



Luxury spa in a country retreat

MILLCROFT SPA
CENTRE *for* WELL-BEING



For spa reservations please call: 1-800-383-3976 or email: mcspace@vintage-hotels.com • www.vintage-hotels.com

Spa Packages

SPA PACKAGES

Can't decide? We've combined some of our most popular treatments with our spa cuisine for a selection of delightful and delicious spa packages. Also great for gift giving!

TRADITIONAL 4.5 hrs. - \$325

- Millcroft Facial
- 55 min. Aromatherapy Massage
- Classic Pedicure
- Classic Manicure
- Spa Lunch

FOREVER YOUNG 4 hrs. - \$455

- Oxygen Treatment Facial
- * • Deluxe Swiss Kur
- Spa Lunch

COUPLES RETREAT 3.5 hrs. - \$540

- Body Wrap for Two
- Couples Massage for Two
- Spa Lunch

REFRESHER 2 hrs. - \$195

- Refresher Facial
- 25 min. Aromatherapy Massage
- Classic Pedicure
- Spa Snack

ORGANIC RITUAL 80 min. - \$195

Featuring our new skincare line of 'Sacred Nature' ecocert® organic products by Comfort Zone this treatment begins with a full body exfoliation, followed by a massage and facial. Guaranteed to take care of you and our environment.

*Millcroft Spa signature treatment

Relationship Retreat

Pampering your body? Let us pamper your relationship, too, as you reveal, reflect and revitalize with our new, cutting-edge service.

Professional Ashley Howe and her team of professionals take you through a set of specially crafted questions inspired by therapeutic models designed to bring deeper value and a fresh insight to your relationships.

This fun and entertaining hour embraces the best of you and is a fantastic opportunity to reflect on the positives while building a stronger foundation for your future.

ALL ABOUT YOU

CELEBRATING YOU 60 min. - \$140 per couple
Reflect on the positive with a lighthearted session in the soothing environment of the spa. Focus on all the good aspects that first brought you together, helping to build a stronger foundation for the days ahead. Perfect for any two people who care about the well-being of their relationship!

FULLY ENGAGED 60 min. - \$140 per couple
This is for the couple starting their lives together. Tune out the details leading up to your big day, and let us bring YOU back, front and center. An affirming look at the unique and vital ingredients that make your connection so special.

WELLNESS PACKAGES

RELATIONSHIP MASSAGE FOR BODY & MIND 110 min. - \$180 per person
Escape the daily stresses of your life while rejuvenating your relationship. Begin with a soothing 50 minute couples massage side by side in the comfort of a private treatment room.

Then "massage your minds" with a fun 60 minute session, where key questions bring out the best in both of you by focusing on the vitality in your relationship. Ideal for engaged couples planning a future together, or for more seasoned couples looking to renew their connection.

MOTHER DAUGHTER RELATIONSHIP RETREAT 115 min. - \$135 per person
Make a mother daughter spa date and infuse your relationship with some essential 'feel-good'. What better place than the spa to ease your souls and your soles? Relax side by side in our Shiatsu self-massage chairs as your feet are pampered in a 55 minute pedicure.

In a private room, professional Ashley Howe leads you on an entertaining 60 minute journey of reflection and sharing, perfect for embracing each other's finest qualities and appreciating the relationship you have built together.

*Based on a couple booking, subject to availability.
Treatment components must be taken within same day.*

Massage & Holistic Therapy

MASSAGE & HOLISTIC TREATMENTS

THERAPEUTIC MASSAGE

This classic Swedish massage relieves muscular pain and tension, enhances flexibility, and promotes relaxation and a sense of well-being. This treatment is performed by a Registered Massage Therapist.

25 min. - \$60
50 min. - \$105
80 min. - \$145

AROMATHERAPY

This deeply relaxing massage uses aromatic oils, known for their healing attributes, allowing tension to drift peacefully away as your body and soul are soothed.

25 min. - \$60
50 min. - \$105
80 min. - \$145

COUPLE'S MASSAGE

Take advantage of the opportunity to enjoy any of our massages together in one of our couple's rooms.

50 min. - \$220
80 min. - \$300

PRE-NATAL MASSAGE

This therapeutic massage treatment is especially beneficial in reducing pain in the lower back, hips and shoulders during pregnancy.

50 min. - \$105

HOT STONE MASSAGE

This truly unique treatment relieves fatigue and muscle soreness using the deep penetrating heat of warmed smoothed lava stones.

45 min. - \$125
75 min. - \$160

RAINDROP THERAPY MASSAGE

A unique experience that incorporates specific blends of pure essential oils. Brings harmony to the body, mind and spirit through inhalations and aromatherapy massage techniques.

50 min. - \$105

CUPPING

Cupping therapy has been developed as a means to open the 'meridians' of the body thus relieving toxins and aiding in lymphatic drainage. Cupping can provide a very deep tissue type treatment different than that of a regular deep tissue massage. Warning, this treatment leaves areas of redness.

50 min. - \$125

THAI MASSAGE

Also known as "yoga for the lazy" this age-old therapeutic healing method is based on the energy pathways that flow throughout the body. Also strengthens muscles and tendons, improves range of motion, and harmonizes energy. Please wear exercise clothing.

50 min. - \$125

REIKI

Japanese for Universal Life Energy, this gentle technique of "laying on of hands" creates balance, harmony and well being by enhancing energy flow.

50 min. - \$70

REFLEXOLOGY

Ancient healing technique uses pressure points on the feet to restore balance and harmony to the whole body.

50 min. - \$80

DELUXE REFLEXOLOGY

Acupressure massage to hands, feet and head is followed by a warm paraffin wax bath for the feet leaving them soothed and silky smooth.

80 min. - \$95

INDIAN HEAD MASSAGE

Combining the methods of an ancient East Indian healing method with our own wellness philosophies, we've created a unique version of Indian Head Massage to relieve stress, increase concentration and focus and reduce frequency of headaches.

50 min. - \$80

AROMAFLEX

Blending two experiences into one, this treatment incorporates both aromatherapy massage and reflexology.

50 min. - \$95

HEAVEN AND EARTH

This service combines both Indian Head Massage and Reflexology giving you a true head to toe experience.

50 min. - \$95

JIN SHIN JYUTSU® PHYSIO PHILOSOPHY

This ancient art brings balance to the body's energies promoting its profound capacity for self healing. Not a massage, JSJ is a gentle art, practiced by placing the fingertips on designated areas of the body. Releases mental stress and physical tension.

50 min. - \$90

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Facials

SKIN CARE TREATMENTS

MILLCROFT SIGNATURE FACIAL <i>Relax and experience our effective yet gentle facial treatment, suitable for all skin types. Customized to your individual needs and specific skin condition.</i>	50 min. - \$95
REFRESHER FACIAL <i>For those with time constraints, try this quick pick-me-up, complete with an exfoliation, massage and mask. Perfect for date night or any special occasion.</i>	25 min. - \$60
LIFT FIRING FACIAL <i>The ultimate treatment for mature skin, this luxurious service repairs signs of aging and produces an immediate lifting effect. The specialized facial massage utilizes a blend of sunflower, clove, thyme and lemon to exfoliate, polish, lift and refine the skin. Can be tailored for all skin types.</i>	80 min. - \$155
GOLDEN CAVIAR FACIAL <i>The anti-aging effects of caviar moisturize the skin, plump-up fine lines and wrinkles and promote cell metabolism and skin microcirculation. Noticeable results can be seen after just one treatment.</i>	80 min. - \$155
INTENSE HYDRATING FACIAL <i>Hydration is the key focus of this treatment. Combining specific moisture based products with pre-designed massage techniques, this treatment will relax and pamper you while providing nutrients to the skin.</i>	80 min. - \$145
COLLAGEN VEIL FACIAL <i>Effective lifting and firming for all skin types. Refines fine lines.</i>	80 min. - \$140
REMINEALIZING FIRING FACIAL <i>Alleviate the discomfort associated with acne and rosacea.</i>	70 min. - \$135
BACK FACIAL <i>Relaxation techniques are combined with a deep cleansing treatment to normalize and revitalize the skin, which is left smooth and visibly improved.</i>	50 min. - \$105

MEDI-SPA TREATMENTS

PRO-LIFT TREATMENT FACIAL <i>Combines deep cleansing with a machine induced, non-surgical face lift. The Pro-lift system helps smooth fine lines and wrinkles. Slack muscles are lifted and re-sculpted; skin tissue is fully oxygenated and the complexion is left immediately brighter and refreshed.</i>	100 min. - \$220
OXYGEN TREATMENT FACIAL <i>This cutting edge facial infuses moisture, vitamins and antioxidants into the skin via a calming, topical, pressurized hyperbaric oxygen-delivery system. In just one session this technology instantly increases hydration, firmness, and reduces the appearance of fine lines and wrinkles.</i>	80 min. - \$195
<i>Enhance any facial with a</i> Youthful Eyes Treatment	\$25
<i>Lip Smoothing Treatment</i>	\$25

Body Treatments

BODY WRAP THERAPIES

MILK AND HONEY 75 min. - \$150

Revitalizes, softens and nourishes the skin. This intensely hydrating treatment includes a full body peeling, application of the Milk and Honey body pack, scalp and neck massage, finishing with the daily body Moisturizer. Great for those suffering with dry patches, irritations, psoriasis, eczema or allergy prone skin.

KIYOSHI DETOX THERAPY 75 min. - \$150

Surrender to a Shea butter detox masque infused with nourishing Sake yeast, Wasabi extract, nutrient rich seaweed and circulation boosting red pepper. This masque warms the body, stimulates circulation and removes excess fluids from the skin, allowing for a gentle detoxification.

CHOCOLATE AND COFFEE 75 min. - \$150

This stimulating treatment is an excellent option for those looking for an instant lift. Great for special occasions or performed in a series. Caffeine helps promote micro-circulation which aids in drainage and assists with cellulite.

WHITE CLAY 75 min. - \$150

Complete with a full body exfoliation, this toning and remineralizing body treatment leaves the skin visibly smoother and more radiant. This treatment uses Lemongrass, Jasmine and Ylang Ylang essential oils for optimal results.

MONTICELLI MUD THERAPY 75 min. - \$150

An exclusive thermal treatment which, thanks to the synergy of natural active ingredients, sodium-bromide waters of Monticelli terme and essential oils, bestows a profound detoxifying and reducing action.

FIRMING AROMA ALGAE WRAP 75 min. - \$150

This treatment promotes the detoxification of the skin, reduces water retention and has a firming effect on body contours. Complete with a full body exfoliation, facial and scalp massage this is a great choice for all skin types.

BODY SPECIALTY THERAPIES

* SWISS SHOWER TREATMENT KURS

A rejuvenating experience featuring powerful jet sprays of water for penetrating warmth, followed by the Blitz Guss to promote circulation. Body wrap includes head and facial massage. Choose one of two superb finishes. (Not available during pregnancy)

* SWISS SHOWER KURS 75 min. - \$170

Body Polish | Blitz Guss | Body Wrap | Swiss Shower | Cream Application

* DELUXE SWISS KUR 125 min. - \$235

Body Polish | Blitz Guss | Body Wrap | Swiss Shower | 50 min. Massage

* JAPANESE OFURO TREATMENTS

The traditional Japanese bath ritual is known as the Ofuro. An exfoliating body polish removes dead skin and promotes circulation, followed by a soaking phase for deep relaxation. Special bath oils help alleviate tension and calm the mind. (Not available during pregnancy)

* OFURO 120 min. - \$215

Body Polish | Japanese Ofuro | Couples 120 min. - \$380
50 min. Full Body Massage

* OFURO DELUXE 120 min. - \$280

Body Wrap | Japanese Ofuro | Couples 120 min. - \$510
50 min. Full Body Massage

SCRUBS AND GLOWS

BODY POLISH 45 min. - \$85

Excellent for maintaining healthy and luminous skin. Sea salts and other natural and organic substances are ground into gritty pastes and then mixed with our own proprietary essential oil blends.

* MALT AND BARLEY SCRUB & SOAK 75 min. - \$100

Innovative treatment uses organic malt and barley to exfoliate and nourish the skin, improving circulation. A cold glass of beer is enjoyed during a soak in our Ofuro tub. (Must be legal drinking age to be served beer)

*Millcroft Spa signature treatment

Body Treatments cont'd.

HAND AND FOOT TREATMENTS

DELUXE HAND KUR

\$65

This treatment begins with an herbal hand soak followed by complete nail care. A cleansing and exfoliating scrub is then applied to prepare the hands for a mask. To finish, the hands are given a massage with nourishing creams to leave your hands silky and soothed.

CLASSIC MANICURE

\$40

SPORT MANICURE

\$30

A full Manicure without the polish. A great choice for men or for those who prefer a natural look.

DELUXE FOOT KUR

\$80

This treatment for the feet begins with an herbal foot bath and complete nail care. An exfoliating scrub is then applied to leave the feet soft and supple. Then a mask is applied to the feet and wrapped. Finally a massage with nourishing creams leaves the feet relaxed and rejuvenated.

* MALT AND BARLEY PEDICURE

\$80

*Pamper your feet beginning with a foot bath soak, followed by an exfoliating organic malt and barley foot scrub, and a cold glass of beer to sip while your feet are rejuvenated.
(Must be legal drinking age to be served beer)*

CLASSIC PEDICURE

\$60

SPORT PEDICURE

\$40

A full Pedicure without the polish. A great choice for men or for those who prefer a more natural look.

**Millcroft Spa signature treatment*