

WAXING SERVICES



Brows	15 mins	\$20.00
Upper Lip	15 mins	\$20.00
Chin	15 mins	\$20.00
Face Sides	15 mins	\$20.00
Forearms	15 mins	\$20.00
Full Arms	30 mins	\$40.00
Underarms	15 mins	\$20.00
Bikini	20 mins	\$30.00
½ Leg	30 mins	\$40.00
Full Leg	60 mins	\$70.00
Back (Male)	30 mins	\$50.00

THINGS TO KNOW



GENERAL INFORMATION

Hours of Operation - Summer 'Family/Leisure' Vacation Season

Monday to Saturday: 10:00am to 5:00pm

Sunday: Open for bookings and orientation - 2:00pm to 8:00pm

Hours of Operation - Spring & Fall 'Conference & Group' Season

Open based on pre-booking and practitioner availability - 7 days / week

Upon Arrival

We ask that you please arrive 15 mins prior to your appointment to fill out your health history form and prepare for your booked service. Casual clothing is recommended and please try to refrain from wearing makeup if a facial has been booked.

Gift Certificates

Gift certificates are available directly through our reservations department or in advance by calling 1-888-567-1177.

Taxes & Gratuities

Prices include all applicable taxes. Gratuities can be applied directly on the service receipt and are at the guest's discretion.

Age Requirement

All services are available for ages 16 yrs and older.

Couples Massages

Please inquire about which massages can be rendered as a couples experience.

Cancellation Policy

Should you need to cancel your service(s), please contact us 24 hours in advance. Any cancellation with less than 24 hours notice will result in full charges applied against the guest's account.

FAQs

Services provided by Registered Massage Therapists (RMTs):

Q: Can I get a receipt for insurance purposes?

A: Absolutely

Q: Do I need a doctor's prescription?

A: It depends on your policy. We suggest you check with your carrier or Human Resources department.

Services provided by Certified Aromatherapists:

Q: Are Certified Aromatherapists the same as Registered Massage Therapists?

A: No. A CAP (Certified Aromatherapy Practitioner) is trained in massage techniques with a focus on essential oils and blending them for specific purposes. While the massages are similar, the training and focus are different.

Q: Can I get a receipt for insurance purposes?

A: Most Extended Health Care plans do not cover aromatherapy massage. You can get a receipt for income tax purposes.

Q: Do I have to have scented oils when I have a massage with an Aromatherapist?

A: No. The massage is still highly beneficial without the oils.



Health & Wellness



www.clevelandshouse.com

Toll Free: 1-888-567-1177

Tel: 705-765-3171 Fax: 705-765-6296

Minett, Ontario P0B 1G0

www.clevelandshouse.com

reservations@clevelandshouse.com

Health & Wellness Treatments

*Our prices include all applicable taxes.



MASSAGES con't...

Prenatal Massage

Clevelands House is proud to offer our moms-to-be a safe and therapeutic massage alternative, performed on a custom made pregnancy table without the use of body pillows. This massage is ideal for melting the stress and tension placed on your body during pregnancy.

Cost: 60 mins / \$95.00

Aromatherapy Relaxation Massage

A Certified Aromatherapist will provide you with a deeply relaxing massage using a blend of essential oils to enhance your well being. This massage is also available with or without essential oils. This massage helps relieve muscle tension due to stress, helps improve circulation and lymphatic drainage.

**Cost: 30 mins / \$50.00 60 mins / \$95.00
90 mins / \$140.00**

Hot Stones Massage

The ultimate experience in massage consists of hands on muscle manipulation followed by the use of perfectly heated stones that produce both an energizing and sedating effect on the body. This massage goes beyond traditional treatments for relieving stress, sore aching muscles and releasing tension.

**Cost: 30 mins / \$50.00 60 mins / \$95.00
90 mins / \$140.00**

East Indian Head Massage (Champissage)

Our Champissage Therapist offers a 30 minute treatment to relieve tension and stress in the upper body. Clients remain fully clothed and seated throughout the entire treatment. This alternative practice is especially good for individuals suffering from headaches but it also has a relaxing and releasing effect on the whole body. The massage is done on the upper back, shoulders, neck, scalp and face.

Cost: 30 mins / \$50.00

MASSAGES con't...

Reflexology

Reflexology is an ancient healing modality that works on the principle that all body organs are connected to reflex points within the feet via constantly flowing energy channels called meridians. Massaging the reflex points restores natural energy flow and improves overall health by sending waves of deep relaxation throughout the body.

Cost: 60 mins / \$80.00

ESTHETICS

Manicures

Total hand care includes cuticle trimming, shaping the nails, a moisturizing hand massage and a choice of colours are all part of this exceptional treatment.

**Cost: 45 mins / \$45.00
French Manicure / \$55.00**

Pedicures

The pedicure begins with a refreshing and relaxing foot bath followed by an intense exfoliation to remove calluses and dried skin. Essential oil is then applied to enhance the effects of a hot stone foot massage. A cuticle treatment, nail shaping and choice of colour completes the treatment.

**Cost: 60 mins / \$60.00
French Pedicure / \$70.00**

Facials

The facial begins with a gentle cleansing, toning & exfoliation, a deep cleansing mask, as well as an arm, neck, shoulder and scalp massage. Hot towels soaked in a blend of essential oils help to heal the skin. This is followed by a moisturizing creme, gently massaged into the face that will leave you ready to enjoy the rest of your holiday experience.

Cost: 60 mins / \$80.00

MASSAGES

Swedish Massage

The Swedish Massage (with an RMT or Certified Alternative Practitioner) can help improve the circulatory, lymphatic, muscular and nervous systems by manipulating your muscles for a relaxing and invigorating experience.

Cost: 60 mins / \$95.00 90 mins / \$140.00

Deep Tissue / Sports Massage

Personalize your massage to focus on the areas affected by tension and stress. It can help increase your flexibility, relieve muscle tightness to improve circulation and recovery time.

Cost: 60 mins / \$95.00 90 mins / \$140.00