

Elmwood Spa
Canada's Favourite Urban Oasis

Lobby



Welcome to Elmwood Spa

Housed in a landmark historic building in the cultural heart of downtown Toronto, Elmwood Spa is an urban oasis for people 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.

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Book your Getaway at Toronto's Leading Day Spa

18 Elm Street Toronto | 416.977.6751 | elmwoodspa.com | [@elmwoodspa](https://www.instagram.com/elmwoodspa)



Serenity in the city – the ideal place to gather with friends, to celebrate life's milestones, to reconnect with a loved one, or to escape for some stress relief and self-renewal.

Water Therapies™
Two Restaurants | 34 Treatment Rooms
Couples Suites | Retail Boutique
Retreat Packages



Perfect for **Every Body™** on Your List.
Order online at elmwoodspa.com





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 (55 min max) with services valued at \$120 or more, any day.

Spa Cuisine

TERRACE RESTAURANT

3 course lunch • \$50

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

Feel revitalized with our freshly squeezed, vitamin-packed juices or smoothies. Fit a light bite into your schedule – eat in or on the go. Enjoy an assortment of fresh paninis, salads, share plates or Thai Tastes from Bangkok Garden.



Truly Authentic Thai

BANGKOK GARDEN

Right next door to Elmwood Spa, Bangkok Garden introduced Thai cuisine and culture to Toronto over 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 traditional one plate lunch featuring a variety of authentic Thai dishes.



bangkokgarden.ca

LUNCH

Monday - Friday
11:30 am - 2:30 pm

DINNER

Monday - Friday
5:00 pm - 10:00 pm

Saturday - Sunday
4:00 pm - 10:00 pm

SEE OUR EXOTIC ESCAPE RETREAT FOR TWO ON PAGE 9.

Includes Dinner for two paired with a couples massage and Water Therapies™.





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. To take full advantage of your spa retreat, plan to arrive early and slip into the steam room, soak in the whirlpool, or take a dip in the pool. Enjoying Water Therapies™ is the perfect way to acclimatize yourself to the spa and to prepare your body to accept the benefits of the treatments you'll receive.



Perfect for **Every Body™** on Your List.
Choose from one of our retreat packages for a memorable gift.

ELMWOOD ESCAPE

4.5 hours • \$463  Perfect Gift
with 3 course lunch • \$509

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

SERENITY RETREAT

4 hours • \$176

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

MOMMY TO BE RETREAT

4 hours • \$293

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

RADIANCE RETREAT

2.5 hours • \$362
with 3 course lunch • \$412

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

INDULGENCE RETREAT

6 hours • \$558
with 3 course lunch • \$608

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

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





Twice as Nice

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.

Unwind Together in our Water Therapies™ area (swimming pool, whirlpool, steam rooms)

With a licensed area on our pool deck, you can enjoy a glass of wine or order healthy snacks and smoothies from our Juice Bar, served poolside while you lounge in your robe.

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.

Retreats for 2

EXOTIC ESCAPE FOR TWO

3.5 hours • \$472

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

JUST THE TWO OF US

4.5 hours • \$754

- 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 • \$633

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

EUPHORIA FOR TWO RETREAT

4.5 hours • \$644

- Water Therapies
- 50 minute Couples Aromatherapy Massage
- ElmLine Deluxe Pedicures
- 3 Course lunch for two at the Terrace Restaurant

SPA DATE FOR TWO

6 hours • \$999

- Water Therapies
- Essential Facial for two
- 50 minute Couples Swedish Massage
- Essential Manicure & Pedicure
- 3 course lunch for two at the Terrace Restaurant

MASSAGES AVAILABLE IN A ROOM FOR TWO:

Swedish, Bamboo, Aromatherapy, Hot Stone, Deep Tissue, Fire & Ice, Pregnancy, Page 19. Deep Siam, Page 16.

Inquire about our Royal and Sapphire Couples Suites.

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



Terrace Restaurant

Elmwood Spa Facials

VIRTUAL SURGERY FACIAL

75 minutes • \$269

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 • \$237

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 • \$193

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.

RADIANCE FOUNDATION FACIAL

50 minutes • \$189

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 • \$172

+ Premium Peel-Off Masque 60 minutes • \$213

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

ESSENTIAL ENHANCED FACIAL

50 minutes • \$189

ADD YOUR CHOICE OF: Bright Eye Treatment, 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.

SAVE UP TO \$71 PER FACIAL

Pre-pay for 4 facials and enjoy a facial each season for best results. [Learn more at elmwoodspa.com](http://elmwoodspa.com)



Specialty Facials

OXYGEN INFUSION FACIAL

50 minutes • \$205

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.

NUFACE MICROCURRENT FACIAL

50 minutes • \$205 80 minutes • \$237

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.

HYDRAFACIAL®

from \$224 - \$296

The award winning, non invasive skin resurfacing treatment that delivers long-term skin health and can be tailored to meet the specific needs of all skin types. It offers instant, noticeable results with no downtime or irritation

MICRODERMABRASION FACIAL

50 minutes • \$205

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 4 for \$142 each.



URBAN DETOX FACIAL

50 minutes • \$172

+ Anti-pollution Charcoal Masque 60 minutes • \$213

The natural earthy aroma of Juniper, Copahu, Rosewood and Cedarwood essential oils rebalances and reinvigorates mind and body by helping to reconnect with nature and reducing the effects of cortisol, the stress hormone.

Clinically proven to counteract the signs of aging caused by the stressors and pollution of urban lifestyle. Skin Regimen products use a high concentration of organic superfood extracts, resulting in a healthy glow, while traditional Japanese massage techniques help to firm the skin. Our techno arm & hand massage relieves tension caused by over-use of electronic devices.

PURIFYING & ACNE FACIAL

50 minutes • \$182

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.

Facial Add Ons

PREMIUM PEEL-OFF MASQUE - \$54

Specialized Algae Peel-Off Masques from Spain, with a high level of active ingredients are highly recommended to enhance and complete your treatment. Your Spa Care Expert™ will apply a masque best suited to your needs. Benefits range from diminishing redness and wrinkles, to detoxifying and firming.

Add to: Essential, Brightening Vitamin C, Purifying & Acne and Hydradermie Double Ionisation.

PREMIUM ANTI-AGING EYE ENHANCEMENT - \$33

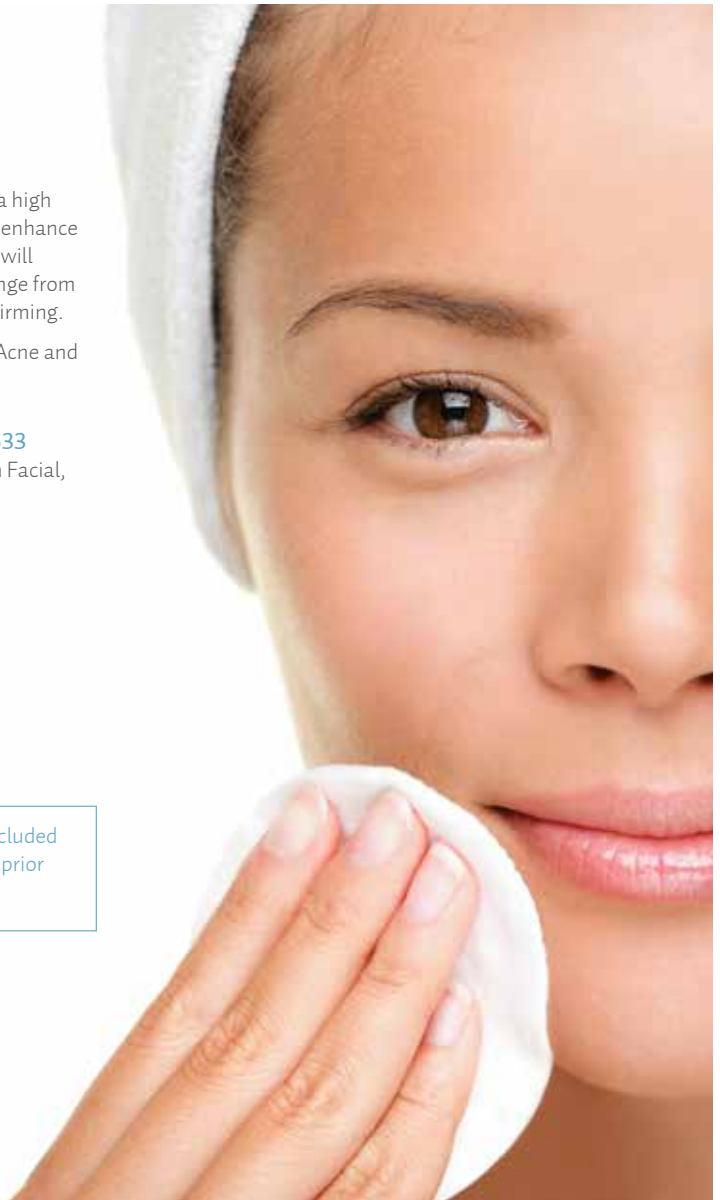
Add to: Brightening Vitamin C Facial, Oxygen Infusion Facial, Microdermabrasion, Collagen DNA Anti-Aging Facial, The Rescue Facial or Hydradermie Double Ionisation.

LIP PLUMP - \$33

Collagen & hydrating lip treatment



Complimentary Water Therapies™ are included with all Facials. We recommend enjoying prior to your treatment.



Retail Boutique



Our exclusive range of ElmLine products are derived from botanical extracts, with natural fruits, plants and extracts such as Yucca. High in antioxidants and vitamins.



Luxury, anti-aging Swiss skincare offering age preventative and restorative products. Incorporating the latest advances in bio-technology, botanical extraction and medical-grade ingredients to generate immediate and long-lasting results.

swiss line
BY DERMALAB



GUINOT
INSTITUT • PARIS

Known around the world as an industry leader, Guinot develops formulas that help to regenerate and heal the skin thanks to advanced pharmaceutical properties. Guinot products are Paraben-free & GMO-free.

Elmwood Spa's Retail Boutique features an array of Skin Care, Body Care, ElmLine Teas, and the full range of Moroccan Oil Hair Care and Body Products .
Also available for purchase at elmwoodshop.ca.



FOR ALL LIFE'S OCCASIONS

Whether you're giving someone special 'time away' or acknowledging a job well done, this unique gift of relaxation is guaranteed to deliver an unforgettable experience.

Order online or by phone. E-gift cards also available.

Perfect for **Every Body™** on Your List

Purchase 10 Elmwood Spa Gift Cards and Get 1 FREE! Applies to gift cards with the same dollar value or same à la carte spa services. Ask for details.



Signature Services



There is a special kind of magic with each of our Signature Services. Experience the journey with us.

LI'TYA Healing Rituals integrate **Australian Aboriginal** healing techniques combined with native Australian products such as sea salts, herbs and pure essential oils to enhance a sense of overall well-being. These rituals are designed to help you unwind, invigorate and celebrate.

Siam treatments are based on traditional **Thai healing rituals** to enhance your health and well-being through a combination of herbal remedies, traditional massage and heat therapies to melt aches, pains and worries away.

Seaflores treatments are based on the power of infrared sauna, **Wild Organic Seaweeds** and **Lava Shells** from the Pacific Ocean, providing a myriad of health benefits and relaxation for mind and body.

LI'TYA



Each LI'TYA Treatment includes a Quandong Hair & Scalp

LI'TYA KODO BODY MASSAGE

60 minutes • \$256

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 • \$384

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.*

QUANDONG HAIR & SCALP TREATMENT

25 minutes • \$115

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.

*Please note: Body Treatments are not safe for expecting

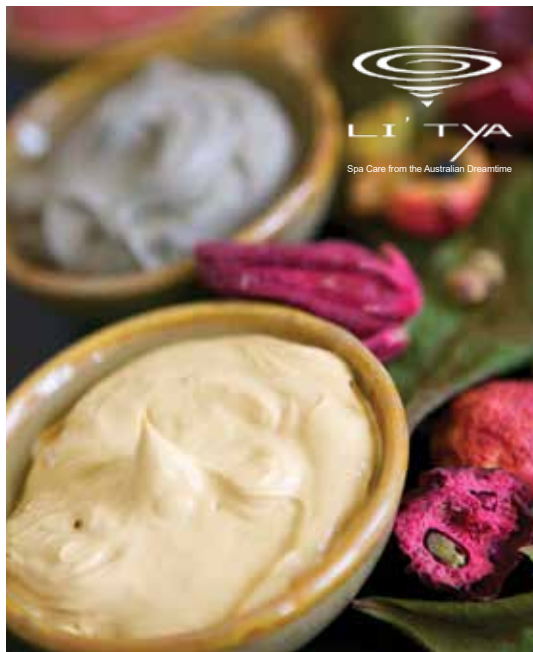
mothers

LI'TYA DREAMING WHOLE BODY RITUAL*

5.5 hours • \$737

A unique experience that embraces 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 offer the ultimate spa experience. Tired muscles are eased and energized, while your entire body is rebalanced and rejuvenated.

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





SIAM HERBAL BODY TREATMENT

80 minutes • \$284

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 MESSAGE ♥

75 minutes • \$284

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.



Siam Herbal Compress



SEAFLORA INVIGORATING CELLULITE TREATMENT

70 minutes • \$257

Begins with a 15 minute infrared sauna session. A body exfoliation with certified organic seaweeds and Pacific sea salts, hand-harvested from Vancouver Island is followed by a relaxing massage. After a warm shower, a targeted application of Seaweed Body Gel enables prompt absorption of vital nutrients into the skin, visibly smoothing and reducing cellulite. A deeply hydrating application of Sea Kelp Body Lotion to improve elasticity, completes this treatment.

A series of 5 is recommended along with proper diet and exercise for optimal results.

TASTES OF THE WORLD HEAD TO TOE REVIVER

110 min • \$322

with 3 course lunch • \$372

Celebrate Toronto's cultural diversity with this head to toe treatment designed to experience an array of Elmwood Spa's Signature Favourites from around the world. Begin with an invigorating Argan Oil full body exfoliation from Morocco. From the Philippines, a Signature Fire and Ice massage with warm and cool lava shells to flush the body of stress inducing toxins. Followed by facial cleansing, exfoliation and cooling Algae Peel-off facial mask from Spain to firm, lift and tone. Enjoy a marvelous face, neck and décolleté massage. Finish with the Quandong Hair and Scalp massage with extracts of Australia's native peach and macadamia nut to enrich the density and luster of the hair. Includes Water Therapies (swimming pool, whirlpool, steam room).



Body Treatments

FIRE & ICE BODY SCRUB

50 minutes • \$216 80 minutes • \$284

A peppermint and Aloe Vera based scrub removes dead skin cells, while essential nutrients penetrate the skin. A relaxing 20 minute therapeutic massage with hot and cold lava shells completes this treatment. This treatment detoxifies and cleanses by stimulating the lymphatic system, improving circulation, reducing water retention and removing toxins. *Request an RMT if you require an insurance receipt.*

ELMLINE SUGAR POLISH & MUD WRAP

80 minutes • \$239

A gentle exfoliation sloughs off dead cells and enhances your body's natural ability to replenish skin cells, leaving skin soft and smooth to the touch. A mud wrap detoxifies and eases muscle aches and promotes optimal circulation. Excellent for freshening skin and detoxifying with every change of season.

TUSCAN CITRUS & HERB BODY SCRUB

50 minutes • \$216 80 minutes • \$284

An invigorating scrub removes dead skin cells and increases blood circulation, while essential nutrients penetrate your skin, leaving it silky smooth. Tuscan Citrus Body butter will seal that healthy glow followed by a relaxing massage. *Request an RMT if you require an insurance receipt.*

MOMMY-TO-BE BODY SCRUB

50 minutes • \$216 80 minutes • \$284

A traditional body exfoliation safe for moms-to-be which gently sloughs off dead skin cells without irritation. This natural polish leaves skin feeling ultra smooth and silky.

Request an RMT if you require an insurance receipt.

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



Massage Therapies

Whether you need a moment of relaxation, to reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being as well as your quality of life.

SAVE UP TO \$51 PER MASSAGE

Pre-pay for 5 massages and get the full benefits of regular massage therapy from a Registered Massage Therapist.

Learn more at elmwoodspa.com

MAKE USE OF YOUR HEALTH BENEFITS

Elmwood Spa employs an outstanding team of over 60 Registered Massage Therapists who are licensed to perform clinical treatments for people with insurance, health or WSIB coverage who visit on a physician's recommendation, and for those who recognize the benefits of regularly scheduled massage treatments. Be sure to inquire about your eligibility within your own plan.



PERKS: Complimentary Water Therapies are included with all 50 minute and 80 minute massages*. We recommend enjoying prior to your treatment.

ELMWOOD REFRESHER

75 minutes • \$256

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.

Cannot be combined with other offers.

HOT STONE MASSAGE ♥

50 minutes • \$216 80 minutes • \$284

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

AROMATHERAPY MASSAGE ♥

50 minutes • \$199 80 minutes • \$284

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 • \$199 80 minutes • \$289

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.

PREGNANCY MASSAGE ♥

50 minutes • \$187 80 minutes • \$273

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 • \$216 80 minutes • \$284

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 • \$184

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 • \$106 50 minutes • \$187 80 minutes • \$273

Reduces lower back pain, neck pain and recurring headaches.

* AROMATHERAPY ADD-ON:

Add \$11 to upgrade to essential oils for: Deep Tissue 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 page 15 & 16 for Signature Massage Services :
Deep Siam Massage and LI'TYA Kodo Body Massage

Conqueror: Shed Your Armour

Every day you rise and put on the layers – the suit, the tie or the uniform that prepares you for your day. You brace yourself for deadlines, paperwork and teamwork, a sea of change, and simple things like too much traffic, or too little sleep.

You spend your time in the trenches and lately, you've been on high alert. Survival mode. But you know that over time the stress of feeling like that can be damaging to your energy, vitality and enthusiasm. You need to relax, de-stress, and to look and be at your best.

This is why men spend time at Elmwood Spa.



MEN'S FAVOURITES

URBAN DETOX FACIAL

50 minutes • \$172

+ Anti-pollution Charcoal Masque 60 minutes • \$213

The natural earthy aroma of Juniper, Copahu, Rosewood and Cedarwood essential oils rebalances and reinvigorates mind and body by helping to reconnect with nature and reducing the effects of cortisol, the stress hormone.

Clinically proven to counteract the signs of aging caused by the stressors and pollution of urban lifestyle. Skin Regimen products use a high concentration of organic superfood extracts, resulting in a healthy glow, while traditional Japanese massage techniques help to firm the skin. Our techno arm & hand massage relieves tension caused by over-use of electronic devices.

SPORT MANICURE

40 minutes • \$59

25 minutes • \$47 (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 • \$79

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.

DEEP TISSUE MASSAGE*

50 minutes • \$199

80 minutes • \$289

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

DEEP SIAM MASSAGE

75 minutes • \$265

Targets muscle pain, stress-induced muscle tension, fatigue and even recovery from the common cold. Features a steamed Thai herbal compress used with customized pressure to restore and redirect energy.

SWEDISH MASSAGE* ♥

20 minutes • \$106 50 minutes • \$187 80 minutes • \$273

PURCHASE A SERIES OF 5 (SOMIN) FOR \$135 EACH

Reduces lower back pain, neck pain and recurring headaches.

SAVE UP TO \$51 PER MASSAGE

Pre-pay for 5 massages and get the full benefits of regular massage therapy from a Registered Massage Therapist.

Learn more at elmwoodspa.com

MEN'S RETREATS

MEN'S ESSENTIAL RETREAT

4 hours • \$461

with 3 course lunch • \$509

- Water Therapies™
- Urban Detox Facial
- 50 minute Swedish Massage
- Sport Manicure and Pedicure

GENTLEMEN'S RETREAT

2.5 hours • \$365

with 3 course lunch • \$406

- Water Therapies™
- Deep Tissue Massage
- Urban Detox Facial

GROOMING

Men's Hair Cut

from \$40

Chest Wax

10 minutes \$29

Chest and Stomach Wax

25 minutes \$53

Upper and Lower Back Wax

15 minutes \$32

Full Back Wax

40 minutes \$63

*More waxing services on pg. 24



Customizable Skin Solutions

Pampering with results - performed by the aestheticians you know and trust.

Our treatments use xeo by Cutera® – a customizable, multi-application laser and light-based platform. This technology is designed to treat the widest range of common nonsurgical aesthetic concerns, such as veins, pigment, wrinkles, laser hair removal, IPL and skin revitalization, all using a single, robust aesthetic device.

LASER SERVICES

LASER HAIR REMOVAL

Small area (upper lip, chin, underarm) • Starting at \$80

Medium area: (bikini, face, half arm) • Starting at \$200

Large area: (full leg, chest, back) • Starting at \$400

Laser Hair Removal is highly versatile and used to treat a wide variety of hair types on individuals of all skin types. It is a safe and effective procedure that eliminates the need for more painful forms of hair removal, such as shaving, plucking, or waxing.

LASER GENESIS

\$250

The Laser Genesis procedure utilizes non-invasive laser technology to treat fine line wrinkles, diffuse redness, and scars safely, naturally, and effectively. Treatments can be performed in a relaxed, comfortable manner without the use of topical anesthetics or gel. Patients often describe the treatment as relaxing and therapeutic.

LIMELIGHT IPL

Full Face IPL Photo Rejuvenation

[Single Session](#) • \$350

IPL Small area (i.e. hands)

[Single Session](#) • \$150

IPL Chest

[Single Session](#) • \$375

The Limelight IPL (Intense Pulsed Light) laser treatment is a unique, non-ablative treatment for treating acne scars, rosacea, brown spots and sun damage. This technology uses three specific wavelengths that can be adjusted to target various skin conditions. The laser is able to seek out specific pigments in the skin, such as acne scarring and dark spots, as well as tighten pores for a clearer complexion.



Manicure & Pedicure

Each manicure and pedicure treatment, in our fully licensed space, includes a complimentary home care kit - nail file, pumice and buffer. Enjoy a beverage or snack from our Juice Bar for a unique spa experience.

Complimentary Water Therapies™ Monday to Sunday with a combined Manicure & Pedicure.

ELMLINE ESSENTIAL MANICURE

40 minutes • \$59

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 • \$83

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

SHELLAC MANICURE

50 minutes • \$71

60 minutes • \$77 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.

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.

HANDS & FEET EXTRAS

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

Polish Change • 10 minutes • \$21

Polish removal and application. No filing.

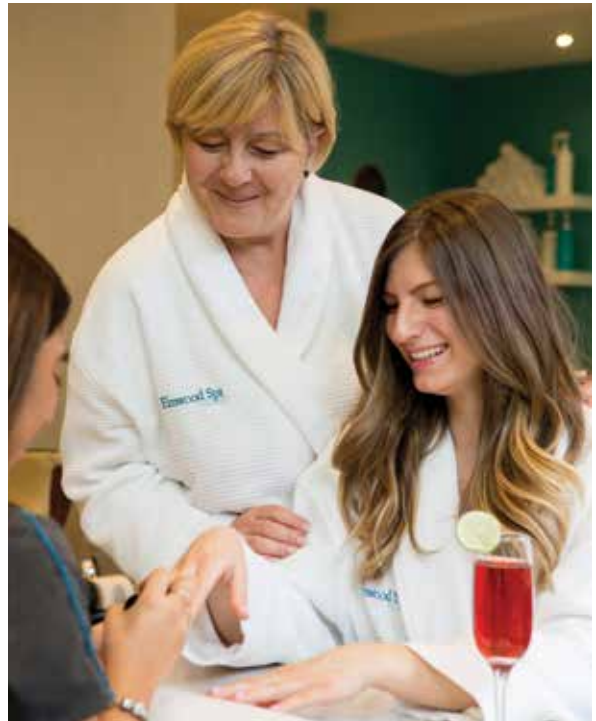
Paraffin Treatment • \$21

Deeply hydrating and ideal for hands and feet.

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

Shellac Removal • 10 minutes • \$15

French • \$5





ELMLINE ESSENTIAL PEDICURE

50 minutes • \$79

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 • \$102

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

SHELLAC PEDICURE

60 minutes • \$90

65 minutes • \$95 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 • \$106

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 • \$56

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.

Add a 3 course lunch at the Terrace Restaurant for \$50, where your spa robe is the preferred attire.

Hair Studio & Beauty Services

TINTING

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

Brow Tinting	10 minutes	\$22
Lash Tinting	25 minutes	\$29

HAIR STUDIO

Women's Hair Cut and Style		\$80
Men's Hair Cut	from	\$40
Women's Wash and Style	from	\$55
Colour*	from	\$105
Full Foil Highlights*	from	\$175
Partial Foil Highlights*	from	\$145
Up-do	from	\$85

* Includes Hair Wash and Blow Dry. Additional charges will apply for thick or long hair, or where additional booking time and product is required.

WAXING

Brows	10 minutes	\$26
Upper Lip or Chin	10 minutes	\$21
Lip, Brow and Chin	25 minutes	\$58
Full Arm	30 minutes	\$58
Half Arm	20 minutes	\$37
Underarm	10 minutes	\$21
Brazilian	25 minutes	\$68
Bikini	10 minutes	\$42
Full Leg and Brazilian	70 minutes	\$137
Full Leg and Bikini	50 minutes	\$89
Upper Leg and Brazilian	50 minutes	\$100
Upper Leg and Bikini	35 minutes	\$68
Lower Leg	25 minutes	\$48
Chest	10 minutes	\$29
Chest and Stomach	25 minutes	\$53
Upper and Lower Back	15 minutes	\$32
Full Back	40 minutes	\$63

MAKE-UP

Make-up Application	40 minutes	\$60
Make-up for the Bride	75 minutes	\$92

THREADING

This precise hair removal method is gentle and specially recommended for those with sensitive skin.

Lip Threading	10 minutes	\$22
Face Threading (excluding brows)	25 minutes	\$55
Chin Threading	10 minutes	\$22
Lip, Brow and Chin	25 minutes	\$60
Brow Threading	10 minutes	\$27

MOROCCANOIL HAIR TREATMENTS

DRY OR OILY SCALP TREATMENT	25 minutes • \$52
HAIR MASKS	25 minutes • \$52
SCALP TREATMENT & HAIR MASK	30 minutes • \$65





Events Made Memorable

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 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 | Platter/Family Style Dinner | Cocktail Party with Passed Appetizers



Elmwood Spa

Canada's Favourite Urban Oasis

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 – 7:00 pm

Friday 9:00 am – 9:00 pm

Saturday 9:00 am – 8:00 pm

Sunday 10:30 am – 6:30 pm

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

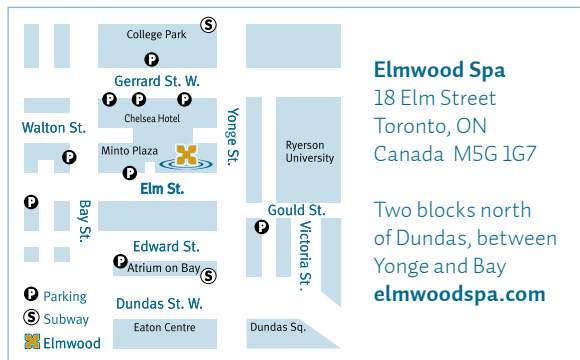
If you receive a Gift Card for a package or service that you don't want, you may use the dollar value of that Gift Card towards any product or service you would like; however, Gift Cards cannot be redeemed for cash and are non-refundable.

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



Elmwood Spa
18 Elm Street
Toronto, ON
Canada M5G 1G7

Two blocks north
of Dundas, between
Yonge and Bay
elmwoodspa.com

PARKING

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

Prices, policies and services in effect from May 9, 2022 and are subject to change without notice. Taxes and gratuities are not included.

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Lobby, Terrace Restaurant, whirlpool, Sapphire Couples Suite, &

ElmLine Skincare photo credit: Richard Picton.

Bangkok Garden and Terrace Restaurant food photo credit: Enspyre Photography.

