


## Shizen Signature Treatments

Our Signature Treatments are a collection of some of our most popular spa treatments. They are identified throughout the menu with the Shizen Spa logo. 

### Shizen Classic Facial 60 MIN | \$90

Individually tailored to suit your skin type, this revitalizing facial includes a deep cleanse, exfoliation, nourishing mask and finishing crème to leave you with refreshed skin. The treatment is complimented by a relaxing face, décolleté and hand massage.

### Oxygen Infusion Facial

**75 MIN | \$220 Dual Serum | Maximum Benefit**  
Align yourself with the Hollywood A-list. Intraceutical Infusions use pressurized oxygen, hyaluronic acid and specialized serums to deliver real results for all skin types and conditions. For the ultimate in hydrated, clean and fresh glowing skin.

### Shizen Signature Massage 90 MIN | \$175

Classic massage techniques incorporating hot stone placements and long strokes will improve surface muscle tone and induce relaxation across the whole body. Light to medium pressure is perfect for those who have never experienced a massage or that do not require the focus of therapeutic massage.

### Shizen Body Wrap 60 MIN | \$115

A healing, nurturing body treatment that infuses nutritionally rich organic aromatherapy oil in combination with an exfoliation and high grade botanical extracts to maximize your treatment value. The effect is that the skin is quenched and moisture is restored to the body, leaving you to feel revived and rejuvenated.

### Maximum Benefit

**Shizen Signature Manicure 60 MIN | \$50**

**Shizen Signature Pedicure 75 MIN | \$65**

Focusing on the exfoliating benefits of body buff, made from rich orange peel. A hydrating and nourishing body soufflé that is combined with classic massage techniques using hot stones will soothe dry skin. A paraffin mask, callus abrasion and a nail polish application will complete your look.



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SHIZEN SPAS DOWNTOWN TORONTO

TAKE TIME TO UNWIND



REJUVENATION FROM HEAD-TO-TOE

## The Shizen Spa Collection At Skyline Hotels & Resorts

Inspired by the Japanese word for nature, the Shizen Spa collection brings you result-oriented treatments and proven techniques hand-picked from around the globe.

### Spa Day Experiences

**Shizen Signature Retreat 4.5 HRS | \$395 per**  
**Features:** Signature Massage • Signature Facial • Signature Manicure + Pedicure • Spa Lunch  
Get “the works” with this head-to-toe treatment

**Nurture 3 HRS | \$275**

**Features:** Full Body Massage + Scalp Energizer • Tension Relief Leg Treatment • Shizen Signature Facial & Spa Lunch

**Relaxation 3 HRS | \$250**

**Features:** Body Dead Sea Exfoliation • Customized Facial • Custom Pedicure + a Paraffin Hand Treatment • Spa Lunch

**BFF Package 2.5 HRS | \$150**

**Features:** Relaxation Massage • Custom Manicure + Custom Pedicure • Spa Lunch

**Tranquility 1.5 HRS | \$175**

**Features:** Gentle, Fruit Based Exfoliation • Stress Relieving Body Wrap + Scalp Massage • Hot Stone Massage

Spa packages offer added value and the convenience of a select group of treatments. All massage is performed by a relaxation therapist. Add any à la carte treatment to enhance your package. Unfortunately substitutions are unavailable on these day experiences. Other coupons and discounts cannot be applied to spa day experiences.



  
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## Massage Therapies

*Pick the specialty that works for you*

Swedish – Performed by an RMT

45 MIN | \$95 60 MIN | \$115 90 MIN | \$175

A massage that may incorporate one or more different massage techniques that ranges from firm to deep pressure.

Deep Tissue – Performed by an RMT

45 MIN | \$105 60 MIN | \$125 90 MIN | \$185

Using a variety of techniques, this massage affects the deeper muscle fibers of the body. It helps with chronic muscular pain, injury rehabilitation, and reduces inflammation-related pain. (Typically not a full body massage. Intended to isolate problem areas and to relieve muscular pain.)

Mother to be Massage – Performed by an RMT

60 MIN | \$115

Designed for expecting mothers, this full body massage helps relax and position both mother and child with the aid of a pillow. Our experienced therapist will complete a consultation to tailor the massage to your needs after 3 months of pregnancy.

Relaxation Massage - Performed by a Non-RMT Therapist

30 MIN | \$60 60 MIN | \$100 90 MIN | \$175

This classic massage utilizes long strokes and kneading to improve surface muscle tone, stimulate circulation and relax the entire body. Light to medium pressure.

 Shizen Signature Massage - Performed by a Non-RMT Therapist

90 MIN | \$175

Classic massage techniques incorporating hot stone placements and long strokes will improve surface muscle tone and induce relaxation across the whole body. Light to medium pressure is perfect for those who have never experienced a massage or that do not require the focus of therapeutic massage.

\*Select massages are performed by an RMT “Registered Massage Therapist”, (Swedish & Deep Tissue) these may be covered by extended health care benefits. An RMT receipt will be issued for treatments performed by an RMT. Please check with you insurer prior to treatment for coverage. No insurance receipts are available for massage or treatments performed by a relaxation therapist.

## Facial Therapies

*Personalized facials to provide the best care for your skin*

 Shizen Classic Facial 60 MIN | \$90 90 MIN | \$175

Individually tailored to suit your skin type, this revitalizing facial includes a deep cleanse, exfoliation, nourishing mask and finishing crème to leave you with refreshed skin. The treatment is complemented by a relaxing face, décolleté and hand massage.

Oxygen Infusion Facial

30 MIN | \$85 - Refresher Mini Facial

60 MIN | Targeted Results \$165 - Single Serum

75 MIN | Maximum Benefit \$220 - Dual Serum

This result-driven treatment harnesses three elements to achieve instant and dramatic results: 1) Oxygen under light pressure to delivery age defying ingredients, 2) One or more unique Serums which contain a powerful combination of vitamins and antioxidants & 3) Skincare that provides essential support to the skin for maximum results.

Guinot Hydradermie 60 MIN | \$115 90 MIN | \$175

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.

Beauté Neuve 45 MIN | \$90

The Beauté Neuve treatment utilizes fruit acid and vitamin C to eliminate dead cells and brighten the skin. This treatment reduces pigmentation, deeply exfoliates to remove dead skin cells, reduces wrinkles and fine lines, increases hydration and helps firm and tighten the skin.

Gentleman's Facial 60 MIN | \$90

This grooming facial decongests the skin while neutralizing impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the drying effects of shaving and daily pollutants, leaving the skin visibly clear and toned.

Anti-Oxidant Refresher Facial 30 MIN | \$55

This treatment starts with an analysis of your skin and includes a balance of cleansing and rehydrating products. We will match your skin's needs to a specific finishing crème, leaving you with fresh and soft skin. An excellent introduction to facials or a great opportunity to boost or maintain an established skincare routine.

## For Couples

*Spend quality time together*

Couples' Escape

90 MIN | \$340 RMT, \$285 Relaxation Therapist  
Escape the stressors of your jam-packed daily routine and bond over a full body massage and an anti-oxidant facial.

Couples' Romance

90 MIN | \$310 RMT, \$255 Relaxation Therapist  
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. Performed by a Relaxation Therapist or Registered Massage Therapist. (Confirm preference when booking).

## Body Treatments

*Soothing, Slimming, Hydrating, Energizing or Nourishing Body treatments for results that matter*

Nourishing | New Skin Body Wrap 75 MIN | \$145

Firm up and fight the appearance of stretch marks with this nourishing treatment that restores elasticity.

Slimming & Toning | 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.

Nourishing | Shizen Body Wrap 60 MIN | \$115

A healing, nurturing body treatment that infuses nutritionally rich organic aromatherapy oil in combination with an exfoliation and high grade botanical extracts to maximize your treatment value. The effect is that the skin is quenched and moisture is restored to the body. Leaving you feeling revived and rejuvenated.

Hydrating | Moroccanoil Hydration Treatment

50 MIN | \$105

Featuring the exfoliating benefits of body buff, made from rich orange peel. A hydrating and nourishing body soufflé that is combined with classic massage techniques will soothe dry skin. A relaxing hair treatment is the start to a ritual which will lead you through the scent and feel of Moroccanoil that you will be sure to love.

Energizing | Dead Sea Salt Body Scrub 45 MIN | \$95

Purify your skin with the healing power of genuine Dead Sea Salts with your choice of favourite essence.

Soothing | Tension-Relief Leg Treatment 30 MIN | \$65

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

Beautifully Bronze 30 MIN | \$50

Get an even, natural looking, sun kissed glow year round. Includes a dry brush exfoliation.

## Enhancements

*\*Enhancements may be added to select treatments.*

Add-In Hydrating Hair & Scalp Massage 15 MIN | \$25

Add-On Collagen Mask 15 MIN | \$35

Lip, Chin or Brow   \$15	Bikini   \$25	Brazilian   \$50 & up
Lash Tint   \$15	Underarm   \$15	Half Leg   \$35
Brow Tint   \$15	Half Arm   \$20	Full Leg   \$60
Back or Chest   \$50	Full Arm   \$30	Upper Leg   \$40

## Nail Therapies

*Quality treatments for hands and feet*

Maximum Benefit

 Shizen Signature Manicure 60 MIN | \$50

 Shizen Signature Pedicure 75 MIN | \$65

Focusing on the exfoliating benefits of body buff, made from rich orange peel. A hydrating and nourishing body soufflé that is combined with classic massage techniques using hot stones will soothe dry skin. A paraffin mask, callus abrasion and a nail polish application will complete your look.

Maintenance

Custom Manicure 45 MIN | \$40

Custom Pedicure 45 MIN | \$55

Choose from a scented soak and lotion as well as your standard nail polish colour. Treatments also includes a massage, exfoliation as well as all cuticle and nail work. Callus abrasion included with pedicure.

Essential

Natural Manicure 30 MIN | \$30

Natural Pedicure 35 MIN | \$45

Essential nail care with hand or foot soak, No nail polish for a natural nail service suitable for men. Treatments also include a massage, exfoliation, as well as all cuticle and nail work. Callus abrasion included with pedicure.

Refresh

Quick Fix For Hands or Feet 20 MIN | \$30

Hands or feet will have standard nail polish removed plus applied, nails will be filed and refreshed. An application of lotion will hydrate the skin. Full cuticle work and other treatments are reserved for full nail services.

Shellac Removal 15 MIN | \$10

Prior to any standard nail polish service above or to change a current Shellac polish, this preparative treatment includes a soak and buff of the nail to remove Shellac polish.

Shellac Manicure 45 MIN | \$55

Start with fresh nails, standard nail polish colour will be removed and Shellac polish applied. Includes a massage as well as all cuticle and nail work. An application of lotion will hydrate and soften the skin. Average wear time 2 weeks.

Shellac Manicure with Shellac Removal 60 MIN | \$65

For those already with Shellac, Shellac nail polish will be removed and Shellac polish applied. Includes a massage as well as all cuticle and nail work. An application of lotion will hydrate and soften the skin. Average wear time 2 weeks.

## Booking and Cancellation

A credit card number is required to secure your reservation. No shows, move/change and cancellations made within 24 hours before the scheduled time will be charged 100% to your credit card or room.



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