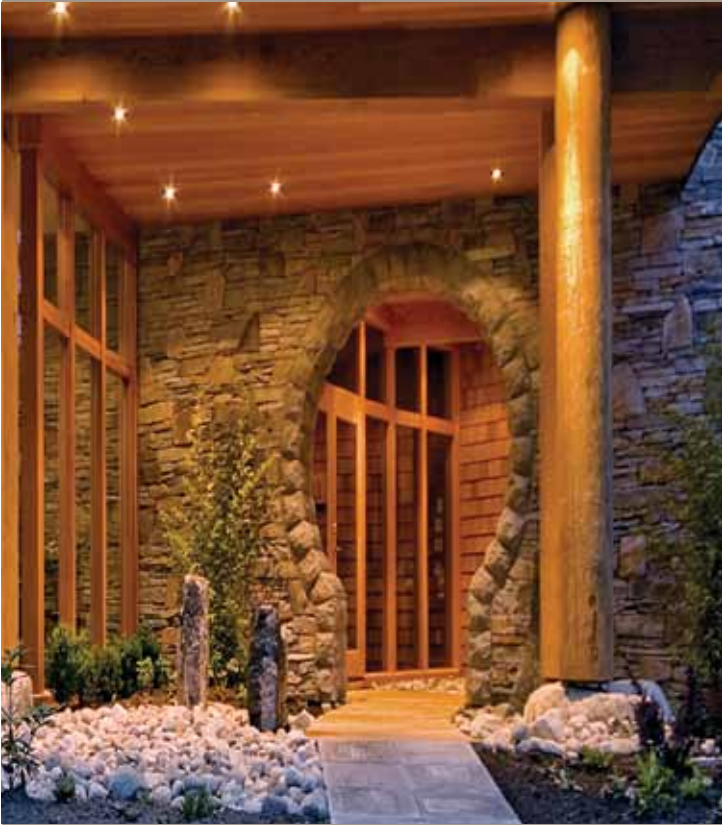


Spa Menu



THE SPA 
at Painted Boat

Welcome

A Centuries-old tradition of healing through “taking the waters” comes to Pender Harbor on the Sunshine Coast of British Columbia. The SPA at Painted Boat delivers an escape through world-class spa treatments in a setting of natural splendor.



The ocean plays a key role in achieving personal balance. Breathing deeply of the ocean air and watching the mesmerizing waves can enhance feelings of calm and inner peace. And the ocean’s bounty of mineral-rich seaweed and salts infuses our botanical treatment products to refresh and boost the immune system.

Senses are soothed by the sight and sound of water as you cross the bridge to enter the spa. Leave the world behind and immerse yourself in a luxurious experience reflective of the natural ease of the Sunshine Coast. From picturesque views to organic décor, indoors blends into outdoors. Circular architecture with cathedral ceilings, stone floors, locally milled timber posts and deep, rich colors all contribute to an environment of relaxation and healing.

Let us re-connect your body and mind with treatments that detoxify, replenish and balance, then enhance body and spirit as ocean breezes caress your skin. During the session, close your eyes and allow yourself to relax as completely as possible. Focus your attention on breathing slowly and deeply.

Our Philosophy... surrender

The Spa at Painted Boat takes you farther, beyond pampering and beneath the surface to a place of connection and surrender. Wisdom is the vital difference. Our highly accredited team is specially trained in the art of interpreting your body’s very personalized language. Each one is an expert in their area of holistic wellness.

Let us introduce you to a way that addresses you and your life as a whole, bringing your inner beauty outward and allowing a life of balance and health to unfold.



Spa Services

Our inventive, non-invasive treatments include massage bodywork, water and bath therapies, facials, wraps and scrubs to deliver anti-aging, cleansing, detoxifying, energizing or relaxing results.

Painted Boat has set out to build guest loyalty one customer at a time, communicated through our Spa personnel. Experience genuine warmth and expert touch that sing of a day at the beach. Our customers know from experience and from word of mouth, that Painted Boat is a fabulous Spa experience on the Sunshine Coast.



FACIAL THERAPIES

Our accomplished estheticians will assist in bringing your natural inner beauty outward, with new radiance and a special glow.

Do you have problem skin areas or are you seeking to restore vitality and a youthful appearance? Put your skin into our estheticians' expert hands.

For anti-aging benefits, your esthetician will combine a concentrated antioxidant serum with a connective tissue massage, stimulating your natural collagen and enhancing the skin's elasticity, followed by a marine mask to firm, tighten and slow the signs of aging, with results that are timeless.

For those with congestion, sinus pressure or pain, your esthetician will utilize a relaxing manual lymph drainage facial massage to remove cellular waste from the sinus tissues, relieving pressure and giving the skin a healthy, radiant glow. A customized blend of botanical essences assists in toning and purifying the skin.

Each skin therapy will include a deep cleansing, exfoliation, vaporization, extractions (if needed), facial, neck and shoulder massage, as well as a hydrating hand massage. Each 90-minute service will also include a relaxing foot massage.

Painted Boat Sea of Life Signature Facial – 60 or 90 minutes

We apply biodynamic craniosacral therapy to soothe and relax the mind and body while a skin specific facial steam and treatment masque nourishes and rejuvenates the complexion. A white algae hand masque hydrates hard-working hands, and essential oils beneficial to the nervous system are applied to the neck, face, chest and hands,

deepening your level of relaxation. Experience a sense of floating and heightened well-being while this tranquil therapy brings out your inner glow.

Ocean Tide Custom Facial – 60 or 90 minutes

Feel refreshed and luminous with this anti-aging facial, which harnesses the power of the sea. This includes a complete skin analysis, with careful examination of your skin's texture, shadows and color patterns. Your esthetician will then recommend a course of treatment designed to provide optimal skin healing and balance. Ideal for pigmented, aging or jet-lagged skin, a combination of minerals and marine-based serums hydrate and brighten your skin at the deepest cellular level. Your complexion will feel reborn as a facial massage allows for optimum absorbency and hydration.

Men's Facial – 60 minutes

Designed especially for men, the men's facial protects and restores skin from damage caused by sun exposure and aging. We begin by deeply cleansing the skin, exfoliating and applying a soothing masque that targets your skin's specific needs. This restorative facial, along with a relaxing shoulder, neck and head massage, will have you feeling stimulated and recharged. For best results, please shave prior to treatment.

Back Stress Reliever (facial) – 60 minutes

This calming treatment deeply cleanses, balances, and normalizes sensitive areas while improving the back's appearance. Beginning with a cleansing lemongrass back exfoliation, warm therapeutic ginger, camphor and eucalyptus compresses are applied to the back, shoulders and neck to provide immediate relief to sore muscles. For an additional reprieve, warm "Kaffir Lime Body Oil" is massaged into aching muscles to help ease joint stiffness and promote circulation.



BODY

The Spa at Painted Boat's Signature Ritual – 120 minutes

This four-phase ritual is the height of healing, relaxation and detoxification. Your experience begins with a private steam bath and shower after a gentle exfoliation made of roots, herbs, minerals and mud. This soft scrubbing opens the pores and sloughs away dead skin cells. Next, relax and restore with our customized underwater hydrotherapy massage bath enhanced with sea minerals and aromatherapy oils to contour and detoxify the body. Finally, replenish with a full body aromatic body oil massage. This healing ritual imparts a total sense of well-being and rejuvenation.

This treatment culminates with cool-iced and warm peppermint towels placed on the forehead and feet to enliven the spirit.

(Treatment is not recommended if you are pregnant or iodine sensitive.)

Salts of the Earth Scrub – 60 minutes

Your skin will tingle with this refining and exfoliating treatment. A refreshing combination of Hawaiian red lava salt, Dead Sea salt, Celtic sea salt and safflower oil is lavishly applied to your skin for a gentle yet stimulating experience. After a shower, we complete your treatment with a hydrating application of ocean lotion.

White Clay Brightening Wrap – 60 minutes

After a dry skin brush, the body is then saturated in a nutrient-rich mixture of white bentonite clay to contour and detoxify the body. You are wrapped in a warm cocoon of thermal blankets to stimulate the release of tissue toxins as your face and scalp are soothingly massaged. Once the clay is removed, enjoy a cool-down period followed by an application of a hydrating and firming serum, leaving you with a sense of harmonious balance.

Aromatherapy Salts & Soak - 60 minutes

This treatment is highly recommended if you are looking for a completely organic skincare experience. Regenerate your skin with a gentle full body dry skin brush. Slip into a soothing, therapeutic bath with a combination of organic oils and plant extracts designed to reduce water retention and improve the firmness and texture of the skin. Painted Boat's specialized hydrotherapy tub relieves soreness from tired muscles as the underwater jets relax and massage the body. Customize your bath with anti-oxidant sea minerals, then enjoy an application of essential oils, chosen by you from a select blend.

MASSAGES

All Spa at Painted Boat massages are designed to help you achieve your personal goals and include the application of custom botanical lotions and essential oils with antioxidant and healing properties. Our massage services use time-tested traditions and therapeutic techniques. All treatments end with warm moist towels on the feet infused with botanicals from our apothecary.



Signature Massage - Aroma-Balancing Therapy – 60 or 90 minutes

Regulate your body's needs with aromatic essential oils in a gentle, non-invasive massage to stimulate your lymphatic system and deepen your relaxation. This is ideal for an initial spa visit or as the first of several treatments.

Painted Boat Classic Swedish – 60 or 90 minutes

This massage is a full body massage customized to meet your body's specific needs whether you prefer a soothing and relaxing experience or something more invigorating, we help you relax and let go of your stress and tension.

Hot & Cold Stone Therapy – 60 or 90 minutes

Warm basalt and jade stones induce deep relaxation and encourage the removal of cellular waste from the tissues. Cool marble and jade stones are applied in key areas to enhance the cleansing process and tone the cellular tissue.

Therapeutic Deep Tissue Massage – 60 or 90 minutes

Help alleviate tension by releasing tightness and reducing muscle pain with specific deep tissue fascial-release work. Your therapist will customize your treatment to address your body's needs.

Prenatal Massage – 60 or 90 minutes

The Painted Boat pre-natal massage is designed to nurture and honor you during this special time. The treatment supports the body through the muscular and structural changes that occur in pregnancy while offering complete relaxation and tension relief for Mom. (Massage during pregnancy should be enjoyed after your first trimester.)

Eastern Reiki or Shiatsu – 60 minutes

Reiki is an ancient Japanese healing technique. It is a still, gentle application of the practitioner's hands allowing transferable energy through touch. Reiki is designed to aid one's own healing process by enhancing relaxation, vitality, mental clarity, emotional release and physical well-being. Shiatsu has a penetrating touch that includes stretching and rhythmic pressure point compressions along meridians.

Included following your massage experience is the option to enjoy our steam room and glacial clay masque. The mineral-rich mud, heat and steam will leave your skin with a silky, glowing finish.

FINISHING TOUCHES

Deluxe Manicure – 60 minutes

This repairing hand treatment soothes and restores softness to dry hands and brittle nails. We soak your hands in restorative scented sea salts and then exfoliate with Ahkassa's "Pink Tea Hand Scrub". A warm masque of white clay infused with essential oils is brushed onto the hands before they are wrapped in natural sa'a (mulberry bark) paper to allow the beneficial ingredients to be fully absorbed. Your hands will feel repaired and moisturized after they are massaged with a jasmine hand cream. A coat of professionally applied polish completes this ritual.

'Walk in Balance' Deluxe Pedicure – 90 minutes

Submerge your feet in a warm bath of kaffir lime and sea salt followed by an exfoliating lemongrass scrub. After a warm masque of white clay infused with essential oils is applied, your feet are wrapped. Ancient pressure point foot treatment stimulates energy flow via reflex pathways. Warm compresses are applied to pressure points to relieve tension and stimulate circulation followed by a massage using moisturizing shea butter and lemongrass foot cream. Finally, a coat of polish leaves your feet ready to go.

Classic Manicure – 45 minutes

Nails and cuticles are cleaned and shaped, followed by a topical fruit sugar scrub to remove dry skin. In addition to the shine of fresh polish, your hands will regain their youthful tone with the restorative properties of sea salts with Ahkassa's "Pink Tea Hand Scrub" and ultrarich hand cream. This classic manicure will leave your hands cleansed, polished and renewed.

Classic Ladies Pedicure – 60 minutes

Your heels and toes will feel revived and refreshed after a kaffir lime foot soak, lemongrass scrub and a moisturizing application of our invigorating shea butter-based lemongrass foot cream. Finish with a coat of polish – your feet will thank you for this lavish attention.

Enhance Your Service with a French Polish Upgrade

Classic Men's Pedicure – 60 minutes

Soak your tired feet while they are moisturized in a kaffir lime foot soak. Your esthetician will exfoliate and pumice rough callused skin areas and clean and buff cuticles.

Additional Services

- ~ French Polish Change
- ~ Polish Change
- ~ Nail Repair
- ~ Waxing

THE EXPERIENCE

THE SPA at Painted Boat is a complete retreat, nestled in the tranquility of sea-scented evergreens. Our broad range of treatments incorporates a unique blend of sea nutrients and essential oils, employing the power of the sea and its plant life. Included with your spa treatment is an opportunity to luxuriate in the therapeutic waters and heat therapies of our outdoor Spa Garden.



Our Spacious Facilities include:

- ~ Signature couples room
- ~ 7 comfortable treatments rooms
- ~ Manicure & pedicure suite
- ~ Hydrotherapy room
- ~ Steam room
- ~ Spa Garden

Nestled among the towering conifers, our lush, meditative Spa Garden is a tranquil oasis for guests. The alternation of hot and cold is known to be a powerful tool for rejuvenation and rehabilitation. Journey through our sauna, outdoor glacial rain shower, multi-jet hot pool with massaging waterfall, and warm salt water flotation pool. Then relax by the warmth of an outdoor fire pit and absorb the peace and timelessness.

Enjoy our Spa Garden by purchasing a Painted Boat Garden Pass. This unique experience is complimentary in conjunction with any of our treatments of \$70 or more. Be sure to bring your swimsuit to enjoy the Spa Garden. Take advantage of our swimsuit drying valet service.

Spa Healing Water Garden includes:

- ~ Sauna
- ~ Outdoor glacial rain shower
- ~ Multi jet hot pool with massaging waterfall
- ~ Warm salt-water floatation pool
- ~ Outdoor fire pit
- ~ Hours of Operation

What do I wear during my treatment?

Most body treatments are enjoyed without clothing, however your personal preference will be respected. Our professional therapists are trained in draping procedures to ensure your comfort.

What if I have special health considerations?

Please notify our Spa Reservation associates when booking your treatments if you have high blood pressure, a heart condition, recent surgeries, allergies, or if you are pregnant. Also, please advise us of any medication you're taking. If you have any concerns, please let us know. It is always advisable to check with your doctor prior to your arrival.

When should I arrive?

For enhanced comfort and relaxation, we suggest that you arrive at least 20 minutes before your scheduled treatment. Esthetics guests are encouraged to use the spa garden prior to their service to preserve the benefit of the treatment.

What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time, so that the next guest will not be delayed. The value of your full treatment will apply.

What about my jewelry and valuables?

If possible, please leave such items at home or in your guestroom safe. Lockers are available for your personal items in the spa facility. We will not be responsible for lost or misplaced valuables.

What is the cancellation policy?

All services booked are guaranteed with a valid credit card. Spa services are reserved especially for you, so we ask you give us 24 hours advance notice should you need to reschedule or cancel your services.

What about payment for spa services?

We accept visa and master card. For your convenience payment is also accepted prior to your treatment. Gratuities are not included in the price.

Is a Spa Lunch available?

We offer a Bento Box that includes a healthy choice of Spa Cuisine. Please notify us two hours before your lunchtime. During low season, the Spa lunch may not be available.

Considerations

This is a place of tranquility, therefore relax and respect other guests by refraining from bringing cell phones and beepers to the spa. At The Spa at Painted Boat we encourage honoring silence while enjoying our public facilities. Please respect others space and keep talking to a minimum.

Guest between the ages of 12-16 years are welcome to enjoy the spa services.

We ensure a healthy environment for our clients by upholding a non-smoking policy.

Find respite in our serene retreat. Revel as your inner self reawakens.



THE SPA 
at Painted Boat

12849 Lagoon Road ~ Madeira Park, British Columbia, Canada V0N 2H0

Phone: 604.883.9112 / Toll free: 888.527.7776 / Fax: 604.883.2122

thespa@paintedboat.com / www.paintedboat.com