



Balance in Life

SPA



• AT CASINO RAMA •

Price List

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

Balance in Life

SPA



Massage Therapy

80 min ~ \$155

50 min ~ \$105

Hot Stone Massage

75 min ~ \$170

45 min ~ \$120

Tailored To You **SF**

75 min ~ \$165 (2 enhancements)

Additional enhancements

\$20 each

Body Polish Plus Massage **SF**

80 min ~ \$175

Body Therapy

Seasonally Inspired

Body Polish

45 min ~ \$115

Seasonally Inspired

Body Wrap

75 min ~ \$150

Paraffin Heat Treatment

Add \$20

Face Treatments

Completely Balanced

Signature Treatment **SF**

110 min ~ \$199

Tailored To You

(2 enhancements)

60-75 min ~ \$135

Additional enhancements

\$20 each

Naturally Balanced

60 min ~ \$110

Back Facial **GF**

40 min ~ \$75

Nail Treatments

True Balance Manicure

45 min ~ \$52

35 min ~ \$47 (no polish)

Petite Manicure

25 min - \$37

Ultimate Pedicure **SF**

75 min ~ \$89

True Balance Pedicure

50 min ~ \$65

40 min ~ \$60 (no polish) **GF**

Petite Pedicure

40 min ~ \$50

Paint and Go Nail

Hybrid Treatments

Manicure 45 min ~ \$52

Pedicure 60 min ~ \$65



CASINO RAMA
RESORT

GF Gentlemen's Favourites

SF Staff Favourite

Price List

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

Balance in Life

SPA



Nail Treatments (cont)

French ~ \$10

Removal 15 min ~ \$12

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

Samplers & Treats

Mini Massage

25 min ~ \$65

Petite Facial

30 min ~ \$60

Back Facial

30 min ~ \$75

Eye and Lip Revitalizer

20 min ~ \$40

Quick Fix Nails

15-20 min ~ \$30

Lash and Brow Tinting

Eye Lash Tint 20 min ~ \$30

Eye Brow Tint 15 min ~ \$25

Eye and Brow Tint

25 min ~ \$45

Spa Packages

Extravagance

245 min ~ \$399

Indulgence

150 min ~ \$280

Balance

160 min ~ \$199

Essence

105 min ~ \$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 & Specials

In addition to our menu we also offer seasonal and signature treatments. Casinorama.com/Spa for more info.



Balance in Life

SPA



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.

Tailored To You Massage **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/Body Butter
- 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



Ask about
our Couples
Treatments!





Hair Removal

Warm wax is applied to the area for hair removal. Your therapist will professionally remove the excess hair with cotton strips. This effective treatment will remove hair for up to 6 weeks.

Full Leg

Half Leg

Bikini

Underarm

Lip/Chin/Eye Brow

Facial Wax

Full Arm

Half Arm

Full Back

Half Back

Chest



Body Treatments

We change our body treatments seasonally to offer a variety of options for our guests. Truly revitalizing treatments proven to improve your skins tone and texture. Ingredients are fresh and nourish the skin with their hydrating and energizing properties.

Our body polishes will involve a full body scrub while you are kept warm and comfy. After cleansing and exfoliating your skin the granules are rinsed away in a warm and relaxing shower. Add a wrap to your body polish for additional benefits.

Our body wraps include a complimentary body polish sugar or salt scrub. After which you will be enveloped in an opulent and effective body wrap which will penetrate the skin to deliver optimal results.

We end this treatment with a soothing application of aromatic oil or body butter applied to your body to hydrate and protect your skin.

The many benefits of a body treatment can include;

- An improvement in your skins tone and texture.*
- Deep hydration to rejuvenate and enrich your skin for a softer feel.*
- Collagen and elastin fibres are reinforced with anti-oxidant rich ingredients to give your skin a more youthful appearance.*
- Rough skin is exfoliated away for a smoother, firmer feel with improved absorption of moisturizing products.*





Nail Treatments

True Balance Manicure

With precision this treat for your hands 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.

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

Ask about
our Couples
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

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. You will leave relaxed and revitalized and your skin will feel fresh and radiant.

This treatment can be performed as a 40 minute back facial.



Balance in Life Spa Etiquette

We want you to enjoy your spa experience to the fullest and have therefore put together some tips to help:

It is recommended you book your services in advance to avoid disappointment.

Please arrive at least 20 minutes prior to your scheduled appointment, giving you time to change, complete any necessary forms and relax with a beverage before your spa journey begins. We are unable to guarantee your full service if you arrive after your scheduled appointment time.

As a spa guest you have complimentary use of our facilities which include a salt water pool, hot tub, gym, ladies and gents locker rooms with dry heat sauna and eucalyptus steam rooms. If you wish to utilize these facilities please bring a bathing suit with you and allow additional time to enjoy the experience.

A robe, slippers and locker will be provided if you wish; however it is recommended that you leave valuable items in a safe place as Casino Rama is not responsible for lost or stolen items.

We ask that all electronic devices are turned to silent or turned off – this way everyone can enjoy their spa experience without interruption.

We request a minimum of 4 hours' notice if you need to cancel or alter any appointments booked.

Taxes and gratuities are not included. If you wish to add a gratuity for your therapist just let us know when you check out.

Unfortunately we cannot substitute an alternative service for our packages or specials.

Prices are subject to change without notice.

Request a spa appointment online
www.casinorama.com/spa

Spa Packages

Extravagance

Completely Balanced Signature Treatment

50 minute Massage

Ultimate Pedicure

True Balance Manicure

Indulgence

Body Polish Plus Massage

Tailored To You Facial

Balance

True Balance Manicure

True Balance Pedicure

Naturally Balanced Facial **OR** 50 minute Massage

Essence

True Balance Manicure

True Balance Pedicure

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.



Samplers & 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 or Back Facial

A perfect mini treat for your face or back. 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.

Quick Fix

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

To compliment our main spa menu we also offer specialized treatments including;

Thai Massage

Reflexology

Microdemabrasion Facial Treatments

Eyelash Extensions

Lash and Brow Tinting

We also like to keep our menu fresh with seasonal offers and monthly promotions, please inquire about our current offers and specialized treats.



Wedding Spa Packages

Celebrate with customized bridal packages designed to make you look and feel beautiful for all your special moments.

The Big Lead Up

This package is the ultimate spa experience and makes a great gift for the bride to be!

A full year at the spa in preparation includes:

4 Seasonal Facials

1 Facial with Eyebrow Wax 7-10 days prior

5 Manicures

5 Pedicures

French Polish Upgrade for Wedding Day Nails

1 Body Bronze

And your choice of either a Full House Set of Eyelash Extensions or a 50 Minute Massage Plus Complimentary Valet Parking, Shellac Upgrade
Only \$1,075 (\$1,345 value)

The Final Stages

The final 6 weeks before the big occasion prepares you completely and includes:

1 Facial with Eyebrow Wax 7-10 days prior

2 Manicures

2 Pedicures

French Polish Upgrade for Wedding Day Nails

1 Body Bronze

And your choice of either a Full House Set of Eyelash Extensions or a 50 Minute Massage Plus Complimentary Valet Parking, Shellac Upgrade
Only \$475 (\$564 value)

The Honeymoon

This is the ideal package to help you unwind after the event and is a package for 2! It includes:

2 x Tailored To You Massages

Choose 2 Enhancements Per Person:

Hot Stones

Face/Scalp Massage

Aromatic Oil/Body Butter

Heat Treatment Hands

Heat Treatment Feet

Each Additional Enhancement \$20

Only \$280 (\$330 value)



www.casinorama.com
1.800.832.PLAY(7529)

5899 Rama Road
Rama Ontario, L3V 6H6