



## WELLNESS JOURNEY

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### **ELEMENTAL BALANCING**

*This head-to-toe journey inspired by Ayurveda, the ancient Indian wisdom of healing, is personalized to attune to your own natural rhythms and to balance the elements that make up your whole being. Massage with herbal infused oils and Ayurvedic techniques calm the nervous system and balance the five elements, promoting harmony and vibrant well-being. (100 minute)*

### **SPIRIT OF THE MOUNTAINS**

*This treatment aims to hydrate, rejuvenate, and brighten your skin from head to toe. Inspired by the distinctive backdrop of Vancouver's Lions Mountains, this treatment provides a luxurious and relaxing experience. An evergreen body exfoliation followed by a restorative body wrap will cleanse, calm, and soothe the soul. Spirit of the mountains will leave you in an oasis of sheer rejuvenation. (100 minute)*

### **THE WHOLE YOU**

*First, start with this bespoke massage treatment; allow our talented therapists to customize a massage treatment suited to your needs. Next, let your skin care specialist create a personalized facial treatment using organic ingredients explicitly designed for your skin type and condition. (100 minute)*

### **DOCTOR BABOR WELLNESS FACIAL**

*The journey begins with an aroma wellness inhalation ritual and guided breath awareness meditation. Commencing with an invigorating back treatment to promote circulation and destress tense muscles. A plumping, collagen boosting facial treatment follows with lymphatic and sculpting Cryo-Gua Sha massage to promote blood circulation, eliminate puffiness, and fatigue, and improve elasticity and skin firmness. This wellness experience encourages calm of both mind and muscles. (100 minute)*

## MASSAGE

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### **RMT - THERAPEUTIC**

*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. (90 or 60 minute)*

### **RMT - MATERNITY**

*Nurture and nourish your body and skin when you need it most with this gentle, restorative, and entirely tailored massage by our skilled, licensed, and professional Registered Massage Therapists. Receipts available for medical reimbursement. (60 minute)*

### **RESET**

*The perfect reset to revive and restore energy, especially after being continuously on the go. Awaken tired muscles with a medium to deep pressure massage that relieves tight muscles and rejuvenates both mind and body. (90 minute)*

### **FIND YOUR BALANCE**

*We start from the ground up as this massage helps to align the physical structure often thrown off by repetitive motion in sports, at work, or at home. Energy balancing techniques are integrated to harmonize mind and body for well-being. (60 minute)*

### **BEYOND CALM**

*Unwind everyday stress from body and mind with a relaxing, light pressure massage targeted to release stress patterns in the mind and body. When we slow down, we are better able to surrender into a place of calm. In this stillness is where the healing takes place. (60 minute)*

### **TENSION RELIEF FUSION CHAIR**

*Do you have limited time but still have the desire 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. (25 minute)*

## BODY EXFOLIATION

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### **DOUGLAS FIR**

*Inspired by the grandeur of nature and the energy of Vancouver's natural landscape. Exfoliation aims to remove dead skin cells and promote blood circulation, leaving your skin feeling nourished and revived. This treatment helps improve the texture and appearance of your skin while also promoting relaxation and wellness. (90 minute)*

### **ROSE NEROLI**

*Your skin renewal experience begins with a gentle body scrub by means of rose crystal powder to exfoliate and awaken healthier skin. Hot towel compresses relax muscles and mind, allowing for skin softening and nourishment by means of precious Rose Neroli Body Oil. You'll finish with aromatherapy and engaging vital energy points for rejuvenation. (60 minute)*



## FACIAL

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### **ROSE QUARTZ GUA SHA**

*The potent formulations and specialized massage techniques including Rose Quartz Gua Sha improve skin firmness, tone and elasticity and help redefine facial contours. The skin is nourished, plumped from within revealing a firmer, smoother, and more youthful looking skin. (90 minutes)*

### **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. (90 or 60 minute)*

### **SKIN REFINING BY DOCTOR BABOR**

*The latest innovation in non-invasive skin resurfacing. A unique blend of AHA's and controlled pH of the Thera-PRO peels work from the inside out without inflammation. Suitable for all skin types and targeting conditions of rough, dry, oily skin, enlarged pores, hyperpigmentation, tired or dull complexion. Signs of aging are diminished immediately; the skin is more youthful over time. (60 minute)*

### **BESPOKE BY DOCTOR BABOR**

*Specific and focused on individual skin challenges, our expert skin therapists will customize an advanced cosmeceutical treatment to obtain your optimal skin care results. Highly specialized techniques boost skin activity and reactivate skin's functions to restore the health and vitality of the skin. (60 minute)*

## COUPLES MASSAGE

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### **SHARE THE LOVE FOR TWO RMT**

*Have your say on pressure and pace with this bespoke couple's 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. Complimentary Prosecco or sparkling apple juice offered post treatment. (90 or 60 minute)*

### **SHARE THE LOVE FOR TWO**

*Connection is at the heart of our desire to feel loved. A beautifully orchestrated massage side by side, with your choice of pressure. Share in the moment and savor quality time with your loved one. Complimentary Prosecco or sparkling apple juice offered post treatment. (90 or 60 minute)*



## MASSAGE OR FACIAL ENHANCEMENT

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### **MOROCCANOIL SCALP TREATMENT**

*Drift away with an application of signature blended argan and lavender essential oils to balance and condition the scalp.*

### **MOROCCANOIL HAND OR FOOT REVIVER**

*Reveal renewed, brighter-looking skin with this gel-based scrub containing argan shell powder and lava.*

### **KNESKO GEMSTONE UNDER EYE COLLAGEN MASQUE**

*Have tired eyes ready for a refresh? This under eye treatment is one of the best ways to rejuvenate, revive, and minimize the effects that come with aging.*

### **PARAFFIN HAND OR FOOT**

*A heated paraffin infusion wraps your hands or feet to nourish like no other paraffin treatment, a gratifying aromatherapy stimulation.*

### **KNESKO GEMSTONE FACE COLLAGEN MASQUE**

*A skin care treatment that dramatically restores youthful radiance to your skin, but also provide a tranquil and deeply relaxing escape from the stresses of daily life.*

## FACIAL ENHANCEMENT

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### **KNESKO GEMSTONE NECK OR DECOLLETE COLLAGEN MASQUE**

*Choose from a range of gemstone & mineral-infused masks that are specifically designed to refresh and revitalize this often-overlooked skin treatment area.*

### **WOW LIFT MICROCURRENT**

*An anti-aging device will train and tone the muscles in your face & neck helping improve facial contour, sagging and the appearance of fine lines & wrinkles.*

### **MOROCCANOIL INTENSE HYDRATING HAIR MASQUE**

*A high-performance, rich, and creamy deep conditioner formulated for dry hair. Dramatically improving your hair's texture, elasticity, shine and manageability.*

## MASSAGE ENHANCEMENT

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### **MOROCCANOIL BODY BUTTER**

*A blend of spicy amber and sweet floral notes, creating a richly concentrated yet fast-absorbing butter to intensely moisturize and soften dry skin.*

### **DRY BRUSHING**

*Enjoy a refreshing exfoliation prior to any massage to instantly soften, smooth and revitalize your skin.*

### **WARM STONE SPOT HEALING TREATMENT**

*This treatment is perfect for very tight spots in need of extra attention. Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress.*

### **MOROCCANOIL BACK REVIVER**

*Reveal smoother skin with this exfoliating and nourishing treatment that will leave your back smooth, soft, and bright.*



# HOW TO SPA

## SCHEDULING AN APPOINTMENT

To schedule an appointment, please speak with our Spa Specialists, 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 [spabyjvwancouver@marriott.com](mailto:spabyjvwancouver@marriott.com). To ensure availability of your preferred time and service, we recommend making your reservation in advance. Online booking available at [spabyjvwancouver.com](http://spabyjvwancouver.com)

## SPA GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the following:

- Allergies or medical conditions, **including pregnancy. For massage, expecting mothers may enjoy RMT Maternity Massage only.**
- **The minimum age of 18 is required to receive massages, body treatments, and facials. Nail services are available for guests under 18. The minimum age of 18 is required to access locker room facilities.**
- Inappropriate conduct will not be tolerated.
- To protect the privacy of our guests, tours of the facilities are not available.
- If you have a gender preference for your service, please let us know in advance.
- We kindly ask that you enjoy quiet conversation and refrain from using cell phones and other electronic devices while in the spa. To ensure complete privacy for you and other guests, camera and video usage in the locker rooms is strictly prohibited.

## ARRIVAL TIME

We recommend arriving 30 minutes prior to your scheduled treatment. **Arriving on time or late will limit the time of 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.**

## SERVICE CHARGE

In an effort to make your spa experience as seamless as possible, an 18-percent gratuity will be added to your services. This includes gratuities distributed to the staff who served you during your visit.

## CANCELLATION POLICY & PAYMENT

A 100% cancellation fee will be incurred for any treatment cancelled less than 24 hours prior to appointment. Any appointments rescheduled within the 24-hour window will incur a move fee of \$60. Cancellations of large groups require a 1-week notice. Credit cards are used to hold spa reservations. Hotel guests may charge spa services to their room. **To protect the privacy and security of our guests, we cannot charge a card on file without physically swiping the card and obtaining a signature at the conclusion of your spa experience.**

## PERSONAL BELONGINGS/VALUABLES

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. **Please leave valuables at home or in your room safe.**

## FOOD & BEVERAGES

We prohibit bringing any food or alcohol into the spa. Please inquire with our Spa Specialists regarding food & beverage menu options available. For the safety of our guests, we do not permit any glass containers or food near the Hydrotherapy Tub. Food may only be consumed outside on our Aqua Lounge.

## HOURS OF OPERATION

Hours are subject to change without notice.

- + First appointments of the day, access will be granted 30 minutes in advance.
- + Last appointments of the day, please arrive early to enjoy our facilities as access is unavailable after spa hours.

# SPA EXPERIENCE PRICING

*\*Pricing does not reflect 18% service charge and taxes.*

*\*Treatment pricing varies based on peak vs. non-peak times.*

## WELLNESS JOURNEY

### ELEMENTAL BALANCING

100 MINUTE starting at **\$320\***

### SPIRIT OF THE MOUNTAINS

100 MINUTE starting at **\$320\***

### THE WHOLE YOU

100 MINUTE starting at **\$320\***

### DOCTOR BABOR WELLNESS FACIAL

100 MINUTE starting at **\$320\***

## BODY EXFOLIATION

### DOUGLAS FIR

90 MINUTE starting at **\$290\***

### ROSE NEROLI

60 MINUTE starting at **\$200\***

## FACIAL

### ROSE QUARTZ GUA SHA

90 MINUTE starting at **\$290\***

### ORGANIC CUSTOM

90 MINUTE starting at **\$280\***

60 MINUTE starting at **\$190\***

### SKIN REFINING BY DOCTOR BABOR

60 MINUTE starting at **\$200\***

### BESPOKE BY DOCTOR BABOR

60 MINUTE starting at **\$190\***

## MASSAGE

### RMT - THERAPEUTIC

90 MINUTE starting at **\$300\***

60 MINUTE starting at **\$220\***

### RMT - MATERNITY

60 MINUTE starting at **\$220\***

### RESET

90 MINUTE starting at **\$280\***

### FIND YOUR BALANCE

60 MINUTE starting at **\$190\***

### BEYOND CALM

60 MINUTE starting at **\$190\***

### TENSION RELIEF FUSION CHAIR

25 MINUTE starting at **\$95\***

## SALON

SPA PEDICURE starting at **\$90\***

SPA MANICURE starting at **\$65\***

## ADD ON ENHANCEMENTS

SHELLAC POLISH **\$30**

FRENCH POLISH **\$15**

SHELLAC POLISH REMOVAL **\$15**

## COUPLES MASSAGE

### SHARE THE LOVE FOR TWO RMT

90 MINUTE starting at **\$630\***

60 MINUTE starting at **\$470\***

### SHARE THE LOVE FOR TWO

90 MINUTE starting at **\$590\***

60 MINUTE starting at **\$410\***

## ENHANCEMENTS

KNESKO GEMSTONE FACE COLLAGEN MASQUE	\$50*	MOROCCANOIL BODY SOUFFLE	\$25*
		MOROCCANOIL SCALP TREATMENT	\$25*
KNESKO GEMSTONE NECK COLLAGEN MASQUE	\$40*	MOROCCANOIL INTENSE HYDRATING HAIR MASQUE	\$25*
KNESKO GEMSTONE DECOLLETE COLLAGEN MASQUE	\$40*	MOROCCANOIL FOOT REVIVER	\$25*
KNESKO GEMSTONE UNDER EYE COLLAGEN MASQUE	\$25*	MOROCCANOIL HAND REVIVER	\$25*
PARAFFIN HAND OR FOOT	\$25*	MOROCCANOIL BACK REVIVER	\$30*
WOW LIFT MICROCURRENT	\$25*	DRY BRUSHING	\$25*
		WARM STONE SPOT HEALING TREATMENT	\$25*

## MIND-SYNC

Originally used to treat PTSD in military veterans, the Mind-Sync's vibrational sound therapy has been clinically proven to reduce stress and anxiety levels in the over-stimulated mind. One session can induce profound levels of relaxation, restoration, and sleep. Clinical studies have shown that repeated use can build new neural pathways, promoting calmer long-term mental states. No therapist required.

NEO-NAP		SOUL SOAK	
20 MINUTE	\$20	20 MINUTE	\$20
EMOTIONAL RESET		NATURE'S JOURNEY	
25 MINUTE	\$25	25 MINUTE	\$25
STRESS RELEASE		DELTA DREAMS	
25 MINUTE	\$25	60 MINUTE	\$60

## FACILITY DAY PASS

Day passes grant access to the fitness centre, rooftop Aqua Lounge, hydrotherapy tub, steam room, locker room and co-ed relaxation lounges. **Day passes are based on availability and cannot be booked in advance. Please call on the day of your request for confirmation on availability.** Spa facility access is complimentary to guests who book a service over \$100 in value before service charge and tax.

LOCAL GUEST	\$110
HOTEL GUEST	\$55