



Massage & Reflexology Therapy

Melany Rand, BSc Agr., RMT, RRT
Ashely Beaton, RMT

Treatment duration	Fee
30 minutes	\$ 40
45 minutes	\$ 60
60 minutes	\$ 80
90 minutes	\$ 120

Athletic Therapy

Sarah Mackinnon CAT (C) CSCS
Certified Athletic Therapist and
Certified Strength and Conditioning
Coach

Treatment duration	Fee
60 minutes ~ Initial Assessment and Treatment	\$ 65
45 minutes ~ Treatment	\$ 50

AromaTouch Technique

Meghan MacDonald
Holistic Health Practitioner, Reiki
Master

Treatment duration	Fee
50 minutes ~ Initial Assessment and Treatment	\$ 65

HST WILL BE ADDED TO ALL PRICES ~ We accept VISA & MasterCard, Debit, and Cash.

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Infrared Sauna

Duration	Fee	Session package	Fee
10 minutes	\$ 5	10 x 10 min.	\$ 45
15 minutes	\$ 8	10 x 15 min.	\$ 70
20 minutes	\$ 10	10 x 20 min.	\$ 90
30 minutes	\$ 15	10 x 30 min.	\$ 140

Esthetic Services

For a complete list of services and pricing please select [BOOK NOW](#) on mainpage

	Fee		Fee
Eyebrows	\$15-\$17	Add Lip or chin	\$ 5-\$13
Underarms	\$ 25	Bikini	\$ 35
Half Leg	\$45- \$50	Full Leg	\$65- \$75
Full Leg and Bikini	\$ 90	Chest or Back	\$ 50
Half Leg and Bikini	\$ 65	Brazilian	\$ 60
Lash or Eyebrow tint	\$ 15-\$ 20	Lash AND Eyebrow tint	\$ 25-\$45

Reiki

Jennifer Boutiler, Reiki Master
 Meghan MacDonald, Reiki Master

Treatment duration	Fee
60 minutes	\$ 65

Thai Yoga Massage (Not covered by Health Insurance)

	Fee
30 Minutes	\$25
45 Minutes	\$ 35
60 Minutes	\$ 50
90 Minutes	\$ 75

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Hair Cut & Style

	Fee (starting at)
Women's cut & style	\$ 25
Men's cut & style	\$ 18
Youth Cut & Style (11-15 yr.)	\$ 18
Children's cut & style	\$ 10
Shampoo & style	\$ 20
'Updo' style	\$ 40
Bridal 'updo' style (includes consult)	\$ 80

Hair Colour – Includes shampoo, trim, & style

	Fee (starting at)
Permanent/semi-permanent colour	\$ 60
Highlights/foils	\$ 60
Partial highlights/foils	\$ 55
Per Foil (with colour)	\$ 5
Corrective colour	\$ 125
Perms	\$ 60

Please note: If more time is required to perform your service the price will be increased based on the additional time and product needed.

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