

## Massage Therapies

Relax and reduce stress with one of our indulgent massage treatments. At Amba Spa we offer massage with Relaxation Therapists, as well as Registered Massage Therapists. Please specify at the time of booking.

### Relaxation Therapist :

These therapists are trained to perform a lighter touch massage designed to stimulate the blood flow and provide deep relaxation. There is no insurance receipt provided for massage with relaxation therapists.

### Registered Massage Therapist (RMT):

These therapists provide therapeutic massage designed to relieve muscular tension, soreness and stress. Our RMTs are trained in various modalities and provide prenatal, Swedish, deep tissue and sports massage.

Registered Massage Therapists issue insurance receipts for their services.

\* Please note that we do have both male and female staff members. If there are any gender requirements for your treatments, please make sure to discuss this at the time of booking.

	Relaxation Therapist	Registered Massage Therapist
25 minutes	\$60	\$70
50 minutes	\$110	\$135
80 minutes	\$160	\$185
Hot Stone-50 min	\$130	\$155
Hot Stone-80 min	\$170	\$195



**AMBA**  
HEALTH & BEAUTY SPA

## FACIALS

### LIFT SUMMUM FACIAL 50 MIN | \$145

The Lifting and Firming Facial.

The Lift Summum treatment is designed to firm and smooth the delicate skin of the face, neck, and chest – offering instant and long-term results. The Lift Summum is fast-acting to exfoliate, remove dead skin cells, improve skin elasticity, fill/erase wrinkles, and restores radiance in just 50 minutes.

### HYDRAPEELING FACIALS 50 MIN | \$145

The Glowing and Calming Facials.

Our HydraPh and Hydrabrasion peeling facials are best suited for dry and dehydrated skin. Both treatments minimize brown spots and signs of aging, smooth out the texture of the skin, increase radiance, and deeply moisturize. Your skin will look brighter, fresher and younger regaining its luminosity with a luxurious soft feel.

### HYDRADERMIE DOUBLE IONIZATION 50 MIN | \$150

The Star of Facial Treatments.

Your skin is already more beautiful by the end of the treatment! Try the “mirror test” - your face appears remarkably rested and serene. Designed to restore your skins natural beauty, this facial is customized to meet your individual needs. Recommended as a course of three treatments or as a maintenance treatment every month, Hydradermie is the most effective deep-cleansing and hydrating treatment for your face. Our extensive eye and neck treatments are included in the 80 MIN Hydradermie facial \$210.

### Eye Logic Treatment Add-on 25 MIN | \$65

This 3-step contouring treatment targets the delicate eye area to reduce the signs of fatigue and eliminate wrinkles, puffiness and dark circles. Add this eye treatment to your facial for immediate results.

## BODY TREATMENTS

### AROMATHERAPY WRAP 50 MIN | \$145

Our most effective treatment to soothe, stimulate and rehydrate your skin. Our therapists will exfoliate the body using a dry brush and apply an essential oil blend before enveloping your skin in a rich hydrating cocoon, while you enjoy a scalp and face massage. This treatment finishes with a light application of AMBA signature moisturizing lotion. Guaranteed to leave your skin soft and silky. Take home your dry brush to continue the pampering at home. Add on refresher facial \$67.

### AROMATIC VISAGE 50 MIN | \$135

The power of plants to make your skin more beautiful! Lose yourself in a tantalizing world of fragrant herbs, plants and flowers and a relaxing massage. Find tranquil beauty with this unique method that combines the benefits of essential oils with de-stressing and tension reducing massage techniques with a mask tailor-made to your beauty requirements. Aromatic is recommended as a “quick pick-me-up” or as a course of three treatments.

### MEN’S FACIAL 50 MIN | \$135

This treatment is specially designed to suit the needs of men’s skin. It will leave your face feeling clean, toned and fresh. Deep cleansing and nourishing products combined with a luxurious facial massage makes this a perfect facial for him.

### FACIAL REFRESHER 25 MIN | \$77

Perfect for the quick pick me up or for people who regularly receive facial treatments; this hydrating, cleansing and moisturizing treatment will leave your skin feeling refreshed and healthy.

### BACK TREATMENT 25 MIN | \$77

A ‘facial’ for your back, which includes deep cleansing, hot towels back scrub and a customized masque followed by a massage and moisturizer. A perfect facial to add to any massage, body treatment or spa package.

### Pamper yourself and enhance your facial with any of the following:

Paraffin wax treatment for the hands or feet - \$22

Scalp treatment - \$22

Eye treatment - \$22

Neck treatment - \$22

### TOTAL BODY RENEWAL 2 HOURS | \$250

Relax completely with AMBA’s ultimate 2 hour face and body treatment. Our therapists begin with a full body exfoliation using naturally made AMBA scrub, before enveloping your skin in your choice of moisturizing or firming body mud. This total body renewal is complete with an extended facial and luxurious scalp treatment. Add on Eye and Neck Treatment or paraffin wax treatment \$22 each.

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## PERSONALIZED SPA EXPERIENCE

Whether you are celebrating a special event or want an extraordinary spa experience, let our professionally trained staff design the perfect spa program for you. Sit back, relax and let us take care of you! Luxurious Group Spa Days are available with AMBA. Contact us to learn more!

## AMBA SPA GIFT CERTIFICATES AVAILABLE

Give the gift of relaxation with an AMBA gift card. Perfect for delighting that special someone.

## AMBA SPA POLICY

If you must cancel or wish to reschedule, we ask that you do so at least 24 hours in advance of your appointment. A service fee will apply to any missed appointments. All pricing excludes HST and gratuity and are subject to change.

## FEATURED PRODUCT LINES

AMBA Signature scrubs and lotions, Guinot, Clayton Shagal, Gehwol, and OPI

## MANICURES & PEDICURES

AMBA's signature manicures and pedicures are not like the rest! Sit back and let us relax and rejuvenate you.

### SIGNATURE MANICURE 50 MIN | \$64

Our signature manicure includes a soak, exfoliating scrub, hydrating massage, cuticle trimming, nail shaping, polish application and finishes with a heated paraffin wax treatment leaving your hands luxuriously soft.

### SHELLAC MANICURE 50 MIN | \$64

Our signature shellac manicure includes a hydrating massage, cuticle trimming, nail shaping, and shellac polish application.

### SIGNATURE PEDICURE 50 MIN | \$74

Our signature pedicure includes a soak, exfoliating scrub, hydrating leg and foot massage, callus filing, cuticle trimming, nail shaping, polish application and finishes with a heated paraffin wax treatment leaving your feet luxuriously soft.

### MANICURE REFRESHER 25 MIN | \$44

### PEDICURE REFRESHER 25 MIN | \$47

Designed for those on the go, for people who need a quick touch up. Our refresher service includes a quick soak, cuticle touch up, lotion application, nail shaping and polish application.

### MENS MANICURE 25 MIN | \$44

### MENS PEDICURE 50 MIN | \$74

### Add to any Manicure or Pedicure

French Tip \$14

Shellac Removal \$22

## AMBA SIGNATURE PACKAGES

For the ultimate mind, body and wellness experience.

### **PURE BALANCE** 2 HOURS | \$207

Express facial, heated peach paraffin wax hand and foot treatment with an invigorating back scrub and hot stone back massage.

### **RETREAT TO NATURE** 3 HOURS | \$307

Deluxe pedicure, body polish and hydrating mud wrap with an express facial and a full body swedish hot stone massage

### **ULTIMATE SPA SENSATION** 5 HOURS | \$477

Deluxe facial, invigorating scalp treatment with massage, full body polish and hydrating mud wrap, deluxe pedicure, deluxe manicure and Swedish full body massage. Signature AMBA product included with treatment.

Upgrade to RMT \$25



SIMPLE, PURE, POLISHED



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TAKE TIME TO UNWIND



REJUVENATION FROM HEAD-TO-TOE

## The Amba Spa Collection

Inspired by the Natural World and harmony, the Amba 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 AMBA retreats, rituals and signature treatments, each created to help you reach your goals.

We share them with you in settings as diverse and inspiring as our Canadian landscape. Our experts are here to provide you with amazing 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 your AMBA Moment.



Our AMBA Signature Packages cannot be combined with any other promotion or special offer and are not eligible for any further discounts including members, resort or local discounts.