

## 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
50 minutes	\$130	\$155



**AMBA**  
HEALTH & BEAUTY SPA

## FACIALS

### LIFTING FACIAL 50 MIN | \$170

The lifting 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 FACIAL 50 MIN | \$170

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.

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

Paraffin wax treatment for the hands or feet - \$25

Scalp treatment - \$25

Eye treatment - \$25

Neck treatment - \$25

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### THE DETOXYGENE FACIAL 50 MIN | \$170

This reoxygenating and detoxifying treatment will be sure to leave your skin radiant! Utilizing dual enzymatic and mechanical exfoliation to help eliminate dead skin. The mask then acts as a "pollution magnet" picking up and removing the pollutants before boosting your skin's microcirculation using manual massage technique as well as active ingredients! This facial will ensure your skin breathes.

### MEN'S FACIAL 50 MIN | \$160

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.

### 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 | \$89



## 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.

## 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 | \$72

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 | \$72

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

### SIGNATURE PEDICURE 50 MIN | \$82

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.

### SHELLAC PEDICURE 50 MIN | \$82

Our signature shellac pedicure includes a soak, callus filing, cuticle trimming, nail shaping, shellac application and a hydrating lotion application.

### MENS MANICURE 50 MIN | \$72

### MENS PEDICURE 50 MIN | \$82

## SPA PACKAGES

### AMBA REVIVAL

Includes a replenishing facial with a hand and foot treatment complete with hot paraffin wax and an invigorating scrub for the back and backs of the legs followed by a relaxation massage.

2 HOURS | \$307

\*Upgrade to RMT for an extra \$25

### AMBA SPA RETREAT

Includes a calming aromatherapy body wrap with a facial and scalp treatment, followed by a full body relaxation massage, finishing with a signature pedicure.

3 HOURS | \$407

\*Upgrade to RMT for an extra \$25

### DELUXE AMBA EXPERIENCE

Includes a spa facial with a hand and eye treatment, an aromatherapy body wrap with a scalp treatment, a full body relaxation massage, and a signature pedicure.

4 HOURS | \$555

\*Upgrade to RMT for an extra \$25



SIMPLE, PURE, POLISHED



## TOUCHSTONE

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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.



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.