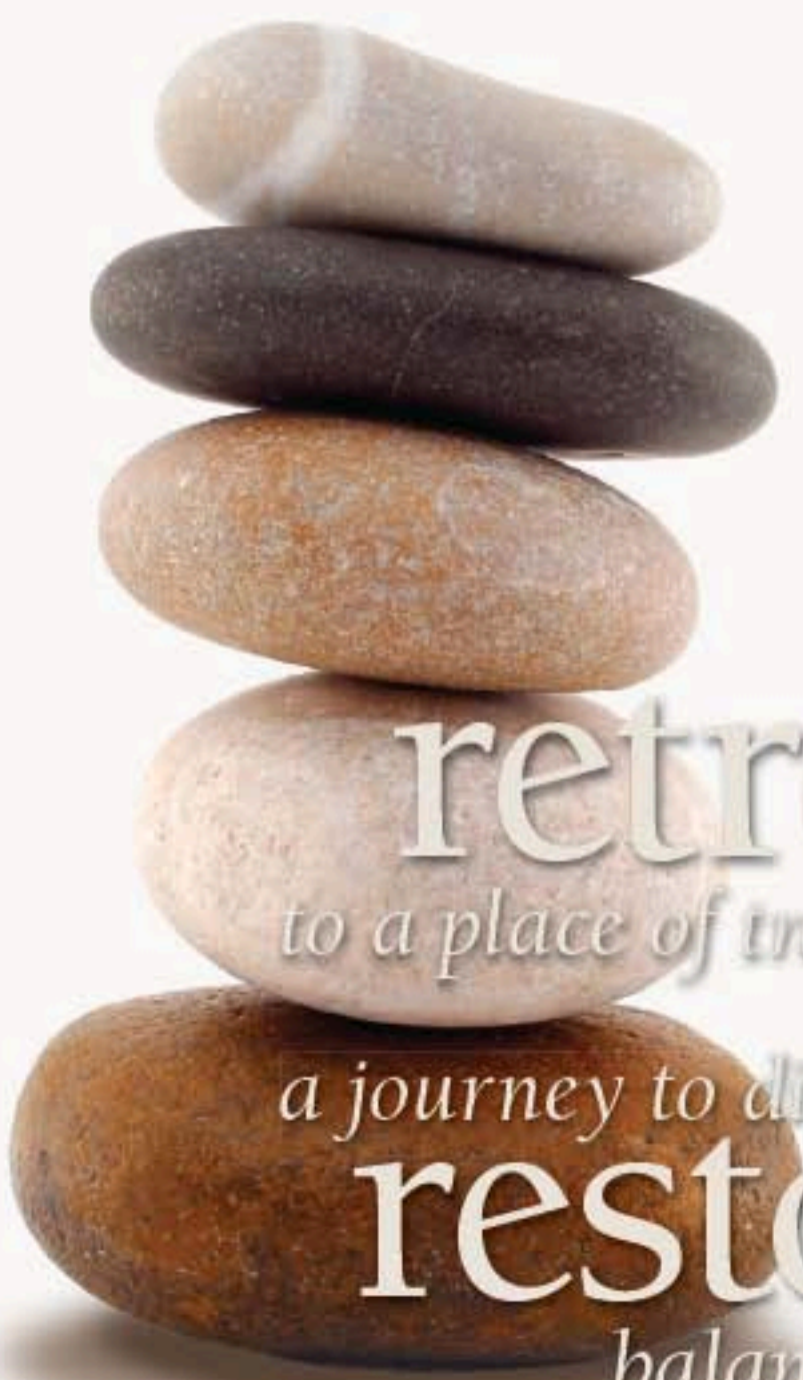


Balance in Life

SPA



retreat

to a place of tranquility.

a journey to discover &

restore

balance in life.

Balance in Life

SPA



To make a spa reservation, please contact us at
balanceinlifspa@casinorama.com

(705)238-5933

Extension 5933 from any house phone

Spa Hours

9am to 9pm daily

Pool & Gym Hours

7am to 10pm daily

Adult Swim Hours

7am - 8am & 9pm - 10pm



(GF) Gentlemen's Favourites

(SF) Staff Favourite

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Indulge yourself with a visit to Casino Rama's renowned Balance in Life Spa. Located on the 3rd floor of our luxury hotel, Balance in Life boasts a full complement of spa offerings.

Whether you are looking to savour a little "me" time or celebrating a special occasion, our opulent treatment menu and inclusive spa facilities are ideal for individuals, couples and groups. You can simply enjoy a spa treat or stay for the entire day.

Our organic spa treatments deliver optimum results while you relax and savour the sumptuous aromas and textures of the wonderful fruits, herbs and spices used in the ingredients. Offered in our spa menu is a choice of signature treatments including therapeutic massages, organic facials and body therapies, manicures and pedicures. Packages and seasonally themed promotions are also available to enhance your spa experience.

There is truly nothing better than incorporating a little quiet time into your day, our professional staff are here to ensure peaceful relaxation.

Your spa visit includes complimentary use of our salt water indoor pool and hot tub, eucalyptus steam room, sauna, gym and full locker room facilities. The pool area also opens to a cozy rooftop patio should you wish to catch a little sunlight.

Massage Treatments



To enhance the healing and relaxation benefits of your massage treatment, allow additional time to utilize our wonderful spa facilities; eucalyptus steam room, sauna, hot tub, pool and gym.

Massage Therapy (GF)

Clinically proven to reduce stress hormones, relieve muscle pain, restore mobility, improve sleep, and many more benefits. This treatment is available for specific problem areas or as a full body massage.

Hot Stone Massage

Melt away tension and stress through the comforting warmth of heated stones. This popular treatment delivers a healing effect to tired and aching muscles.



Massage Treatments



Tailored To You (SF)

Upgrade your massage with 2 of the following enhancements to make this a truly tailored treatment:

- Hot Stones (applied to back and legs),
- Face/Scalp Massage,
- Aromatic Oil/Soufflé,
- Heat Treatment Feet
- Heat Treatment Hands

Body Polish Plus Massage (SF)

Organic handmade sugar scrubs exfoliate your skin; therapeutic massage therapy gently relaxes your body. You will leave feeling refreshed and relaxed.

Please note: receipts will be issued only for massages conducted by a Registered Massage Therapist



Body Polishes



Sumptuous handmade ingredients with decadent aromas are used to refresh, hydrate, invigorate and stimulate your skin in our range of organic body therapies.

Our professional staff will ensure you feel relaxed and comfortable during your wonderful body treatment.

*Your **Body Polish** will involve a full body scrub while you are kept warm and comfy. After cleansing and exfoliating your body we rinse away the sugar granules, next you will be treated to a soothing application of a harmonized body oil or soufflé. Choose from:*

Purely Invigorating Body Polish

Fresh and energizing aromas will invigorate your senses while purifying your body. You will feel exuberant and alive.

Nourishingly Fruity Body Polish

The mouthwatering aromas of pear and green apples deeply nourish and hydrate your skin, your mind will feel tranquil and your body renewed.

Berry Rich Body Polish

The lavish aroma and healing powers of blueberries are amongst the core ingredients in this anti-oxidant rich sugar scrub. Fight aging, cellular degeneration and free radical damage while you relax and unwind.

Body Wraps

Your **Body Wrap** includes a complementing body polish sugar scrub. After which you will be enveloped in opulent and effective products which penetrate the skin for optimum results. We conclude this treatment with a soothing application of aromatic oil or soufflé gently applied to your body to hydrate and protect your skin. Choose from:

Purely Invigorating Body Wrap

A truly revitalizing treatment, this wrap will improve elasticity, deeply moisturize, rejuvenate and enrich your skin. Your circulation will be increased to stimulate and restore cellular regeneration, for softer, healthier looking skin.

Nourishingly Fruity Body Wrap

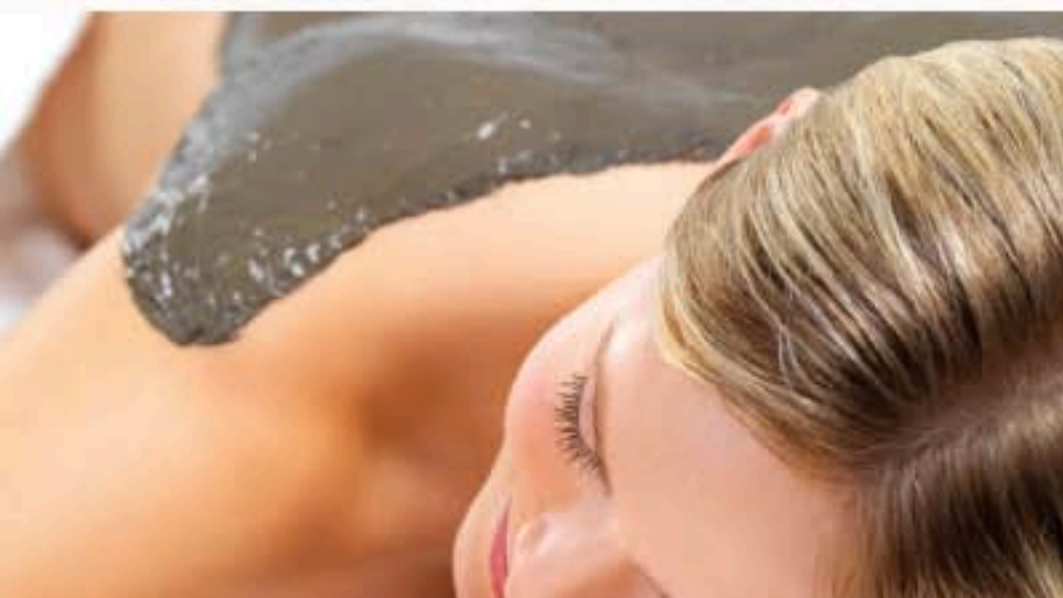
This wrap will strengthen and heal your skins' structure. Nourishing down to the deeper layers for a balancing and toning effect. The soothing ingredients vastly improve the texture, tone and sensitivity of your skin.

Berry Rich Body Wrap

Infuse your skin with anti-oxidant rich ingredients and nutrients to give your skin a more youthful feel. Collagen and elastin fibres are reinforced to give a firmer more sculpted appearance.

Paraffin Heat Treatment

Add the warmth, hydration and healing benefits of paraffin to your treatment, available for hands and feet.



Nail Treatments



True Balance Manicure

A detail oriented treat for your hands that includes soak, buff and shape, cuticle clean up and hand scrub, ending with a relaxing hand and arm massage and polish application.

Petite Manicure

Our petite manicure includes soak, shape, cuticles, application of hand lotion and polish.

Ultimate Pedicure (SF)

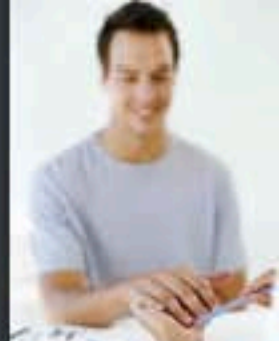
The ultimate treat for your feet and toes. Includes all the luxuries of a pedicure with a foot scrub and hot towels. Plus our signature heated foot mask (an organic mask is applied to the feet, then covered in warm paraffin).

True Balance Pedicure

A real treat for feet and toes. Relax while your feet are soaked, nails shaped, cuticles cleaned and calluses removed. A gentle scrub is applied to soften the skin, while massage melts away tension in the feet and legs, finishing with your choice of nail polish.



Nail Treatments



Petite Pedicure

Includes foot soak, cuticles, light foot filing, application of foot lotion and polish.

Paint and Go Hybrid Nail Treatments

A fabulous treatment for either hands or feet. A dry manicure or pedicure is followed by the application of our hybrid nail polish. Its longevity and instant drying benefits make this a revolutionary nail service.

Paraffin Heat Treatment

Add the warmth, hydration and healing benefits of paraffin to your treatment, available for hands and feet.

Manicures and Pedicures are unisex treatments, we omit the polish application for male clients.



Face Treatments



Completely Balanced Signature Treatment (SF)

This is truly the ultimate facial experience. Utilizing the stimulating and toning effects of organic ingredients we begin this treatment with a full back "facial". While your back mask is on we continue the indulgence with a full facial, plus your choice of: an eye and lip treatment or a paraffin heat treatment on your hands and feet. An infusion of natural fruit acids will deeply exfoliate the skin smoothing out fine lines and wrinkles leaving, your skin completely exhilarated and glowing with health.

Tailored To You

Your facial your way – our wonderful Naturally Balanced Facial with your choice of 2 of our facial enhancements:

- Heat Treatment Hands
- Heat Treatment Feet
- Heated Mask
- Eye Treatment
- Lip Treatment

Naturally Balanced Facial - Choice of:

Traditional OR Back Facial Treatment (GF)

As unique as you are, this completely customized facial will deliver incredible results using the extensive range of organic products offered. Through a detailed skin analysis and home care recommendations long term solutions to such concerns as; loss of skin tone, aging, acne, sun damage etc. can be achieved. Your skin will feel fresh and radiant and you relaxed and revitalized. This treatment can be performed as a back facial.



Spa Sampler Treats



If you don't have much time or just want to try a few different services then these spa sampler treats are for you.

Mini Massage

Let your therapist work on a specific area to relieve stress and tension in the muscles or joints. (25min)

Petite Facial

If time is of the essence then this is the perfect facial treat. Your therapist will concentrate on your main concern for optimum results in minimal time.

Eye and Lip Revitalizer

Effectively reduces fine lines, dark circles and puffiness around the eye area and also exfoliates, plumps and hydrates the lips.

Lash and Brow Tinting

An effective way to enhance your natural eyelashes or eyebrows.

Quick Fix

For those who need a quick fix, we will file your nails, push back your cuticles and apply fresh polish.





Spa Packages

Extravagance

Completely Balanced Signature Treatment
50min Massage
Ultimate Pedicure
True Balance Manicure
(Includes nail file, buffer and nail polish)

Indulgence

Body Polish Plus Massage
Tailored To You Facial

Balance

True Balance Manicure
True Balance Pedicure
Naturally Balanced Facial OR 50min Massage
(Includes nail file, buffer and nail polish)

Essence

True Balance Manicure
True Balance Pedicure
(Includes nail file, buffer and nail polish)

Spa Cuisine

Enjoy a taste sensation by adding lunch to your package.

Spa Gift Certificates

Available for services or products, please inquire for additional information.

Spa Services

In addition to our menu we also offer, reflexology and seasonal signature treatments.
Please ask if you require more information.



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Price List

To make a spa reservation, please contact us at balanceinlifespacasinorama.com or (705)238-5933.

Massage Therapy

80min ~ \$155

50min ~ \$105

Hot Stone Massage

75min ~ \$170

45min ~ \$120

Tailored To You ^(SF)

75min ~ \$165 (2 enhancements)

Additional enhancements \$20 each

Body Polish Plus Massage ^(SF)

80min ~ \$175

Body Therapies

Purely Invigorating

Body Polish

45min ~ \$115

Nourishingly Fruity

Body Polish

45min ~ \$115

Berry Rich Body Polish

45min ~ \$115

Purely Invigorating

Body Wrap

75min ~ \$150

Nourishingly Fruity

Body Wrap

75min ~ \$150

Berry Rich Body Wrap

75min ~ \$150

Paraffin Heat Treatment

Add \$20

Face Treatments

Completely Balanced Signature Treatment ^(SF)

110min ~ \$199

Tailored To You (2 enhancements)

60-75min ~ \$135

Additional enhancements \$20 each

Naturally Balanced – Choice of: Traditional OR Back Facial Treatment ^(GF)

60min ~ \$110

Nail Treatments

(take home your file and buffer)

True Balance Manicure

45min ~ \$52

35min ~ \$47 (no polish) ^(GF)

Petite Manicure

25min - \$37

Ultimate Pedicure ^(SF)

75min ~ \$89

True Balance Pedicure

50min ~ \$65

40min ~ \$55 (no polish) ^(GF)

Petite Pedicure

40min ~ \$50

Paint and Go Nail Hybrid Treatments

Manicure 45min ~ \$52

Pedicure 60min ~ \$65



(SF) Staff Favourite (GF) Gentlemen's Favourite

Balance in Life

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Price List

To make a spa reservation, please contact us at balanceinlifespacasinorama.com or (705)238-5933.

Nail Treatments (cont)

French ~ \$10

Removal 15min ~ \$12

(Please let us know if you have hybrid polish when re booking as we need to allow additional time for removal)

Spa Sampler Treatments

Mini Massage

25min ~ \$65

Petite Facial

30min ~ \$60

Eye and Lip Revitalizer

20min ~ \$40

Quick Fix Nails

15-20min ~ \$30

Lash and Brow Tinting

Eye Lash Tint 20min ~ \$30

Eye Brow Tint 15min ~ \$25

Eye and Brow Tint 25min ~ \$45

Spa Packages

Extravagance

245min ~ \$399

Indulgence

150min ~ \$280

Balance

160min ~ \$199

Essence

105min ~ \$105

Spa Cuisine

Add \$25

Waxing

Full Leg ~ \$60

Half Leg ~ \$45

Bikini ~ \$35

Underarm ~ \$25

Lip/Chin/Eye Brow ~ \$20 each

Facial Wax ~ \$50

Full Arm ~ \$45

Half Arm ~ \$30

Full Back ~ \$70

Half Back ~ \$45

Chest ~ \$50

Spa Gift Certificates

Available for services or products, please inquire for more information.

Spa Services and Specials

In addition to our menu we also offer, reflexology and seasonal signature treatments. Please ask if you require more information. See our monthly special online at CasinoRama.com/SpaSpecial

