



WELCOME TO ELMWOOD SPA

Housed in a landmark historic building in the cultural heart of downtown Toronto, Elmwood Spa is an urban oasis for women and men who seek stress relief and relaxation. As soon as you walk up the steps to our historic building and enter our elegant interior – the magic begins. Experience a warm welcome and attentive service that will make you feel special from the moment you arrive. Two restaurants, a juice bar, 34 treatment rooms, and Water Therapies™ (swimming pool, whirlpool and steam rooms), offer more than any other day spa in Toronto.



WATER THERAPIES

Relax and unwind in our swimming pool, whirlpool, steam room and poolside lounge. We suggest that you arrive one hour before your first service so you can slow down, relax and shed the mantle of the outside world. Water Therapies™ enhance your treatments and are recommended and scheduled, whenever possible, before your services.

Complimentary with services valued at \$100 or more.

Complimentary Mondays to Thursdays with Manicures and Pedicures.

Recommended before your services to avoid damage to polish.

Add on to any service(s) under \$100. \$20

One time day pass available Mondays to Thursdays only. \$35

Purchase 5 day passes and your 6th is on us - Mondays to Thursdays. \$170



ELMWOOD SPA FACIALS

VIRTUAL SURGERY FACIAL

75 minutes • \$195

This powerful Swiss line anti-aging treatment offers both firming and lifting results. Revolving around a specialized “Virtual Mask” that consists of invisible fibers that aid in the delivery of highly potent Swiss active ingredients. A must for anyone looking to improve sun damaged skin, diminish fine lines, wrinkles and promote a radiant looking skin. Includes a lip treatment to dramatically redefine the lip contour; and eye treatment resulting in a brighter and more refreshed look.

COLLAGEN DNA ANTI-AGING FACIAL

80 minutes • \$175

Potent botanical extracts and an apple stem cell with marine collagen masque to promote the suppleness and elasticity of the skin, reducing signs of fatigue and dehydration so skin appears plumper, smoother and more radiant.

BRIGHTENING VITAMIN C FACIAL

50 minutes • \$150

A triple action brightening treatment combining dermabrasion exfoliation, a potent dose of vitamin C and a pro-collagen masque. Refines pores and skin imperfections, reduces pigmentation and fine lines and wrinkles, leaving the skin super soft and illuminated.

FOUNDATION FACIAL

50 minutes • \$140

This premium Guinot customized facial is rich in active ingredients and combines one of five essential oils to personalize individual skin’s needs. Deep cleansing, toning, exfoliation, steam, extractions, a unique pressure point massage and green tea & passion fruit peel-off masque

ESSENTIAL FACIAL

50 minutes • \$125

+ Premium Peel-Off Masque 60 minutes • \$155

Our basic cleansing and hydrating facial for all skin types. Includes cleansing, toning, exfoliation, steam, extractions, masque and moisturizing with our exclusive ElmLine products.

NEW ESSENTIAL ENHANCED FACIAL

50 minutes • \$140

+ Premium Peel-Off Masque 60 minutes • \$170

ADD YOUR CHOICE OF: Bright Eye, Lip Plump & Hydrate or Wax (Brow, Lip or Chin) to our basic cleansing and hydrating facial for all skin types. Includes cleansing, toning, exfoliation, steam, extractions, masque and moisturizing with our exclusive ElmLine products.

SPECIALTY FACIALS

OXYGEN INFUSION FACIAL

50 minutes • \$155

This “Red Carpet” treatment infuses the skin with pure medical grade oxygen and serums to yield immediate visible results. Wrinkles are smoothed, jaw line and cheek bones are defined, with a refined texture to the skin that will leave you glowing like no other. An absolute must for any special occasion.

24K GOLD NUFACE MICROCURRENT FACIAL

50 minutes • \$150 80 minutes • \$175

A non-surgical face-lift featuring the NuFACE Microcurrent Face Training device, which helps to stimulate collagen production and elastin. Lifts, firms and tones the skin, for immediate and noticeable results.

ANTI-AGING FACIAL WITH MICRO-CURRENT LIFT

80 minutes • \$175

Reboot your skin with this non-surgical face-lift featuring Microcurrent technology, a revolutionary machine that helps to stimulate the production and storage of collagen and elastin to help lift and firm the face for immediate and noticeable results.

A series of 4 is recommended. Purchase 3, and your 4th is free.

MICRODERMABRASION FACIAL

50 minutes • \$150

Microdermabrasion is one of the best preventative and corrective treatments for acne and aging skin. Medical grade crystals provide a gentle sandblast of the top layer of the epidermis to encourage new healthy cell growth which gives you younger, firmer looking skin. Decreases pigmentation, clogged pores, fine lines and wrinkles. Includes a cooling masque to reduce redness while soothing and hydrating the skin.

A series of 4 is recommended. Purchase 3, and your 4th is free.

PURIFYING & ACNE FACIAL

50 minutes • \$135

Banish stubborn acne for a clean and clear complexion. A gentle exfoliating enzyme peel and pre-extraction masque effectively bring impurities to the skins surface for easy, gentle removal.

DETOX & RESURFACING TREATMENT

35 minutes • \$95

This Treatment offers a deep cleansing of the skin. Double exfoliation clears the skin’s surface and offers a pore-tightening effect.

FACIAL SERIES: BUY 3, GET 1 FREE

While one treatment can leave you with noticeable improvements in the look and feel of your skin, treating yourself to a series of facial treatments will give you the long lasting results you’re looking for. We recommend one facial every season. Pre-book and pre-pay for 3 facials and you'll get 1 facial FREE!



SIGNATURE SERVICES

At Elmwood Spa, there is a special kind of magic with each of our Signature Services
Experience the journey with us.

LI'TYA KODO BODY MASSAGE

60 minutes • \$185

This rhythmic massage, inspired by traditional Australian Aboriginal techniques uses a combination of pressure points and spiraling movements to ground and uplift, leaving the body's energies 'laughing with joy.' A choice of aromatic oils will rejuvenate, harmonize or detoxify. Includes a Quandong hair treatment. Insurance receipt provided.

LI'TYA MALA MAYI BODY TREATMENT*

90 minutes • \$280

Unwind, invigorate and celebrate with this completely rejuvenating experience. Be energized and nourished with a full body aromatic oil and desert salt exfoliation. Then calm and revitalize the spirit, cocooned in a warm Mapi body mud that cleanses and delivers essential nutrients to the skin, while you experience Aboriginal massage techniques with the Paudi scalp massage. Refresh with a shower and surrender body and soul to a rhythmic Miji Kodo massage. Mala Mayi means 'clan food.' *Request an RMT if you require an insurance receipt.*

Each LI'TYA Treatment includes a Quandong Hair & Scalp Treatment.

*Please note Body Treatments are not safe for expecting mothers.

LI'TYA QUANDONG HAIR & SCALP TREATMENT

25 minutes • \$70

The unique conditioning properties of the Quandong (native peach) are legendary. The kernel extract enriches the density and luster of the hair, relieves dry and itchy scalp, and provides recovery for over-stressed hair. With vitamin-loaded macadamia nut oil to encourage moisture absorption and essential oils, this beautiful hair treatment delivers amazing results. Recommended to leave in for 24 hours.

LI'TYA DREAMING WHOLE BODY RITUAL*

5.5 hours • \$535

A unique experience of traditional Australian Aboriginal healing techniques with the power of native essential oils, desert salts and other herbs. A combination of LI'TYA treatments combined into one seamless ritual for a rebalanced and rejuvenated body.

- Water Therapies
- 3 course lunch at the Terrace Restaurant
- Kodo Body Massage
- Mala Mayi Body Treatment
- Jina Foot & Poloma Hand Treatment
- Face Massage
- Quandong Hair & Scalp Treatment

Request an RMT if you require an insurance receipt.

SIAM HERBAL BODY TREATMENT

80 minutes - \$200

Based on a 14th century Thai treatment that was developed for soldiers returning home from war. An exfoliating scrub of ground coriander seed, nutmeg and other spices revitalizes the skin, followed by a warm Thai herb compress to help open pores and relieve tension. A massage using deep moisturizing lotion completes this restorative treatment. **Request an RMT if you require an insurance receipt.**

DEEP SIAM MASSAGE ♥

75 minutes - \$200

Targets muscle pain, stress-induced muscle tension, fatigue and even recovery from the common cold. Features a steamed Thai herbal compress used in circular motions with customized pressure to restore and redirect energy; lemon grass, turmeric, Kaffir lime and other Thai herbs help reduce inflammation, relieve cramps and calm the nerves, while revitalizing your skin. **Request an RMT if you require an insurance receipt.**

♥ Available in a room for two

The Thai herbal compress used is yours to take home to continue the spa experience.

TIP: It is best not to shave on the day of an exfoliation.

SEA FLORA FIRING & TONING BODY TREATMENT

70 minutes - \$185

This slimming and toning treatment starts with a 15 minute Infrared Sauna followed by a relaxing exfoliation with an oil free seaweed body polish and application of Therapeutic Firming Seaweed Gel that targets cellulite, tones the body and minimizes fluid retention. Bask in a warm embracing wrap before you take a refreshing shower and your *Spa Care Expert™* applies a Laminaria Body Lotion to finish off a treatment that will leave you feeling gloriously relaxed and slimmer. *A series of 6 is recommended along with proper diet and exercise for optimal results.*

LAVA SHELL MASSAGE

75 minutes - \$200

A body exfoliation with an oil-free Sea Flora body polish followed by a 45 minute therapeutic heated lava shell massage with seaweed massage oil blend. The shells from the South Pacific have a narrow edge used to target areas of concern and a smooth rounded surface for even pressure and comfort. They are gently warmed through natural mineral energy and provide a long lasting deep heat that relaxes muscles and rejuvenates the mind. Insurance receipt provided.

TASTES OF THE WORLD HEAD TO TOE REVIVER

110 min - \$225

Celebrate Toronto's diversity with treatments from around the world! Start with an invigorating Argan Oil full body exfoliation from Morocco followed by a Signature Fire and Ice Massage from the Philippines with warm and cool lava shells to flush out the body's toxins. A facial cleanse, exfoliation and cooling Algae Peel-Off Masque from Spain will firm, lift and tone, followed by a relaxing face, neck and décolleté massage. The LI'TYA Quandong Hair and Scalp Treatment with extracts of Australia's native peach and macadamia nut to enrich hair luster, completes this unique experience.



MASSAGE THERAPIES

Massage therapy relieves tired, sore muscles, alleviates pain or tension and improves circulation so you feel and function better.

HOT STONE MASSAGE ♥

50 minutes - \$155 80 minutes - \$200

Heated basalt stones, used in conjunction with Swedish massage techniques, radiate a soothing heat that encourages deep relaxation of the muscles and the mind.

BAMBOO MASSAGE ♥

75 minutes - \$200

Warmed cylindrical pieces of bamboo are rolled and pressed along the body to ease tension, giving added pressure and an extremely relaxing sensation. Great for knotted and tense muscles.

ELMWOOD REFRESHER

75 minutes - \$190

A 50 minute Swedish Massage followed by a mini facial which includes cleansing, toning, exfoliation, a masque and moisturizing. Perfect for regular maintenance. An insurance receipt can be provided for the massage portion.

AROMATHERAPY MASSAGE ♥

50 minutes - \$150 80 minutes - \$200

Fragrant essential oils combined with a Swedish massage produce dramatic results. You may choose an oil to build up your immune system, to be soothed, invigorated, energized or rejuvenated.

DEEP TISSUE MASSAGE* ♥

50 minutes - \$150 80 minutes - \$200

Ideal for athletes and others who place strenuous demands on their bodies. A deep tissue massage can be customized to target problem areas, ease stress and muscle pain, and increase circulation.

OXYGEN INFUSION MASSAGE*

50 minutes - \$150

Our bodies need oxygen to rid the body of toxins, viruses and disease. This treatment with oxygen inhalation increases oxygen into the bloodstream to promote circulation, leaving you energized and revitalized. Also helps with jet lag.

MASSAGE THERAPIES

PREGNANCY MASSAGE ♥

50 minutes - \$140 80 minutes - \$190

A safe, soothing treatment for expecting mothers who are experiencing a normal, healthy pregnancy. Relieves fluid retention and pressure due to weight gain, encourages healthy circulation, and promotes restful sleep patterns. The whirlpool & steam room should not be used while pregnant. Note: there is no lower back massage in this service.

FIRE & ICE MASSAGE ♥

50 minutes - \$150 80 minutes - \$200

A combination of smooth heated and cooled shells that are used in a harmonized rhythm to massage the body and increase blood circulation; helps detoxify and heal the body.

REFLEXOLOGY

50 minutes - \$130

Reflexology targets the thousands of nerve endings in each foot. Stress is reduced, the body is brought into a more balanced state, and you experience a deeply relaxed feeling throughout your entire body. Reflexology provides a boost to the immune system. Ideal for those who suffer from chronic headaches and asthma.

SWEDISH MASSAGE* ♥

20 minutes - \$70
50 minutes - \$140
80 minutes - \$190

Reduces lower back pain, neck pain and recurring headaches.

* AROMATHERAPY ADD-ON:

Add \$10 to upgrade to essential oils for: Deep Tissue Massage, Oxygen Massage or Swedish Massage.

Not safe for expecting mothers.

♥ AVAILABLE IN A ROOM FOR TWO

Add \$10 to reserve our Royal or Sapphire couples suite.

See Signature Services for Specialty Massage: Deep Siam Massage, Lava Shell Massage and LI'TYA Kodo Body Massage



PERKS: Complimentary Water Therapies™ are included with all massages*.
We recommend enjoying prior to your treatment.

**GET THE FULL BENEFITS FROM A MASSAGE SERIES.
Purchase a series of 4 massages and the 5th is on us!**

There are tremendous benefits to be achieved through regular massage therapy treatments from a Registered Massage Therapist.



SPA RETREATS

You don't have to leave the city to escape from the stresses of urban living; sneak away for some pampering, or give the gift of renewal to someone who deserves it.

ELMWOOD ESCAPE

4.5 hours • \$349  *Perfect Gift*
with 3 course lunch • \$387

- Water Therapies™
- ElmLine Essential Facial
- 50 min Swedish Massage
- ElmLine Essential Manicure & Essential Pedicure

SERENITY RETREAT

4 hours • \$139

- Water Therapies
- ElmLine Essential Manicure
- ElmLine Essential Pedicure
- 3 course lunch at the Terrace Restaurant

MOMMY TO BE RETREAT

4 hours • \$225

- Water Therapies
- 50 min Pregnancy Massage
- ElmLine Essential Pedicure
- 3 course lunch at the Terrace Restaurant

RADIANCE RETREAT

2.5 hours • \$275
with 3 course lunch • \$313

- Water Therapies
- 50 min Aromatherapy Massage
- 50 min Brightening Vitamin C Facial

PAMPER & POLISH RETREAT

3.5 hours • \$235
with 3 course lunch • \$273

- Water Therapies
- ElmLine Essential Manicure
- ElmLine Essential Pedicure
- 50 min Swedish Massage, Essential Enhanced Facial, or Body Scrub

INDULGENCE RETREAT

6 hours • \$449

- Water Therapies
- Foundation Facial
- 80 min Tuscan Citrus & Herb Body Scrub with Massage
- ElmLine Essential Manicure
- ElmLine Essential Pedicure



COUPLES

Elmwood Spa is your couples destination in Toronto. Tucked away in the heart of the city, you can enjoy a cozy and relaxing escape in our urban oasis. With several couples rooms, including our Royal and Sapphire Suites complete with in room fireplace, you can enjoy an array of massage and facial treatments side by side.

EXOTIC ESCAPE FOR TWO

3.5 hours • \$360

- Water Therapies™
- 50 min Couples Swedish Massage
- 4 Course Dinner for Two at Bangkok Garden

JUST THE TWO OF US

4.5 hours • \$519

- Water Therapies
- 50 min Couples Swedish Massage
- ElmLine Essential Facial for Two
- 3 course lunch for two in the Terrace Restaurant

THAI ESCAPE FOR TWO

4 hours • \$459

- Water Therapies
- 75 min Couples Deep Siam Massage
- 4 Course Dinner for Two at Bangkok Garden

RELAX & RECONNECT FOR TWO

2.5 hours • \$399

with 3 course lunch • \$475

- Water Therapies
- 50 minute Couples Aromatherapy Massage
- ElmLine Essential Pedicure or Sport Pedicure for Two

MASSAGES AVAILABLE IN A ROOM FOR TWO:

Swedish, Bamboo, Aromatherapy, Hot Stone, Deep Tissue, Fire & Ice, Deep Siam, Pregnancy

Inquire about our Royal and Sapphire Couples Suites.

Insurance receipts are provided for therapeutic massages within retreats. Services cannot be substituted within a retreat.

DINE TOGETHER

Our 3 course lunch in the licensed fourth floor Terrace Restaurant is the perfect way to complete your day of relaxation. Be pampered together with a gourmet lunch while wrapped in your cozy spa robes.

For later appointments, Bangkok Garden restaurant is the perfect venue for a special date night. Enjoy authentic Thai food in a beautiful setting right next door on the main floor.



MENS SERVICES

When the weight of the world on your shoulders starts to take its toll on your energy levels, it's time to relax, de-stress and recharge. We're here to help you feel & function at your best.

MEN'S ESSENTIAL FACIAL

50 minutes • \$125

+ Premium Peel-Off Masque 60 minutes • \$155

Hydrates the skin, clears blackheads and alleviates ingrown hairs. Your skin will feel clean, healthy and smooth. Includes a relaxing hand massage, your choice of foot or scalp massage, and complimentary use of Water Therapies.

**Shave at least 2 hours before your appointment.*

NEW MEN'S ESSENTIAL ENHANCED FACIAL

50 minutes • \$140

+ Premium Masque 60 minutes • \$170

All the benefits of our Essential Facial **PLUS your choice of:** Eye Treatment to reduce dark circles and fine lines, Lip Hydration for dry/chapped lips or a Brow Wax.

SPORT MANICURE

40 minutes • \$47

25 minutes • \$38 (without paraffin)

Takes care of dry and splitting cuticles, tough skin build up and dull nails. Includes a warm hand soak, nail trim and file, cuticle nourishment, relaxing hand massage, moisturizing and a deeply hydrating paraffin treatment

SPORT PEDICURE

50 minutes • \$67

Men's pedicures are thorough, good-for-the-feet treatments that include a warm soak, nail trim and file, cuticle nourishment, callus abrasion, exfoliation, relaxing foot massage, intense moisturizing, followed by a deeply hydrating paraffin treatment.

MEN'S ESSENTIAL RETREAT

4 hours • \$347

with 3 course lunch • \$385

- Water Therapies™
- Men's Essential Facial
- 50 minute Swedish Massage
- Sport Manicure and Pedicure

GENTLEMEN'S RETREAT

2.5 hours • \$259

with 3 course lunch • \$297

- Water Therapies™
- Deep Tissue Massage
- Men's Essential Facial

GROOMING

Men's Hair Cut		\$30
Men's Wash and Style	from	\$28
Men's Colour or Highlights	from	\$35
Chest Wax	10 minutes	\$28
Chest and Stomach Wax	25 minutes	\$50
Upper or Lower Back Wax	10 minutes	\$28
Full Back Wax	25 minutes	\$50



HANDS, FEET & FINISHING TOUCHES

Each manicure and pedicure treatment includes a complimentary home care kit including your own nail file, pumice stone and buffer

ELMLINE ESSENTIAL MANICURE

40 minutes • \$47

French Manicure 45 minutes • \$52

Enjoy a warm hand soak, nail trim and file, cuticle nourishment, exfoliation, relaxing hand massage and intense moisturizing, followed by a polish application.

ELMLINE DELUXE MANICURE

50 minutes • \$67

French Manicure 55 minutes • \$72

All the benefits of an Essential Manicure, plus a firming masque on hands and arms and a paraffin hand treatment.

SHELLAC MANICURE

50 minutes • \$57

60 minutes • \$62 with Shellac removal

Shellac is a nail polish product that lasts up to 14 days without chipping, scratching, or smudging. Includes a cuticle clean up and shellac application, AHA hand exfoliation to diminish signs of aging, hot towel rinse and relaxing hand massage.

HANDS & FEET EXTRAS

Please reserve 'extras' when you book your regular hand or foot treatment.

Polish Change • 10 minutes • \$20

Polish removal and application. No filing.

Paraffin Treatment • \$15

Deeply hydrating and ideal for hands and feet.

Try it once and you'll be a lifelong fan.

Shellac Removal • 10 minutes • \$15

SPA HYGIENE FOR MANICURES & PEDICURES

At Elmwood Spa we take spa hygiene very seriously. We use a medical grade autoclave which kills any airborne or surface bacteria. We also take a regular culture test from our autoclave on a monthly basis that is sent to a third party lab to ensure that our equipment is bacteria-free. This is not required in the spa industry, but something we think is the right thing to do.

ELMLINE ESSENTIAL PEDICURE

50 minutes • \$67

French Pedicure 55 minutes • \$72

A warm soak, nail trim and file, cuticle nourishment, callus abrasion, exfoliation, relaxing massage and intense moisturizing, followed by a polish application.

ELMLINE DELUXE PEDICURE

65 minutes • \$87

French Pedicure 70 minutes • \$92

All the benefits of an Essential pedicure, plus a leg-firming masque and paraffin treatment.

SHELLAC PEDICURE

60 minutes • \$77

65 minutes • \$82 with Shellac removal

Shellac is a nail polish product that lasts up to 14 days without chipping, scratching, or smudging. Includes a cuticle clean up and Shellac application, hot towel rinse and relaxing foot massage.

FIRE AND ICE DELUXE PEDICURE

70 minutes • \$95

Stimulate your senses and cool your tension. Starts with a warm soak, nail trim and file, cuticle nourishment and callus removal. Enjoy a cooling exfoliant followed by a relaxing massage with polished warm Lava shells and Cool Glacial shells from the South Pacific. The alternating temperatures flush out toxins to lighten and energize the body. Completed with a polish application.

ELMLINE QUICK FOOT FIX

25 minutes • \$47

add French polish 30 minutes • \$52

Perfect between pedicures or when pressed for time. This quick-fix features nail filing and buffing, cuticle work, moisturizing, and polish application. Does not include callus removal or exfoliation.

TINTING

Enhance light-coloured brows and lashes without the daily use of brow pencils or mascara.

Brow Tinting	10 minutes	\$20
Lash Tinting	25 minutes	\$27

HAIR STUDIO

Women's Hair Cut and Style		\$70
Men's Hair Cut		\$30
Women's Wash and Style	from	\$35
Men's Wash and Style	from	\$28
Colour*		\$95
Men's Colour or Highlights	from	\$35
Full Foil Highlights*	from	\$145
Partial Foil Highlights *	from	\$115
Up-do	Starting at	\$65

*Includes Hair Wash and Blow Dry

WAXING

Brows	10 minutes	\$25
Upper Lip or Chin	10 minutes	\$20
Lip, Brow and Chin	25 minutes	\$55
Full Arm	30 minutes	\$55
Half Arm	20 minutes	\$35
Underarm	10 minutes	\$20
Brazilian	25 minutes	\$65
Bikini	10 minutes	\$40
Full Leg and Brazilian	70 minutes	\$130
Full Leg and Bikini	50 minutes	\$85
Upper Leg and Brazilian	50 minutes	\$95
Upper Leg and Bikini	35 minutes	\$65
Lower Leg	25 minutes	\$46
Chest	10 minutes	\$28
Chest and Stomach	25 minutes	\$50
Upper or Lower Back	15 minutes	\$30
Full Back	40 minutes	\$60

MOROCCANOIL HAIR TREATMENTS

Dry or Oily Scalp Treatment	25 minutes	\$45
Hair Masks	25 minutes	\$45
Scalp Treatment & Hair Mask	30 minutes	\$50



CUISINE

With two restaurants and a juice bar, you're sure to find something to pamper your taste buds.

TERRACE RESTAURANT

3 course lunch - \$38

Enjoy a delicious lunch in our licensed fourth floor restaurant, where your spa robe is the preferred attire. With its own kitchen, food is fresh, prepared à la minute, and the menu serves up healthy (and decadent) choices to suit every taste. When weather permits, guests may dine outside on the patio overlooking the city.

The Terrace Restaurant can accommodate groups of up to 110. Book your next corporate or social event with us.

JUICE BAR - FRESHLY SQUEEZED

Nutritionally prepare your body to perform better and recover faster with our freshly squeezed, vitamin packed juices. Fit a light bite into your schedule – eat in or on the go. An assortment of fresh, made-to-order wraps, salads and light snacks available.

BANGKOK GARDEN

Right next door to Elmwood Spa, Bangkok Garden introduced Thai cuisine and culture to Toronto 35 years ago and was awarded the *Thai Select Premium* designation from the Thai Consulate – which recognizes the authenticity of our ingredients, restaurant décor, and 5-star service. The food is based on the Thai principle of balancing the five tastes: sweet, hot, sour, salty, and bitter. Enjoy seafood, silky rich curries, exotic soups and barbecued stir fried dishes. Experience our famous Noodle Bar with customizable soups, included in our weekday Lunch Buffet.

LUNCH

Monday - Friday
11:30 am - 2:30 pm
(buffet or à la carte)

DINNER

Monday - Sunday
5:00 pm - 10:00 pm
(à la carte)



bangkokgarden.ca



GROUP EVENTS

With 35 years of experience hosting groups, your event or special occasion with us is sure to be memorable. Hosted inside our landmark historic building, Elmwood Spa and Bangkok Garden are ideal for any celebration.

For Group inquiries please call 416.964.4525 xt 4517 or email groups@elmwoodspa.com.

ELMWOOD SPA | elmwoodspa.com

Elmwood Spa group packages are designed to relax, invigorate, and bring peers and loved ones together through the Elmwood Spa experience. Our newly renovated and licensed manicure-pedicure space with 12 manicure and 12 pedicure chairs is perfect for social and corporate events. Spa Capacity of up to 200 guests.

Water Therapies | Spa & Bridal Packages | 3 course lunch **or** Authentic Thai Buffet in the licensed Terrace Restaurant

BANGKOK GARDEN | bangkokgarden.ca

Bangkok Garden is a unique venue lushly decorated with teak and artifacts imported from Thailand.

Capacity of up to 150 guests. A variety of customizable options are available including:

Interactive Food Stations | Authentic Thai Buffet | Platter/Family Style Dinner | Cocktail Party with Passed Appetizers

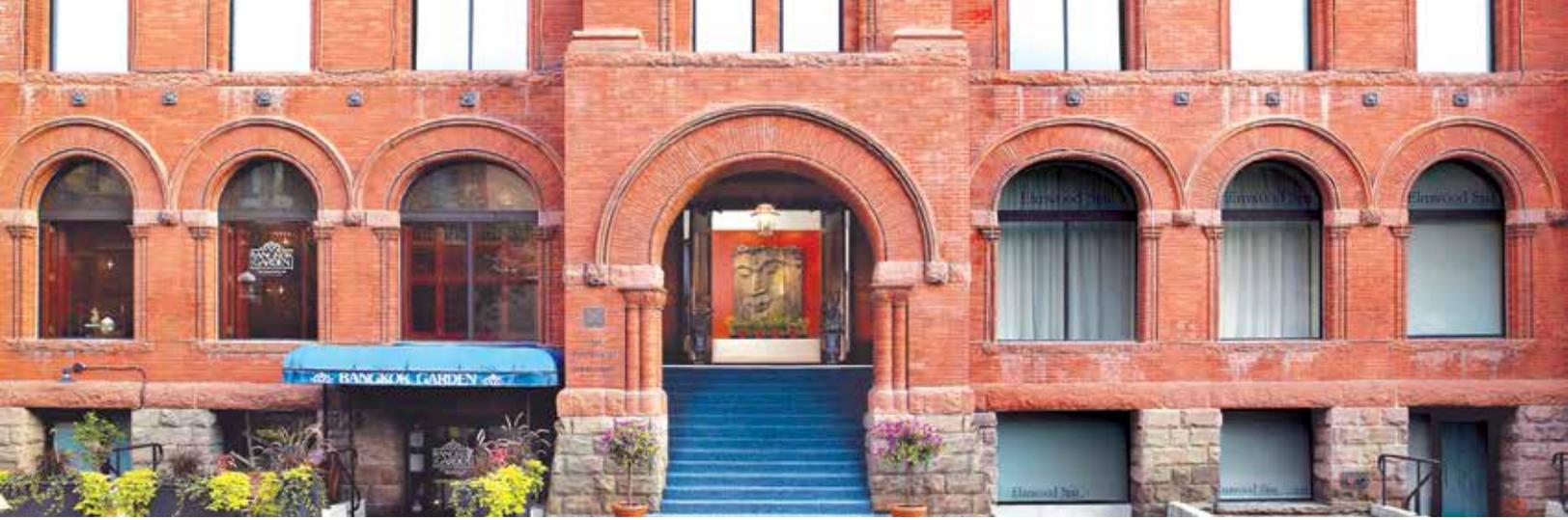


Gift Cards are the perfect choice to show your thanks and appreciation to employees, clients and friends. Purchase 10 Gift Cards for the same à la carte services or equal dollar value and receive **one complimentary Gift Card** of the same value.

For group inquiries, please contact Shamaine Estibeiro | T. 416.964.4517 | F. 416.977.8611

Email: sestibeiro@elmwoodspa.com | Reservations: 416.977.6751





SPA ETIQUETTE

BOOKING APPOINTMENTS

- A valid major credit card number or your Gift Card is required at the time of booking to secure your reservation.
- Booking two to three weeks in advance is recommended to secure your best choice of appointment dates and times.

CANCELLATION

48 hours notice is required to cancel or reschedule any à la carte service(s) or spa retreats. Please understand that you will be charged 50% of each service price if you change or cancel your appointment without the minimum notice.

CHECK IN

If you are late, it will result in a shortened appointment or a rescheduled appointment with applicable charges. Plan to check in at least 30 minutes prior to your first service to give yourself time to receive your itinerary and update your health form. Additional time is required if you plan to enjoy Water Therapies.

GIFT CARDS

If you receive a Gift Card for a package or service that you don't want, you may use the dollar value of that Gift Card towards any product or service you would like; however, Gift Cards cannot be redeemed for cash.

WHAT TO BRING AND WEAR

We provide a robe, flip flops, and lockers to store your belongings. Please bring a swimsuit and personal toiletries for Water Therapies. Elmwood Spa is not responsible for lost or misplaced items. Valuables are best left at home.

An automatic gratuity of 15% is applied to spa services and food and beverage for groups of 10 or more.

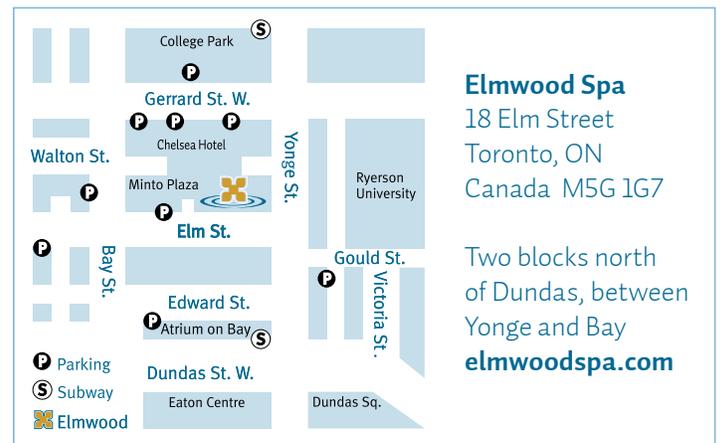
For more information visit: elmwoodspa.com/spa-etiquette

CONTACT US

Phone: 416.977.6751
Toll free: 1.877.284.6348
Online Booking: elmwoodspa.com
E-mail: spa@elmwoodspa.com

HOURS OF OPERATION

Monday to Thursday 10:00 am – 9:00 pm
Friday 9:00 am – 9:00 pm
Saturday 9:00 am – 8:00 pm
Sunday 10:30 am – 6:30 pm



PARKING

Please inquire with a contact centre representative or on our website for detailed parking information.

Prices, policies and services in effect from January 24, 2018 and are subject to change without notice. Taxes and gratuities are not included.