



M O N T R E A L

6105 Ave du Boisé
Montréal, Québec, H3S 2V9
T:514.737.5555
midtown.com/montreal

Spa Hours

Monday - Friday
10 a.m - 9 p.m

Saturday - Sunday
10 a.m - 6p.m



MASSAGE

Lava Shell Massage

This revolutionary new treatment is a deeply comforting and therapeutic body massage that uses heat to soothe aches and pains.

Therapeutic Massage

This physically active person thrives on this deep pressure massage that targets specific muscle groups to release tension, improve flexibility and enhance physical performance. Highly beneficial for physical and mental stress reduction, athletic peak performance, sculpting and overall toning. Combined with range of motion, this deeply moving experience promotes healing.

Relaxation Massage

A seductive experience with long, comforting strokes of medium-to-light pressure. This body massage improves circulation and eases muscle tension. Ultra relaxation.

Lymphatic Drainage

Wave-like movements that gently whisper to your skin. Experience the ritual that will detoxify and regenerate tissues, filter out toxins and foreign substances and helps you maintain a healthy immune system. This therapeutic treatment is excellent for post-surgery, sinusitis, bronchitis, chronic fatigue, insomnia and anti-aging. Let yourself be carried away.

Shiatsu Massage

Energy will be restored, and your mind, body and spirit will be invigorated after this stimulating ancient oriental healing method. Experience focused finger pressure applied on precise body points to encourage the proper flow of chi-life energy. Heaven!

Pre- or Post-Natal Massage

It's your turn to be looked after. Specialty cushions ensure the genuine care and comfort of mother and baby as pressure and tension in the lower and middle back as well as the strain in the neck and shoulders are relieved. The postnatal massage reduces fatigue by assisting in returning circulatory and lymphatic systems to normal. As a mother or mother-to-be, you know you've earned this extraordinarily comforting therapy. Enjoy... this is your time. **PRENATAL MASSAGE IS NOT RECOMMENDED IN THE FIRST THREE MONTHS OF PREGNANCY.**

Reflexology

Rebalancing and renewing body and spirit in this ancient art of natural healing based on the belief that the feet are the microcosm of the entire body. Your reflexologist will stimulate the reflex points on the soles of your feet to improve circulation, release toxins, reduce fatigue and improve physical balance.

Thai Massage

Thai massage takes place fully clothed, on a mat on the floor. The therapist uses passive stretching and pressure along the body's energy lines to increase flexibility and relieve muscle and joint tension.





SKIN CARE

Éminence Signature Facial

Treat yourself to a facial with an award winning organic skin care line that delivers beautiful results using organic products bursting with juicy pulp, seeds and herbs. Feel good about feeding your skin all natural products without harsh chemicals or parabens. Eminence addresses a variety of skin concerns such as premature aging and wrinkling, sun damage, acne, loss of vitality, tone and radiance. Select a customized Eminence facial specifically created to suit your skin needs and let the active ingredients impart health and beauty to your skin.

Age Corrective Facial with Pineapple Pro Enzyme Peel

Take your skin on a tropical retreat with exotic neroli and monoi oils, hydrating coconut and strengthening bamboo as wrinkles and fine lines disappear. Get a natural lift with an age corrective facial that leaves skin instantly refreshed, tightened and smooth. Skin feels plump and youthful as our natural retinol alternative increases collagen and green apple stem cells replenish the epidermis.

Arctic Berry Illuminating Facial

Smooth and refine skin with botanical exfoliants derived from nature. Natural ingredients gently refine your complexion by removing dehydrated skin cells, unclog pores and recover your skin's youthful radiance; pamper your skin with antioxidant vitamins to help keep your skin vibrant and refreshed. Everyone will wonder if you went on a secret vacation.

Botinol Facial

This anti-aging facial reduces superficial lines and deeper wrinkles with no needles. Using collagen and vegetal-filling spheres, the relaxing treatment plumps the skin for a rejuvenated appearance. After just one session, wrinkles are visibly reduced, with even more amazing results after four sessions.

Collagen Facial

A G.M. Collin exclusive, this 7-step dermo-corrective treatment combines lyophilized, unaltered collagen and biotechnological actives for an immediate improvement to skin's appearance, without invasive surgery.

Algomask Facial

Ideal for dehydrated / sensitive, blotchy skin affected by rosacea and acne-prone skin.

Puracne Oxygen Facial

An oxygenating and detoxifying that awakens tired, sallow and dull skin, also fights acne causing bacteria for a clearer complexion.

Hydrolifting Facial

This anti-aging clinical treatment offers an effective solution to revitalize and restructure the skin, while improving the skin's elasticity and the appearance of fine lines and wrinkles.





SKIN CARE

(Continued)

Gentleman Facial

A complete cleansing treatment with extractions and an anti-stress facial massage, which will leave you feeling relaxed and revitalized.

Facial Sea-C-Spa

An anti-oxidant, anti-aging mask designed to rejuvenate the skin by stimulating collagen synthesis.

The Chemical Peel by G.M. COLLIN

A variety of professional chemical peels specially designed for:

- Exfoliating the outer layers of the skin.
- Promotes cell renewal.
- Improves the texture of the skin.
- Clarifies the skin.
- Reduces the signs of aging.
- Treats fine lines, superficial wrinkles, and deep wrinkles.
- Lightens age spots.
- Reduces acne scars.

While visible results are obtained from the first treatment, it is recommended to perform a series of 4 to 6 treatments for optimal results.

SKIN CARE

DERMAPOD TECHNOLOGY

Rejuvenation Services

Microdermabrasion

Microdermabrasion is a procedure involving skin resurfacing by exfoliating the outer layers of the skin. Microdermabrasion, dramatically reducing the appearance of small scars, large pores, hyper pigmented spots, fine lines, stretch marks, wrinkles and comedones.

Kine Lift

Kine Lift is a pulsating light that passes through the layers of the skin stimulating the production of collagen. At the same time, the Micro Currents lifts sagging muscles and tightens facial contour.

PURELIGHT:

Purelight G Therapy reduces pigment spots

Purelight B Therapy destroys the bacteria responsible for acne





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Saturday – Sunday
10am – 6pm

Prices and services are subject to change

Who can guide me in choosing my treatments? Our Spa Team will help you plan the perfect spa experience: everything from helping you decide what treatments are right for you to making sure that your treatments are scheduled in the proper order.

What if I have special health considerations? Please notify us before booking your treatments if you have high blood pressure, allergies, any physical ailments or disabilities, or if you are pregnant. For any health-related queries, please let us know. If at any time during any of your services you experience discomfort, please alert your therapist immediately.

When should I arrive? For your utmost comfort and serenity, we suggest that you arrive 30 minutes before your scheduled treatment. This will allow you to relax in our saunas, steam room or hot tubs. If you have more time to spare, make sure to bring your workout gear and take advantage of the club's extensive fitness facilities, including aerobics, yoga, pilates, spinning and swimming, or dine at the Mcafé. Information on classes is available at the main entrance to the club. These exclusive facilities are also available to non-members; please contact us for further details.

What should I wear during my treatment? Most body treatments are enjoyed without clothing; however, please wear whatever is comfortable for you. During all treatments, the body is fully draped, except for the area being worked on. As a complimentary service, robes and slippers are provided at the Spa during check-in. Please return them when checking out.

What if I am late for my appointment? Arriving late will simply limit your time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time, so that the next guest will not be delayed. You will be charged for the full value of your treatment.

What about gratuities? Gratuities are completely at your discretion, 15-20% is the usual amount of a gratuity on the part of a client who has had the Ultimate Spa Experience.

What is the cancellation policy? If you must reschedule or cancel your appointment, please notify us at least twelve (12) hours in advance of your scheduled appointment to avoid being charged the full service fee. Cancellations of packages or private parties require 24 hours notice. A credit card is required for non-members at the time they book their treatments. As a reminder service, we will call you 2 days before your scheduled appointment.

What if I am pregnant? There are a few services to be avoided during pregnancy; however, there are many beneficial treatments that can be enjoyed. Please advise us of your status when you make your appointments. We will guide you on the best choices for you during this special time.

Are gift cards available from the Spa? Of course! You may purchase a Midtown Sanctuaire Gift Card for a specific dollar amount or for particular services. The Midtown Sanctuaire Gift Card can be used towards services or purchases in our Spa Boutique.

We ask that you be mindful of others enjoying their treatment. **Please turn off your cell phone** and if socializing, try to keep the volume of your conversation to a minimum.

We thank you in advance

MASSAGE

Therapeutic Massage/ Pre- or Post Natal Massage:

	M	NM
- 30 minutes	67,00\$	77,00\$
- 45 minutes	77,00\$	88,00\$
- 60 minutes	97,00\$	112,00\$
- 75 minutes	118,00\$	135,00\$
- 90 minutes	136,00\$	155,00\$

Relaxation Massage:

	M	NM
- 30 minutes	57,00\$	65,00\$
- 45 minutes	67,00\$	76,00\$
- 60 minutes	87,00\$	99,00\$
- 75 minutes	108,00\$	123,00\$
- 90 minutes	126,00\$	143,00\$

Reflexology:

	M	NM
- 30 minutes	54,00\$	61,00\$
- 45 minutes	72,00\$	92,00\$
- 60 minutes	85,00\$	97,00\$

Shiatsu Massage:

	M	NM
- 75 minutes	118,00\$	135,00\$

Lymphatic Drainage:

	M	NM
- 75 minutes	102,00\$	117,00\$

Lava Shell Massage

	M	NM
	105,00\$	118,00\$

Thai Massage

	M	NM
75 minutes	116,00\$	133,00\$

Massage Packages:

	M
- 5 Therapeutic Massage (60 min)	450,00\$
- 10 Therapeutic Massage (60 min)	880,00\$
- 5 Therapeutic Massage (90 min)	630,00\$
- 10 Therapeutic Massage (90 min)	1230,00\$
- Relaxation Massage (5x60 min)	400,00\$
- Relaxation Massage (10x60 min)	780,00\$
- Relaxation Massage (5x90 min)	580,00\$
- Relaxation Massage (10x90 min)	1130,00\$

SKIN CARE

Éminence Signature Facial

	M	NM
75 minutes	90,00\$	103,00\$

Age Corrective Facial with Pineapple Pro Enzyme Peel

	M	NM
75 minutes	105,00\$	120,00\$

Arctic Berry Illuminating Facial

	M	NM
Compleat 75 minutes	120,00\$	138,00\$
Express 45 minutes	72,00\$	82,00\$

Hydrolifting Facial

	M	NM
60 minutes	99,00\$	113,00\$

Algomask Facial

	M	NM
60 minutes	105,00\$	120,00\$

Botinol Facial

	M	NM
75 minutes	165,00\$	189,00\$

Collagene Facial

	M	NM
75 minutes	145,00\$	165,00\$

Puracne Oxygen Facial

	M	NM
60 minutes	105,00\$	120,00\$

Facial Gentleman

	M	NM
60 minutes	77,00\$	87,00\$

See-C-Spa Facial

	M	NM
75 minutes	140,00\$	160,00\$

The Chemical Peel by G.M. Collin

	M	NM
	68,00\$	77,00\$

DERMAPOD

REJUVENATION SERVICES

	M	NM
microdermabrasion		
- 60 minutes	115\$	132\$
- Cure of 8 sessions	800\$	920\$
- Add on to any facial	35\$	40\$

	M	NM
KINELIFT		
- 60 minutes	140\$	160\$
- Cure of 12 treatments	1475\$	1695\$

HAIR REMOVAL

	M	NM
Electrolysis		
- 15 minute session	18,00\$	20,00\$
- Package 180 minutes	192,00\$	—\$

	M	NM
Waxing		
- Eyebrow Touch-up	15,00\$	17,00\$
- Eyebrow Shaping	19,00\$	21,00\$
- Lip	13,00\$	14,00\$
- Lip & Chin	21,00\$	24,00\$
- Bikini	22,00\$	25,00\$
- Brazilian Bikini	37,00\$	42,00\$
- Lower Leg	26,00\$	29,00\$
- Upper Leg	34,00\$	38,00\$
- Upper Leg	50,00\$	56,00\$
- Full leg (includes bikini)	63,00\$	72,00\$
- Underarm	16,00\$	18,00\$
- Arm	24,00\$	27,00\$
- Eyebrow/Eyelash Tint	36,00\$	41,00\$

	M	NM
For him		
- Shoulder	18,00\$	20,00\$
- Back	36,00\$	41,00\$
- Chest	36,00\$	41,00\$

* Please inform us before waxing if you are using retin-a accutane, glycolic, AHA, or any derivative of these products.

	M	NM
Purelight		
- 60 minutes	80\$	92\$
- Cure of 12 treatments	840\$	960\$
- Add on to any facial	35\$	40\$

	M	NM
Microdermabrasion with KINELIFT		
- 90 minutes	200\$	230\$
- Cure of 8 treatments	1200\$	1380\$

	M	NM
Microdermabrasion with PURELIGHT		
- 75 minutes	175\$	200\$
- Cure of 8 treatments	800\$	920\$

HAND AND FOOT CARE

	M	NM
Hand Care		
- Classic Manicure	26,00\$	30,00\$
- Classic Manicure No Polish	22,00\$	25,00\$
- French Manicure	30,00\$	34,00\$
- Polish Change	17,00\$	20,00\$
- Manucure with Paraffin	37,00\$	42,00\$
- Gel Nail Polish Manicure	40,00\$	46,00\$
- Gel Nail Polish Application	30,00\$	34,00\$
- Gel Nail Polish Removal	15,00\$	17,00\$

	M	NM
Foot Care		
- Spa Pedicure	63,00\$	72,00\$
- Spa Pedicure no Polish	58,00\$	66,00\$
- Spa Pedicure with Gel	70,00\$	80,00\$
- French Pedicure	67,00\$	77,00\$
- Spa Pedicure with Paraffin	76,00\$	87,00\$
- Express Pedicure	49,00\$	56,00\$
- Polish Application	26,00\$	29,00\$
- Express Pedicure and gel polish	56,00\$	64,00\$

	M	NM
For him		
- Manlycure	22,00\$	25,00\$
- Manly Pedicure	58,00\$	66,00\$