



HOTELS & RESORTS

skylinehotelsandresorts.com



SHIZEN

S P A

COSMOPOLITAN HOTEL

8 Colborne Street

Toronto, ON M5E 1E1

416.350.2000

1.800.958.3488

cosmotoronto.com



*At Shizen Spa we care about
sustainability and print on paper that reflects
that commitment to good stewardship.*



cosmopolitan hotel



SHIZEN

SPA

The Shizen Spa Collection at Skyline Hotels & Resorts

DEERHURST RESORT

1235 Deerhurst Drive, Huntsville (just off Highway 60)
705-789-6411 | 1-800-461-4393
thespa@deerhurstresort.com

HORSESHOE RESORT

1101 Horseshoe Valley Road, Barrie (just off Highway 400)
705-835-2790 | 1-800-461-5627
spahvr@horseshoeresort.com

COSMOPOLITAN HOTEL TORONTO

8 Colborne Street, Toronto (Yonge & King)
416-350-2000 | 1-800-958-3488
shizenspa@cosmotoronto.com

PANTAGES HOTEL TORONTO CENTRE

200 Victoria Street, Toronto (Yonge & Dundas)
416-362-1777 | 1-866-852-1777
shizenspa@pantageshotel.com

shizen.ca



SHIZEN

Inspired by the Japanese word for nature, the Shizen Spa collection brings you results-oriented treatments and proven techniques hand-picked from around the globe. We have balanced these therapies together in a carefully designed selection of Shizen retreats, rituals and signature treatments, each created to target a specific goal. And we share them with you in settings as diverse and inspiring as our Canadian landscape.

Our experts are here to provide you with worthwhile experiences, plus the tips, know-how, advice and products to extend those spa benefits at home. From real stress-relief to stylish finishing touches, it's all about you.

Simple, pure, polished. Welcome to the Shizen Moment™

AT COSMOPOLITAN

Make your city escape to our Zen hideaway with a unique urban vibe. Shizen's Cosmopolitan Hotel location is centred around a tranquil solarium with a 10-person whirlpool tub and lots of comfortable chic couches, the perfect spot to start or end your spa unwind time. Accents of teak and bamboo and scarlet add Asian sleek and tropical warmth to a cool, clearly Toronto escape. And our polished spa team are here to help you "relax in the city".

SHIZEN RETREATS

Find your ultimate spa break, each designed with a specific goal in mind

Nature 4.5 hours | \$375

Go organic and natural and get “the works” with this top-to-toe treatment, starting with a stimulating dry brush exfoliation followed by a Sacred Nature body wrap. Now you’re all smoothed out, it’s time for a muscle-melting full body massage. Next nourish your body with a healthy spa lunch. Then complete your retreat with the advanced skincare of a Sacred Nature facial and a Custom manicure and pedicure.

(Dry brush provided for continued home care.)

Nurture 3 hours | \$275

Target your hardest hit areas while restoring your sense of wellbeing. An “aah-inducing” full body massage and scalp energizer are matched with a tension-relief treatment. Unwind even further with a healthy spa lunch and then put your best face forward with an organic Sacred Nature facial.

Relaxation 3 hours | \$205

Take time to really unwind. At Shizen, relaxation starts with a tension-taming, full body massage. Enjoy a healthy spa lunch. And take care of all the details with a Custom manicure and pedicure.

Rejuvenation 3 hours | \$215

Turn back the clock and restore that fresh, well rested look with a purely organic Sacred Nature facial. Then hit pause for a healthy spa lunch before getting detailed with a Custom manicure and pedicure.

SHIZEN RITUALS

Enjoy the best we have to offer, bundled together

Sacred Nature 90 min | \$185

Get a truly natural glow with a dry brush exfoliation to improve blood circulation and an organic anti-aging body wrap to nourish your skin. A full body relaxation massage works out any kinks. *(Dry brush provided for continued home care.)*



Tranquility 90 min | \$175

Calm down with a gentle, fruit-based body exfoliation followed by a stress-relieving body wrap. Then feel the last of your tension melt away with a full body hot stone massage.

Anti-Aging 90 min | \$175

Rediscover a fresh, vibrant you with a nourishing body wrap and anti-oxidant facial to renew skin’s elasticity and fight signs of aging, diminishing and preventing fine lines.

FOR COUPLES

Spend quality time together at the spa (men don’t miss this)

Couples’ Escape 90 min | \$165 p.p. Relaxation Therapist | \$180 RMT

Escape the stressors of your jam-packed daily routine and bond over a full body massage and an anti-oxidant facial. *Performed by a Relaxation Therapist or Registered Massage Therapist. Confirm preference when booking.*

Couples’ Ritual 90 min | \$175 p.p. Relaxation Therapist | \$190 RMT

Bring the warmth back with a hydrating body wrap followed by a perfectly relaxing full body massage. *Performed by a Relaxation Therapist or Registered Massage Therapist. Confirm preference when booking.*

Couples’ Romance 90 min | \$175 p.p. Relaxation Therapist | \$190 RMT

Rekindle the romance with a side-by-side full body massage and some alone time in a relaxing, candlelit aroma bath with chocolate covered strawberries served following. *Performed by a Relaxation Therapist or Registered Massage Therapist. Confirm preference when booking.*

Couples’ Suite Massage 60 min or 90 min

Price depends on type and length of massage performed. Choose from the following selection of massages to be performed in the couples’ suite – Shizen Signature, Deep Tissue, Hot Stone, Swedish, Recovery or Relaxation massages, or Reflexology.

BODY TREATMENTS

We've got you covered with a body-and-mind unwinding collection of wraps and scrubs

Shizen Signature Wrap 60 min | \$125

Let go of your stress and soothe your skin with a detoxifying and hydrating body wrap featuring your choice of two aromatic essential oil blends.

Nutritional Wrap 60 min | \$125

Feed your outside with a veggie powerhouse of pumpkin, tomato, artichoke and beet extracts to help even skin tone, restore elasticity and increase that natural moisture balance.

D-Age Skin Repair 75 min | \$155

Firm up and fight the appearance of stretch marks with this nourishing treatment that restores elasticity. Includes a dry brush exfoliation followed by a moisture-rich wrap and a full body relaxation massage. *(Dry brush provided for continued home care.)*

Monticelli Mud Therapy 75 min | \$160

Getting down in the mud takes on a whole new meaning when it's this warm, creamy, conditioning wrap enriched with active ingredients from the mineral-rich river banks of Monticelli, Italy. Take care of tension and get sleek, toned skin with this detoxifying treatment finished with a full body massage.

Aromatic Cellulite Treatment 75 min | \$135

Tackle those trouble spots with an anti-cellulite massage using essential oils to help break down fat cells plus a sauna masque to prevent water retention.

Dead Sea Salt Scrub 60 min | \$110

Purify your skin with the healing power of genuine Dead Sea salts. This traditional cure is renowned for stimulating the lymph system to eliminate toxins, relieving muscular stress and encouraging the body's natural production of moisturizers, for noticeably refreshed, refined skin.



BODY TREATMENT ENHANCEMENTS

Add a targeted boost to your body treatment for even greater benefits

Beautifully Bronze 20 min | \$35

Get an even, natural looking, sun-kissed glow year-round, with none of sunbathing's risks or sweat. We recommend you wear loose, dark-coloured clothing to this appointment and don't bathe or shower for at least 4 hours following treatment.

Scalp Energizer 15 min | \$35

Get a head start and de-stress with an application of scalp-soothing essential oils and a stimulating massage mix, without any oily residue.

Vitality Massage 30 min | \$75

Ease muscle tension using firm pressure. Massage is customized to meet your specific needs. *Performed by a Registered Massage Therapist.*

De-Stress Massage 30 min | \$60

Reduce stress and achieve relaxation through gentle pressure. *Performed by a Relaxation Therapist.*

Reflexology 30 min | \$65

Reduce stress and conditions like back pain and sleep issues using this ancient pressure point technique that restores energy flow.

Anti-Oxidant Facial 30 min | \$55

Neutralize free-radicals and nourish your skin, leaving it supple and hydrated. This is the ideal quick fix for any skin type.

Tension-Relief Leg Treatment 30 min | \$65

Soothe sore stems and overtired soles with this tension-relieving treat featuring natural extracts and essential oil. From knees to toes, feel the heaviness go and strut out ready for the dance floor and so much more. *Not recommended for expectant mothers.*

MASSAGE

Pick the specialty that works for you

Shizen Signature

90 min | \$170 p.p. Relaxation Therapist | \$185 RMT

Count on this relaxation massage that can incorporate the healing therapy of hot stone placement for deep relaxation, massage movements to address tension and rain drop therapy to promote vitality. *Performed by a Relaxation Therapist or Registered Massage Therapist. Confirm preference when booking.*

Hot Stone

75 min | \$155

Rebalance your mind and body with a massage using the warmth of heated stones to improve circulation and calm the nervous system, encouraging lasting relaxation. *Performed by Registered Massage Therapist or Relaxation Therapist. Confirm preference when booking.*

Deep Tissue

60 min | \$135, 90 min | \$185

Relieve stubborn knots and areas of chronic tension with this intensive, deeper pressure massage that loosens muscles, releases toxins and improves blood and oxygen circulation. *Performed by Registered Massage Therapist.*

Swedish

60 min | \$125, 90 min | \$175

Melt your muscles with this traditional favourite massage therapy that can combine a variety of beneficial techniques including gliding, kneading, and cross-fibre friction to ease muscle tension using firm pressure. *Performed by Registered Massage Therapist.*



DRINK WATER

Hydrating before and after your spa treatment and throughout every day helps flush toxins from your body and is always good for your skin and energy level.



Recovery

60 min | \$125, 90 min | \$175

Active or work-out weary? This massage can incorporate compression, friction, pressure point and stretching to increase mobility and flexibility, shortening recovery time between exercise sessions. *Performed by Registered Massage Therapist.*

Relaxation

60 min | \$110, 90 min | \$160

Reduce tension and achieve relaxation with this firm but gentle pressure technique. *Performed by Relaxation Therapist.*

Mom-to-Be

60 min | \$125

Book this bump-friendly massage to relieve tired muscles, tension, swelling, pain, pressure and sluggish circulation before the big arrival. *Performed by Registered Massage Therapist.*

Reflexology

60 min | \$110

Channel this ancient Chinese technique of pressure-point massage to restore the flow of energy throughout the body, stimulate circulation, untangle sports-tortured tendons and ease conditions like back pain and sleep issues.



EXFOLIATE

Keep a gentle body scrub in the shower and apply, in circular motions, from your shoulders to the soles of your feet, two or three times a week.

MASSAGE ENHANCEMENTS

Get more out of your massage time with these beneficial additions

Scalp Energizer

15 min | \$35

Get a head start and de-stress with an application of scalp-soothing essential oils and a stimulating massage mix, without any oily residue.

Renewing Scrub

30 min | \$55

Reveal a fresh, smooth you with dual action gentle body exfoliation using a fruit-based enzymatic scrub blended with AHA and jojoba spheres.

Aromatic Wrap

30 min | \$65

Release toxins and moisturize your body deeply with this hydrating body wrap featuring your choice of two aromatic essential oil blends.

Anti-Oxidant Facial

30 min | \$55

Neutralize free-radicals and nourish your skin, leaving it supple and hydrated. This is the ideal quick fix for any skin type.

Tension-Relief Leg Treatment

30 min | \$65

Soothe sore stems and overtired soles with this tension-relieving treat featuring natural extracts and essential oil. From knees to toes, feel the heaviness go and strut out ready for the dance floor and so much more. *Not recommended for expectant mothers.*

Aromatherapy Bath

30 min | \$55

Alleviate pain, reduce stress and encourage an enhanced sense of well-being with this soothing soak enhanced with essential oils.



SOAK

Taking an Epsom salt bath helps eliminate lactic acid build-up in your muscles, hit the tub between massage appointments or after exercising.



HAIR REMOVAL

Don't miss our solutions for fast, lasting de-fuzzing

Eye Brow Clean-up	\$15
Brow Shaping.....	\$20
Lip	\$10
Brow, Lip & Chin	\$20 + up
Chest.....	\$50 + up
Back	\$50 + up
Underarm	\$15
Full Arm	\$30
Half Arm.....	\$20
Traditional Bikini	\$25
Brazilian.....	\$50 + up
Full Leg	\$60
Half Leg.....	\$40
Full Leg & Traditional Bikini	\$85
Toes.....	\$10



BE GOOD TO YOU

Pamper yourself for a few minutes each day (a cup of tea, your favourite CD, a brisk walk. . .) And remember to breathe, deeply.

FACIALS

Get super-effective skincare

Shizen Signature Action Sublime 75 min | \$145

Rediscover healthy, vibrant skin with this anti-aging and restructuring treatment that combats free radicals, sun exposure, environmental pollution and biological aging. A three-part massage enhances effectiveness with profound relaxation, plus eyes and lips receive extra TLC. *Add collagen mask for \$35.*

Hydradermie 75 min | \$115

Tone your skin and firm your facial muscles with this circulation boosting and toxin eliminating facial. The application of low frequency current leaves your face looking visibly younger.

Liftosome 75 min | \$115

Restore your skin's elasticity, tone and texture using this treatment with powerful pro collagen concentrate for a truly rejuvenated look and feel.

Absolute Pearl 60 min | \$100, 90 min | \$135

Look absolutely luminous and glowing after this facial's oxygenating and anti-oxidant action. A long-term program will progressively lighten hyper-pigmented areas and restore even skin tone. *Add collagen mask for \$35.*

Skin Resonance 60 min | \$100, 90 min | \$135

Rebalance and protect reactive skin that is prone to redness, couperose and fragile capillaries. The post-treatment result, a firm, nourished, toned and healthy face.

Active Pureness 60 min | \$100, 90 min | \$135

Stamp out spots and super-soothe with this deep cleansing facial for acne-prone skin that also addresses irritation and dehydration. Skin impurities vanish and pores are minimized to reveal a refreshed complexion. *Not recommended for sensitivities to iodine or seafood.*



Manspace 60 min | \$100, 90 min | \$135

Take care of your face with this absolutely masculine treatment to remove impurities, rebalance excessive oil production, and leave the skin with a clarified, matte finish. A must for any well-groomed guy.

Sacred Nature 60 min | \$100

Get the best of both worlds – organic and anti-aging – in a single deeply relaxing and stress relieving treatment. The result, skin that is instantly more supple and radiant as well as nourished with all-natural anti-oxidants.

AHA Time Reverser 30 min | \$70

Stimulate cellular regeneration. This anti-ager improves the appearance of fine lines and wrinkles, pigmentation and superficial acne scars. *Add collagen mask for \$50, 15min.*

Teen Time 30 min | \$55

Balance things out with this treatment custom designed for younger skin and the changes it faces. This is a great way to introduce positive skin care habits for a lifetime of healthy skin. *Suitable for 12 years old and up.*

YOU ASK: Why add a collagen mask?

Collagen is a type of protein that is produced naturally in our skin and connective tissue. It plays a key role in keeping skin firm and giving it shape. But it breaks down as we age resulting in increasingly tired, droopy and wrinkled skin. This super-effective add-on boosts the collagen on the surface of your face to improve appearance while stimulating your skin's own natural collagen production.

FACIAL ENHANCEMENTS

Make the most of your face time with these effective additions

Scalp Energizer

\$20

Get a head start and de-stress with an application of scalp-soothing essential oils and a stimulating massage mix, without any oily residue.

Eye Lifting

15 min | \$45

Address dark circles, puffiness and expression lines with this multi-active rejuvenating eye zone treatment packed with deep nourishment and protection against free radicals.

Renewing Scrub

30 min | \$55

Reveal a fresh, smooth you with dual action gentle body exfoliation using a fruit-based enzymatic scrub blended with AHA and jojoba spheres.

Aromatic Wrap

30 min | \$65

Release toxins and moisturize your body deeply with this hydrating body wrap featuring your choice of two aromatic essential oil blends.



EAT REAL

Fresh vegetables and fruit, whole grains and nuts all help reduce inflammation, replenish your body and give you that youthful glow from the inside



Vitality Massage

30 min | \$75

Ease muscle tension using firm pressure. Massage is customized to address your needs. *Performed by a Registered Massage Therapist.*

De-Stress Massage

30 min | \$60

Reduce stress and achieve relaxation through gentle pressure. *Performed by a Relaxation Therapist.*

Hands On

\$20

Treat your busiest, hardest working body parts to an anti-aging treatment that will leave them nourished, hydrated and younger looking.

Tension-Relief Leg Treatment

30 min | \$65

Soothe sore stems and overtired soles with this tension-relieving treat featuring natural extracts and essential oil. From knees to toes, feel the heaviness go and strut out ready for the dance floor and so much more. *Not recommended for expectant mothers.*



WEAR IT

Apply sunscreen liberally, especially to face, neck and hands, whenever you go outside, every day of the year, not just in summer.

NAIL CARE

Take care of your fingers and toes

Shizen Signature Pedicure 75 min | \$85
Reward feet that are beat with this luxurious treatment that includes a Custom pedicure enhanced with a warm stone massage and nourishing mask to put the spring back in your step.

Shizen Signature Manicure 60 min | \$65
Nurture your hands with a Custom manicure enhanced with a relaxing warm stone massage and an anti-aging hand treatment.

Custom Pedicure 45 min | \$65
Pick your scrub, lotion and polish; we'll take care of total nail care with foot soak, nail trim and file, cuticle nourishment, callus abrasion, exfoliation and relaxing foot massage. *Complete with nail polish application.*

Custom Manicure 45 min | \$50
Pick your scrub, lotion and polish; we'll take care of total nail care with hand soak, nail trim and file, cuticle nourishment, scrub and relaxing hand massage.
Complete with nail polish application.

Natural Pedicure 35 min | \$50
Total nail care with foot soak, nail trim and file, cuticle nourishment, callus abrasion, exfoliation and relaxing foot massage. *No nail polish application.*

Natural Manicure 30 min | \$35
Total nail care with hand soak, nail trim and file, cuticle nourishment, scrub and relaxing hand massage. *No nail polish application.*

Quick Fix 20 min | \$25
Choose between your hands or feet and make a fresh start with cleanse, cuticle nourishment, nail file and polish application. *This service does not include soak.*



NAIL CARE ENHANCEMENTS

*Extend the impact of your mani or pedi
(must be booked with nail care service)*

Tension-Relief Leg Treatment 30 min | \$65
Soothe sore stems and overtired soles with this tension-relieving treat featuring natural extracts and essential oil. From knees to toes, feel the heaviness go and strut out ready for the dance floor and so much more. *Not recommended for expectant mothers.*

Foot Rescue \$15
Save your soles with an intense treatment that addresses the hardened tissue caused by excess pressure and friction.

French Polish Enhancement.....	\$10
Paraffin Treatment – Feet.....	\$15
Paraffin Treatment – Hands.....	\$15
Paraffin Treatment – Combo.....	\$25

MORE SHIZEN MOMENTS™

Ask about our:

Getaway Packages

Wedding & Celebration Guide

Group Workshops (stress-relief, home spa care...)



SHIZEN
SPA

SPA FYI

ARRIVAL Please arrive at least 20 minutes before your appointment to prepare for your spa experience and avoid any disappointment. Unfortunately, scheduled treatment time may not be able to be extended for late arrivals.

BOOKINGS A credit card number is required to secure your reservation. Your card will not be charged until your service. No shows and cancellations made within 24-hours before the scheduled time will be charged 100% for the reservation.

COMFORT Your privacy and relaxation is key. Lockers are available for your personal belongings and robes and slippers are provided with services. Feel free to ask any questions or make requests to ensure your own comfort level. For massages, guests can de-robe to their comfort level. During all services, guests are fully draped with the exception of the area that is being worked on. Please note, Shizen Spa cannot be responsible for lost items or valuables.

FOOD & BEVERAGE Our staff would be pleased to provide you with a menu of our current offering, featuring special light & healthy choices. Please note that in-spa refreshment options vary by location and season.



GIFT CERTIFICATES Available for any amount, Shizen Spa gift certificates make the perfect present and are redeemable for Shizen Spa services and retail products. You can purchase them by phone, at any Shizen Spa location, or contact us by email: shizenspa@cosmotoronto.com.

LOCATION & PARKING The Cosmopolitan Hotel is conveniently located just off of Yonge Street, south of King Station. Valet parking is available for a fee. There is also a paid parking lot nearby at the corner of Church and Colborne Streets.

PAYMENT Prices do not include applicable tax or gratuities. Insurance receipts are provided if RMT services are requested at time of booking. Gratuities for your service provider may be left at your discretion. If you have any questions, please ask the spa concierge when you book your appointment.

QUIET ZONE We strive to keep our spa tranquil and make sure all our guests are at ease. Please help by keeping your cell phone set on vibrate and speaking quietly.

REMINDERS Guests receiving body treatments must avoid shaving at least 24 hours prior to receiving this service. Men receiving facials must not shave at least 6-8 hours prior to their service. For guests receiving pedicures, we recommend bringing a pair of opened-toed sandals to wear after your service to ensure your polish does not chip or smudge. The Cosmopolitan Hotel Shizen Spa offers a whirlpool; swimwear is required.

'TWEENS & TEENS Spa guests under the age of 16 must be accompanied by an adult to receive massage, facial and nail care.

shizen.ca

 Shizen Spa

 twitter.com/ShizenSpa