



BY JW



Welcome to Spa by JW. Here you will discover an inspired well-being experience that favors simplicity over complexity, clarity over mystery. Knowing how important time and well-being are to you, we introduced accessible offerings with inviting social spaces to gather or simply unwind with express spa treatments.

Spa by JW delivers treatments that are tailored to your exact needs and focused on delivering distinctive benefits: Calm, Indulge, Invigorate and Renew. So whether you're fatigued from a long journey or simply desire a well-deserved retreat, we provide a personalized spa experience that's as effortless as it is rewarding. Begin your journey with your desired results in mind.

## CALM

Reset for a moment of serenity. Find your centre by slowing down time, so you're ready to take on whatever comes next.

## INDULGE

You deserve the best. For all that you do, take time for some special nourishment. After all, life's simplest pleasures should not be forgotten.

## INVIGORATE

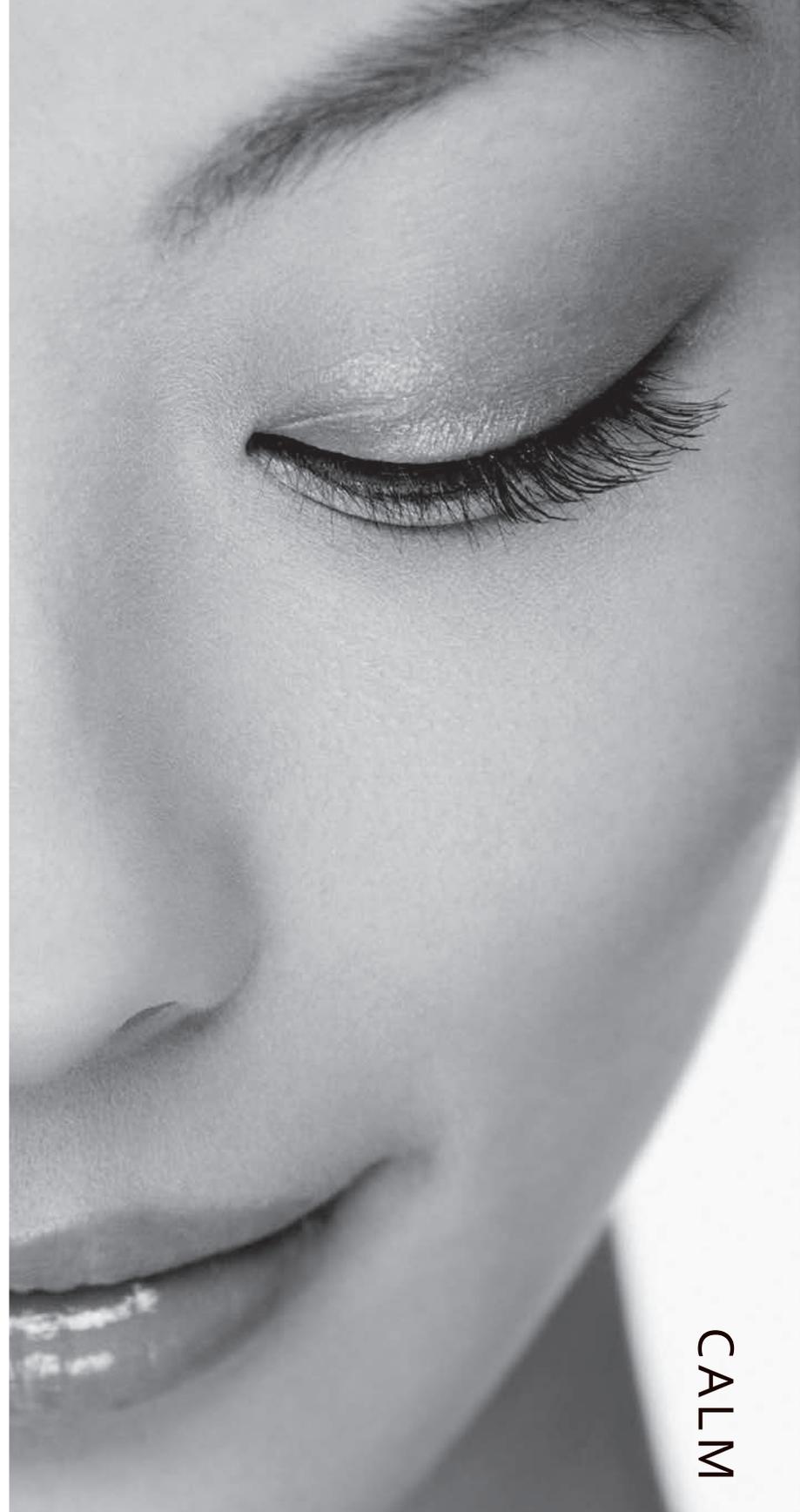
Stress takes its toll. Embrace your own vitality by replacing what's been lost, enlivening your body and clarifying your mind.

## RENEW

Unclutter your mind and body. Our busy lives often leave little room to focus on ourselves. Cleanse and purify to gain absolute clarity.

# CALM

So much is expected of us — to be brilliant, be ready, be connected. Why not just be? We take the idea a step further, removing distractions and excess to create an environment of simple tranquility. Our signature treatments oblige with a calming effect. Let Spa by JW slow your world down, for as long as you like.



CALM

# CALM

## MASSAGE

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### **RMT - THERAPEUTIC OR MATERNITY**

*Have your say on pressure and pace with this bespoke treatment, allowing our skilled, licensed and professional Registered Massage Therapists to customize a massage treatment suited for your needs. For expecting mothers, RMT Maternity Massage is required. Receipts available for medical reimbursement. (85 or 55 minutes)*

### **STRESS RELIEF**

*Restore mental clarity and physical strength with a deeply relaxing massage that dissolves stress and tension. Breathe in a blend of powerful therapeutic stonecrop oils that will calm your mind and body while resorting sore and achy muscles. (85 or 55 minutes)*

## FACIAL

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### **ORGANIC CUSTOM**

*Customized to address your individual skin needs, this facial uses the purest active organic ingredients. Natural fruit enzymes gently exfoliate to leave your skin feeling fresh, smooth and glowing. (85 or 55 minutes)*

## FUSION CHAIR MASSAGE

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### **CUSTOM**

*For those guests short on time but still desire the need to incorporate wellbeing into your life. Allow us to recharge your body in this truly one of a kind chair massage that includes light, sound and heat therapy. (20 minutes)*

# INDULGE

Everyone deserves a moment of pampering, without guilt or reservation. At Spa by JW we offer an indulgent experience through a range of therapeutic treatments that soothe in the most sublime and simplistic way. A rewarding feeling that will stay with you long after you leave.



INDULGE

# INDULGE

## MASSAGE

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### **CLEAR YOUR MIND**

*Refresh your memory and get your brain back on track. Enjoy the pleasure of an aromatherapy body and scalp massage. Breathe in the aroma of chamomile, petit grain and rosemary and let the powerful oils balance your thoughts; the perfect antidote in times of stress and over-activity. (100 minutes)*

### **ULTIMATE AROMATHERAPY**

*Reward yourself and discover the pleasure of the perfect treatment with a soothing head to toe aromatherapy massage. Tailored specifically to your needs, an aroma scent test determines which blend of powerful therapeutic essential oils will indulge your mind and body. (85 minutes)*

## FACIAL

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### **ANTI-AGING**

*Regain a flawless healthy and younger looking complexion. Results driven skincare with telomere technology, healing rose and plant stem cells all with regenerating properties, provide exceptional age defense. (85 minutes)*

## BODY

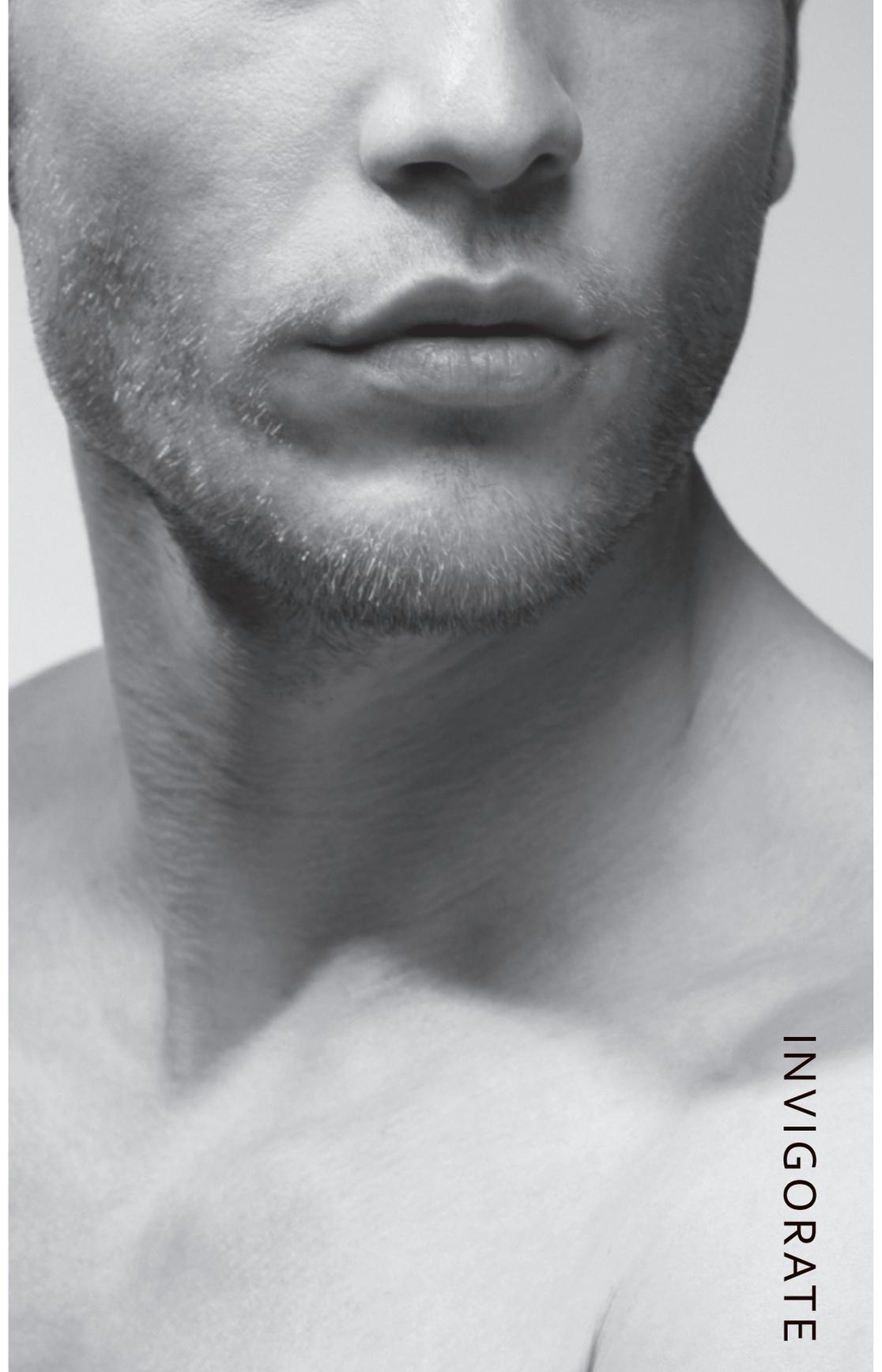
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### **THE DOUGLAS WRAP**

*Return to your roots and reconnect with the great outdoors with an exfoliation that will prepare your body for a botanical infused wrap and blended oil with a full body massage encouraging the release of toxins. (100 minutes)*

# INVIGORATE

The stresses of travel and everyday life all take a toll, making energy elusive. Replace what's been lost with treatments designed to focus on your body's less obvious engines and enliven every facet of your being. At Spa by JW, find balance and energy on your way to a new vitality.



INVIGORATE

# INVIGORATE

## MASSAGE

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### **INTENSIVE MUSCLE RELEASE**

*Affecting the deeper structures of the body, this powerful massage provides excellent relief for sore and overused muscles.*

(85 or 55 minutes)

### **THE PARO STONE**

*Feel the earth's strength and energy as hot stones are applied to your body and massage your muscles. (85 minutes)*

## FACIAL

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### **MEN'S CUSTOM**

*Achieve a bright complexion that is full of health and vitality with this essential deep cleansing facial specifically for men. (55 minutes)*

## BODY

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### **THE DOUGLAS SCRUB**

*Reveal your smoothest, softest skin ever with this full body sugar exfoliation, finishing with a deeply nourishing oil application and personalized massage. (85 minutes)*

# RENEW

What was lost can now be found. Discover a sense of clarity, a more balanced life and that state of well-being that has drifted too far from centre. Get back to the necessity of simply feeling good — about your body, your mind and your spirit. From massages to facials to total body treatments, emerge from a highly personalised treatment feeling refreshed and rejuvenated.



RENEW

# RENEW

## MASSAGE

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### **TIME TOGETHER COUPLES**

*Enjoy the experience of shared relaxation and well-being in our couple's suite. A customized massage enjoyed side-by-side with your special someone. Complementary champagne offered post treatment.*  
(85 or 55 minutes)

### **RMT - TIME TOGETHER COUPLES**

*Have your say on pressure and pace with this bespoke couples treatment, allowing our skilled, licensed and professional Registered Massage Therapists to customize couples massage treatment suited for both of your needs. For expecting mothers, RMT Maternity Massage is required. Receipts available for medical reimbursement. Complementary champagne offered post treatment.*  
(85 or 55 minutes)

## FACIAL

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### **DEEP CLEANSE**

*Purify your skin with aromatherapy ingredients such as tea tree and lavender that regulate the skin and provide natural anti-bacterial benefits.*  
(85 or 55 minutes)

# HOW TO SPA

## SCHEDULING AN APPOINTMENT

To schedule an appointment, please speak with our Spa Specialist, who will be pleased to assist you with your selection. Hotel guests can dial the hotel operator and request Spa by JW. From outside the hotel, please call 778-370-8700 or email at [spabyjwvancouver@marriott.com](mailto:spabyjwvancouver@marriott.com). To ensure availability of your preferred time and service, we recommend making your reservation in advance. Online booking available at [parqvancouver.com](http://parqvancouver.com).

## SPA GUIDELINES

In order to ensure all of our guests enjoy a relaxing experience, please respect all guests' right to privacy and serenity. Please refrain from using mobile devices and taking photos in the spa. To enjoy your spa experience to the fullest potential, please familiarize yourself with these Spa Guidelines. Please inform the Spa of the following if applicable:

- Allergies or medical conditions, including pregnancy. For massage, expecting mothers may enjoy RMT Maternity Massage only.
- If you have a request for a specific service provider.
- If you are celebrating any special occasions.
- The minimum age of 18 is required to receive, massages, body treatments, and facials. Salon services are available for guests under 18. The minimum age of 18 is required to access locker room facilities.

## CANCELLATION POLICY

As a courtesy to other guests, we strictly adhere to the cancellation policy. **A 100% cancellation fee will be incurred for any treatment cancelled less than 6 hours prior to appointment.**

## ARRIVAL TIME

We recommend arriving at least 30 minutes prior to your scheduled treatment, allowing time to complete a health intake form. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. **Your service will end on time, so the next guest is not delayed. The full value of your treatment will be charged.**

## FITNESS

All fitness centre guests must be at least 16 years of age. Proper athletic attire and footwear must be worn at all times in the fitness centre for the safety of our guests. Courtesy to other fitness guests is expected.

## SERVICE CHARGE

For your convenience, an 18% service charge will be added to each spa treatment. This includes gratuities distributed to the spa staff who served you during your visit.

## PAYMENT

Credit and Debit Cards are used to hold spa reservations; however, the card must be physically present at the time of the service. To protect the privacy and security of our guests, we cannot charge a card on file without physically swiping the card and obtaining a guest signature at the conclusion of your spa experience.

## EXPRESS SERVICES

Guests who schedule appointments for express services have access to the express suite area only. Guests utilizing express services may purchase a spa day pass to access all of the spa amenities for an additional fee. Spa day passes are based on availability. Please speak with a Spa Specialist for additional information.



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39 SMITHE St. VANCOUVER BC V6B 0R3 CANADA

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# SPA EXPERIENCE

*\*Pricing does not reflect 18% service charge and taxes.  
\*Treatment pricing varies based on peak vs. non-peak times.  
\*Body treatments not available Friday through Sunday.*

## CALM

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### MASSAGE

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#### RMT - THERAPEUTIC OR MATERNITY

85 MINUTES starting at \$295\*  
55 MINUTES starting at \$205\*  
40 MINUTES starting at \$165\*

#### STRESS RELIEF

85 MINUTES starting at \$240\*  
55 MINUTES starting at \$165\*  
40 MINUTES starting at \$135\*

### FACIAL

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#### ORGANIC CUSTOM

85 MINUTES starting at \$240\*  
55 MINUTES starting at \$165\*  
40 MINUTES starting at \$135\*

### FUSION CHAIR MASSAGE

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#### CUSTOM

20 MINUTES starting at \$70\*

## RENEW

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### MASSAGE

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#### TIME TOGETHER COUPLES

85 MINUTES starting at \$495\*  
55 MINUTES starting at \$355\*

#### RMT - TIME TOGETHER COUPLES

85 MINUTES starting at \$605\*  
55 MINUTES starting at \$430\*

### FACIAL

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#### DEEP CLEANSE

85 MINUTES starting at \$240\*  
55 MINUTES starting at \$165\*

## INVIGORATE

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### MASSAGE

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#### INTENSIVE MUSCLE RELIEF

85 MINUTES starting at \$240\*  
55 MINUTES starting at \$165\*

#### THE PARQ STONE

85 MINUTES starting at \$250\*

### FACIAL

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#### MENS CUSTOM

55 MINUTES starting at \$165\*

### BODY

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#### THE DOUGLAS SCRUB

85 MINUTES starting at \$240\*

## INDULGE

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### MASSAGE

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#### CLEAR YOUR MIND

100 MINUTES starting at \$315\*

#### ULTIMATE AROMATHERAPY

85 MINUTES starting at \$245\*

### FACIAL

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#### ANTI-AGING

85 MINUTES starting at \$255\*

### BODY

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#### THE DOUGLAS WRAP

100 MINUTES starting at \$315\*

JW MARRIOTT® PARQ VANCOUVER  
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SPA

BY JW

# ESSENTIALS

*\*Pricing does not reflect 18% service charge and taxes.  
\*Treatment pricing varies based on peak vs. non-peak times.*

## ADDITIONAL EXPERIENCES

### NAILS

SIGNATURE PEDICURE	starting at \$110*
SIGNATURE MANICURE	starting at \$80*
SPA PEDICURE	starting at \$90*
SPA MANICURE	starting at \$60*

### ADD ON ENHANCEMENTS

<i>Additional time required</i>	
SHELLAC POLISH	\$30*
CALLUS TREATMENT	\$25*
SHELLAC POLISH REMOVAL	\$15*
FRENCH POLISH	\$10*

WAXING	Please call for pricing.
PRIVATE YOGA	Please call for pricing.

## SPA FACILITY DAY PASSES

Day passes grant access to the fitness centre, rooftop Aqua Lounge, Spa steam room and locker rooms. Day Passes are based on availability; please call in advance for confirmation.

LOCAL GUESTS	\$110*
RESORT GUESTS	\$55*
WAXING	\$55*
EXPRESS FUSION CHAIR GUESTS	\$30*
SALON GUESTS	\$30*