

Vida Ayurvedic Treatments

Many of our treatments are based on the principles of Ayurveda, a 5,000-year old system of holistic Indian medicine. According to this philosophy, the key to a long and healthy life is achieving a balance between body, mind and spirit. Ayurvedic treatments work from the inside out to bring your dosha (personality) into perfect harmony so you can enjoy perfect health.

Discover your dosha: [complete the quiz at the back of this brochure.](#)

60 mins / \$185
90 mins / \$275
120 mins / \$370

AYURVEDIC MASSAGE – *Nourish and Revitalize.* A unique massage method that applies generous amounts of warm oil over the body with extra attention to the head, neck and scalp. This technique optimizes the body's systems, mobilizes joints and enhances tissue suppleness. Experience a sensation of profound relaxation that will stay with you for days.

For a more intense Ayurvedic Massage experience consider:

90 mins / \$275
120 mins / \$370
(includes Ayurvedic
Massage)

SWEDANA – *Detoxify and Cleanse.* After an Ayurvedic massage, you are cocooned in our west coast cedar steam cabinet. A deeply aromatic sensation enhanced by herbs customized to your dosha cleanses and detoxifies your system. A herbal powder brushing of entire body stimulates and exfoliates your skin to prevent re-entry of toxins.

Intensify your Swedana treatment with:

90 mins / \$550

ABHYANGA SWEDANA – Two therapists perform synchronized Ayurvedic Massage followed by the Swedana steam cabinet treatment listed above.

90 mins / \$275
120 mins / \$370
(includes Ayurvedic
Massage)

SHIRODHARA – *Calm and Focus.* After an Ayurvedic massage, a steady stream of warm oil flows over your third eye (forehead). This experience awakens the senses, bringing increased mental clarity. The slow, rhythmic sensation of the oil is a unique sensory experience that creates a state of profound relaxation.

60 mins / \$185

SHIRODHARA HEAD AND SCALP MASSAGE – After a head and scalp massage a steady stream of warm oil flows over your third eye (forehead). Extend the benefits of this treatment by leaving the nourishing oil on your scalp for the evening.

\$625

AYURVEDIC JOURNEY – A combination of Ayurvedic treatments create the ultimate Vida experience: 120 mins Swedana / 30 mins Shirodhara Head and Scalp / 60 mins Sole Revival Reflexology / Choice of Ayurvedic body cream or oil based on your dosha for take home (3.5 hours). **Not valid in conjunction with other discounts or promotions.*

60 mins / \$330
90 mins / \$490
120 mins / \$660

COUPLES PACKAGE – Enjoy a side-by-side classic Swedish massage in one of our two couples rooms, or side-by-side Sole therapy pedicures and Palm therapy manicures. Upgrade to Deep Tissue for an additional \$15 per person.

Body Therapies

Every need is unique. That's why we offer a range of body therapies, each offering a unique way to help restore your sense of energy and well-being.

For best results, we suggest 90-minute treatments. Vida therapists are exceptionally qualified and are regarded as the best in the business.

60 mins / \$165
90 mins / \$245
120 mins / \$330

RESTORATIVE AND RELAXING CLASSIC MASSAGE – Using classic Swedish technique, long rhythmic strokes progress in pressure to target tight sore muscles and promote complete relaxation.

For a more therapeutic experience consider these variations on the Classic Massage:

60 mins / \$180
90 mins / \$270
120 mins / \$360

DEEP TISSUE MASSAGE – Uses stronger, more localized movements to target deeper muscle tension.

60 mins / \$180
90 mins / \$270
120 mins / \$360

HOT STONE MASSAGE – Heated basalt stones radiate heat deep into your muscles to alleviate tension and increase circulation.

Contraindicated for those with heart conditions, high blood pressure and those who are pregnant.

60 mins / \$175
90 mins / \$260
120 mins / \$350

MOTHER-TO-BE MASSAGE – A specialized and relaxing technique performed while the guest is on their side. This treatment will assist with the removal of toxins, while carrying healthy nutrients throughout the body. Helps to relieve headaches, tension, swelling and stress.

60 mins / \$175
90 mins / \$260
120 mins / \$350

BOTANICAL AROMATHERAPY MASSAGE – Performed with a lighter touch than our classic massage, this aromatherapy treatment uses the healing and soothing properties of custom blended essential oils to treat specific conditions.

60 mins / \$175
90 mins / \$260
120 mins / \$350

ANCIENT THAI MASSAGE – Therapists use their body weight to gently rock, manipulate and stretch your body to increase your flexibility and release muscle tension. Guests are asked to wear comfortable, loose fitting attire.

REGISTERED MASSAGE THERAPY – A more therapeutic massage for guests who claim service through medical plans.

60 mins / \$180
90 mins / \$270
120 mins / \$360

RMT CLASSIC

60 mins / \$195
90 mins / \$290
120 mins / \$390

RMT DEEP TISSUE

Body Wraps and Exfoliations

Our exfoliations use warm sea salt and a customized blend of warm oil to remove dry skin and improve circulation. Body wraps begin with an exfoliation and are followed by a full-body shea butter mask application. As your mask penetrates, enjoy a relaxing scalp massage. After a warm shower and depending on length of treatment booked, you have the option of a cream application to seal in moisture and nutrients or a classic massage.

BODY WRAP (includes exfoliation) – Choose from the oil blends listed below.

60 mins / \$185

(incl. cream application)

90 mins / \$275

(incl. 45 min massage)

120 mins / \$370

(incl. 75 min massage)

BODY EXFOLIATION – Choose from the oil blends listed below.

30 mins / \$110

(incl. cream application)

60 mins / \$180

(incl. 30 min massage)

90 mins / \$270

(incl. 60 min massage)

120 mins / \$360

(incl. 90 min massage)

Oil blends:

Individual Dosha – Consult your therapist to create the blend of oils that matches your personal dosha. [Discover your dosha: complete the quiz at the back of this brochure.](#)

Immunity – Helps to eliminate congestion and cold-like symptoms.

Muscle Ease – Helps to alleviate tension or aches and pains of overworked muscles.

Detoxifying – Helps to eliminate toxins and moisturizes.

Hydrating – Soothing and nourishing.

De-stress Express Treatments

Vida has developed three treatments specifically designed to fit your budget and your schedule. Each treatment targets a different area of the body and incorporates a stress-busting massage.

30 mins* / \$95 **TENSION TARGET MASSAGE** – Focus on your specific areas of tension. Choose 2 areas for your therapist to target and feel the relief.

30 mins* / \$85 **FOOT THERAPY** – After gentle grooming of the nails and feet, enjoy your choice of cream or polish application.

30 mins* / \$95 **EXPRESS FACIAL** – This gentle cleaning and exfoliation leaves your skin with a healthy glow. Choose between extractions, a relaxing face massage or a hydrating face mask.

30 mins* / \$110 **EXPRESS ANTI-AGING FACIAL** – Enjoy the glow of a healthy, younger skin in this express treatment. A deep exfoliation followed by a cell renewal mask leaves your skin with improved hydration and firmness.

** Not valid in conjunction with any other offer.*

Vida Alternative Treatments

The following alternative therapies are now available at select Vida locations.

60 mins / \$175
90 mins / \$260
120 mins / \$350 **NIDRA** – An aromatherapy massage that helps release muscular tension and induce deep relaxation through gentle, rhythmic “press and release” movements. You’ll go home with a customized sleep prescription and a gift of our signature relaxing bath salts.

60 mins / \$175
90 mins / \$260
120 mins / \$350 **DEEP FLOW** – Deep flow is a process in which your therapist will combine Swedish, deep tissue, joint release and Aromatherapy. This multidimensional massage combines motion, rhythm and flow for complete balance.

60 mins / \$170
90 mins / \$255
120 mins / \$340 **TRADITIONAL ACUPRESSURE / SHIATSU FOR THE BODY†** – A press-and-release massage technique that relaxes muscle tension, stimulates and frees energy pathways through the body. Can be performed through clothing without the application of oil.

60 mins / \$165 **REIKI THERAPY** – Reiki therapy combines homeopathy, naturopathy, aromatherapy, meditation and the transferring of energy. Effects include regained balance of mind and body, stress reduction, relaxation, detoxification and enhancement of energy.

45 mins / \$130
60 mins / \$160 **SOLE REVIVAL REFLEXOLOGY MASSAGE†** – A gentle press-and-release movement on pressure points on your feet that correspond to your specific body parts. Reflexology can reduce fatigue, induce relaxation and cause toxin release.

† Registered numbers may be provided and must be requested at time of booking this treatment. Vida is not responsible for medical coverage. We suggest you check with your insurance provider first about this specific treatment.

Facials

Our facial treatments and the products we use are customized to your specific needs. Each treatment includes a deep cleanse, exfoliation, extractions, massage and therapeutic mask. All Vida facials include a face, neck, shoulder, hand, foot and scalp massage while your facial steam, exfoliation and mask are activating.

60 mins / \$155
90 mins / \$230

CLASSIC BALANCING FACIAL OR MEN'S HOT TOWEL FACIAL –

Excellent for combination skin. Deep cleanse, exfoliation, extractions, massage and therapeutic mask.

60 mins / \$170
90 mins / \$255

AYURVEDIC FACIAL – Customized to your skin type. Revitalizes and brightens.

Discover your dosha: complete the quiz at the back of this brochure.

60 mins / \$170
90 mins / \$255

SOOTHING FACIAL – Calms and soothes.

60 mins / \$175
90 mins / \$260

BRIGHTENING FACIAL – Brightens and evens skin tone.

60 mins / \$175
90 mins / \$260

HYDRATING FACIAL – Hydrates and heals.

60 mins / \$175
90 mins / \$260

ANTI-AGING FACIAL – Vitamins and antioxidants strengthen and firm.

60 mins / \$145
90 mins / \$215

TEEN FACIAL – Cleanses and calms.

90 mins / \$325

COLLAGEN FACIAL – 100% pure collagen sheets hydrate and tighten.

30 mins / \$85

COLLAGEN EYE TREATMENT – Hydrates and tightens.

If you have not had a facial recently, we recommend you add a more intensive exfoliation for an additional \$20. This intensive exfoliation will remove a deeper layer of dead skin, allow for deeper product penetration and ensure the best results.

Many of Vida therapies can be performed in your hotel room for an additional \$30.

Additional Vida Experiences

30 mins / \$65
45 mins / \$85
(with French polish
or nourishing mask)

MANICURE THERAPY – A hand and arm massage induces relaxation throughout the entire body. Nail grooming and polish application brings health and beauty to your hands and mind. Polish change \$30

30 mins / \$85
60 mins / \$100
75 mins / \$120
(with French polish
or nourishing mask)

PEDICURE THERAPY – A Vida pedicure is more than a quick fix, it's a full experience. After your toes and feet are thoroughly groomed, our estheticians will focus the remaining time massaging the muscles in your lower legs and feet. A total of 30 muscles are pampered and relaxed.

45 mins / \$90

MEN'S PEDICURE

15 mins / \$35

SHELLAC REMOVAL THERAPY – At Vida we are happy to remove the shellac from your nails to allow them time to breath and be healthy until the next application. *Add a Manicure therapy after your Shellac removal to help your nails look well again.*

EYELASH & EYEBROW TINT – Your eyelashes or eyebrows will be delicately dyed with a safe and natural tint. The result, a luscious and darker appearance.

15 mins / \$40

EYEBROW

30 mins / \$65

EYELASH & EYEBROW

30 mins / \$55

EYELASH

WAXING – Waxing is a natural and effective method of removing unwanted hair. Inquire about our teenage pricing for those who would like to start waxing wellness early.

\$30 **UPPER LIP OR CHIN WAX**

\$70 **FULL ARM WAX**

\$35 **NOSE, EAR OR BROW WAX**

\$50 **HALF ARM WAX**

\$30 **CENTRE BROW WAX**

\$85 / \$95 with bikini **FULL LEG WAX**

\$30 **UNDERARM WAX**

\$70 / \$80 with bikini **HALF LEG WAX**

\$50+ **BIKINI WAX**

\$50+ **SHOULDER WAX**

\$90+ **BRAZILIAN/FULL BIKINI WAX**

\$70+ **BACK OR CHEST WAX**