



au naturel

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spa

# Hands

All manicures offer a combination of nail work including trimming, shaping, and buffing. We use CND Vinylux in both regular polish and Shellac.

\*Removal for Shellac is a separate service and requires extra time.

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## **Express Manicure** (colour 20 min/french 30 min) **40/50**

The perfect on the go manicure to help take care of your nails with a quick trim, shape, cuticle clean and polish application.

## **Hand Treatment** (regular 25 min/deluxe 35 min) **40/55**

Begin with a hand soak, nail shaping, buffing, cuticle work and a relaxing lower arm and hand massage. Polish application not included. Deluxe includes a warm paraffin wax treatment.

## **Spa Manicure** (colour 30 min/french 40 min) **50/60**

Experience will start with a hand soak followed by prepping your nails with a trim, file, buff and cuticle removal. Enjoy a hydrating hand massage before your application of CND Vinylux colour nail polish.

## **Deluxe Spa Manicure** (colour 45 min/french 55 min) **65/75**

Indulge in a relaxing manicure that starts with a hand soak, nail trim, shape, buff and cuticle clean. A warm paraffin wax treatment is applied to the hands to moisturize and soften skin. Paraffin is beneficial in treating achy hands and improving elasticity. Service ends with a gentle hand massage and application of colour polish.

## **Shellac Manicure** (colour 45 min/french 55 min) **70/85**

Enjoy all the benefits of our Spa Manicure with an application of Shellac nail polish that is cured under a UV lamp for longer lasting results.

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**Paraffin add-on for hands** **15**

**Tranquility Upgrade** **15**

**Shellac Removal for Manicure** **15**

**Regular Polish Change** **20**

# Feet

All our pedicures offer a foot soak, nail work, cuticle clean and callus removal. We use CND Vinylux in both regular polish and Shellac.

\*Removal for Shellac is a separate service and requires extra time.

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## **Express Pedicure** (colour 30 min/french 40 min) **50/60**

The perfect on the go pedicure to help take care of your feet with a quick nail trim, shape, cuticle clean and polish application.

## **Foot Treatment** (regular 45 min/deluxe 55 min) **65/75**

A relaxing pedicure to nourish and take care of tired feet. Experience a foot soak, followed by nail work including trimming, shaping, buffing and callus removal. A gentle scrub will exfoliate away dead skin cells. Your service will end with hydrating mask and lower leg and foot massage. Deluxe includes a warm paraffin wax treatment.

## **Spa Pedicure** (colour 60 min/french 70 min) **75/85**

Experience will start with a foot soak followed by prepping your nails with a trim, file, buff and cuticle work. Our callus removal and exfoliating scrub will smooth your feet. Enjoy a hydrating foot massage before your application of CND Vinylux colour nail polish.

## **Deluxe Spa Pedicure** (colour 60 min/french 70 min) **90/100**

Start your experience with a foot soak followed by a nail trim, shape, buff and cuticle removal. Our callus removal and exfoliating scrub will smooth your feet. A hydrating warm paraffin wax application and lower leg and foot massage will melt away tension and stress. Service is completed by an application of CND Vinylux Polish.

## **Shellac Pedicure** (colour 75 min/french 85 min) **95/105**

Enjoy all the benefits of our Spa Pedicure with an application of Shellac nail polish. Shellac is applied like regular nail polish but cured under a UV lamp. Benefits include longer lasting colour, no drying time and is smudge free.

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<b>Paraffin add-on for feet</b>	<b>15</b>
<b>Tranquility Upgrade</b>	<b>15</b>
<b>Shellac Removal for Pedicure</b>	<b>15</b>
<b>Regular Polish Change</b>	<b>20</b>

# Waxing

Our waxing treatments use Comfort Zone Soft Sense wax imported from Italy. This gentle wax is suitable for all skin types and leaves skin silky and smooth.

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Brow	25
Lip	20
Chin	15
Full Face & Brow	65
Full Face (excluding brow)	50
Face (sides only)	25
Underarm	25
Full Arm	40
Half Arm	25
Back	50
Full Back (including neck & shoulders)	60
Chest	40
Stomach	20
Bikini Wax	40
Brazilian	70
Full Leg	85
Upper Leg	45
Lower Leg	40

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# Threading

Originating in India and Iran, this hair removal technique uses a thin, twisted thread to remove unwanted facial hair.

Brow	25
Lip	20
Chin	15
Full Face & Brow	65
Full Face (excluding brow)	45
Face (sides only)	25

# Tinting

Enhance your brows and lashes with tinting to highlight your face and shape your eyes. The process includes applying semi-permanent dye to give the appearance of defined fuller brows and lashes.

**Eyebrow Tinting (15 min)** 25

**Lash Tinting (20 min)** 35

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# Makeup

*jane iredale*  
THE SKINCARE MAKEUP®

Jane Iredale is an all mineral based makeup line that is recommended by plastic surgeons, dermatologists and skin care professionals. Safe for all skin types.

**Express Makeup Application (20 min)** 45

This express makeup application will freshen up your look and give your skin a healthy glow. We will colour match and select a foundation best suited for your skin. A simple eyeshadow and mascara to bring out the eyes and to complete the look, a lip colour of your choice.

**Glamour Application (45 min)** 80

A full face makeup application for any special occasion. Get your skin matched to your perfect shade, a neutral or smokey eye, brow define, eyeliner and mascara. A simple contour and blush with a lip colour of your choice.

**Single Use False Lash Application (20 min)** 25

Enhance your eyes with a set of single use false lashes.

# Body Treatments

## Rejuvenate Thermal Mud (60 min) 135

A detoxing and remineralizing body wrap that uses Thermal Mud infused with thermal waters to give you a deep sense of healing and relaxation. Ideal therapeutic treatment to relieve tense muscles and tired joints while improving energy and vitality.

## D-Age Firming Treatment (60 min) 145

An intensive double warming body treatment that will detoxify the body and target localized cellulite. The thermogenic action helps improve microcirculation and remodelling (or firming) of the body.

## Back Facial (45 min) 100

Begins with a skin analysis to determine the right combination of products needed for your skin. A deep cleansing back exfoliation, extractions and customized mask will refresh the skin. Service ends with a light massage and moisturizing treatment. Ideal for all skin types and ages.

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# Body Enhancements

## Caffeine Shot Ampoule 15

## Collagen Tone Shot Ampoule 15

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# Body Massage

## Relaxation Massage\*

(30/45/60/75/90 min)

60/80/95/115/135

By making relaxation a priority, this massage is an excellent way to relieve stress, melt away tension and help sore muscles. Provided by our expertly trained aestheticians, this non-therapeutic massage is ideal for anyone looking to achieve a deep sense of tranquility.

*\*Relaxation Massages not eligible for Insurance Receipts*

# Body Scrubs

Experience a full body exfoliation, hydration and rejuvenation with a Comfort Zone body scrub. Service is provided in one of our deluxe treatment rooms with an ensuite shower.

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## **Aromasoul Volcanic Scrub (45 min) 110**

A cleansing and revitalizing body scrub that uses volcanic rhyolite particles (lava powder) to deeply exfoliate the skin and eliminate dead skin cells. The aromatics promote overall well-being and relaxation. Your service includes a rejuvenating application of body cream that will leave your skin feeling soft, smooth & hydrated.

## **Tranquility Body Scrub (45 min) 110**

An aromatic scrub that will fully relax your mind and body using our signature tranquility scent. This scrub uses a blend of essential oils to gently exfoliate the skin. Ideal treatment to promote healthy and hydrated skin.

## **Sacred Nature Body Scrub (45 min) 115**

This antioxidant organic body scrub revitalizes your skin to promote hydration, immediate radiance and skin vitality. Rich in natural ingredients this service includes a relaxing back massage to nourish and protect.

## **Himalayan Detox Scrub (45 min) 115**

The antibacterial properties of Himalayan salt makes this the perfect detoxifying and purifying body scrub. The rich minerals ease muscles, aches and pains by stimulating the metabolism to improve microcirculation. You will experience a gentle salt stone massage, body exfoliation with a mixture of essential oils and Himalayan salt and end with a nourishing body cream.

**[ comfort zone ]**

conscious skin science

# Facials

## **Au Naturel Classic Facial (60 min) 120**

A customizable facial that addresses your skin's specific needs with a skin analysis, deep cleanse, exfoliation, extractions, mask, and a relaxing neck, shoulder and face massage to complete the experience. Ideal for every skin type and all ages.

## **Active Pureness Facial (60 min/deluxe 75 min) 135/165**

A deep cleansing facial to rebalance and purify impure, oily and acne-prone skin. This treatment is ideal for teenagers with congested skin and helps mattify while giving luminosity and a smoother texture. *Deluxe upgrade includes a balancing intensive peel-off mask.*

## **Hydramemory Facial (60 min/deluxe 75 min) 135/155**

A deeply hydrating, antioxidant treatment for face, neck, and décolleté that uses hyaluronic acid to brighten and smooth skin. A bioactive Prickly Pear extract is paired with a nourishing mask to prevent visible signs of premature aging and promote a radiant glow. *Deluxe upgrade uses a peel booster and ice spoons to promote drainage and lifting.*

## **Skin Remedy Facial (60 min) 140**

A calming facial that renews, strengthens, and soothes skin of redness and irritation. Recommended for sensitive skin types prone to redness and ideal after sun exposure.

## **Sacred Nature 2.0 Facial (60 min) 140**

A youth-enhancing organic facial that provides deep nourishment and anti-aging protection. This bio regenerative natural treatment is safe for those with even the most sensitive skin.

## **Skin Regimen 2.0 Facial (60 min/deluxe 75 min) 160/190**

A detoxing and balancing facial that uses modern plant chemistry to target dull uneven skin tone. This facial focuses on slowing down the signs of aging caused by pollution, sleep deprivation and UV rays. *Deluxe upgrade will double the exfoliation with a detox peel-off mask.*

## **Sublime Skin 2.0 Facial (60 min/deluxe 75 min) 160/190**

This ultimate anti-aging facial is also known as the natural filler solution. Utilizing clean formulas to stimulate cellular regeneration, this treatment resurfaces, redensifies and lifts skin to target fine lines and wrinkles. Recommended for mature skin. *Deluxe upgrade uses a double peel followed by an innovative biphasic peel-off mask to further target loss of tone and volume.*



# Facial Enhancements

<b>Micro</b>	<b>30</b>
<b>NuFace</b>	<b>30</b>
<b>Eye Treatment</b>	<b>30</b>

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## Face Treatments

<b>Eye Treatment (30 min)</b>	<b>80</b>
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This rejuvenating multi-active eye zone treatment renews the eye area by draining puffiness, swelling and improving the appearance of dark circles, fine lines and wrinkles.

<b>NuFace Treatment (30 min)</b>	<b>80</b>
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A non-invasive toning device that delivers soft-wave microcurrents to stimulate an instant lift to your facial muscles. This revolutionary device encourages boosting of collagen and reducing fine lines and wrinkles.

<b>Microdermabrasion Treatment (45 min)</b>	<b>150</b>
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A minimally invasive, non-surgical treatment that uses mechanical exfoliation to stimulate collagen production, revitalize dull skin and encourage new healthy cell turnover. Benefits include collagen production, balancing uneven skin tone, and reducing the appearance of acne scars, fine lines and wrinkles.

<b>Hydradermabrasion Treatment (45 min)</b>	<b>195</b>
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Using the power of water and oxygen, this serum-based treatment deeply exfoliates the skin by using a diamond tip for skin renewal. This facial improves blood circulation, which leads to greater collagen production, skin tone improvement, reduction in uneven skin texture, large pores, acne scarring and pigmentation.

# Massages

Tailored to your specific needs, our massages offer a customizable treatment to increase circulation, relieve tense muscles and improve flexibility. A Registered Massage Therapist (RMT) is available upon request.

Couples Massages available upon request. Per person pricing is applicable.

	30 min	45 min	60 min	75 min	90 min
<b>Au Naturel</b>	70	90	105	125	145
<b>Aromatherapy</b>	75	95	110	130	150
<b>Deep Tissue</b>	75	95	110	130	150
<b>Hot Stone</b>	80	100	115	135	155
<b>Prenatal</b>	70	90	105	125	145

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## Specialty Massages

### **Indie Head Massage (30/45/60 min) 75/95/110**

Warmed coconut oil is applied to the scalp and hair followed by a tension relieving scalp and face massage. This treatment helps alleviate stress, fatigue, headaches, migraines and even jaw problems. RMT is available upon request.

### **Reflexology (30/45/60 min) 75/95/110**

A deeply relaxing alternative medicine practice for both mind and body. It involves the application of pressure and specific points on the feet. Helps naturally boost immune system and promote well-being.

### **Tranquility Massage (30/45/60/75/90 min) 80/100/115/135/155**

A unique aromatic massage service that will enwrap all your senses into a deep state of relaxation. Using our signature scented tranquility oil, this massage alleviates stress while nourishing your skin. RMT is available upon request.

# Spa Packages

Discover the ultimate experience at Ottawa's premiere spa with expertly created spa packages for any occasion. The perfect way to relax, recharge and refresh with self-care in mind.

Packages offer access to the onsite Flex Fitness Studio including the gym, private sauna, hot tubs, indoor and outdoor pools (seasonal).

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## **B Treated** **115**

Treat your hands and feet to a Spa Pedicure and Spa Manicure with colour polish.

## **B Tranquil** **235**

An aromatic spa experience with our signature scent to relax both mind and body. Includes the Tranquility Body Scrub, Tranquility Pedicure and Tranquility Manicure with an application of colour polish. Enjoy a complimentary glass of wine.

## **B Revitalized** **240**

Our most popular package offers a Deluxe Spa Pedicure, Deluxe Spa Manicure and your choice of a 60 minute Massage or 60 minute Au Naturel Classic Facial. Enjoy a complimentary glass of wine.

## **B Calm** **250**

Relax with a 90 minute full body Massage and a 60 minute Au Naturel Classic Facial that your aesthetician will customize to your skin needs.

## **B Luxurious** **330**

Enjoy a luxurious 90 minute full body Massage, Body Treatment or Scrub and a Deluxe Spa Pedicure with colour polish.

## **B Royal** **335**

Indulge in a day of pampering that starts with a 60 minute Massage, 60 minute Au Naturel Classic Facial, Spa Pedicure & Spa Manicure. Enjoy a complimentary glass of wine. \*Can substitute polish for paraffin.

*\*All spa packages do not include taxes and gratuities.*

# au naturel

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spa

## Make a Reservation

**613-271-3393**

[aunaturelspa.com](http://aunaturelspa.com)

[aunaturelspa@brookstreet.com](mailto:aunaturelspa@brookstreet.com)

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## Hours

Monday – Friday

10 am – 7 pm

Saturday

9 am – 6 pm

Sunday

9 am – 5 pm

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## Gift Experiences and Gift Cards

Looking to treat someone special?

Spa experiences can be purchased online at

[aunaturelspa.com](http://aunaturelspa.com)

**Au Naturel Spa at Brookstreet Hotel**  
**525 Legget Drive, Ottawa, ON K2K 2W2**

*Prices do not include taxes and gratuities. Prices subject to change without notice. In order to avoid cancellation fees we request that you provide 24 hours notice when canceling your appointment.*