

The background is a solid teal color with a faint, large-scale pattern of leaf veins, resembling a close-up of a leaf. The pattern is centered and covers the entire background.

SUN TREE SPA

– MENU –

Experience

A JOURNEY TO

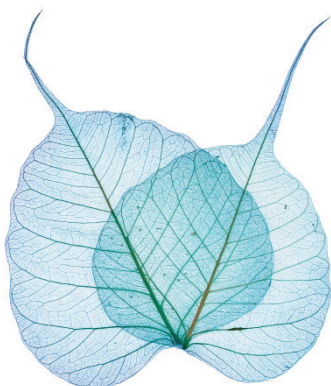
Natural

WELL-BEING

Let the journey begin

...

In an ancient sea bed more than 1,000 meters below Moose Jaw's surface, geothermal minerals percolate through porous rock formations. This healing, mineral-rich, therapeutic geothermal water, united with a luxury array of spa services, creates a perfectly natural and truly unique spa experience.



Tranquility Lounge

Be wrapped, warmed and soothed with a luxurious robe and signature slippers to start your journey. In the quiet sanctuary of the tranquility lounge, refresh with a mineral-infused towel, a signature beverage and complimentary treat.

Eucalyptus Steam Room

Rejuvenate and relax with the invigorating aroma of eucalyptus. Let your body absorb the therapeutic benefits of this pure essential oil, a natural decongestant.

Taking the Waters

Our warm, mineral-rich therapeutic waters intensify the benefits of each spa treatment in unique and effective ways while improving circulation and reducing stress. The waters also promote nutrient absorption, elimination of toxins, lymphatic drainage and cellular renewal.

Gentle Water Yoga

Let our knowledgeable instructors guide you through a class, strengthening and stretching muscles while easing joint pain. Our fitness center is also available for a more intense workout.

Complimentary access to the fitness room, eucalyptus steam room, water yoga classes, and the mineral waters are included with every Sun Tree Spa service.



Experience **THE JOURNEY TO**
Natural **WELL-BEING**



Facials

Our treatments blend the beauty of nature, the power of science and technology and the expertise of highly trained and skilled therapists. Protect, nourish, replenish, balance, defy aging and stimulate regeneration – you'll never feel better. All treatments include advanced skin analysis, hand, arm, facial, neck, shoulder, and scalp massage as well as a light application of Jane Iredale mineral base with SPF protection and a professional recommendation for home care.



Add to your experience by choosing from one of our enhancements featured on page 6.

SUNTREE SPA Gua Sha Stone Facial

\$155 – 75 min.

An ancient therapeutic technique using a mineral rich Bian stone to activate natural healing and skin revitalization. Luxurious ingredients such as ancient amaranth oil oxygenate, elasticize, and deeply hydrate resulting in immediately brighter, healthier and more toned skin.



Enhancements:



Custom Facials

\$135 – 60 min.

Booked according to skin type. Each treatment includes a thorough skin analysis, deep cleanse, exfoliation, extractions if necessary, facial massage, mask and finishing cream.

- Advanced Analysis
- Sensitive/Rosacea
- Gentleman's Facial
- Oily/Acne Prone
- Teenage Skin Facial
- Back Facial



Enhancements:



Pacific Seaweed Eye Facial

\$75 – 30 min. | \$140 – 60 min.

Nutrient rich and re-mineralizing. Whole pacific seaweed, along with a powerfully repairing serum address dryness, fine lines, wrinkles, loss of elasticity and skin tone, giving eyes a youthful and renewed appearance. *Clients take home the seaweed frond for additional homecare treatment.



Enhancements:



Sacred Nature Organic Facial

\$140 – 60 min.

Youth-enhancing & Anti-oxidant. Regenerative care of both the planet and our skin is the inspiration for this unique and balanced approach to skin care. Powerful formulations that repair and defend, along with nourishing touch movements, restore the skins youth and health. Eco-cert organic and natural standards certified.



Enhancements:



Hydra Glow Facial

\$140 – 60 min.

Adaptive & Boosting Hydration. A high -performance skin treatment, resulting in an immediate radiant glow, profound long-lasting hydration, and visible vitality to the face. This dynamic combination of a lactic acid, deep delivery of powerfully concentrated Skin-Adaptive™ technology ingredients and Cryotherapy using Ice Rollers for specific lymphatic and lifting benefits, is the ultimate in Hydra-Glowing experiences.



Enhancements:



Skin Regimen Detox Facial

\$130 – 45 min.

Preventative Aging. The antidote to modern fatigue and urban lifestyle. The plant-based charcoal mask absorbs impurities and detoxifies the skin from environmental pollution, re-establishing the optimal level of hydration.

Intensive Anti-Aging Facial

\$165 – 60 min.

Lifting & Firming or Hyperpigmentation. A premium treatment for mature skin showing visible loss of tone and elasticity or uneven skin tone and dull complexion. Deep renewing AHA and Vit C peels in combination with lifting massage techniques and innovative masks provide an immediate radiant youthful appearance. Includes hydra-firming eye mask.



Enhancements:



Diamond Microdermabrasion Treatment

\$155 – 60 min.

Mechanical Resurfacing. Medical grade diamond tips glide over the surface of the skin to exfoliate, while a gentle vacuum removes impurities and dead and damaged cells, refining pores, and stimulating new cell growth.



Enhancements:



Dermaplaning Facial with Cryotherapy

\$160 – 60 min.

Intensive Resurfacing. A safe and effective exfoliation procedure using a sterile blade to remove dead skin cells, debris, and vellus hair (peach fuzz). By using cryotherapy (ice roller massage), active ingredients penetrate deeper, skin is smoothed and lifted and fine lines are diminished. Inflammation is soothed and microcirculation and oxygenation are enhanced, resulting in improved cellular turnover and enhanced collagen and elastin production.

Jane Iredale Mineral Make Up Application

\$50 – 45min.

Discover all that Jane Iredale Mineral Make up has to offer with a 45 min personalized make up session. Includes a color match and make up application based on a consultation of your skincare needs. Receive a prescription sheet highlighting the products and tools used to help guide you and continue your experience from home.



Enhancements

Enhance your body wrap or facial experience with the following:



E Eye Treatment – \$25

A rejuvenating treatment for the eye area providing deep nourishment and protection against free radicals. Dark circles, puffiness and wrinkles are visibly reduced while the skin is perfectly moisturized and protected.

Enhance your facial experience with one of the following:



P Paraffin Hand or Foot Treatment – \$25

Indulge in the warm, hydrating, and therapeutic benefits of medical grade paraffin applied to either hands or feet.



D Décolleté & Neck Treatment – \$25

Increase elasticity and hydration for a firmer and more youthful look to the skin. Antioxidants rejuvenate skin and diminish oxidative damage in the neck area.



N Nuface Microcurrent Treatment – \$25

Stimulates facial muscles with a low-level microcurrent device for instant and noticeable lifting and toning

*requires additional 15 min

Enhance your 60 min. Reflexology or Hand and Foot Ritual experience with the following:



P Paraffin Treatment – \$25

Indulge in the warm, hydrating, and therapeutic benefits of medical grade paraffin applied to either hands or feet. (excludes Ancient Stones Reflexology)

*No additional time required for enhancements unless indicated

*Not available with Back Facial



Body Wraps

Renew and revitalize your skin, and relax and replenish your body. Body treatments include an exfoliation, facial or scalp massage and a massage application of moisturizer with natural and results oriented ingredients.



Enhance your experience by adding an Anti-aging Eye Treatment to your Body Wrap.

SUN TREE SPA Himalayan Salt Wrap

\$150 – 60 min.

Re-mineralizing & Re-balancing. A wrap of fine salts and nourishing oils is followed with warmed Himalayan salt stones massaged over the body to provide a gentle infusion of essential minerals. This therapeutic treatment eases muscle aches and pains, stimulates metabolism and lymphatic flow, improves microcirculation, and re-balances and re-energizes the body.

Lavender Mango Butter Body Wrap

\$145 – 60 min.

Relaxing & Soothing. Apricot seeds and jojoba exfoliate the skin, a wrap of rich lavender and mango butter hydrates, and a relaxing massage of lavender soy lotion leaves the skin velvety soft.

More wraps on the following page ...



Body Strategist Firming Wrap

\$145 – 60 min.

Firming & Elasticizing. This replenishing wrap of organic, restorative and antioxidant rich ingredients, hydrates, firms, and balances the moisture in your skin. The proven efficacy of elasticizing oil and lusciously scented D-age cream are perfect for depleted skin, stretchmark prevention & treatment, and post sun-care.

***Recommended for pregnancy.**

Thermal Mud Wrap

\$150 – 60 min.

Detoxifying and Purifying. Immediate and visible reshaping are benefits of the synergy of an essential oil and algae combined mud, infused with thermal waters of Bormio Italy. This silky massageable mud stimulates the elimination of toxins, reduces cellulite and edema and revitalizes fat metabolism.

Sacred Nature Body Renewal Wrap

\$145 – 60 min.

Hydrating & Regenerating. Excellent for dry, tired, weathered, or scarred skin. A revitalizing dry exfoliation is followed with a relaxing massage of incredibly nourishing organic body butter formulated & certified according to COSMOS ORGANIC guidelines, and a warm cocoon wrap.

***Recommended for pregnancy.**





Body Scrubs

Saskatchewan mined glacial salts and natural exotic ingredients exfoliate, hydrate, nourish and renew the skin. Each treatment includes a full body exfoliation, shower and relaxing massage application of moisturizing lotion or body cream.

SUN TREE SPA Tranquillity Body Scrub

\$140 – 60 min.

A rhythmic glide of natural sugar crystals bestows a smooth renewal and glow to the skin. The rebalancing and de-stressing aroma and massage of luxurious body cream completely relax body and mind.

Volcanic Body Scrub

\$135 – 60 min.

A rich, creamy exfoliation that combines a fine, precious lava stone powder with a nourishing cream base. This renewing treatment regenerates and smooths the skin as it exfoliates, leaving skin feeling silky smooth.

Green Tea & Pacific Seaweed Salt Glow

\$135 – 60 min.

Purify the skin and smooth away dead skin cells with an exfoliation of Saskatchewan mined glacial sea salts infused with antioxidant green tea and organic Pacific Seaweed.





Rituals

Experience an offering of unique treatments that include a variety of massage styles and sequences, along with renewing exfoliations and results oriented facial, and/or hand and foot elements

SUN TREE SPA Tranquility Jade Stone Ritual \$165 – 75 min.

A deeply relaxing remedy for extremely dehydrated skin. A full body exfoliation is followed by a Cleopatra style milk wrap and relaxing facial with soothing and grounding Jade stones, to create a sensation of complete tranquility. Lipid-rich Amaranth oil combined with antioxidant and nourishing ingredients leave the skin feeling silky soft and pleasantly fragranced.

Pacific Seaweed Hand and Foot Ritual \$99 – 60 min.

Relieve arthritis pain and stiff muscles, reduce inflammation and fatigue, and remove toxins. Begin with a detoxifying seaweed foot soak, exfoliation, and relaxing hand and foot massage, followed by seaweed and mineral water infused hot towels wrapping the hands & feet. Excludes nail shaping, cuticle care, callous buffing or polish.

***Paraffin enhancement available for hands or feet.**

Ancient Secrets Full Body Couples Ritual \$160 per person – 75 min.

A complete renewal for skin and soul, head to toe. A gentle body exfoliation, relaxing massage with warmed Indian Spice serum infused with healing essential oils combined with a nourishing vitamin rich facial, profoundly relaxes, balances, and calms.



Massage

As part of a holistic approach to health and well-being, this age-old remedy relieves stress and anxiety, improves circulation and lymphatic drainage, promotes the elimination of toxins, enhances sleep quality, and reduces fatigue.

Massage Therapy

(Provided by Registered Massage Therapists - RMT)

- * Insurance receipts are only issued for those massages indicated as RMT (covered by most healthcare plans).
- * Massages (excluding 30 min. service) may be upgraded to our Couples Room for a \$5 Facility Fee (per treatment).

SUN TREE SPA Salt of the Earth Massage - RMT

\$150 – 75 min.

Pure Saskatchewan mineral salts mined from ancient sea beds are used in an invigorating scrub applied to the back and are removed with mineral water infused hot towels, followed by a relaxing full body massage.

Traditional Swedish Massage - RMT

\$80 – 30 min. | \$115 – 60 min. | \$145– 75 min.

A classic relaxation massage treatment customized to individual needs.

Aroma-Essence Massage - RMT

\$85 – 30 min. | \$125– 60 min. | \$155– 75 min.

Enhance your Swedish Massage with your choice of Pure Essential oil Blend (Pain Buster, Joy to the World, Immune Booster or Indian Spice)

Deep Tissue / Therapeutic Massage - RMT

\$90 – 30 min. | \$140 – 60 min.

A customized therapeutic treatment that can specifically target deeper muscular stress and tension. A remedial assessment and a variety of therapeutic techniques may be incorporated in order to address specific concerns.

Geothermal Stone Therapy - RMT

\$150 – 60 min. | \$175 – 90 min.

Experience the power of warmed volcanic basalt and cool marble stones. The heat warms and relaxes the muscles, allowing deeper relief and effectiveness while the cool stones relieve pain and inflammation.

Tranquility Upper Body Massage - RMT

\$130 – 60 min.

Similar to the traditional 'Indian head massage', this combination of gentle relaxation and strong stimulating techniques focuses on the back, neck, shoulders, scalp, and face, relieving tension, stimulating circulation, and helping to alleviate headaches.

Sacred Body & Mind Couples Massage - RMT

\$155 per person – 75 min.

Experience a tranquil, well-being enriched massage for 2. A revitalizing scalp massage is followed by a full body relaxation massage with nourishing oils. Calmed mind, relaxed body and time enjoyed together are the essence of this treatment. (Delivered in our Couples Treatment Room)



Specialty Massage

Provided by certified 'non-registered' therapists.

- * Insurance receipts are NOT provided for specialty treatments.
- * May be upgraded to our Couples' Room for a \$5 Facility Fee (per service)

SUN TREE SPA **Aroma-Stone Massage**

\$110 – 45 min. | \$125 – 60 min.

Reach a relaxed state of body and mind guided by the warmth of smooth basalt stones, slow rhythmic choreographed movements, and soul soothing aroma blends, on the back, scalp, face, neck and shoulders. (Hands, Arms, and Feet included with 60min service)

Choose from the following featured blends:

Arabian, Indian, Mediterranean, or Oriental

Relaxation Massage

\$75 – 30 min. | \$105– 60 min.

A relaxation experience that will melt away tension with specific rhythmic movements and soothing warm oil with a soft scent of the Mediterranean. Secure contact and pressure on both the body and face reduce tension and relieve stress.

Rest & Renew Oncology Massage

\$95 – 45 min.

This rebalancing massage induces a peaceful state of mind and body for profound relaxation, favouring sleep and helping to recover from periods of stress. The use of soft brushes are combined with nourishing oils, rhythmic music, and a massage using both Ayurvedic and Indonesian movements.





Reflexology

This centuries-old healing therapy gently reduces stress, improves blood and lymphatic circulation, and naturally promotes the elimination of toxins. By stimulating the reflex points on the feet and hands, the body is able to return to a more balanced state.

SUN TREE SPA Ancient Stones Reflexology \$115 – 60 min.

Volcanic basalt river stones are combined with the therapeutic benefit of reflexology applied to both hands and feet.

Ultimate Hand & Foot Reflexology \$115 – 60 min.

A combined traditional hand and foot reflexology treatment, each finished with a relaxing massage application of moisturizing lotion.

Traditional Foot Reflexology \$75 – 30 min.

This treatment combines gentle stretching, stimulation of reflex points, and a relaxing massage with moisturizing and refreshing foot cream.

Reflexology Facial Treatment \$125 – 60 min.

This treatment combines the benefits of an antioxidant spa facial with the stimulating effects of Dien Cham facial reflexology known for providing a 'natural face lift'. Employed regularly, it improves circulation, effectively combats wrinkles and helps to regain skin's youthful appearance. Includes a reflexology hand massage.

Head to Sole \$120 – 60 min.

A tension relieving scalp massage along with a relaxing facial massage and traditional foot reflexology give a truly heavenly experience. Feel revitalized from head to toe.



Enhance your 60 min. Reflexology experience with our Paraffin Enhancement featured on page 6.



Nail Care

Using pure, natural Canadian ingredients, these manicure and pedicure treatments include nail shaping, cuticle care, callous buffing, exfoliation, polish application, and massage.

- * Includes a take-home nail buffer and nail file.
- * For your comfort and relaxation, our pedicures are performed in our private treatment rooms.

All Manicure & Pedicure Services are available with a choice of product:

- Lavender Soy: Hydrating and soothing
- Green Tea & Seaweed: Re-mineralizing and detoxifying

SUN TREE SPA Paraffin Nail Service

Manicure \$115 – 75 min. | Pedicure \$120 – 75 min.

Indulge in the warm, hydrating, and therapeutic benefits of medical grade Paraffin. Soothe tense muscles and joints while essential oils infuse vital nutrients giving vitality to the skin.

Spa Manicure \$80 – 60 min.

Unwind and destress... your hands are in good hands! Nail shaping, cuticle care, exfoliation, and massage will renew and revive your hands, leaving you with soft skin and beautiful nails.

Spa Pedicure \$90 – 60 min.

Relax and let your feet feel the revival. Soak in a softening foot bath, and let us take care of callous buffing and exfoliating your weary soles. Let the tension melt away with a soothing massage, cuticle care, nail shaping, and polish application.

Couples' Pedicures

Enjoy your choice of Pedicure, side by side in one of our private Couples' rooms. Please note: both Pedicures must be the same duration.

Lil' Prairie Girls – For ages 10 & under.

Manicure \$50 – 30 min.

Manicure & Pedicure Combo \$75 – 60 min.

For our little Prairie girls who love to look and feel good too. Nail shaping, cuticle care, skin smoothing, massage and polish are all included.

OPI Gel Color Nail Care

For colorful nails that look like polish and wear like gel, choose a spa manicure, or pedicure including an application of OPI gel color that is flexible, protective and cured with LED light technology. Choose from a selection of popular colors that have a glamorous mirror finish and you'll be ready to head out on the town or right into the mineral waters!

- Upgrade any nail service to Gel Polish or Gel French Polish – \$15
- Add a design or decal to your Gel Polish – \$10

Gel Removal 15 min \$15

Gel polish removal is necessary prior to all nail services for a new polish application and must be booked in conjunction with a nail service.

***Acrylic or gel-sculpted tip removal is not available**

PLEASE NOTE – Because our Mineral Water is not always polish friendly, we recommend that you avoid “taking the waters” after a regular polish application if possible as it is important to give nail polish enough time to harden and dry.

Spa Etiquette



As one of only 26 spas in Canada to receive the Quality Assurance seal of approval from **Leading Spas of Canada**, we strive to achieve the highest standards of cleaning and sanitation in the industry.

All tools are sterilized using a hospital grade disinfectant and a professional grade autoclave. Any tools that cannot be sterilized are single use for each service that you receive.

Guest Enjoyment

- We ask that you please arrive a minimum of 30 minutes prior to your scheduled treatment time. A client form is required for each guest prior to treatment and arriving early will allow time to change as well as relax and enjoy a spa beverage or snack in the guest retreat area.
- Please be on time. Unfortunately, arriving late will limit your treatment time.
- Please note that all treatment times include assessment/consultation with the therapist, as well as time to undress.
- Full access to the spa facilities is available for the full day of your Spa Service; therefore you may arrive as early as desired or stay as long as you want after your services to provide time to take the waters, as well as use the eucalyptus steam room and fitness center.
- The Sun Tree Spa is licensed and offers a selection of beverages (identification will be required) as well as a light Spa Menu for your enjoyment.
- To ensure the relaxation and enjoyment of all our guests, we respectfully request that all cell phones are silenced or left in the hotel/locker room.
- For safekeeping and security please do not bring valuables or jewelry to the Spa. We are not responsible for lost/stolen items.

Attire

- Hotel guests are encouraged to arrive at the Sun Tree wearing the Signature robes provided in the guest room.
- Day guests (non-hotel guests) will be provided with spa robes and slippers. Guests may change in the Mineral Spa change room. Lockers to store clothing and personal belongings are available if wishing to use the Mineral pool prior to your service.

- When taking the waters or using the steam room, proper swimwear is required.

About Treatments

- Shaving prior to treatments should be avoided when receiving a service that uses exfoliation techniques such as in scrubs or body wraps.
- Both female and male massage therapists provide massage treatments. Please let us know upon booking if you have a preference.
- For your safety and well-being, therapists reserve the right to refuse a treatment if intoxication is apparent.
- Spa products are available in the Sun Tree Boutique. Your therapist will recommend the products that are best suited for you, so that you may continue the benefits of your treatment at home.

Reservation & Cancellation Policy

- The Sun Tree is very popular. To avoid disappointment, it is recommended that spa treatments are reserved in advance.
- We will require a credit card number at the time of booking to reserve your appointment.
- Your therapist is reserved especially for you. To avoid being charged for a missed appointment we request 24 hours advance notice. (Group bookings of 5 or more people, require 7 days notice of appointment cancellation.) Cancellation within 24 hours (7 days for groups) will be assessed a fee equal to 50% of the value of the reserved service(s). With no notice of cancellation there will be a fee equal to 100% of the value of the reserved treatment(s). Fees will be charged to the credit card information on file.
- Please advise us at the time of booking if you are pregnant, have high blood pressure, circulatory or respiratory conditions, or have been diagnosed with/or are being treated for any diseases or ailments. A doctor's note may be required to proceed with some services.
- The Sun Tree is an adult-oriented environment. For your comfort and relaxation we do not allow children/infants in the treatment room or guest lounge, unless receiving a service themselves.
- Clients 16 yrs+ younger require parental consent. Those 15 yrs + younger must have a parent/guardian in the room for consultation and treatment

All prices are subject to change without notice. A \$3.00 premium will be added to all Sat/Sun/Holiday Services. Taxes and Gratuities are not included in the price of treatments. Gratuities are customary and may be left at your discretion.

SUN TREE SPA

Open daily 8am to 10:30pm

24 Fairford Street East

Moose Jaw, SK S6H 0C7

TF 800.718.7727 T 306.704.0111

suntree@templegardenshotel.com

templegardenshotel.com



TEMPLE GARDENS

HOTEL & SPA