



**MILL RIVER** SPA



## FIND BALANCE

Tucked away from the busy world, Mill River Spa invites you to catch your breath and find your balance again.

Our professional spa services are delivered using the Aveda product line and includes aromatic massages, facials, and hand or foot care.

New to our spa as of fall 2023: We have added a new medical skincare line called Biomedika, Reiki services, as well as the make up line from Smashbox cosmetics.

With all of these wonderful product lines and services, we are pleased to offer personalized treatment and customized care just for you.

# MASSAGE

Enjoy a relaxing massage experience applied by an aesthetician and based upon the Aveda Elemental Nature philosophy and your favourite Aveda aroma.

**Note: Health plan direct billing is not available for any massages with an aesthetician. We do not offer prenatal massage.**

## **AVEDA AROMA RELAXATION MASSAGE**

30 minutes \$49 | 60 minutes \$88

## **AYURVEDIC SCALP MASSAGE WITH OIL**

45 minutes \$66

A healing massage of the scalp, neck, shoulders, and arms. This massage helps relieve headaches, stress, and anxiety.

## **GOLFERS HOT STONE MASSAGE**

60 minutes \$99

Indulge in a wonderful state of relaxation with personalized massage techniques utilizing hot stones of various shapes and sizes. Designed to soothe the mind, and invigorate the body.

## **STRESS FIX BODY MASSAGE**

60 minutes \$99

Clinically proven to reduce feelings of stress. The Aveda Stress-Fix aroma is incorporated throughout this body massage, along with foot reflexology and acupuncture points to calm and rejuvenate you.

## **FIRE & ICE MASSAGE**

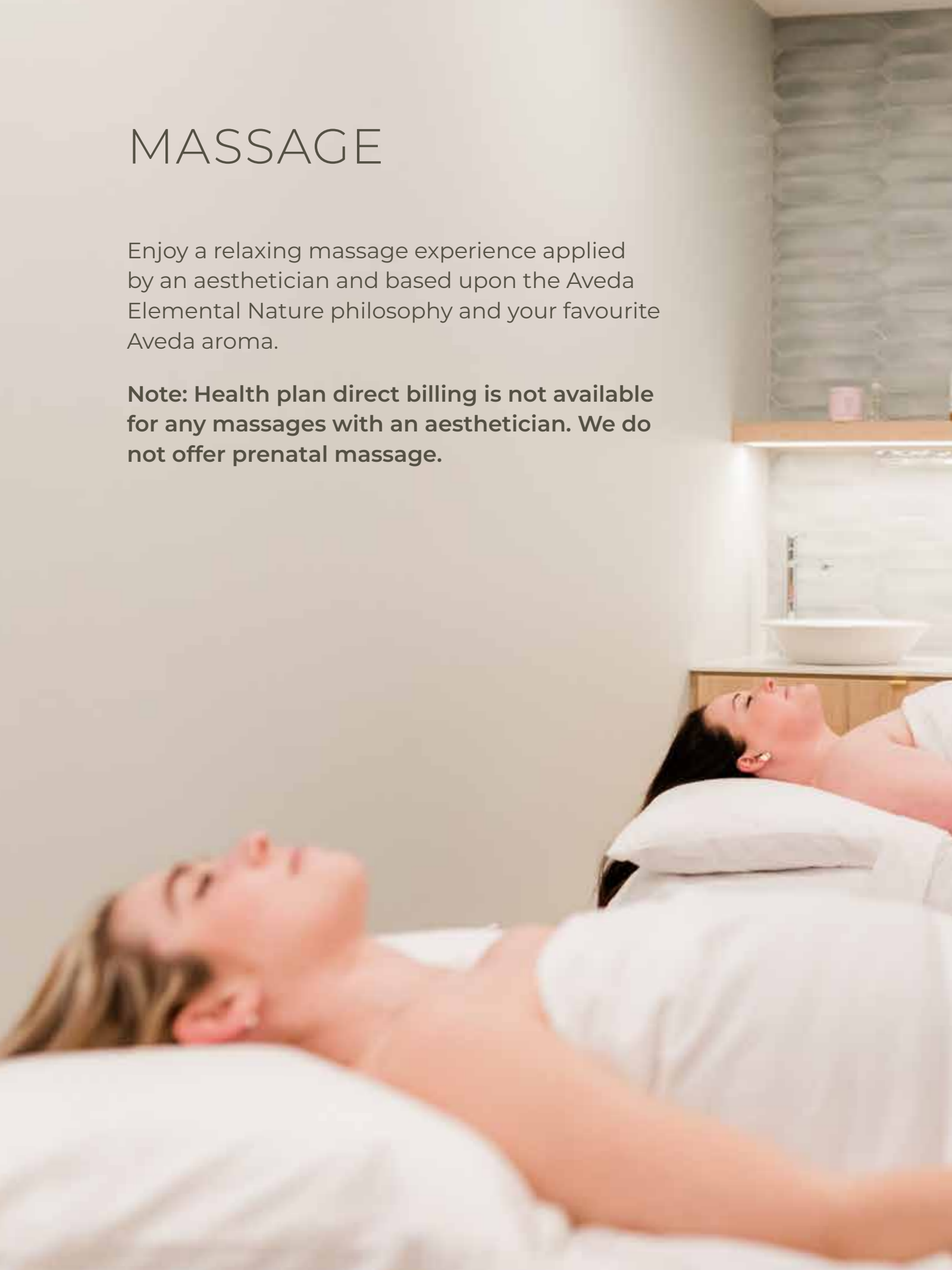
60 minutes \$99

Alternating between rubbing hot and cold stones over the body, this massage uses the cold to constrict blood vessels. This stimulates the nervous system and draws out toxins while the warmth expands the blood vessels and flushes the toxins away.

## **LOMI LOMI MASSAGE**

60 minutes \$99

This is a massage of Hawaiian origin. Using primarily the forearm pressure and vigorous movement, it promotes blood and lymphatic circulation to soothe muscle tension, improve sleep and reduce headaches or migraines. The calmness provided by this massage can also regulate breathing and soothe symptoms of stress.



# REIKI INFUSED MASSAGE

Reiki is an energy healing technique in which a Reiki master (who has undergone formal training in this healing art) uses gentle hand movements with the intention to guide the flow of healthy energy (what's known in Reiki as life force energy) through the client's body to reduce stress and promote healing. Reiki is a safe, gentle, non-invasive form of energy-based healing. It promotes relaxation, stress reduction and symptom relief to improve overall health and well being.

**60 MINUTE RELAXATION MASSAGE**  
with 30 minute Reiki session \$130

**30 MINUTE RELAXATION MASSAGE**  
with 60 minute Reiki session \$110

**30 MINUTE RELAXATION MASSAGE**  
with 30 minute Reiki session \$88



# SKIN CARE

## **MEN'S PURE-FORMANCE FACIAL**

60 minutes \$99

A thorough cleansing and nourishing facial treatment designed to soothe and tone the skin. It reduces irritation caused by daily shaving and sun exposure. Treatment includes a neck, shoulder, and scalp massage.

## **DUAL EXFOLIATION PEEL**

75 minutes \$110

See immediate visible results with improved skin texture, clarity and radiance. It smooths the appearance of fine lines and wrinkles and refines pores, revealing fresher, younger-looking skin. Not for sensitive skin.

## **EXPRESS FACIAL**

45 minutes \$70

Great for people on the go who need a complexion refresher. *Note: no extractions.*

## **PERFECTING PLANT PEEL FACIAL**

60 minutes \$110

A two-step process that revitalizes your skin to a healthy, youthful glow. This plant peel is made with a blend of natural, organic ingredients, making it suitable for all skin types. The ingredients also help exfoliate your skin without all the uncomfortable irritation and redness.

## **RESTORE & REBALANCE**

60 minutes \$99

Recovery for your skin starts with a consultation. Your spa therapist will design a treatment for you based on the Aveda Elemental Nature customization philosophy. Facials include five spa rituals: sensory journey, breathing rituals, aromatic steam towels, scalp and foot rituals and a finishing touch.

## **TULASARA FACIAL TREATMENTS**

90 minutes \$126

Dry, oily, aging, uneven, sensitive and acneic skin conditions and eye concerns can all be addressed with a customized Tulasara facial treatment. Following a thorough consultation, your Aveda therapist will design a treatment, using the optimum combination of products, personalized Aveda aromas and techniques, individualized to balance the radiance of your skin and reveal your natural beauty.

## **HIGH FREQUENCY FACIAL** FOR ACNE OR AGING

60 minutes \$110

This facial uses a glass wand with neon or argon gas to treat acne, fine lines, enlarged pores, and stimulate the production of collagen and elastin in the skin. A high frequency machine passes a gentle and safe electric current through the gas, generating light, heat, and enriched oxygen molecules, all of which benefit the skin.



# DERMAPLANING

## **AVEDA DERMAPLANING FACIAL**

70 minutes \$110

Combine the effective dermaplaning treatment with a customized Aveda facial for ultimate results. This treatment uses the same exfoliating techniques used in the dermaplaning treatment, followed by a customized Aveda facial that rejuvenates the skin and compliments the results of the dermaplane resurfacing perfectly. Of course, this facial will also include the massage elements and therapeutic aromas you can expect from all Aveda treatments! *Please note, Aveda Dermaplaning Facial is recommended for first time Dermaplaning guests.*

Dermaplaning is not recommended if you have a sunburn, active acne, a rosacea breakout, or an inflammatory skin condition such as eczema or psoriasis.

## **DERMAPLANING**

45 minutes \$82

Dermaplaning is an effective skin treatment that removes dead skin cells and vellus hair, commonly known as “peach fuzz”, from the face. It leaves the skin visibly brighter, smoother and more radiant. This treatment provides an instant improvement in skin texture, tone, dark spots and post-acne scarring. It is an effective alternative to microdermabrasion or chemical peels for those with sensitive skin. *(Stand alone treatment)*

## **AVEDA DERMAPLANING FACIAL WITH PLANT PEEL**

80 minutes \$130

Add an Aveda plant peel after you have your dermaplaning. The plant peel is made with a blend of natural, organic ingredients, making it suitable for all skin types. The ingredients help exfoliate your skin without uncomfortable irritation and redness.



# BIOMEDIKA

## **60 MINUTE BIOMEDIKA DELUXE FACIAL**

\$130

Indulge in the ultimate pampering with our exclusive luxurious clinical facial experience, designed with high-performance ingredients to rejuvenate your skin and leave you feeling like royalty. Your journey includes a gentle cleanse, exfoliation, steam, masque, massage, and finish with some scalp and hand massage to give you a holistic experience.

## **60 MINUTE BIOMEDIKA DELUXE FACIAL AND PEEL**

\$160

Transform your skin with our revolutionary facial with skin peel. Our selection includes Vita A peel or AHA Ferulic Peel for the most effective treatment to achieve your desired outcome. We gently apply the peel solution, which exfoliates and removes dead skin cells, revealing fresher, brighter skin underneath.

Biomedika is a revolutionary medical skincare brand where skin meets science. Biomedika provides the highest quality, medically formulated skincare products that are scientifically proven to deliver results. The products are designed to address a wide range of skin concerns, from acne to hyper-pigmentation, aging, and scarring. Only the best ingredients, like peptides, growth factors, retinol, antioxidants, and natural extracts, to provide you with the most effective skincare solutions with our slow-release nanotechnology. The products are also cruelty-free and environmentally friendly, so you can feel good about using them.

## **70 MINUTE BIOMEDIKA DERMAPLANING FACIAL**

\$150

## **70 MINUTE BIOMEDIKA DERMAPLANING FACIAL WITH PEEL**

\$180

## **BIOMEDIKA BACK FACIAL**

45 minutes \$110

Our Back Facial is a great way to relax and rejuvenate your skin. It can help to improve the appearance of your back, as well as alleviate any tension or stress you may be feeling. This treatment includes a cleanse, exfoliation, steam, masque, serums to help aid in dry skin and acne, and a massage.

## **BIOMEDIKA VAJACIAL**

30 minutes \$60

A vajacial uses a lot of the same techniques as a regular facial but applied to the bikini/gluteal area. Much like a facial, it addresses various skin issues that can occur from a recent wax, sensitive skin, ingrown hairs etc. It is a non-invasive procedure that is completely topical. (only for clients that have had a Brazilian within the week prior)

## **BRAZILIAN WITH A BIOMEDIKA VAJACIAL**

60 minutes \$90

## HAND & FOOT

Experience customized care for your hands and feet. This rejuvenating service includes expert maintenance and grooming of nails and cuticles, as well as a massage using Aveda hand or foot relief to intensely moisturize dry skin leaving it noticeably softer and smoother.

### MANICURES

Express 30-Minute Manicure \_\_\_ \$33  
*\*regular nail polish*

Express 45-Minute Manicure \_\_\_ \$49  
*\*shellac nail polish*

Signature 60-Minute Manicure \_ \$55  
*\*add shellac nail polish \$10*

### PEDICURES

45 Minute Express Pedicure \_\_\_ \$55  
*\*regular nail polish*

60 Minute Pedicure \_\_\_\_\_ \$66  
*\*add shellac nail polish \$10*

#### Hot Stone Paraffin Pedicure

Enhanced with our hot paraffin treatment followed by a hot stone foot and leg massage.

75 minutes *\*regular nail polish* \_\_\_\_\_ \$80

90 minutes *\*shellac nail polish* \_\_\_\_\_ \$95

Shellac Removal \_\_\_\_\_ \$11

*\*mention removal at booking*

## GEL NAIL EXTENSION

Full Set \_\_\_\_\_ \$80  
*\*approximately 1.5 hours*

Fill \_\_\_\_\_ \$60  
*\*approximately 1.5 hours*

Removal \_\_\_\_\_ \$45  
*\*approximately 1 hour*

Fix a Nail \_\_\_\_\_ \$10 per nail



# HAIR REMOVAL

## BODY HAIR

- Full Arms \_\_\_\_\_ \$33
- Half Arms \_\_\_\_\_ \$27
- Underarms \_\_\_\_\_ \$22
- Lower Half Legs \_\_\_\_\_ \$38
- Upper Half Legs \_\_\_\_\_ \$49
- Full Legs \_\_\_\_\_ \$60
- Bikini \_\_\_\_\_ \$38
- Brazilian \_\_\_\_\_ \$62
- Full Leg & Bikini \_\_\_\_\_ \$86
- Half Leg & Bikini \_\_\_\_\_ \$77
- Back or Chest \_\_\_\_\_ \$49

## FACIAL HAIR

- Brow Shaping \_\_\_\_\_ \$16
- Add brow tint to shaping \_\_\_\_\_ \$16
- Lip \_\_\_\_\_ \$16
- Chin \_\_\_\_\_ \$20
- Facial Wax \_\_\_\_\_ \$48

# MAKE UP

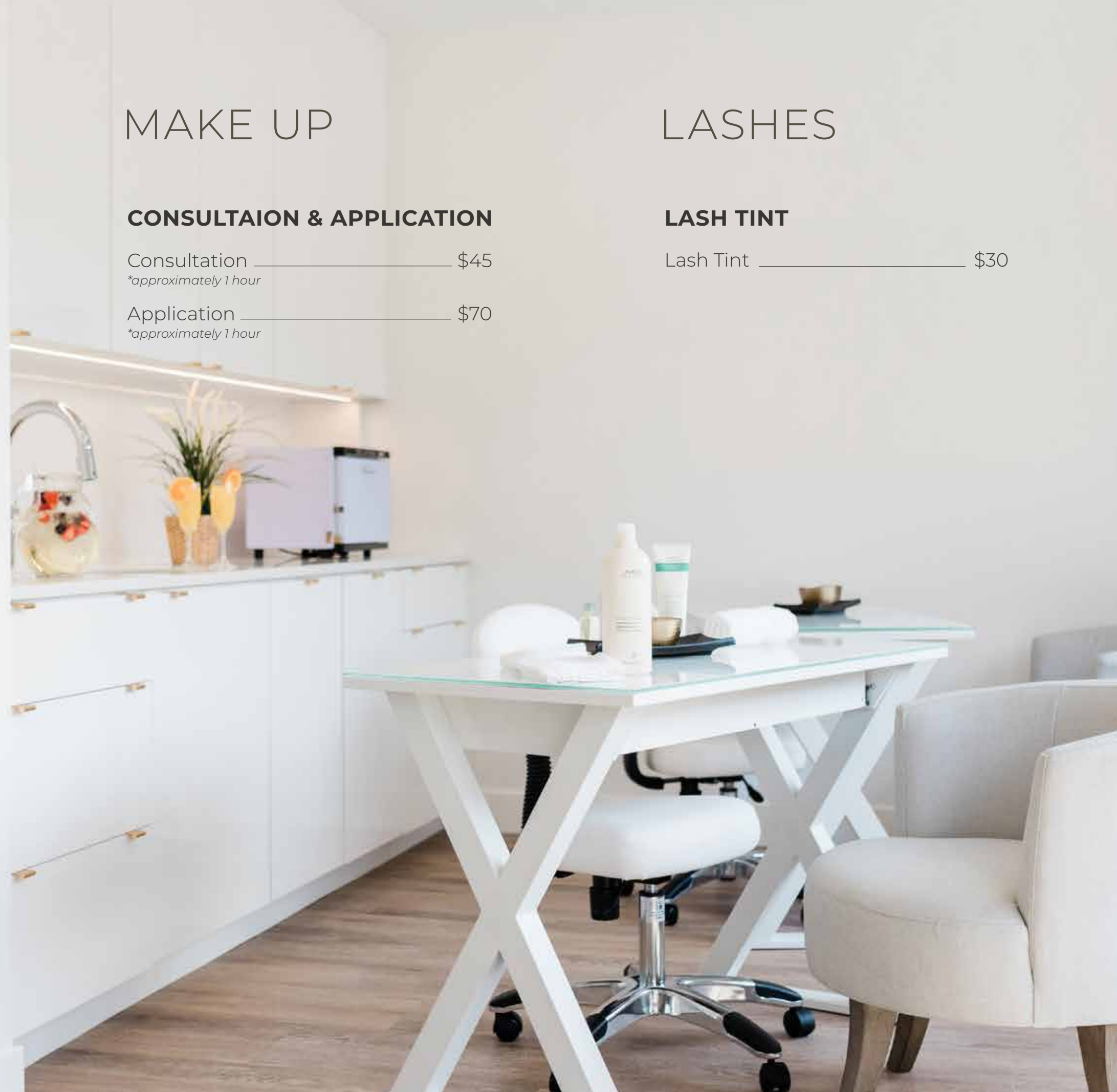
## CONSULTATION & APPLICATION

- Consultation \_\_\_\_\_ \$45  
*\*approximately 1 hour*
- Application \_\_\_\_\_ \$70  
*\*approximately 1 hour*

# LASHES

## LASH TINT

- Lash Tint \_\_\_\_\_ \$30



# PACKAGES

## **STRESSFIX**

120 minutes \$145

### **Stress Fix Body Massage & Aroma Spa Pedicure**

Clinically proven to reduce feelings of stress. The Stress-Fix™ aroma is incorporated throughout this body massage that combines Swedish and deep-tissue massage along with foot reflexology, acupressure points and a guided meditation to calm and rejuvenate you.

Experience customized care for your feet. This rejuvenating pedicure includes a personalized massage as well as proper maintenance and grooming of nails and cuticles.

*Package can be booked as couples treatment.*

## **THE MILL ESCAPE**

90 minutes \$138

### **30 minute Aroma Relaxation Massage & 60 minute Tulasara Facial Treatment**

Enjoy a relaxing massage experience applied by an esthetician and based upon the Aveda Elemental Nature philosophy and your favorite Aveda aroma.

Following a thorough consultation, your Aveda therapist will design a treatment using the optimum combination of products, personalized Aveda aromas and techniques, individualized to balance the radiance of your skin and reveal your natural beauty.

## **THE MILL GETAWAY**

3 Hours \$243

### **Pedicure, Aroma Relaxation Massage & Tulasara Facial Treatment**

Enjoy a relaxing massage experience applied by an esthetician and based upon the Aveda Elemental Nature philosophy and your favourite Aveda aroma.

Experience customized care for your feet. This rejuvenating pedicure includes a personalized massage as well as proper maintenance and grooming of nails and cuticles.

Following a thorough consultation, your Aveda therapist will design a treatment using the optimum combination of products, personalized Aveda aromas and techniques, individualized to balance the radiance of your skin and reveal your natural beauty.



