

NAIL SERVICES

Shizen Signature Pedicure

Custom pedicure enhanced with a relaxing warm stone massage and nourishing mask. 75 min | \$85

Shizen Signature Manicure

Custom manicure enhanced with a relaxing warm stone massage and an anti-aging hand treatment. 60 min | \$65

Custom Pedicure

Includes: foot soak, nail trim and file, cuticle nourishment, callus abrasion, exfoliation and relaxing foot massage. *Complete with nail polish application.* 45 min | \$65

Custom Manicure

Includes: hand soak, nail trim and file, cuticle nourishment, scrub and relaxing hand massage. *Complete with nail polish application.* 45 min | \$50

Natural Pedicure

Total nail care with foot soak, nail trim and file, cuticle nourishment, callus abrasion, exfoliation and relaxing foot massage. *No nail polish application.* 35 min | \$50

Natural Manicure

Total nail care with hand soak, nail trim and file, cuticle nourishment, scrub and relaxing hand massage. *No nail polish application.* 30 min | \$35

Quick Fix

Choose between your hands or feet and make a fresh start with cleanse, cuticle nourishment, nail file and polish application. *This service does not include soak.* 20 min | \$25

Ionic Cleanse

Ion cleanse that attracts negatively charged ions in the system and brings them out through the pores of the feet. 45 min | \$65

Foot Rescue

Intense treatment that addresses the hardened tissue caused by excess pressure & friction. \$15

French Polish Enhancement	\$10
Paraffin Treatment – Feet	\$15
Paraffin Treatment – Hands	\$15
Paraffin Treatment – Combo	\$25

To plan your Shizen Moment™ at Deerhurst Resort, contact the spa concierge at 1.800.461.4393, option 3 or 705.789.6411 ext 4653.

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HAIR REMOVAL

Eye Brow Clean-up	\$15
Brow Shaping	\$20
Lip	\$10
Brow, Lip & Chin	\$20 + up
Chest	\$50 + up
Back	\$50 + up
Underarm	\$15
Full Arm	\$30
Half Arm	\$20
Traditional Bikini	\$25
Brazilian	\$50 + up
Full Leg	\$60
Half Leg	\$40
Full Leg & Traditional Bikini	\$85
Toes	\$10

HAIR SALON

Ladies' wash and style	\$40
Ladies' wash, cut and style	\$60 +
Men's wash, cut and style	\$30
Occasion hair style	\$60 +
Spa du Cheveau treatment	\$10 - \$30
Full hair colour*	\$85 +
Men's colour*	\$55 +
Half head foils*	\$120 +
Full head foils*	\$130 +
Creative perm*	\$120 +

FINISHING TOUCHES

Lash Tinting, 20 min	\$25
Brow Tinting, 15 min	\$15
Lash Extensions, 60 min	\$65
Lash Touch-Up, 20 min	\$25
Make-Up Application, 30 min	\$40 + up
Make-Up & Hair Consultation, 90 min	\$85

*For colour and perm services, additional charge is applied for cut and style. Prices may vary based on hair texture and length and are subject to change without notice.

Nature Retreat

Sacred Nature ritual, Sacred Nature facial, Custom manicure & pedicure. Includes a spa lunch. 4.5 hours | \$385

Nurture Retreat

Full body massage, Scalp Energizer, Tension-Relief Leg Treatment and Sacred Nature facial. Includes a spa lunch. 3 hours | \$285

Relaxation Retreat

Full body massage, Custom manicure and pedicure. Includes a spa lunch. 3 hours | \$230

Rejuvenation Retreat

Sacred Nature facial, Custom manicure and pedicure. Includes a spa lunch. 3 hours | \$215

Sacred Nature Ritual

Dry brush exfoliation, anti-aging body wrap and full body relaxation massage. 90 min | \$185

Tranquility Ritual

Body exfoliation, stress-relieving body wrap & full body hot stone massage. 90 min | \$175

Anti-Aging Ritual

Nourishing body wrap and Anti-Oxidant facial. 90 min | \$175

Couples' Escape

Full body massage and Anti-Oxidant facial. 90 min | \$175 /person with RT, \$190/person with RMT

Couples' Ritual

Hydrating body wrap & full body massage. 90 min | \$175 /person with RT, \$190 /person with RMT

Couples' Suite Massage

Choose from Shizen Signature, Deep Tissue, Hot Stone, Swedish, Recovery or Pure Muskoka. Performed in the couples' suite. 60 min or 90 min | price depends on type & length of massage

Shizen Signature Wrap

Gentle body exfoliation with hydrating body wrap. 60 min | \$125

* RT refers to Relaxation Therapist and RMT refers to Registered Massage Therapist

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BODY TREATMENTS & MASSAGES

Nutritional Wrap

Gentle body exfoliation with nourishing body wrap. 60 min | \$125

D-Age Skin Repair

Dry brush exfoliation with body wrap & full body relaxation massage. 75 min | \$155

Monticelli Mud Therapy

Body exfoliation with detoxifying mud body wrap & full body relaxation massage. 75 min | \$160

Green Coffee Anti-Cellulite Wrap

Slimming & firming body treatment with green coffee concentrate. 75 min | \$175

Pure Muskoka Scrub

Body scrub with nutrient rich & locally-made Muskoka Maple or Cranberry Honey. 45 min | \$110

Dead Sea Salt Scrub

Full body scrub with Dead Sea salt. 60 min | \$110

Shizen Signature Massage

Incorporates hot stone placement, relaxation massage movements and rain drop therapy. 90 min | \$175 with RT, \$185 with RMT

Hot Stone Massage

Massage using the warmth of heated stones. 75 min | \$155 with RT or RMT

Deep Tissue Massage

Relieve stubborn knots and areas of chronic tension with this intensive, deep pressure massage. 60 min | \$135, 90 min | \$185 with RMT

Swedish

Massage therapy that combines a variety of beneficial techniques to ease muscle tension using firm pressure. 60 min | \$125, 90 min | \$175 with RMT

Recovery

This massage incorporates compression, pressure point and stretching to increase mobility and flexibility. 60 min | \$125, 90 min | \$175 with RMT

Pure Muskoka

Full body massage using Deerhurst's Cranberry Honey oil. Includes a hot oil scalp massage, soothing neck wrap & tension relieving foot treatment. 45 min | \$105, 75 min | \$155 with RT

Mom-to-Be

Massage to relieve tired muscles, tension, swelling, pain, pressure and sluggish circulation. 60 min | \$125 with RMT

Reflexology

Pressure-point massage to restore the flow of energy throughout the body. 45 min | \$105 with RT

FACIALS

Shizen Signature Action Sublime Facial

Anti-aging & restructuring treatment incorporates a 3-part massage and treatment for eyes & lips. Add collagen mask for \$35. 75 min | \$145

Luminous C & Sea

Reduce fine lines using high potency vitamin-C & freeze-dried seaweed. 75 min | \$155

Clinical Renewal

Lifting effect and evens out the complexion, for instant visible results without the prick of a needle. 60 min | \$130, 90 min | \$175

Absolute Pearl

Lighten hyper-pigmented areas and restore even skin tone. 60 min | \$110, 90 min | \$150

Active Pureness

Deep cleansing facial for acne-prone skin that also addresses irritation and dehydration. Not recommended for sensitivities to iodine or seafood. 60 min | \$110, 90 min | \$150

Manspace

Remove impurities, rebalance excessive oil production, and leave the skin with a clarified, matte finish. 60 min | \$110, 90 min | \$150

Sacred Nature

Organic anti-aging and nourishing facial using all-natural anti-oxidants. 60 min | \$110

RS2 Rosecea

Recommended for anyone with rosacea or sensitive skin. 45 min | \$125.

Lacto-Flora Resurfacing Peel

Natural flower acid treatment and recommended for sun damaged skin as well as oily and acne-prone skin. 45 min | \$85

AHA Time Reverser

Stimulate cellular regeneration and improves the appearance of fine lines and superficial acne scars. Add collagen mask for \$50, 15 min. 30 min | \$70

Teen Time

Custom designed for younger skin. Suitable for 12 years old and up. 30 min | \$55

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ENHANCEMENTS, book with à la carte service

Scalp Energizer

Scalp-soothing and stimulating massage with essential oils without any oily residue. 15 min | \$35, no time added for facials | \$20

Renewing Scrub

Dual action gentle body exfoliation using a fruit-based enzymatic scrub blended with AHA and jojoba spheres. 30 min | \$55

Aromatic Wrap

Hydrating body wrap featuring your choice of two aromatic essential oil blends. 30 min | \$65

Vitality Massage

Ease muscle tension using firm pressure. 30 min | \$75 with RMT

De-Stress Massage

Reduce stress and achieve relaxation through gentle pressure. 30 min | \$60 with RT

Anti-Oxidant Facial

Neutralize free-radicals and nourish your skin, leaving it supple and hydrated. 30 min | \$65

Tension-Relief Leg Treatment

Tension-relieving treatment for legs using natural extracts & essential oil. Not recommended for expectant mothers. 30 min | \$65

Eye Lifting

Address dark circles, puffiness and expression lines with this multi-active rejuvenating eye zone treatment packed with deep nourishment and protection against free radicals. With facials only. 15 min | \$45

Hands On

Anti-aging hand treatment. No time added. With facials only. | \$20

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