**Relax...**

**Massage**

**RELAXATION**
Using Swedish techniques to help release muscular tension and improve overall circulation. Soothing massage to restore the body balance.
- 30 min $55  45 min $75  60 min $90  90 min $125

**THERAPEUTIC / SPORTS MASSAGE**
Strong, penetrating strokes relieve soreness in specific areas, improve circulation and release deeply rooted tension.
- 30 min $55  45 min $75  60 min $90  90 min $125

**SCALP AND NECK MASSAGE**
Wishing the neck and scalp massage at the end of your treatment could last longer? Suffering from chronic headaches and stress? Pamper yourself with the ultimate stress release, 45 min. focused on the neck, face and scalp... pure heaven.
- 45 min $75

**PRENATAL MASSAGE**
Focuses on the mother-to-be as she goes through the changes due to pregnancy. Improves circulation, digestion, decreases pain, relieves mental and physical fatigue.
- 30 min $55  60 min $90

**MYOFASCIAL THERAPY RELEASE**
Gentle sustained pressure into the myofascial connective tissue to relieve pain and tension due to injury, stress, trauma, posture or inflammation.
- 30 min $55  60 min $90  90 min $125

**REFLEXOLOGY**
Stimulate the body's natural capacity for healing through pressure on specific areas of the feet or hands that correspond to the internal organs, glands or muscles.
- 30 min $55  60 min $90

**NEW! CUPPING OR MASSAGE WITH CUPPING**
Cupping is the oldest and most globally practiced medical treatment in human history. It is a form of alternative medicine, in which cups (hard or soft) are placed on the skin to create suction. Negative pressure helps with releasing rigid soft tissue, drains excess fluids and enganges the parasympathetic system, triggering deep relaxation of the whole body.
- 30 min $55  60 min $90  90 min $125

**NEW! FASCIA STRETCH THERAPY**
Therapist-assisted stretching program designed to unlock joints and free tight muscles. This treatment is done on table, fully clothed. Can be combined with massage or done on its own. Suitable for people of all ages and abilities.
- 30 min $55  60 min $90  90 min $125

**NEW! GRASTON OR MASSAGE WITH GRASTON**
A unique form of instrument-assisted soft tissue mobilization that helps address scar tissue, fascial restrictions and range of motion.
- 30 min $55  60 min $90  90 min $125

**NEW! RAIN DROP TECHNIQUE**
Rejuvenate the mind, balance the body. Combines the science of aromatherapy with techniques of vita flex, reflexology, massage in the application of essential oils which are applied on various areas of the body to bring structural and electrical alignment. Combines unique, targeted massage and energy with 9 essential oils.
- 60 min $120  90 min $155

**NEW! BAMBOO MASSAGE**
A technique that incorporates bamboo stalks of various lengths and diameters to do deeper tissue work. It can be heated or cooled. It promotes circulations, sensory nerve perception and lymphatic drainage.
- 30 min $55  60 min $90  90 min $125

**HOT ROCK MASSAGE**
Enjoy the healing warmth of smooth stones. Each stone is massaged into sore fatigued muscles. The heat increases circulation and flushes toxins.
- 60 min $110  90 min $145

**AROMATHERAPY MASSAGE**
A massage to lift your mood using therapeutic essential oils. This helps soothe muscles and alleviate pain. You walk out feeling uplifted and relaxed.
- 30 min $60  45 min $80  60 min $95  90 min $135

**COUPLES MASSAGE (per person)**
- 30 min $65  60 min $100  90 min $135

**COUPLES HOT ROCK MASSAGE (per person)**
- 60 min $120  90 min $155

**REIKI**
Japanese technique for stress reduction and relaxation. Operating on a physical, mental, emotional and spiritual level, Reiki equals about three hours of deep sleep, aiming for a “healing and repair” state.
- 30 min $55  60 min $90

**NEW! TRADITIONAL THAI YOGA MASSAGE**
A deep, full-body treatment, which starts at the feet and progresses up to the head. It is a sequence of gentle, flowing movements, which stretches and loosens joints and muscles. This unique therapy influences the energetic side as it restores the flow of energy with applied acupressure.
- 60 min $90  90 min $125

**NEW! EASTERN HEALING ART**
Enjoy a blend of Traditional 60 min. Thai Yoga Massage and 30 min. Reiki Healing. These two Easternborn treatments share the common benefits of enhanced body/mind connection, stress reduction, muscle relaxation, improved energy, and an increased sense of well-being.
- 90 min $125

**Kinesiotaping**
- Gives support and stability to your joints and muscles.
- Reduces pain and inflammation, speeds up healing and helps to relax tight and overworked muscles.
- Supports and stabilizes muscles and joints.
- Improves posture.
- Included in other treatments as needed  Add $10
  Stand alone treatment  15 min $20

**Customized Facials**

**CLASSIC FACIAL**
The perfect solution for every skin type, this gentle facial includes a thorough cleansing, exfoliation, steam extractions, followed by a facial massage with serum. Specially selected mask and cream will leave your skin feeling youthful and radiant.
- 60 min $100

**SOOTHING FACIAL**
The products in this facial are formulated without colourants or fragrances, ideal for sensitive skin. Extracts of seven plants are chosen specifically for their calming properties to soothe and heal couperose skin.
- 90 min $130

**ANTI-AGING FACIAL**
This exclusive treatment lends skin a firmer and plumper appearance giving the face a youthful glow. Formulated with advanced age prevention ingredients that provide energy and elasticity to the skin.
- 90 min $130

**FACIAL CUPPING**
Traditional, time-honoured treatment, that remains favoured by millions worldwide because it is safe, comfortable and remarkably effective. Increases blood circulation to head and neck, circulation and absorption of nutrients to the skin. Drains stagnant fluids and reduces puffiness and edema. Also reduces appearance and prevention of facial lines and wrinkles.
- 45 min $75

**Body Treatments**

**BOW VALLEY PARADISE**
The ultimate in indulgence, allow your body and mind to become truly rejuvenated and relaxed. Full body exfoliation followed by a hot stone massage. The heat in the stones will penetrate into your muscles and the fluid motion of the massage will enable deeper relaxation for the body and mind. Finished with a scalp massage.
- 90 min $169

**ROSEHIP WRAP**
This exceptional treatment begins with a body exfoliation to prepare the skin for the rosehip oil – high in Vitamin C, antioxidants and healing powers – followed by a massage, then a wrap in warm, soothing blankets, allowing the oil to penetrate, as you enjoy a mini-facial and foot massage.
- 90 min $179

**HEAVENLY LAVENDER BLISS**
Melt away with this full body lavender exfoliation, followed by an application of soothing lavender lotion. Relaxing while wrapped, you will receive a mini-facial with a scalp and foot massage, which will uplift your senses.
- 90 min $162

**SEA SALT BODY EXFOLIATION**
Choose the scrub you want from our wonderful array of essential oils. Experience an invigorating full body exfoliation removed with warm, soothing towels and moisturize with body lotion. The treatment is followed by a hand and foot massage; the ultimate in relaxation!
- 60 min $105
Hands & Feet

MANICURE
Enjoy this wonderful treatment with all the essentials for nail, cuticle and hand care. Complete with a relaxing hand massage, hydrating paraffin dip, followed by polish of your choice to finish.
60 min $75

MANICURE WITH SHELLAC
90 min $90

PEDICURE
Relax while your feet soak in a soothing herbal bath, preparing for nail and cuticle care, removal of callouses and dry skin followed by a foot massage and your choice of polish to finish.
60 min $75

DELUXE PEDICURE
A luxurious treatment for those who love, or need, a little extra pampering. With extensive nail and cuticle care, detailed callus work, exfoliating salt scrub, foot massage and hydrating paraffin dip, this is a complete "foot makeover" finished with your choice of polish.
90 min $90

Nail Finishes
French Polish No Charge
Gel Polish (Shellac) removal $15

Waxing
Eyebrow Wax $22
Lip $15
Chin $15
Lip + Chin $24
Arm $35
Underarm $25
Cheek or Back from $30
Eyebrow Wax, Eyelash Tint and Eyebrow Tint $65

Tinting
Eyebrow $27
Eyelash $27

Eye Combo
Eyebrow Wax, Eyelash Tint and Eyebrow Tint $65

Packages
Inquire about our unique packages. Indulge yourself for the better portion of the day.

To Book Treatments
Book online at www.wildflowercanmore.com or call us at (403) 678-4644. If you are calling after hours, our message centre will ensure a returned call within 24 hours.

Gift Certificates
Treat your family, friends, or valuable staff members to any of our services.

Reservations
A VISA or MASTERCARD is required to hold appointments over 90 minutes in length, multiple appointments and appointments within 24 hours of booking.

Spa Etiquette
The spa services you have selected are specifically reserved for you. Please notify us at least 24 hours in advance if you wish to cancel your appointment or a 60% charge will be automatically billed. Thank you for your consideration.

Gratuities and GST not included.
Prices are subject to change.

Thanks to our convenient location in downtown Canmore, you can combine your spa experience with an exploration of local shops and boutiques along Main Street. Large parking lot at rear of our building is accessible from 7th Street.

How To Find Us

At Wildflower Massage and Esthetics day spa, we are renowned for our high service standards and friendly atmosphere.

We appreciate your feedback.
Please leave a review and let your friends know about your experience.