



SWIZZLE STICKS

SALON SPA MAKEUP

Spa Menu



The Spa Experience

Please arrive 15 minutes before your appointment to ensure relaxation prior to your service. A short intake form and medical history must be completed before service can commence. Late arrivals may cause your appointment to be modified (treatment time shortened), re-booked or even cancelled.

All Guests receiving any form of service in our Spa must change into a robe and sandals as provided.

THE SPA EXPERIENCE

Please let us know if hair and makeup services will be required the day of your service and we will be glad to arrange them for you at an additional cost.

GIFT CERTIFICATES & GIFT CARDS

Remember to bring your tangible Gift Certificate or Gift Card with you. This **MUST** be presented as payment for your service. Electronic records of the purchase of your Gift Certificate/Card are not sufficient according to Alberta Regulations. Lost, stolen or misplaced Gift Certificates/Cards cannot be replaced. Gratuities are not included in Gift Certificates or Gift Cards. Gift Cards containing dollar amounts do not expire. Gift Certificates that list a specific service (i.e. Spa Pedicure, Massage, etc.) will expire after one year according to Alberta Regulations.

RESERVATIONS & CANCELLATIONS

Walk-ins are always welcome and we will do our best to accommodate last minute bookings.

A major credit card or a SwizzleSticks Gift Card or Certificate is required to reserve your appointment. We require a full 48 hours notice to cancel appointments without penalty (7 days for Group bookings of 4 or more.)

Visit our website at swizzlesticks.com for more information.

Body Treatments

MOROCCAN CLAY RITUAL

90 MINS. | \$179

Inspired by the traditional aromas of Morocco, our luxurious Moroccan Clay Ritual uses our own blend of orange blossom, rosewood, and black pepper oils. After a gentle exfoliation of the skin, traditional Rhassoul Clay is used to draw out impurities and warm Argan oil is applied to richly hydrate exfoliated skin. Once warmed and wrapped, you are then treated to a relaxing foot massage. After enjoying a rinse in our multi-jet shower, a full body application of our delightful Orange Blossom Lotion is applied to finish off this Moroccan escape.

TRANQUILITY RITUAL *NEW*

90 MINS. | \$179

This ritual uses the iconic Tranquility™ blend from Comfort Zone Italy and combines touch, along with the use of soft brushes, to induce a profound state of peace and relaxation. This treatment includes a soak in our Chroma-Therapy Ultra-Tub™ and uses a blend of cedarwood, sweet orange and Damascus rose to help the body recover from stress and improve the quality of rest and sleep.

BODY FIRING MASK *NEW*

90 MINS. | \$179

This replenishing treatment from Comfort Zone Italy is like a facial for your body. We use gentle but powerful enzymes to exfoliate the skin and then apply a warmed all-over body firming mask. A targeted pro-elasticity body oil and d-age cream restore your skin's elasticity and tone, providing moisture balance and leaving it soft, silky and compact. This instantly effective treatment will leave you looking and feeling fresh and revitalized!

INVOCATION HOT STONE RITUAL

90 MINS. | \$169

Our Hot Stone Ritual is a fusion of relaxation, touch, ancient indigenous wisdom and aromatherapy. Warm basalt rocks are used to deliver heat to relieve muscles and soothe the nervous system. This ritual is a holistic treatment and includes a soak in the Chroma-Therapy Ultra-Tub™, a soothing session of Hot Stone Therapy, as well as relaxation massage techniques.

HEAVEN & EARTH RITUAL

90 MINS. | \$169

This ritual focuses on upper arms, shoulders, neck, scalp and face. This head massage relieves tension, anxiety and symptoms of TMJ, migraine and sinusitis. Wrist and hand stretches connect your journey back to earth, grounding you through aromaology and a pressure-point style foot massage.

BEAUTIFYING BODY RITUAL

90 MINS. | \$169

This relaxing body ritual uses AVEDA's beloved Beautifying™ line of products. You will experience a full body salt glow using AVEDA's Beautifying Aroma and Body Scrub - a certified organic blend of rosemary, lavender and bergamot essential oils. You will then rinse free in a multi-jet shower before returning to the treatment cabin for a full-body, protective re-moisturizing using the Beautifying lotion. Relax deeply with a reflex pressure-point style foot massage.

BODY & SOLE RITUAL

90 MINS. | \$169

This may be the most complete and well loved of all our treatments. Calgary's extremely dry climate makes this treatment a must to soothe conditions associated with dry skin, leaving skin soft, glowing and radiant. After starting with your Sensory Journey you will experience an Aqua Therapy Salt Glow. You will then rinse free in a multi-jet shower before returning to the treatment cabin for a full-body, protective re-moisturizing. Next, relax deeply and soulfully as you are warmly cocooned and then revived through a reflex pressure-point style foot massage combined with aromaology.

Massage Therapy

All of our massages are delivered by a Registered Massage Therapist (RMT) and qualify for benefit reimbursement.

90-minute treatments includes a Chroma-Therapy Ultra-Tub™ soak.

THAI RITUAL MASSAGE

90 MINS. | \$179

This traditional Thai healing treatment incorporates elements of Lomi-Lomi stretching as well as Swedish and Thai massage. This massage uses warm, aromatic, hand-tied bundles (stems) called Luk Pra Kob filled with natural herbs and essential oils such as ginger, lemongrass, sweet flag and acacia in tandem with our signature Thai Spice oil blend.

CERTIFIED MASSAGE

90 MINS. | \$179

Using the natural healing properties of Arnica Oil, this deep pressure massage is tailored to your specific needs and will alleviate muscle soreness and promote healing. Begin your experience with a soak in our Chroma-Therapy Ultra-Tub™, followed by an intensely satisfying and therapeutic full-body massage. This custom service may also be supplemented with contrasting cooling oils to further relax sore muscles.

PREGNANCY MASSAGE

90 MINS. | \$169

Our signature Pregnancy Massage is designed to alleviate stress and fatigue, relax the body, increase circulation and reduce the severity of edema. This treatment is recommended for women in their second (12 to 14 weeks) or third trimester of pregnancy. Developed with comfort in mind, this is an excellent way to honour your body and all its changes during this miraculous journey. This massage is also recommended for those who cannot tolerate prolonged periods on their back. **This service does not include a Chroma-Therapy Ultra-Tub™ soak.*

STRESS-LESS MASSAGE

90 MINS. | \$159

This Spa treatment is not only relaxing but is specially formulated to eliminate stress using a blend of healing essential oils such as lavender, lavandin, and clary sage aromatherapy. This massage helps to reduce tension and overall feelings of stress.

MOROCCAN MASSAGE

90 MINS. | \$159

Let us whisk you away to the warm, sweet winds of Morocco with this exotic massage. Incorporating the rich scents of far-away lands, this massage melds traditional aromas of orange blossom with relaxation techniques for a luxurious experience. Begin your journey with a Moroccan-inspired aromatherapy soak in our Chroma-Color Ultra Tub™, followed by an attentive, full-body massage that will soothe your mind, body and spirit.

DESTINY MASSAGE

90 MINS. | \$159

The Destiny Massage uses our signature Destiny aroma - a captivating blend of pure essential oils including grapefruit, lavender & ylang ylang. This treatment begins with a soak in our Chroma-Therapy Ultra-Tub™ and is followed by a full-body relaxation massage. Make relaxation your Destiny!

BEAUTIFYING MASSAGE

90 MINS. | \$159

This soothing, fully integrated treatment consists of a full-body relaxation massage using Aveda's Beautifying™ aroma - a certified organic blend of rosemary, lavender and bergamot essential oils. This blend of pure plant essences is relaxing as well as hydrating. This treatment is perfect to help rehydrate dry skin.

AROMA WELLNESS MASSAGE

90 MINS. | \$159

This soothing treatment consists of a personally crafted aromatherapy journey and full-body relaxation massage. The focus of this massage is on the art of deep relaxation so often considered the consummate experience by many Spa goers. Receive all the wellness benefits of a full-body massage combined with the pure plant balancing essences you selected during your Balancing Ritual.

Facials

SUBLIME FACIAL *NEW*

90 MINS. | \$179

This is one of our most effective systems to combat the signs of aging. It stimulates cellular regeneration leaving skin plump and full, visibly reducing the signs of aging. The active-lift massage and biphasic peeling-off mask nourishes and tones the skin combining active ingredients that stimulate elastin and collagen production for visibly rejuvenated skin. Ideal for mature, aging skin and those with loss of elasticity.

ACNE REMEDY FACIAL

90 MINS. | \$169

This deep cleansing and detoxifying treatment will improve texture and provide immediate results, leaving skin luminous, fresh and toned. A total solution that treats acne symptoms and causes, so that skin stays clear. Ideal for oily, acneic and combination skin.

DUAL EXFOLIATION TREATMENT

90 MINS. | \$169

This facial is Aveda's latest development in non-invasive, skin-renewing treatments. Using innovative techniques, this treatment results in improved skin texture and clarity while smoothing fine lines and wrinkles and refining pores. Visible results are noticed after just one treatment. Also includes a Hand Hydrate Treatment, a must for dry hands.

BOTANICAL SKIN RESURFACING FACIAL

90 MINS. | \$159

This treatment is our 100% natural alternative to microdermabrasion. Combine the power of tourmaline with a high-touch approach that results in skin that is clinically proven to have smoother texture, fewer fine lines and wrinkles, decreased pore size and enjoy significantly more radiance. All without irritation and inflammation.

WELLNESS CUSTOM FACIAL

90 MINS. | \$159

This fundamental and comprehensive treatment has been carefully designed to capture all the benefits of a facial, from skin detoxification to upper body release and relaxation. Our highly trained estheticians will deliver a full skin care analysis and consultation to help you select and customize the best treatment for you.

HYDRAMEMORY FACIAL *NEW*

90 MINS. | \$159

This deeply hydrating facial is the perfect solution for Calgary's dry climate. The Hydramemory Facial targets the face, neck and décolleté using Hyaluronic Acid to brighten and soften dehydrated skin. Brushes are used to apply this intensely hydrating treatment and will leave your skin quenched and refreshed. A must for the facial enthusiast!

SKIN REGIMEN FACIAL *NEW*

90 MINS. | \$159

The Skin Regimen Facial was designed with the urban dweller in mind. This plant-based antidote, empowered by high-tech ingredients, is the ideal response to modern fatigue and urban lifestyle. Using the benefits of a glycolic-peel and then customizing to correct specific stress-related signs, this balancing facial rejuvenates the skin and leaves you feeling recharged and refreshed!

Manicure & Pedicure

TRANQUILITY PEDICURE *NEW* **90 MINS. | \$115**

Highly recommended for those who suffer with dry and calloused skin. This treatment uses the relaxing aromas of cedarwood, sweet orange and Damascus rose essential oils.

DESTINY PEDICURE **90 MINS. | \$115**

This pedicure is designed for challenged feet, calluses, or health concerns such as edema or diabetes. With a full 90 minutes, careful attention can be given to special concerns.

THAI SPA PEDICURE **60 MINS. | \$97**

Exotic Asia infuses every element of this aromatic pedicure. Legs and feet are left smooth, relaxed and radiant after a gentle yet effective exfoliation with pulverized bamboo and walnut shell.

MOROCCAN PEDICURE **60 MINS. | \$89**

This pedicure uses our very own signature Moroccan-inspired Orange Blossom aroma blend.

SPA MANICURE **60 MINS. | \$59**

SPA PEDICURE **60 MINS. | \$89**

Both services can be tailored to your liking by choosing from several aromatherapy blends: • Lemon Chiffon • Aveda Beautifying • Aveda Stress-Fix • Aveda Rosemary Mint • Winter Wonderful

HAND & FOOT RELIEF PACKAGE **120 MINS. | \$143**

Combine both our Spa Manicure & Pedicure treatments into one package and save.

O.P.I. GEL MANICURE **60 MINS. | \$74**

O.P.I. GEL PEDICURE **60 MINS. | \$104**

You'll love this glossy, long-wearing polish which uses a curing process and specially formulated lacquer. This special treatment requires professional removal.

Spa Packages

INSPIRED SPA ESCAPE {SAVE \$67}	\$399
Destiny Massage & Wellness Custom Facial & Spa Manicure and Pedicure	
ETERNAL WISDOM {SAVE \$29}	\$299
Heaven and Earth Ritual & Wellness Custom Facial	
SPA ESCAPE RENEW {SAVE \$28}	\$279
Wellness Custom Facial & Spa Manicure and Pedicure	
SPA ESCAPE RELAX {SAVE \$28}	\$279
Stress-Less Massage & Spa Manicure and Pedicure	
ESSENTIAL SPA CARE {SAVE \$39}	\$279
Aroma Wellness Massage & Wellness Custom Facial	
FIND TRANQUILITY {SAVE \$25}	\$269
Tranquility Ritual & Tranquility Pedicure	
ESSENTIAL PREGNANCY CARE {SAVE \$25}	\$259
Pregnancy Massage & Destiny Pedicure	
THAI ESCAPE {SAVE \$21}	\$255
Thai Ritual Massage & Thai Spa Pedicure	
MOROCCAN ESCAPE {SAVE \$19}	\$249
Moroccan Clay Ritual & Moroccan Pedicure	
MANIFEST DESTINY {SAVE \$25}	\$249
Destiny Massage & Destiny Pedicure	
HEAD-TO-TOE RENEW {SAVE \$23}	\$225
Wellness Custom Facial & Spa Pedicure	
HAND & FOOT RELIEF PACKAGE {SAVE \$5}	\$143
Spa Manicure & Spa Pedicure	



@SwizzleSticksSalonSpa

For more information on our Spa services,
please visit swizzlesticks.com

1211 Kensington Rd. NW.
Calgary, Alberta | (403) 270-7333