



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.

We also have a medical skincare line called Biomedika, as well as the makeup 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	\$53
45 minutes	\$70
60 minutes	\$92
90 minutes	\$140

AYURVEDIC SCALP MASSAGE WITH OIL

45 minutes	\$70
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A healing massage of the scalp, neck, shoulders, and arms.
This massage helps relieve headaches, stress, and anxiety.



SKIN CARE

RESTORE & REBALANCE

60 minutes \$104

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.

DUAL EXFOLIATION PEEL

75 minutes \$115

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 \$74

Great for people on the go who need a complexion refresher.

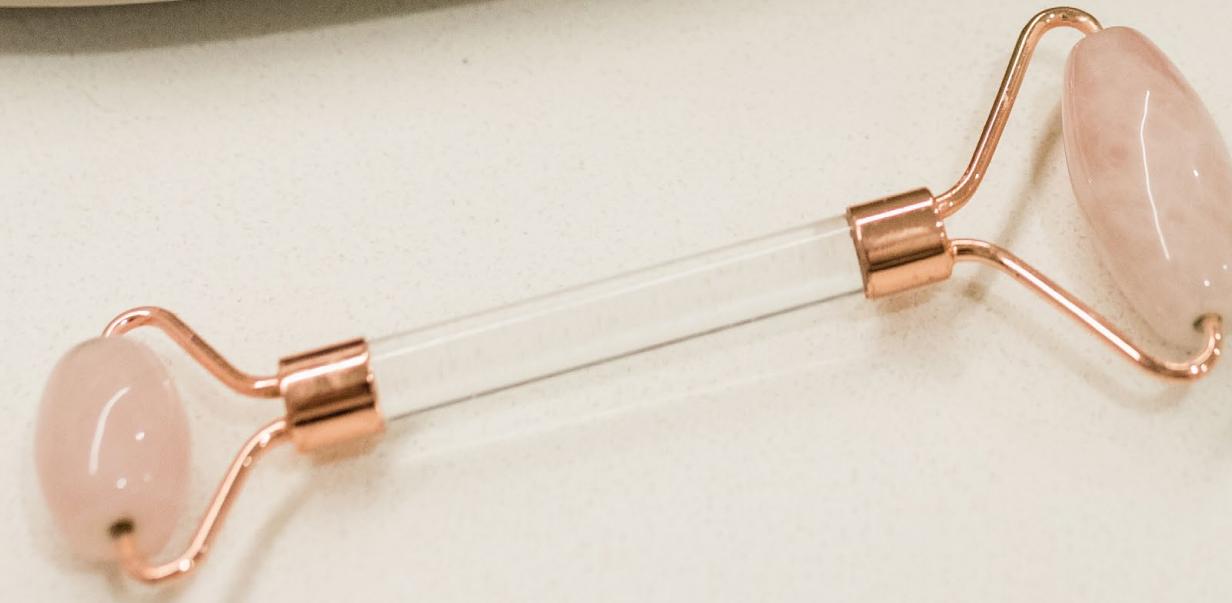
Note: no extractions.

PERFECTING PLANT PEEL FACIAL

60 minutes \$115

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.



DERMAPLANING

A close-up photograph of a woman's face during a facial treatment. She is lying back with her eyes closed. A person's hands are visible, one holding a small wooden facial tool and the other gently supporting her head. The lighting is warm and focused on the woman's face.

AVEDA DERMAPLANING FACIAL

70 minutes \$115

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 complements 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.

Dermplaning 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 \$87

Dermplaning 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 \$135

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

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.

60 MINUTE BIOMEDIKA DELUXE FACIAL

\$134

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

\$164

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.

70 MINUTE BIOMEDIKA DERMAPLANING FACIAL

\$154

70 MINUTE BIOMEDIKA DERMAPLANING FACIAL WITH PEEL

\$184

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

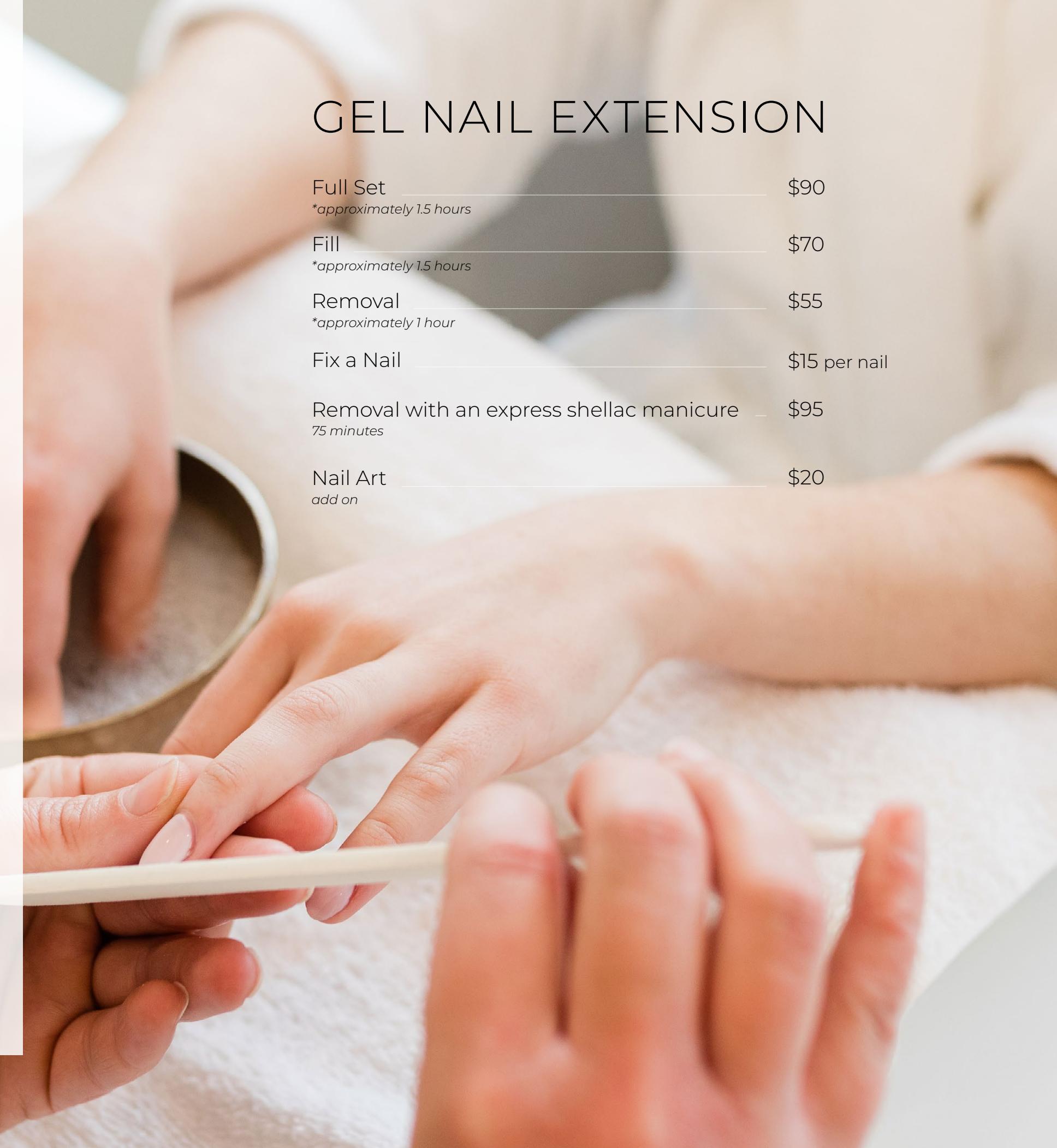
Express 30-Minute Manicure <small>*regular nail polish</small>	\$40
Express 45-Minute Manicure <small>*shellac nail polish</small>	\$52
Signature 60-Minute Manicure <small>*add shellac nail polish \$10</small>	\$60

PEDICURES

45 Minute Express Pedicure <small>*regular nail polish</small>	\$62
60 Minute Pedicure <small>*add shellac nail polish \$10</small>	\$72
Hot Stone Paraffin Pedicure Enhanced with our hot paraffin treatment followed by a hot stone foot and leg massage.	
75 Minutes <small>*regular nail polish</small>	\$87
90 Minutes <small>*shellac nail polish</small>	\$102
Shellac Removal <small>*mention removal at booking</small>	\$17

GEL NAIL EXTENSION

Full Set <small>*approximately 1.5 hours</small>	\$90
Fill <small>*approximately 1.5 hours</small>	\$70
Removal <small>*approximately 1 hour</small>	\$55
Fix a Nail	\$15 per nail
Removal with an express shellac manicure <small>75 minutes</small>	\$95
Nail Art <small>add on</small>	\$20



HAIR REMOVAL

BODY HAIR

Full Arms	\$37
Half Arms	\$29
Underarms	\$24
Lower Half Legs	\$40
Upper Half Legs	\$51
Full Legs	\$74
Bikini	\$40
Brazilian	\$64
Full Leg & Bikini	\$100
Half Leg & Bikini	\$79
Back or Chest	\$51

FACIAL HAIR

Brow Shaping	\$18
Brow Tint	\$18
Brow Shaping & Tint	\$34
Lip	\$16
Chin	\$20
Facial Wax	\$50

LASHES

LASH TINT

\$32

LASH LIFT AND TINT

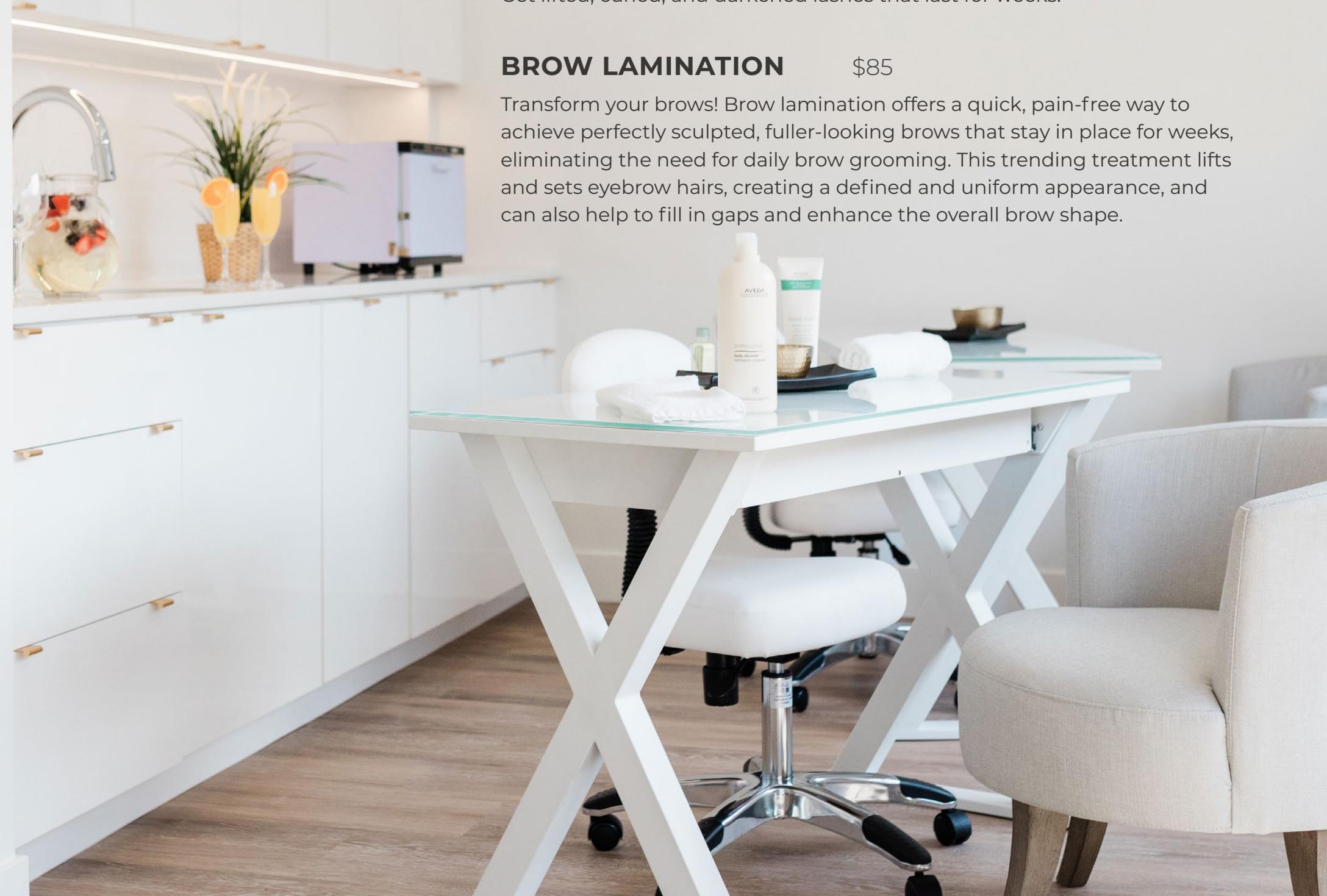
\$85

Wake up to perfectly curled and tinted lashes! Lash lift and tint provides a natural, semi-permanent enhancement without the hassle of daily mascara. Get lifted, curled, and darkened lashes that last for weeks.

BROW LAMINATION

\$85

Transform your brows! Brow lamination offers a quick, pain-free way to achieve perfectly sculpted, fuller-looking brows that stay in place for weeks, eliminating the need for daily brow grooming. This trending treatment lifts and sets eyebrow hairs, creating a defined and uniform appearance, and can also help to fill in gaps and enhance the overall brow shape.



PACKAGES

STRESSFIX

120 minutes \$155

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.

RADIANCE AND RENEWAL

120 minutes \$170

60 Minute Aveda Facial & 60 Minute Relaxation Body Massage

Enjoy a deeply relaxing experience designed to restore balance and enhance natural radiance.

Begin with a relaxation body massage applied by an esthetician and based upon the Aveda Elemental Nature philosophy and your favourite Aveda aroma, helping to ease tension and promote overall well-being.

Following a thorough consultation, your Aveda therapist will deliver a customized facial using the optimum combination of products, personalized Aveda aromas, and techniques individualized to refresh the skin, restore hydration, and reveal a healthy, radiant glow.

THE MILL GETAWAY

3 Hours \$255

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.

THE MILL ESCAPE

90 minutes \$140

30 minute Aroma Relaxation Massage & 60 minute Aveda facial

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.



