



*Embrace the Beauty  
of  
Well-being*



# Sgé:no'

•••

## *Welcome*



Grand River Spa is a beautiful retreat tucked away like a hidden treasure on the Six Nations Reserve in Ohsweken, Ontario.

We offer exceptional spa services with professional estheticians, registered massage therapists, holistic practitioners, and hair stylists.

Our friendly staff and tranquil atmosphere will ensure that you are fully relaxed and pampered.

*We Welcome You to Embrace the Beauty of Well-Being.*



# *Esthetic Services*



## *Hands*

Spa Manicure	\$30
Gel Polish Manicure	\$35
Poly Gel Nail Extensions	\$55
Gentleman's Manicure	\$25
Kid's Manicure	\$20
Polish Change	\$10
Poly Gel Nail Removal	\$10
Poly Gel Nail Fill	\$25

## *Feet*

Spa Pedicure	\$45
Gel Pedicure	\$55
Gentlemen's Pedicure	\$40
Kids Pedicure	\$20

## *Hands & Feet*

### *Add-Ons*

French Polish	\$5
Nail Art (Full Set)	\$10
Nail Art (Partial)	\$5
Nail Art w/ Swarovski Crystals	\$20

Paraffin Treatment	
Hands OR Feet	\$15
Deluxe Paraffin	
Treatment Hands & Feet	\$25

## *Waxing*

Chin	\$10
Eyebrow	\$12
Lip	\$10
Lip & Chin	\$18
Underarms	\$15
Full Face Wax	\$28
Half Arm	\$25
Full Arm	\$30
Bikini	\$25
Half Leg	\$30
Full Leg	\$45
Full Leg & Bikini	\$65
Lower Back	\$15

Gentlemen's Chest	\$40
Gentlemen's Back	\$40
Gentlemen's Chest & Back	\$70

## *Tints & Lifts*

Brow OR Lash Tint	\$15
Brow & Lash Tint	\$20
Lash Lift	\$50
Lash Lift & Tint	\$60



# *Esthetic Services*

## *Eyelash Extensions*

### **CLASSIC**

Classic is a single extension applied to one isolated natural lash.

Full Set	\$100
2-3 Week Fill	\$50
4-5 Week Fill	\$70

---

### **HYBRID**

Hybrid is a combination of Classic and Volume.

Full Set	\$120
2-3 Week Fill	\$65
4-5 Week Fill	\$85

---

### **VOLUME**

Volume extensions applied to each natural lash.

Full Set	\$140
2-3 Week Fill	\$90
4-5 Week Fill	\$110

Lash Extension Removal	\$20
------------------------	------



# Facial Treatments

## *Mini Facial (40 mins)* *\$50*

A simple and sweet treat to refresh your skin. Mini Facials are also a great add-on to another service to extend your Spa day with us!

## *Organic Radiance Facial (60 mins)* *\$85*

A blissful facial customized to your skins needs, leaving you feeling refreshed and naturally glowing.

## *Arctic Berry Peel (50 mins)* *\$95*

*Facial Add-on \$35*

A combination of Arctic plants & berries that help reduce redness & inflammation. Skin is dramatically refined, smoothed and collagen formation is boosted. Skin appears more firm and plump.

## *Mangosteen Peel (45 mins)* *\$75*

Eminence's only lactic acid peel helps remove build up on skin and improves hydration for a brighter, smoother complexion. It minimizes pores and skin appears supple and radiant.

## *Acne Advanced Facial (60 mins)* *\$75*

A beautiful, deeply cleansing & gentle facial treatment, specially curated for Acne prone skin and seasonal flareups.

## *Back Facial (45 mins)* *\$110*

A deep cleansing, exfoliating and nourishing experience for your back.

## *Microdermabrasion (60 mins)*

A non-chemical, non-invasive treatment that uses a spray of microcrystals to remove outer layers of dead skin cells to reveal younger, healthier looking skin. Finished with facial masque to boost skins vitality.

Single Treatment	\$100	Facial Add-on	\$60
4 Treatment Series	\$340	8 Treatment Series	\$664

# Body Treatments

## Stone Crop Body Treatment

*(Contour, Hydrate & Repair)*

75 mins - \$120

This collection embodies the Hungarian succulent that addresses hydration, healing and hyperpigmentation. Stone Crop is an anti-inflammatory that brightens, lightens and heals. This treatment will revitalize and contour your skin leaving your body hydrated and nourished.

## Blueberry Slimming Wrap

*(Firming & Sculpting)*

75 mins - \$120



Exfoliate and infuse your skin with this high antioxidant blueberry scrub, its natural ingredients are high in antioxidants which helps reinforce collagen fibres for firmer skin. Your skin is enwrapped and stimulated, improving the moisture and increasing elasticity leaving your skin soft, supple and glowing.



## Herbal Cellulite Treatment

*(75 mins)*

\$125

This treatment regenerates the collagen fibre and increases oxygen to the skin cells, leaving your skin detoxified. The rich natural ingredients improve the appearance of cellulite conditions by stimulating blood circulation, leaving your skin revitalized, moisturized, firm and smooth.



ÉMINENCE  
ORGANIC SKIN CARE  
HUNGARY • SINCE 1958

# Massage Treatments

## Relaxation Massage

A massage technique focusing on soft tissue near surface of the skin, stimulating circulation, easing stress and tension providing an overall sense of well-being and relaxation.

90 min	\$120
60 min	\$90
45 min	\$75
30 min	\$60

## Registered Massage Therapy

Massage technique targeting deep muscle tissue, concentrates on painful areas and releases tender points in muscles.

90 min	\$125
60 min	\$100
45 min	\$90
30 min	\$70

## Cupping Massage (RMT)

Cupping therapy is an ancient form of alternative medicine in which special cups are placed on your skin to create suction. It helps with pain, inflammation, blood flow, relaxation and well-being. It is considered a type of deep massage.

60 min	\$100
30 min	\$60

## Hot Stone Massage (RMT)

This massage therapy is used to help you relax, it eases tense muscles and damaged soft tissues throughout your body. The penetrating effects of the heated stones allows the massage to be delivered without excessive pressure.

90 min	\$130
60 min	\$105
45 min	\$95
30 min	\$75



# Holistic Treatments

## *Indie Head Massage* 45 min \$100

This therapeutic massage to the face, neck, scalp and shoulders helps relieve headaches, tension and stress while nourishing your hair and scalp with warm oils.

## *Reflexology* 60 min \$50

This therapeutic treatment focuses on restoring the body's natural balance by stimulating the reflexes to encourage a balanced energy flow in the body through a pressure point massage on the feet. It can relieve tension, improve circulation and support optimal function of your body.

## *Reiki* 60 min \$75

This is an energetic light touch therapy of healing that focuses on the life energy. It is a subtle and effective treatment for stress reduction, renewed energy, internal balance and offers a renewed sense of peace with each session.

## *Reiki Massage* 60 min \$90

Relax, restore & rejuvenate with this beautiful energetic massage. A gentle & intuitive blend of classic relaxation massage techniques while incorporating the energetic healing nature of Reiki. Ideal for stress release, trauma & anxiety.

## *Holistic Combos*

*Reflexology & Reiki* (60 min) \$100

*Indie Head Massage  
& Reflexology* (75 min) \$125

*Indie Head Massage  
& Reiki* (75 min) \$130





# Spa Packages

## *Spa Refresher*

Mini Facial or  
Relaxation Massage  
(30 min)  
Spa Manicure  
Spa Pedicure  
(2.5 hrs)

**\$130**

## *Holistic Healing Retreat*

Relaxation Massage  
(30 min)  
Indie Head Massage  
Reflexology or Reiki  
(2.5 hrs)

**\$230**

## *Pampered Package*

Relaxation Massage  
(60 min)  
Organic Radiance Facial  
Spa Manicure  
Spa Pedicure  
Light Organic Lunch  
(4.5 hrs)

**\$240**

## *Luxury Package*

Blueberry Detox or  
Mango Enzyme Wrap  
Organic Radiance Facial  
Spa Manicure  
Spa Pedicure  
Light Organic Lunch  
(4.5 hrs)

**\$270**



## *A la Carte & Add On's*

<i>Light Lunch</i>	<i>(per person)</i>	<b>\$15</b>
<i>Pool Add-On</i>	<i>(per person)</i>	<b>\$15</b>
<i>Glass of Wine</i>		<b>\$5</b>
<i>Bottle of Wine</i>		<b>\$12</b>
<i>Reiki</i>	<i>30 min</i>	<b>\$35</b>
<i>Reflexology</i>	<i>30 min</i>	<b>\$25</b>
<i>Indie Head Massage</i>	<i>30 min</i>	<b>\$60</b>

All packages can be customized to your needs for a personal experience. Call our spa to speak with our knowledgeable staff.

# Laser Services

**SharpLight™** is the newest in IPL/DPC Laser Technology. It offers amazing results for pain free, permanent hair reduction, skin tightening/body contouring & skin rejuvenation.

## *Luxury Package*

A FREE consultation is required before your first treatment. Purchase a series of 6 sessions and receive 10% off.

Upper Lip	\$35	Full Legs	\$220
Chin	\$35	Half Legs	\$120
Upper Lip & Chin	\$65	Buttock	\$50
Sideburns	\$45	Bikini Line	\$50
Chin & Neck	\$65	Brazilian	\$120
Full Face	\$100	<i>Gentlemen's Hair Reduction</i>	
Full Arms	\$100		
Half Arms	\$50	Back	\$220
Underarms	\$55	Chest	\$200
Upper Back	\$90	Arms	\$200
Abdomen	\$120	Neck	\$60

## *Radio Frequency Body Contour & Skin Tightening*

Visibly tightens skin, reduces cellulite and localized fat deposits. Purchase a series of 6 sessions and receive 10% off. Book a free consult for more information.

Half Face	\$75	Buttocks	\$120
Abdomen	\$100	Thighs	\$120
Love Handles	\$100	Upper Arms	\$100

## *Skin Rejuvenation, Vascular & Pigmentation*

Treats sun-damage, pigmentation, blood-vessels and smooths skin texture. A consultation is required before your first treatment.

Back	\$220
Chest	\$200
Arms	\$200
Neck	\$60



# Hair Studio

## Haircut

Women	\$45 - \$60
Men	\$20 - \$30
Kids	\$15 - \$35



## Colour Bar

Solid Colour	\$70-\$150	Just Roots Blonde & Tone	\$95-\$150
Highlights	\$125-\$170		
Balayage	\$160-\$250	Colour Melt	\$95-\$150
Ombre	\$160-\$250	Mens Colour	\$30-\$110
Platinum Blonding	\$180-\$250	Colour Correction	\$180+ (priced on individual basis)

## Styling & Treatments

Blowout	\$30 - \$55
Dry Styling	\$25 - \$45
Healthy Hair Treatments	\$50 - \$75
Gloss & Tone Treatments	\$60 - \$80

## Hair Extensions

Clip-in Extensions 18"	\$200-\$250
Dual Tape Extensions 18"	Priced on individual basis

## Event & Wedding

We would love to be a part of your special day. Please contact to customize your bridal booking. Groups of 8 or more receive 10% off.

Up Styles	\$65 - \$125
Down Styles	\$55 - \$85
Makeup	\$55
Makeup & Lashes	\$65
False Lashes	\$15

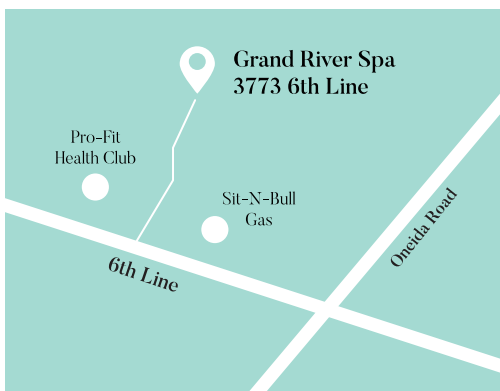


All prices subject to change without notice.

# Nyá:wəh

## Thank You

### Where to Find Us...



3773 6th Line  
Ohsweken, ON, Canada

### *Our Hours*

Tuesday:	10:00 AM - 6:00 PM
Wednesday:	10:00 AM - 6:00 PM
Thursday:	10:00 AM - 6:00 PM
Friday:	10:00 AM - 6:00 PM
Saturday:	9:00 AM - 3:00 PM
Sunday:	CLOSED
Monday:	CLOSED

### *Book Your Next Spa Day with Us...*

905-765-6300

[info@grandriverspa.com](mailto:info@grandriverspa.com)

[www.grandriverspa.com](http://www.grandriverspa.com)



@grandriverspa