

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.

25 minutes \$65 Feet only

50 minutes \$120 Hands, feet and head

BODY TREATMENTS

GRAPE SEED SIGNATURE BODY WRAP

Situated in wine country, our signature body wrap features local grape extract. The wrap is an anti-aging body wrap treatment featuring 100% pure red grape seed extract and minerals. Rebalancing, nourishing, hydrating, purifying and anti-aging the body. Red grape seeds are rich in OPC's (proganidins), helping to keep the skin structure. This treatment includes a dry exfoliation and grape seed wrap. While the wrap is applied you will experience a scalp, face and foot treatment.

80 minutes

\$185

AROMA BODY POLISH

The Aveda Aroma Body Polish Treatment is an exfoliating body treatment featuring customized Aveda Body Care products and aromas. The treatment includes an exfoliation, full body massage and scalp and foot reflexology techniques.

50 minutes \$120

HAIR REMOVAL

WAXING AND TINTING TREATMENT

Aveda Spa's waxing treatments effectively remove hair while ensuring maximum comfort.

<i>Eyebrow Tinting</i>	\$20	<i>Bikini</i>	\$40
<i>Eyelash Tinting</i>	\$40	<i>Full Leg</i>	\$75
<i>Eyebrow</i>	\$20	<i>Arm</i>	\$35
<i>Back</i>	\$60	<i>Lower Leg</i>	\$45
<i>Upper Lip</i>	\$20	<i>Upper Leg</i>	\$30
<i>Chin</i>	\$35	<i>Underarm</i>	\$25

PLAN YOUR JOURNEY

Open 7 Days a Week Year Round

Check-in

Please arrive at least 15 minutes prior to your booking time. Feel free to arrive earlier or stay after to enjoy our outdoor salt water Pool (open seasonally), and Fitness Room.

Environment

OSpa is a soothing environment for those 16 years of age and over. We will provide you with bathrobe, sandals and lockers. OSpa is wheelchair accessible.

Reservations

Please call 905-468-2165 or 1-866-359-6226 or email reservations@obaninn.ca. Advanced reservations are highly recommended.

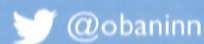
- All prices are in Canadian dollars – HST additional
- A gratuity will not be automatically added to your bill, we leave this to your discretion and appreciation.
- We require 72 hours prior notice for all cancellations to avoid cancellation fee.
- For your insurance coverage we will provide a receipt for your massage. Insurance receipt will not be issued for missed, cancelled or when using a gift card as method of payment for service
- OSpa is licensed and proud to serve the finest Niagara Wines. Outside alcohol not permitted.
- Treatment price subject to change.

The Oban Inn, OSpa & Restaurant

160 Front Street

Niagara-on-the-Lake, ON L0S 1J0

905-468-2165 toll free 1-866-359-6226



www.obaninn.ca



Oban Inn

SPA TREATMENT SELECTIONS

AVEDA™

FACIAL TREATMENTS

All Facials will be customized for your individual needs, and includes the following:

- Detailed skin consultation.
- Your choice of foot, hand or scalp massage.

TULASARA FACIAL TREATMENTS

Dry, oily, aging, uneven, sensitive skin conditions can be addressed with a customized Tulasara Facial Treatment. Your Spa Therapist will provide the best combination of products, personalized Aveda Aromas and techniques to design a customized treatment that will move your skin toward balance and reveal its' natural beauty.

50 Minutes \$120
With anti-aging eye treatment \$130

VITAMIN C FACIAL

A favourite for its proven antioxidant properties that boost firmer-feeling skin. Dramatically brightening and evening out skin tone. Vitamin C significantly improves hydration keeping your skin looking younger while it shields skin from visible impact of pollution.

50 minutes \$125
With anti-aging eye treatment \$135

- The anti-aging eye treatment is done within the 50 minute treatment.

FACIALS FOR HIM

ANTI-AGING PERFORMANCE FACIAL

Perfect for mature , and all skin types. This rejuvenating , anti-aging treatment stimulates cellular turnover. An intensive anti-aging serum prevents signs of aging, gives a pleasant sensation of well being and vitality.

50 minutes \$125
80 minutes includes anti-aging eye treatment. \$185

FOR YOUR EYES ONLY

RESTORATIVE FULL EYE TREATMENT

Refresh and renew your eyes with a treatment that combines the botanical benefits of Firming Eye Creme to help boost its natural collagen production and reduce the appearance of lines and wrinkles, puffiness and tired eyes. This soothing, restorative experience for eyes helps relieve tension and visibly revitalizes the skin around the eyes.

25 Minutes \$65

HANDS AND FEET

- Please arrive with natural nails free from shellac, gel or acrylic.

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 skins natural vitality. Finish with a perfect polish application or have your nails buffed to a healthy, natural shine.

55 Minutes \$65

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 \$70

OSPA SIGNATURE HAND & FOOT TREATMENT

Enjoy our combination Manicure and Pedicure treatment with the key elements of our signature service.

85 Minutes \$125

MASSAGE

- Our team consists of male and female therapists. Although we try to accommodate requests we cannot guarantee preferences.

THERAPEUTIC 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.

50 Minutes \$125
80 Minutes \$180

- * Require or not require for insurance.

DEEP TISSUE

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.

50 Minutes \$135
80 Minutes \$195

PREGNANCY

50 Minutes \$125
80 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 \$130
75 Minutes \$180