

LOCATED IN THE SIDNEY PIER HOTEL



HAVEN

SPA MENU

9805 SEAPORT PLACE, SIDNEY BC | 250 655 9797
| HAVENSPA@SIDNEYPHER.COM | SIDNEYPHER.COM

FACIALS

ORGANIC CUSTOM FACIAL - 60 MIN \$150

THIS FOUNDATIONAL, INDULGENT FACIAL UTILIZES A PERSONALIZED ASSORTMENT OF EMINENCE ORGANIC SKIN CARE PRODUCTS TO CLEANSE, EXFOLIATE, AND TARGET COMMON CONCERNS, REVEALING A REFRESHED, HEALTHY GLOW. SUITABLE FOR ALL SKIN TYPES.

ADD ONS INCLUDE: EYE TREATMENT \$20 | PLUMPING LIP TREATMENT \$20 | 30 MIN REIKI CLEANSE \$50

THE MINIMALIST FACIAL - 75 MIN \$190

THIS FACIAL BLENDS MODERN SIMPLICITY WITH ADVANCED SKIN CARE PRINCIPLES TO DELIVER IMMEDIATE REJUVENATION. IT INCORPORATES HIGH-POTENCY SKIN REGIMEN / LX PRODUCTS WITH TRADITIONAL TECHNIQUES, INCLUDING GUASHA, JADE ROLLING, AND SPECIALIZED ROULAGE MASSAGE. THIS METHOD REFINES SKIN TEXTURE, REVEALS RADIANCE, AND SUPPORTS IMPROVED FACIAL CONTOURS. EACH TREATMENT IS CUSTOMIZED TO YOUR NEEDS, OFFERING BOTH INSTANT AND LASTING BENEFITS. TREATMENT OPTIONS INCLUDE: 'VITAMINIC C' FACIAL | 'DETOX' FACIAL | 'PRO COLLAGEN' FACIAL - TO BE CHOSEN DURING CONSULT.

THE ULTIMATE FACIAL - 120 MIN \$210

OUR SIGNATURE LUXURY SERVICE OFFERS HEAD TO TOE REJUVENATION. THE EXPERIENCE BEGINS WITH A RELAXING HERBAL FOOT SOAK FEATURING VANCOUVER ISLAND MADE RAVENSONG BATH SALTS, FOLLOWED BY A DEEP-CLEANSING, EXFOLIATING BACK FACIAL. THE EXPERIENCE CONTINUES WITH A 60-MINUTE EMINENCE ORGANIC SKIN CARE FACIAL, TAILORED TO ADDRESS SPECIFIC CONCERNS AND COMPLETED WITH A NECK AND SHOULDER MASSAGE PERFORMED DURING THE APPLICATION OF TWO TARGETED FACIAL MASQUES.

BODY TREATMENTS

BODYWRAP & SCRUB - 60 MIN \$135

THIS EXPERIENCE BEGINS WITH AN INVIGORATING FULL-BODY SUGAR SCRUB TO GENTLY RESURFACE THE SKIN, FOLLOWED BY A DETOXIFYING BODY WRAP THAT PROMOTES CIRCULATION AND DRAWS OUT IMPURITIES. A CONCENTRATED APPLICATION OF FIRING BODY LOTION LOCKS IN ESSENTIAL NUTRIENTS AND HYDRATION. THIS LUXURIOUS TREATMENT IS COMPLETED WITH A MINI EMINENCE FACIAL, LEAVING THE ENTIRE BODY FEELING SOFT, SMOOTH AND REFRESHED.

ESSENTIAL REIKI TREATMENT - 75 MIN \$130

REIKI IS A GENTLE ENERGY-HEALING PRACTICE THAT HELPS RESTORE BALANCE IN THE MIND AND BODY. THIS TREATMENT PROMOTES MENTAL CLARITY, SELF-LOVE, CONFIDENCE, AND PAIN RELIEF, WHILE EASING STRESS AND EMOTIONAL TENSION. WITH TUNING FORKS, CRYSTALS, AND A RELAXING FACE MASSAGE, IT OFFERS A CALMING, RESTORATIVE EXPERIENCE.

MASSAGE

RELAXATION

45 MIN \$115 | 60 MIN \$140 | 90 MIN \$190

TAKE A WELL-DESERVED BREAK AND EXPERIENCE PROFOUND TRANQUILITY DURING OUR SIGNATURE SWEDISH-STYLE MASSAGE. BY APPLYING LIGHT-TO-MEDIUM PRESSURE, THIS TREATMENT IS DESIGNED TO MELT AWAY STRESS, CALM THE MIND, AND RESTORE THE BODY'S BALANCE, FACILITATING A DEEP STATE OF RELAXATION AND ENHANCED WELL-BEING.

DEEP TISSUE

60 MIN \$150 | 90 MIN \$200

EXPERIENCE LASTING RELIEF FROM CHRONIC TENSION WITH OUR DEEP-TISSUE THERAPEUTIC MASSAGE. UTILIZING FIRM, TARGETED PRESSURE, THIS TREATMENT ACCESSES THE DEEPER LAYERS OF MUSCLE AND FASCIA TO EFFECTIVELY LOOSEN TIGHTNESS, DISSOLVING ACCUMULATED STRESS, AND RESTORING PHYSICAL BALANCE.

AROMATHERAPY

60 MIN \$135 | 90 MIN \$185

AWAKEN YOUR SENSES AND EXPERIENCE THE RESTORATIVE SYNERGY OF BOTANICAL HEALING AND MASSAGE THERAPY. THIS SERVICE FEATURES A RELAXING LIGHT SWEDISH-STYLE MASSAGE COMPLEMENTED BY A PERSONALIZED AROMATHERAPY EXPERIENCE. SELECT THE IDEAL ESSENTIAL OIL BLEND TO SOOTHE YOUR ENTIRE BEING, AND CONTINUE YOUR SELF-CARE JOURNEY AT HOME WITH A COMPLIMENTARY GIFT OF YOUR CUSTOM BLEND.

HOT STONE

90 MIN \$200

EXPERIENCE THE GROUNDING POWER OF NATURE WITH OUR SIGNATURE HOT STONE THERAPY. SMOOTH BASALT STONES, RESPONSIBLY GATHERED FROM LOCAL WEST COAST BEACHES, ARE GENTLY WARMED AND POSITIONED ON SPECIFIC AREAS OF THE BODY. THE DEEP, PENETRATING HEAT ENCOURAGES ENHANCED CIRCULATION AND ENERGY FLOW, DELIVERING A PROFOUND AND RESTORATIVE SENSE OF RELAXATION.

AYURVEDIC HEAD MASSAGE

60 MIN \$140

THIS ANCIENT PRACTICE PROMOTES SCALP AND HAIR HEALTH WHILE RELEASING SYSTEMIC TENSION. VIGOROUS FRICTION TECHNIQUES, PERFORMED FACE-DOWN HELP REGULATE THE NERVOUS SYSTEM AND ENCOURAGE THE FLOW OF STAGNANT ENERGY. THE TREATMENT CONCLUDES WITH A WARM OIL APPLICATION, COMBED THOROUGHLY FROM ROOT TO TIP.

ADD-ON: POST-TREATMENT HAIR WASH & DRY IN OUR SALON \$30.

MANICURES

CLASSIC MANICURE \$75

WARM HERBAL SOAK, NAIL SHAPING, CUTICLE CARE, AND A RELAXING HAND AND ARM MASSAGE. FINISHED WITH OPI POLISH.

UPGRADE TO GEL POLISH FOR \$15. PLEASE ADVISE AT THE TIME OF BOOKING IF A GEL SOAK-OFF IS NEEDED.

HAVEN SIGNATURE MANICURE \$85

OUR MOST LUXURIOUS MANICURE: WARM HERBAL SOAK, NAIL SHAPING, CUTICLE CARE, AND A SOOTHING HAND AND ARM MASSAGE, FINISHED WITH A HYDRATING PARAFFIN TREATMENT AND REGULAR OPI POLISH. PLEASE ADVISE AT THE TIME OF BOOKING IF A GEL SOAK-OFF IS NEEDED.

SPORTS MANICURE \$65

A STREAMLINED, RESTORATIVE MANICURE FEATURING A WARM HERBAL SOAK, NAIL SHAPING, CUTICLE CARE, AND AN ARM AND HAND MASSAGE. CLEAN, REFRESHED, AND UNDERSTATED. PLEASE ADVISE AT THE TIME OF BOOKING IF A GEL SOAK-OFF IS NEEDED.

WE WORK EXCLUSIVELY WITH NATURAL NAILS AND DO NOT USE ELECTRIC FILES (DREMELS). WE CANNOT GUARANTEE THE SAFE REMOVAL OF GEL POLISH APPLIED AT OTHER ESTABLISHMENTS.

PEDICURES

CLASSIC PEDICURE \$90

WARM HERBAL SOAK, NAIL SHAPING, CUTICLE CARE, EXFOLIATION, CALLUS REMOVAL, AND A SOOTHING FOOT AND LEG MASSAGE. FINISHED WITH OPI POLISH. UPGRADE TO GEL POLISH FOR \$15. PLEASE ADVISE AT THE TIME OF BOOKING IF A GEL SOAK-OFF IS NEEDED.

HAVEN SIGNATURE PEDICURE \$100

OUR MOST LUXURIOUS PEDICURE: WARM HERBAL SOAK, NAIL SHAPING, CUTICLE CARE, EXFOLIATION, AND CALLUS REMOVAL, FOLLOWED BY A RELAXING FOOT AND LEG MASSAGE, HYDRATING PARAFFIN TREATMENT, AND REGULAR OPI POLISH. PLEASE ADVISE AT THE TIME OF BOOKING IF A GEL SOAK-OFF IS NEEDED.

SPORTS PEDICURE \$75

A THOROUGH, REFRESHING PEDICURE FEATURING A WARM HERBAL SOAK, NAIL SHAPING, CUTICLE CARE, EXFOLIATION, AND CALLUS REMOVAL. FEET AND LEGS ARE FINISHED WITH A RELAXING MASSAGE FOR A CLEAN AND REVITALIZED FEEL. PLEASE ADVISE AT THE TIME OF BOOKING IF A GEL SOAK-OFF IS NEEDED.

WAXING

- CHEST \$50
- BROW SHAPE \$25
- FACE (LIP, CHIN, CHEEK) \$45
- FRENCH BIKINI \$45
- FULL ARM \$40
- BIKINI \$40
- BRAZILIAN \$60
- MAINTENANCE BRAZILIAN (WITHIN 5 WEEKS) \$50
- FULL LEG \$60
- HALF ARM \$35
- HALF LEG \$40
- HALF LEG & BIKINI \$60
- LIP, CHIN OR CHEEK \$20
- UNDERARMS \$25
- BACK \$50

PACKAGES

POLISHED TO PERFECTION \$175

INCLUDES THE HAVEN SIGNATURE MANICURE AND THE HAVEN SIGNATURE PEDICURE

MIND & SOUL \$280

INCLUDES THE 60 MINUTE ORGANIC CUSTOM FACIAL AND A 60 MINUTE RELAXATION MASSAGE

THE RADIANCE RITUAL \$315

INCLUDES THE 75 MINUTE MINIMALIST FACIAL AND A 60 MINUTE AROMATHERAPY MASSAGE

TINTING

TINTING IS THE PROCESS OF APPLYING SEMI-PERMANENT DYE TO ENHANCE, SHAPE, AND DEFINE YOUR BROWS AND DARKEN YOUR LASHES.

- BROW \$20
- LASH \$25
- BROW SHAPE & TINT \$35
- BROW & LASH \$40

LASH LIFT

A LASH LIFT IS SIMILAR TO A PERM FOR YOUR LASHES - SETTING THE SHAPE OF YOUR NATURAL LASHES USING A CHEMICAL SOLUTION.

- LASH LIFT \$75
- LASH LIFT & TINT \$95

DERMA-PLANING

A GENTLE, EXFOLIATING TREATMENT USING A SURGICAL STEEL SCALPEL TO REMOVE DEAD SKIN CELLS AND FINE FACIAL HAIR. INCLUDES A SKIN REGIMEN /LX FACIAL FOR DEEPLY NOURISHED, SMOOTH, AND RADIANT SKIN.

60 MINUTES \$120



WE ARE YOUR
HAVEN



STAY SOCIAL WITH US

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