

## **Massage with Lavender Lilly Massage & Healing**

*\*ALL PRICES INCLUDE GST*

### **Massage Therapy:**

A combination of relaxation and therapeutic techniques. Flowing strokes, kneading, manipulations of the body's soft tissue muscles, stretching, lengthening of muscles and pressure points help aid in muscle aches and pains as well as healing injuries. All performed at your chosen pressure.

30 Minutes \$57.  
45 Minutes \$77.  
60 Minutes \$97.  
75 Minutes \$115.  
90 Minutes \$135.  
120 Minutes \$155.

### **Hot Stone Massage:**

A hot stone massage is a type of relaxation massage therapy. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body. During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are usually made of basalt, a type of volcanic rock that retains heat. The stones may be placed: along your spine, on your stomach, on your chest, on your face, on your palms, on your feet and toes.

60 Minutes \$117.  
90 Minutes \$147.

### **Syngery Stone massage:**

SYNERGY STONES blends the deeply relaxing warmth of Hot Stone Massage with the health benefits of Therapeutic bodywork. The receiver experiences a new dimension of relaxation... A Massage unlike any other, and the "SYNERGISTIC" benefits of Soothing Warmth, Custom Pressure and Advanced Massage Techniques. **Addition to any massage \$16.**

60 Minutes \$117.  
90 Minutes \$147.

### **Prenatal Massage:**

Recommended after your first trimester or physicians' approval. During our prenatal massage, we avoid using deep pressure. As your shape and posture changes, we make accommodations with special cushioning systems that allow you to lay face down safely, while providing room for your growing belly and breasts.

Or you might lie on your side with the support of pillows and cushions. The benefits of Pregnancy Massage are improved sleep quality, lower stress and anxiety levels, can help with sleep quality, alleviates muscle pain and cramps, reduces nerve pain, lowers risk for premature birth, reduces the baby's stress hormones.

30 Minutes \$57.  
45 Minutes \$77.  
60 Minutes \$97.  
75 Minutes \$115.  
90 Minutes \$135.  
120 Minutes \$155.

### **Rain Drop Massage: \$165.**

In this 2 hour massage, you will feel the balance and harmony of methods used for centuries. This unique practice uses essential oils along the spine mimicking the feeling of rain drops. Using 9 specific essential oils (oregano, basial, valor blend, wintergreen, aroma sieze blend, cypress, marjoram, peppermint and thyme.) helps bring feelings of balance, harmony, spirituality and serenity targeted massage with a distinctive energy approach. *PLEASE INFORM US BEFORE TREATMENT IF YOU HAVE ALLEERGIES TO THESE PRODUCTS.*

### **Access Consciousness BARS Massage:**

The BARS are 32 points (BARS) on the head where you have stored all the thoughts, ideas, beliefs, considerations, emotions and attitudes that you thought were important in any lifetime. When gently touched, effortlessly, and easily release anything that stops you from feeling joy and ease in your life. When you have your BARS run, it's like hitting the delete button.

60 Minutes: \$120.  
90 Minutes: \$150.

### **MVC Massage:**

Initial 60 min MVC massage is necessary prior to appointments going forward. This is the first treatment used to assess injuries and treatment options. You will not be receiving a full 60 min massage; part of this appointment will be used to assess injuries. Please wear comfortable clothing. You may be required to show movement.

This treatment time is used for treating injuries after a collision or WCB claim.

Must be assessed by a Doctor and prescribed treatment first. This treatment is a combination of therapeutic and relaxation massage techniques aimed for recovery only.

Initial consultation –60 Minutes \$110.

30 Minutes \$77.

60 Minutes \$110.

### **Reiki:**

Reiki is a form of alternative therapy commonly referred to as energy healing. It emerged in Japan in the late 1800's and is said to involve the transfer of universal energy from the practitioner's palms to their patient. Energy healing has been used for centuries in various forms. Advocates say it works with the energy fields around the body.

30 Minutes \$45

60 Minutes \$75.

### **Facials with Lavender Lilly Massage & Healing**

*\*ALL PRICES INCLUDE GST*

Osmosis MD & Beauty skin care collection; is a clean and holistic approach to skin care. This approach is based on treating the whole self, focusing on holistically healing, not harming. Features ingredients essential to actively repair and uses pharmaceutical-grade delivery system. And treats challenging skin conditions no one else can. Cruelty free, 100% Vegetarian/Vegan friendly.

**Signature Holistic facial treatment** is all about feeding this skin and giving the skin a glow for days. You should see improvement of the skin's tone, elasticity and restore capillary flow and increase nutrition in the skin. Promoting balance and harmony.

30 Minutes \$57.

60 Minutes \$95.

**Facial Infusion:** This non-inflammatory treatment works with the skin to stimulate new cell turnover in the form of a concentrated mask to nourish, heal and treat skin imperfections. This treatment is fully customizable depending on your needs at time of appointment. \$ 135.

### **Manicures and Pedicures with Lavender Lilly Massage & Healing**

*\*ALL PRICES INCLUDE GST*

**Regular pedicure: \$70**

Includes a foot soak, sugar scrub on the feet only, cuticles pushed back, and excess removed, nails trimmed and shaped, callus softened and removed, foot and calf massage, finished with regular polish.

(60 Min)

Add shellac for \$15. Please add this when booking so we have enough time for this application.

**Deluxe pedicure: \$80**

Includes a foot soak, sugar scrub on the feet and calf's, cuticles pushed back, and excess removed, nails trimmed and shaped, callus softened and removed, foot and calf massage, foot soak in paraffin wax, finished with regular polish.

(75 Min)

Add shellac for \$15. Please add this when booking so we have enough time for this application.

**Hot stone pedicure: \$85.**

Includes a foot soak, sugar scrub on the feet only, cuticles pushed back, and excess removed, nails trimmed and shaped, callus softened and removed, hot stone foot and calf massage, finished with regular polish.

(75 Min)

Add shellac for \$15. Please add this when booking so we have enough time for this application.

**30 Min Refresh pedicure: \$50.**

Includes a foot soak, sugar scrub on the feet only, nails trimmed and shaped, finished with regular polish.

(45 Min)

Add shellac for \$15. Please add this when booking so we have enough time for this application.

**Reflexology pedicure: \$80.**

Includes a foot soak, sugar scrub on the feet only, cuticles pushed back, and excess removed, nails trimmed and shaped, callus softened and removed, with relaxation reflexology treatment on your feet, finished with regular polish.

(75 Min)

Add shellac for \$15. Please add this when booking so we have enough time for this application.

**Manicure: \$50.**

You will receive a hand soak, cuticles pushed back, and excess removed, nails clipped and shaped, massage on fingers, hands and arms. Finished with regular nail polish.

(45 min)

Add shellac for \$15. Please add this when booking so we have enough time for this application

**Deluxe manicure: \$58.**

You will receive a hand soak, cuticles pushed back, and excess removed, nails clipped and shaped, sugar scrub, massage on fingers, hands and arms and paraffin treatment. Finished with regular nail polish.

(60 min)

Add shellac for \$15. Please add this when booking so we have enough time for this application

**Additions:**

*\*ALL PRICES INCLUDE GST*

Paraffin wax: \$11.

Shellac removal \$8.

Shellac addition: \$15

French tip regular nail polish \$15.

French tip with CND shellac polish \$15.

**Waxing and Tinting with Lavender Lilly Massage & Healing**

*\*ALL PRICES INCLUDE GST*

Eyebrow wax \$20.

Upper / Lower Lip wax \$14.

Chin wax \$17.

Face wax \$55.

Underarm wax \$22.

Half Arm wax \$38.

Full Arm wax \$27.

Bikini wax \$33.

Brazilian wax \$80.

Lower Leg wax \$45.

Upper Leg wax \$52.

Full Leg wax \$90.

Chest wax \$55.

Back wax \$55.

Eyebrow Tint \$27.

Eyelash Tint \$30.

Eyebrow & Eyelash Tint \$45.

Eyebrow Wax & Tint \$40.