

AMBA Signature Packages

For the ultimate mind, body
And wellness experience

Pure Balance 2 HRS | \$195

Express Facial, Heated Peach Wax Hand and Foot
Treatment with an Invigorating Back Scrub and Hot
Rocks Back Massage.

Retreat To Nature 3 HRS | \$295

Deluxe Pedicure, Express Facial with Body Polish
And European-Rose Body Mud Wrap, Massage
Incorporating Swedish and Hot Rocks Massage.

Ultimate Spa Sensation 5 HRS | \$465

Spa Facial, Invigorating Scalp Treatment with
Massage, Your Choice of Body Wrap including
Invigorating Body Polish, Deluxe Pedicure and
Manicure (Polish included with treatment),
And Swedish Full Body Massage.

\$25 Upgrade to RMT
50% cancellation fee, if not notified within 24 hours.



TOUCHSTONE
RESORT ON LAKE MUSKOKA

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 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 your
Amba Moment



With many of our spa therapies you are
Booking a block of time. This allows you and
Our professionally trained service providers
To customize your Amba moment.

Our Amba Packages are not eligible for
Members or Local discounts, or any other
Promotions and special offers.

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 |

Facials Guinot

Hydradermie - The Star Of Facial Treatments

50 MIN | **\$125 regular** 80 MIN | **\$185 plus**

Your skin is already more beautiful at the end of the treatment. Once the Hydradermie treatment is completed, try the mirror test. Your face appears remarkably rested and serene. Designed to restore your skin's natural beauty, this treatment is customized to meet your skins individual needs, whether normal, oily, or dry. 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. (Includes Eye & Neck Treatment)

Liftosome - The Lifting Effect

For instant lifting and firming 50 MIN | **\$125**

Liftosome was developed specifically to treat the problems associated with mature skin. During the time that the thermal mask is left on, it shapes the facial features and diffuses energizing concentrates of orange (vitamin C) and ginseng. These active ingredients combined with the warming effect, fill the skin with new energy, restore its elasticity and regenerate new cells.

Beauté Neuve

A “Peeling” And Radiance Effect 50 MIN | **\$125**

The peeling effect restores radiance and allows the skin to breathe. Tiredness, stress and passing time can contribute to loss of radiance. The epidermis gets “clogged” with dehydrated cells, cellular renewal slows, and the complexion appears dull and congested. One Beauté Neuve treatment, or even better a course of three, will remove these superfluous cells and help the skin to breathe again. Cellular renewal is accelerated and you will discover a fresh complexion - more beautiful, more radiant.

Body Wraps

50 MIN | **\$125**

(Add Exfoliating Facial to any wrap - \$60)

Our Body Wraps include a gentle exfoliation, product application and a soothing scalp massage while enveloped in a heated linen cocoon. After a hot shower, enjoy a soothing aromatic moisturizing application.

Acti-Sea Body Mud

Our most effective treatment for smoothing, stimulating, and detoxifying skin and body. Acti-Sea Body Mud contains a potent mix of five French seaweeds. Submerging the body in pure marine actives to stimulate, firm and moisturize. Also included are the nourishing, protecting, and softening oils of Jojoba, Avocado, Peach and Sunflower

Facials Aromatic

The Magic Of Plants 50 MIN | **\$125**

The power of plants make your skin more beautiful! Lose yourself in a tantalizing world of fragrant herbs, plants flowers, and relaxing massage. When you enter the treatment room, the welcoming fragrance of essential oils beckons you on a wonderful voyage. Find tranquil beauty with this unique method that combines the benefits of essential oils with tension reducing massage techniques and 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 Spa Facial 50 MIN | **\$125**

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.

Express Facial 25 MIN | **\$70**

This hydrating, cleansing and moisturizing treatment will leave your skin feeling refreshed, healthy and soft.

Back Treatment 25 MIN | **\$65**

A ‘facial’ for your back, which includes deep cleansing, hot towels, back scrub and a customized mask followed by a massage with a deeply hydrating moisturizer.

Add To Any Facial

Paraffin Wax Treatment for

Hands or Feet | \$20

Scalp Treatment | \$20

Eye Treatment | \$20

Neck Treatment | \$25

European-Rose Body Mud

Breathe in the aromatic fragrance of the French countryside as you surround the skin in a richly hydrating cocoon. This remarkable mud contains soothing Rose Clay extracted from the Provence region of France. Carefully sun-dried to retain its purity, this treatment is the ultimate for skin refining and extreme hydration, perfectly suited for dry, delicate, weathered or aged skin. Also included the nourishing, protecting, and softening oils of Jojoba, Avocado, Peach and Sunflower.

Black Baltic Body Mud

Free skin of environmental stress and toxins with a centuries old “Curative”. Our unique black mud improves skin texture and extracts pore-clogging impurities that damage and weaken skin. This intricate mix of elements enhances cell turnover while deeply hydrating skin and promoting cell oxygenation. Regular use imparts freshness, firmness and uniformity to the skin.

Rescheduling or Canceling Your Experience

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 for any canceled services within the 24 hour period.

All pricing is exclusive of HST and gratuity; and is subject to change.

Featured Product Line

Guinot and Clayton Shagal skin care and O.P.I. nail care.

Personalized Spa Experience

Whether you are celebrating a special event or want an extraordinary spa experience, let our professionally trained service providers design the perfect spa program for you. Sit back, let us take care of you, and escape.

Manicures & Pedicures

Amba Signature Manicure 50 MIN | **\$60**

Relax tired hands with our Spa Manicure. This session includes a soak, cuticle trimming, exfoliating scrub, hydrating massage, nail shaping, polish application and a heated paraffin wax treatment.

Amba Signature Pedicure 50 MIN | **\$70**

Relax tired feet with our Spa Pedicure. This session includes a soak, cuticle trimming, exfoliating scrub, callus filing, hydrating massage, nail shaping, polish application and a heated paraffin wax treatment.

Express Manicure or Pedicure

Manicure 25 MIN | \$40 Pedicure 25 MIN | \$45

Designed for those who go for regular pedicures or manicures and just need a touch up.

This service includes a quick soak, touch up on the cuticles, lotion application, nail shaping and polish application.

French Manicure/Pedicure 15 MIN | **\$10**

Add to any manicure/pedicure using French polish.

Men’s Manicure 25 MIN | **\$40**

Includes the trimming and tidying of cuticles & nails, a hand scrub, and hydrating massage.

Men’s Pedicure 50 MIN | **\$70**

Includes nail filing, cuticle trimming, foot file to remove calluses, a heated paraffin wax treatment and foot massage.



AMBA
HEALTH & BEAUTY SPA