

FACIALS

All OSpa facial therapies include the following:

¥ Detailed skin consultation

¥ Tranquility welcome

¥ Hand, arm and your choice of foot or scalp massage

ANTI-AGING RENEWAL

OSpa Signature Alpha Collagen

An anti-aging treatment that combines fruit acids and natural, pure collagen to deeply renew your skin, resulting in dramatically improved skin hydration and the visible reduction of fine lines and wrinkles. This facial includes a lip nourishing and neck firming treatment, leaving your skin radiant, firm and compact.

85 minutes \$165

Including our multi-active Eye Supreme anti-aging eye treatment, designed to target and reduce dark circles, puffiness, and expression lines, while reviving and strengthening the delicate orbital tissue.

85 minutes \$185

Glorious Skin

This anti-aging, firming treatment uses fruit derived acids to eliminate keratinized cells, and hexapeptides to instantly soften expression lines, giving your skin a renewed, lifted, youthful effect. A lip nourishing and neck firming treatment is included.

55 minutes \$125

Including our Eye Supreme anti-aging eye zone treatment.

85 minutes \$185

Action Sublime

An exclusive anti-aging and restructuring skin care treatment with retinol, hyaluronic acid and lacto-proteins to calm all aggressions caused by free radicals, sun exposure and environmental pollution, protecting your skin from premature aging. A lip nourishing and neck firming treatment is included.

55 minutes \$105

Including our Eye Supreme anti-aging eye zone treatment.

85 minutes \$155

RE-HYDRATE

Hydramemory

This therapy incorporates cactus sugar to provide 24 hour deep hydration and nourishment for dry and dehydrated skin conditions on the face, neck and décolleté. Essential moisture will be restored, offering a prolonged refreshed, toned and youthful appearance.

55 minutes \$110

Including our Eye Supreme anti-aging eye zone treatment.

85 minutes \$165

PURIFY

Active Pureness

An intense deep cleansing facial recommended for congested and excessively oily skin. Ideal for both oily, impure skin and skin that is more delicate due to inflamed breakouts. Your skin will be decongested and regenerated, feeling fresh, clean and compact.

55 minutes \$105

Including our Eye Supreme anti-aging eye zone treatment.

85 minutes \$155

DELICATE

Skin Resonance

Finally, a treatment that offers a personalized approach to skin care for sensitive and reactive skin types. Decongesting, rebalancing and protecting, this facial is for skin that is subject to redness and fragile capillaries. Redness will be diffused and your skin will retrieve its compactness, nourishment and tone.

55 minutes \$100

Including our Eye Supreme anti-aging eye zone treatment.

85 minutes \$150

Recover Touch

Anti-oxidant, moisturizing and packed with vitamins, this treatment helps to repair even the most fragile, dry and/or dehydrated skin. It offers neglected skin a deep nourishing and anti-aging action, leaving your skin calm and radiant.

55 minutes \$100

Including our Eye Supreme anti-aging eye zone treatment.

85 minutes \$150

FOR HIM

Hydra-Pure Performance

A stress-relieving, customized facial that both deeply cleanses and rebalances oily skin that is prone to breakouts, as well as rejuvenates and moisturizes dry, dehydrated skin. You will feel refreshed and completely relaxed.

55 minutes \$105

Including our Eye Supreme anti-aging eye zone treatment.

85 minutes \$155

Anti-Age Performance

Perfect for mature, dry or neglected skin. This rejuvenating, anti-aging treatment uses fruit derived acid to exfoliate and stimulate cellular turnover. An intensive anti-aging serum prevents signs of aging, gives a pleasant sensation of well being and vitality

55 minutes \$120

Including our Eye Supreme anti-aging eye zone treatment.

85 minutes \$175

FOR YOUR EYES ONLY

Eye Supreme

A multi-active rejuvenating eye zone treatment, this triple action innovative therapy specifically targets and visibly reduces unsightly puffiness, dark circles and expression lines. It provides deep nourishment and protection against free radicals, revitalizing the delicate orbital area. This treatment includes your choice of hand and arm massage, or scalp massage.

25 minutes \$60

HANDS AND FEET

All hand and foot treatments are available for couples.

OSpa Signature Hand Treatment

Tradition at it's best! Your nails are beautifully shaped while the delicate cuticles are carefully groomed and nourished. Gentle, soothing emulsion is massaged into your hands and arms, restoring your skin's natural vitality. Finish with a perfect polish application or have your nails buffed to a healthy, natural shine.

55 minutes \$60

OSpa Harmony Hand Treatment

Put your mind and body in total balance with our exclusive exfoliating, hydrating and refreshing treatment for your hands and arms. Your nails and cuticles are beautifully shaped, groomed and nourished. Your delicate skin is renewed and restored with gentle exfoliation, nourishing massage, and a warm, soothing mask. Finish with a perfect polish application or have your nails buffed to a healthy, natural shine.

85 minutes \$85

OSpa Signature Foot Treatment

Relax and unwind in our beautiful shiatsu massage chair. Let our whirlpool foot bath melt your cares away. Your nails are beautifully shaped and your delicate cuticles carefully groomed and nourished. Rough, dry areas are buffed away before a gentle, soothing emulsion is massaged into your feet and legs, relieving tired, sore muscles. Complete your experience with a perfect polish application or have your nails buffed to a healthy, natural shine.

55 minutes \$65

OSpa Harmony Foot Treatment

Rebalance and re-energize with our exclusive exfoliating, hydrating and refreshing treatment for your tired, weary feet. Be comforted as our whirlpool footbath and beautiful shiatsu massage chair restore your complete state of well being. Your nails are beautifully shaped, groomed and nourished, while rough, dry areas are smoothed away. Your delicate skin is refreshed and restored

with a gentle, yet stimulating exfoliation, nourishing massage and warm, soothing mask or hotstone. Complete your experience with a perfect polish application or have your nails buffed to a healthy, natural shine.

85 minutes \$85

Add French polish to any manicure or pedicure for an additional \$10.

FOR HIM

The Essential Hand Treatment

Nails are trimmed and shaped. Cuticles carefully groomed and nourished. Relax as your hands and arms are massaged with a light, moisturizing emulsion. Complete your treatment with a fortifying nail strengthener, or have your nails buffed to a healthy, natural shine.

55 minutes \$60

Including a revitalizing hand and arm exfoliation and a warm, hydrating mask.

85 minutes \$85

The Essential Foot Treatment

Sit back and let our whirlpool foot bath and shiatsu massage chair help you unwind. After carefully grooming your nails and cuticles, all rough, dry skin is smoothed away. A light, hydrating emulsion is massaged into your feet and legs, relieving tired sore muscles and leaving your skin healthy and refreshed. Complete your treatment with a fortifying nail strengthener, or have your nails buffed to a healthy, natural shine.

55 minutes \$65

Including an invigorating foot scrub and a warm, hydrating mask.

85 minutes \$85

HAIR REMOVAL

All hair removal services provide effective, gentle hair removal, even for sensitive skin.

Eyebrow	-	\$20	Back	-	\$60
Upper Lip	-	\$20	Bikini	-	\$40
Full Leg	-	\$75	Arm	-	\$35
Lower Leg	-	\$45	Underarm	-	\$25

REFLEXOLOGY

Based on traditional principles, Reflexology applies pressure, stretch and movement to the head, ears, hands and feet to provide balance, serenity and calm. The benefits of deep relaxation can include reduced stress and fatigue, and relief of aches and pains. Our reflexology treatments are based on the traditional principles of reflexes throughout the head, ears, hands and feet, which correspond to every element of your body. A balancing and calming treatment to enhance circulation and relieve tension.

25 minutes \$60 Feet only.

55 minutes \$95 Hands, feet and head.

MASSAGE

Pregnancy massage is available.

RELIEF

Head and Scalp Massage

This deep head and scalp massage uses a slow, rhythmical, precisely adjusted pressure to reduce tension and headache. Warm essential oil is applied to relax every fiber of your being.

25 minutes \$65

Focus Massage

This massage will relieve the tension often carried in the back and shoulder area. Performed with a moisturizing cream which hydrates the skin.

25 minutes \$65

Blackberry Hand Massage

A detailed, intense massage on all aspects of the forearms, wrists and hands, allowing readjustment of the carpal bones and improving blood flow to the tendons and muscles. An excellent choice of treatment for computer related wear and tear.

25 minutes \$65

THERAPEUTIC

All OSpa therapeutic massages are available for couples.

Therapeutic Relaxing Massage

Deeply relaxing, soothing and gentle by using slow intermittent pressure below the point of real pain, this full body massage facilitates pain relief and improves blood circulation while increasing your range of motion. This treatment will be tailored to your individual needs.

55 minutes \$105
85 minutes \$155

Deep Tissue Massage

For complete tension and stress relief. Traditional, vigorous deep tissue techniques stimulate and stretch your muscles promoting drainage of waste products and metabolic toxins. Ideal for individuals wishing to experience a more firm massage.

55 minutes \$120
85 minutes \$180

CALMING

La Stone

Warm smooth basalt stones used with aromatic oil deepen the relaxing nature of Swedish massage. The use of hot stones facilitates the flow of profound relaxation through your body, mind and spirit. The deep penetrating heat prepares your body for deeper work, allowing trigger points to dissolve away with minimal effort.

45 minutes \$110
75 minutes \$160

BODY

REBALANCE AND NOURISH

OSpa Aromatic Body Touch

Deep hydrating treatment relieves states of tension and stress, while creating a sense of physical and mental well being and comfort. Your skin will be renewed through exfoliation,

encouraging the deepest penetration of the pure essential oils applied warm to your skin and then wrapped in an aromatic cocoon. This signature treatment includes a therapeutic massage.

85 minutes \$155

Monticelli Mud

A reducing therapy that will have a detoxifying and draining action due to the active ingredients in the soft monticelli mud enriched with Italian thermal waters. The decongesting action is stimulated by the natural extracts and essential oils aid in the elimination of toxins. This treatment includes a full body massage with a circulation enhancing essential oil to promote systemic balance and energize your spirit. (Not recommended for pregnancy, seafood/iodine allergy, high blood pressure or thyroid conditions.)

55 minutes \$115

Body Polish

A complete body exfoliation using natural sea salt combined with essential oils, followed by a relaxing, hydrating therapeutic massage. It leaves your skin feeling velvety smooth and refreshed.

55 minutes \$105

Visit www.obaninn.ca for our SEASONAL SPECIAL OFFERS AND OBAN INN OSPa PACKAGES

All Oban Inn OSpa Packages are especially designed for your optimum relaxation and balancing your Niagara Experience

Please inquire about our Conference Packages and Wedding Spa Package
Call **Celia Liu 905-468-2165**

PLAN YOUR JOURNEY

What to Bring

- ¥ Bathing Suit
- ¥ Suntan Lotion
- ¥ Hat
- ¥ Comfortable Walking Shoes, Sneakers
- ¥ Comfortable Casual and Gym Clothing
- ¥ Sunglasses
- ¥ Your own favourite CDs

Plan Your Day

- ¥ Yoga
- ¥ Pilates
- ¥ Guided Power Walks
- ¥ Relaxation Classes
- ¥ Golfercise
- ¥ Swing Classes
- ¥ Air O Bics
- ¥ Snowrobs
- ¥ O Cross Country Skiing
- ¥ Stress Management
- ¥ Aqua Massage Therapy
 - OSpa's unique underwater, aquafit massage is available from June to mid-October
- ¥ Life Coaching
 - is available for one on one or group seminars

All above activities are subject to availability

Open 7 Days a Week Year Round.



WE USE COMFORT ZONE - THE INNOVATIVE FUTURE OF SKIN AND BODY CARE

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All OSpa treatments are performed by highly qualified Registered Massage Therapists and Certified Aestheticians.

OSpa is a soothing environment for those 16 years of age and over.

During your OSpa treatments we will provide you with slippers and soft bathrobes. Please arrive 25 minutes prior to your booking time in order to enjoy our infusion beverages and to complete the mandatory guest health history form.

With our compliments, please enjoy our Steam Room, Quiet Room, Tranquil Room, Lakeview Conservatory overlooking Lake Ontario and the oldest golf course in Canada, State-of-the-Art Exercise Room with a view of our lush, mature gardens, and our Hot Springs/Spa and Lap Pool.

All prices are in Canadian dollars and are subject to change. Taxes are not included. Treatments are subject to availability. We require 72 hours prior notice for all treatment cancellations or full payment will apply. A gratuity will not be automatically added to your bill, we leave this to your discretion and appreciation.

OSpa is wheelchair accessible.

We look forward to welcoming you as you begin your well-being journey in the comfort and care of OSpa.

For your insurance coverage we will provide a receipt for your massage.



SPA TREATMENT SELECTIONS

A complete sense of beauty and well being.