Pedicure **60 MIN** | \$80

Our custom pedicure with special relaxation touches: a soothing mini hot stone foot massage followed by a warm and relaxing paraffin wax soak.

These are wonderful gift manicures and pedicures, whether for yourself or someone that needs that special R & R.

Custom Manicure **45 MIN** | \$45

Pick your favourite polish colour and we'll take care of the rest with hand soak, nail trim and file, cuticle nourishment, scrub, and relaxing hand massage. *Complete with nail polish application.*

Custom Pedicure **50 MIN** | \$60

Pick your scrub, lotion and polish; we'll take care of your total nail care with foot soak, nail trim and file, cuticle nourishment, callus abrasion, exfoliation, and relaxing foot massage. *Complete with nail polish application.*

Shellac Manicure **45 MIN** | \$55

"Two Week Manicure" or "Power Polish". Shellac nail polish and its specific base & top coat polish, are applied in single coats with the nails resting under an Ultra Violet light between each coat. This creates a stronger finish and enables manicures to last longer than regular nail polish.

Shellac Removal **15 MIN** | \$8 with service

Polish Change **15 MIN** | \$20

Make a fresh start. A quick service for the hands of people on the go.

BFF's

Enjoy quality time together as you receive a custom manicure and/or pedicure at the hands of our esthetics team.

Manicure for both	50 MIN \$80
Pedicure for both	50 MIN \$110
Combination	100 MIN \$180

For Children Under 12

Introduce your child to pampering with these two specially designed nail services.

Mini Manicure	30 MIN \$25
Mini Pedicure	30 MIN \$35



Facial Therapies

Personalized facials to provide the best care for your skin

S Shizen Classic Facial (Guinot Classic)

60 MIN | \$105 **90 MIN** | \$165

Begin your Shizen Spa facial experience with a complimentary skin analysis and consultation provided by your certified skin care specialist. Our specialized facials can target dehydration, deep cleansing, age defying, acne prone, rosacea, or sensitive skin. Your aesthetician will have your skin feeling supple, radiant and renewed and in addition, provide recommendations for home skin care.

Guinot Hydradermie or Hydradermie Lift Facial **60 MIN** | \$110

Guinot Hydradermie & Hydradermie Lift Facial Combination **90 MIN** | \$170

This facial is the basis of the Guinot skin care line from Paris. We will tone your skin and firm your facial muscles with this circulation boosting and toxin eliminating treatment. The application of low frequency current leaves your face looking visibly younger. A must try for all skin types.

Liftosome Mask & Facial **75 MIN** | \$115

Restore your skin's elasticity, tone and texture using this mask of powerful pro collagen concentrate. Followed by a relaxing and soothing facial for a truly rejuvenated look and feel.

S Intraceutical Oxygen Infusion Treatment

Mini Facial with Makeup Application **75 MIN** | \$135

Facial **60 MIN** | \$155 **75 MIN** | \$200

Look your best by aligning yourself with the Hollywood A-list. Intraceuticals pressurized Oxygen Infusions tackle the tell-tale signs of aging and "too much fun" with hyaluronic acid and specialized serums to decrease fine lines, balance skin tones, target expression and stress lines for a more youthful look almost immediately. Perfect for your next big event!

Enhancements

Add a targeted boost treatment for even greater benefits

Paraffin For Hands	\$15	French Polish	\$10
Paraffin For Feet	\$15	Lash Tinting	\$25
Paraffin For Hands & Feet	\$25	Brow Tinting	\$15
Make-Up Application	30 MIN \$40+Up		

Hair Removal

A fast and longer lasting solution to smooth skin

Eyebrow Wax	\$20	Shoulder Wax	\$25
Lip	\$10	Full Leg	\$55
Brow, Lip & Chin	\$35	Half Leg	\$40
Back or Chest	\$50	Brazilian	\$60
Underarm	\$20	Traditional Bikini	\$25.00
Full Arm	\$30	Toes	\$10
Half Arm	\$20		

Massage Therapies

Breathe deep and pick the specialty that suits you best

S Shizen Signature Massage **90 MIN** | \$150

The ultimate, personalized massage is customized by our skilled and certified therapists to help you achieve optimum wellness. A combination of hot stone placement, Swedish massage, and warm oil raindrops makes this our signature treatment.

Horseshoe Hot Stone Massage **75 MIN** | \$140

This deep relaxation treatment helps restore energy and balance, as hot stones with just the right amount of heat and pressure are used to relieve sore muscles and reduce tension.

Swedish Massage **60 MIN** | \$105 **90 MIN** | \$140

Melt your muscles with this traditional favourite that can combine a variety of beneficial techniques including gliding, kneading, and cross-fibre friction to ease muscle tension using customized pressure.

Deep Tissue Massage **60 MIN** | \$105 **90 MIN** | \$140

Relieve stubborn knots and areas of chronic tension with this firm pressure massage that loosens muscles, releases toxins and improves blood and oxygen circulation.

Mom To Be Massage **60 MIN** | \$115

A modified massage for expecting moms to help with aches and stresses before the wee one arrives! This treatment is performed by an R.M.T.

Tandem Suite Massage

Enjoy a wonderful massage side by side, available upon request. Prices are based on massage type and duration chosen. Available in 60 or 90 minutes are: Shizen Signature, Deep Tissue, Hot Stone and Swedish massages. Please add \$5 per person to your service.

Scalp Energizer **15 MIN** | \$30

Get a head start and de-stress with an application of scalp-soothing essential oils and a stimulating massage, without any oily residue.

Bright Eyes **15 MIN** | \$35

Address dark circles, puffiness and expression lines with this multi-active rejuvenating eye-zone treatment packed with nourishment and protection.

Vitality Massage **30 MIN** | \$60

This massage is customized to address your needs, by using firm pressure to ease muscle tension.

Express Facial **30 MIN** | \$55

Neutralize free-radicals and nourish your skin, leaving it supple and hydrated. This is the ideal quick fix for any skin type.

Collagen Mask **15 MIN** | \$35

Collagen plays a key role in keeping skin firm and giving it shape. This very effective add-on boosts the collagen on the surface of your skin to improve appearance, while stimulating your skins own natural collagen production.

Featured Product Line Guinot Skin Care

Body Therapies | Scrubs & Wraps

We've got you covered with a body-and-mind unwinding collection of wraps and scrubs

Mud Wrap Therapy **75 MIN** | \$130

This mud wrap helps detoxify and ease muscle aches while promoting optimal circulation. Excellent for freshening skin and detoxifying with every change of season. And good clean fun! Please note: Mud wraps are not recommended for expecting mothers.

Phytomer Re-Mineralizing Wrap **60 MIN** | \$105

Feel energized and invigorated with our new Phytomer Re-Mineralizing Wrap. If you are feeling tired and sluggish, this wrap is for you. Featuring 104 trace elements from the sea as well as sage, sandalwood, and basil, this wrap will increase your sense of well being while it revitalizes and re-mineralizes your body from head-to-toe.

Sea Holistic by Phytomer **60 MIN** | \$125

Pure decadence! This body treatment combines the beneficial virtues of marine products with traditional Thai massage techniques. Boluses of lavender flowers and sea salts heated with steam are applied using pressures to areas of tension. The finish: a relaxation serum application. You are soothed by scents of lavender, you are deeply relaxed and you are left with beautiful skin.

Phytomer Warming Detoxifying Algae Wrap **60 MIN** | \$105

Ready to cleanse? What better way than with our new Phytomer warming Detoxifying Algae Wrap - This intensive purifying treatment utilizes algae high in minerals to deeply stimulate digestion and to enhance the elimination of fluids and toxins.

Dead Sea Salt Scrub **60 MIN** | \$130

Purify your skin with this traditional treatment that is renowned for stimulating the lymph system to eliminate toxins, relieve muscular tension and encourage the body's natural production of moisturizers.

Booking and Cancellation

A credit card is required to secure your spa appointment. We do offer a no charge cancellation policy with a minimum of 24 hours notice prior to your scheduled appointment time. No shows or cancellations made within 24 hours will be charged 50% to your credit card or guest room.

Tandem Massages

Whether you are a Couple, Sisters, Mom & Daughter or BFF's... Enjoy a wonderful massage side by side in one of our two Tandem Suites. Prices are based on massage type and duration chosen. Available in 60 or 90 minutes are: Shizen Signature, Deep Tissue, Mom To Be and Swedish Massage. This treatment format is based upon availability of suites, and is requested in advance. Massage types may be mixed and matched to suit your individual needs.

Please add \$5 per person to our massage prices for couples massage. (Ask about our tandem aesthetics suite too!)