WHERE BODY, MIND AND SPIRIT COEXIST IN PERFECT HARMONY.

SECRET GARDEN SPA at Prince Wales

100 FOUNTAIN SPA at Pillar and Post
Niagara-on-the-Lake, with its rich past and historical designation, delights visitors with an abundance of activities - from wine tours to premier golfing to the very best in live theatre. Located in the heart of Niagara’s renowned wine country, our two innovative spas offer a unique sanctuary of luxury and blissful escape.

Enjoy our salt-water pool, hot tub, sauna, Niagara’s only indoor/outdoor hot springs and fitness centres when you spend $100 or more on our luxurious spa treatments. Do you simply wish to enjoy these relaxing amenities? All facilities are available with daily, monthly or yearly passes.

BABOR | VALMONT | INSTITUT ESTHEDERM

We proudly offer luxurious face and body care treatments by the world’s top professional skincare brands.

BABOR offers luxurious solutions to common skin concerns, such as visible signs of aging, dryness, dullness and more.

The ultimate in luxury, Valmont Facial Treatments combine superior technical knowledge utilizing glacial spring water, essential plant extracts, primitive collagen and highly polymerized DNA to aid in the preservation and repair of skin at the cellular level.

Institut Esthederm’s clinical grade ingredients and patented technology work on a cellular level to give luxurious results.
Signature Treatments - Secret Garden Spa

In keeping with the tradition of Prince of Wales High Tea, these signature treatments will whisk you away to another place and time. Floral green notes combined with the healing goodness of polyphenols found in tea extract synergistically formulated with natural, active anti-aging botanicals and signature massage techniques provide a unique experience that will leave you feeling balanced, rested and restored. Get lost in the secret garden of relaxation.

**Beau-teas Facial** | 80 Min $160
This treatment can be tailored to all skin types with a focus on the antioxidant benefits of polyphenols.

**Beau-teas Body Wrap** | 80 Min $160
A powerful antioxidant body treatment works with the properties of polyphenols to renew body and mind.

**Green Tea Pedicure** | 80 Min $100
Classic pedicure with a tea based foot mask and exfoliation.

**Head to Toe Tea Taster** | 105 Min $225
Enjoy a modified sampling of our signature treatments. Includes: 25 Min Beau-teas Facial 25 Min Beau-teas Body Wrap 55 Min Green Tea Pedicure

Signature Treatments - 100 Fountain Spa

Beginning with a grape extract exfoliation, rich in antioxidants particularly flavonoids and polyphenol-rich ingredients, and movement to follow has been specially selected to honour and celebrate the natural riches of the Niagara Region. Peaches, cherries, and even champagne along with long fluid facial massage techniques inspired by the falls will take you on a sensory journey that will leave you blissfully hydrated and renewed. Maximizing the benefits of Vinotherapy and beyond.

**Beyond Vino Facial** | 80 Min $160
This rich anti-aging treatment is excellent for dry mature skin.

**Beyond Vino Body Wrap** | 80 Min $160
This anti-aging body treatment leaves skin soft and luminous.

**Purple Feet Pedicure** | 80 Min $100
Classic pedicure with a foot mask and exfoliation using locally harvested wine-based products.

**Head to Toe Wine Taster** | 105 Min $225
Enjoy a modified sampling of our signature treatments. Includes: 25 Min Beyond Vino Facial 25 Min Beyond Vino Body Wrap 55 Min Purple Feet Pedicure
FACIAL CARE TREATMENTS

Esthederm Oxypeel Facial | $50 Min | $140
A gentle peel with immediate brightening results. These facials offer a revitalizing, cell metabolism boosting effect on oxygen immediately brightening the skin.

Esthederm Oxypeel Facial with Targeted Results | $80 Min | $195
Extend the above facial by choosing from:
- Hyaluronic - This facial offers the benefits of oxygen with intense hydration and plumping, as well as promoting skin’s natural hyaluronic production.
- Vitamin C - Skin becomes firm and radiant, brown patches are minimized while enhancing the skin’s environmental defences. Treatment that brightens, tightens and reinforces the skin.
- Propolis - The ultimate treatment for acneic skin. Propolis promotes soothing, decongesting, and healing properties that will help to combat excess oil and acne breakouts.

Personalized Facial | $50 Min | $125
This power-packed treatment is a solution for everyone and every skin condition. This gentle skin treatment will cleanse, purify and hydrate even the most sensitive skin.

Pure Focus Express Facial | $25 Min | $70
Quick fix for those on the go. Includes cleanse, tone, exfoliate and moisturize.

High Skin Refiner Lifting Facial | $50 Min | $150
The anti-wrinkle expert. Specially designed to improve the skin’s resiliency. HSR Lifting uses innovative active ingredients to firm, tone and lift. The skin becomes firmer and plumper with more elasticity, allowing the face to regain its youthful contours.

DOCTOR BABOR Lifting Rx Collagen Facial | $80 Min | $185
Plump your skin with this collagen booster therapy. Using ultra-potent hyaluronic acid and collagen to boost the skin from the inside out and smooth lines and wrinkles. The effect of this treatment is amplified with a Collagen fleece mask to seriously reshape the face and contour.

DOCTOR BABOR Cellular Refiner Express Facial | $80 Min | $140
The next generation AHA peel combining 10% fruit acid with 10% antioxidants such as vitamin C will deeply penetrate the surface to encourage softening of lines and more refined pores.

DOCTOR BABOR Calming Rx Soothing Facial | $50 Min | $140
Especially designed for ultra-sensitive skin that has possible issues with rosacea and/or dermatitis, this therapy will help the skin calm and resume normal functions. The result is a fresh, clear and flawless look.

Valmont Facials
- Energy Facial 50 Min $170 | 75 Min $255 | 100 Min $350
  The skin is left rejuvenated, more radiant and firmer.
- Hydration Facial 50 Min $170 | 75 Min $255 | 100 Min $350
  Rebalancing comfort, radiance and softness back into the skin.
- Radiance Facial 50 Min $170 | 75 Min $255 | 100 Min $350
  Brightening care with Vitamin C and giving the skin a glowing complexion.
- Lines & Volume Facial 50 Min | 75 Min | 100 Min $350
  The skin will be visibly lifted, smoothed and plumped.

Valmont Specific Zone (in addition to facial)
Eye Collagen Treatment | $65
Nack & Decolleté Collagen Treatment | $130

Add On to any Facial Treatment
NuFace Microcurrent Liftung Enhancement | 25 Min | $65
A micro current facial stimulation treatment clinically proven to immediately improve facial contour, skin tone and wrinkle reduction. Choose from:
- Eye and Lip - Lip line is smoothed and brightens and is lifted, opening eyes and giving guests a wide-eyed youthful look. Results are instant and uplifting.
- Face Lifting - This quick treatment is like a Pilates for the face. Therapists focus on areas of concern that need lifting and toning. It’s a great way to prepare for a special event.

Esthederm Oxypeel Facial with Targeted Results | $80 Min | $195
Extend the above facial by choosing from:
- Hyaluronic - This facial offers the benefits of oxygen with intense hydration and plumping, as well as promoting skin’s natural hyaluronic production.
- Vitamin C - Skin becomes firm and radiant, brown patches are minimized while enhancing the skin’s environmental defences. Treatment that brightens, tightens and reinforces the skin.
- Propolis - The ultimate treatment for acneic skin. Propolis promotes soothing, decongesting, and healing properties that will help to combat excess oil and acne breakouts.
Scrubs & Wraps

Scrubs | 50 Min $125  Wraps | 80 Min $150

All scrubs use a super fine mineral salt to exfoliate dead skin cells, leaving the skin silky and hydrated. All wraps include the scrub which is followed by a thermal mud, rich in minerals that work to detoxify from the inside out! All body treatments end with the soothing application of luxurious scented lotion that will leave your body renewed and revitalized.

Choose from:

Body Energizing
A refreshing treatment combining lime and mandarin to revitalize overworked bodies.

Body Relaxing
A beautiful stress-relieving treatment using lavender and mint to soothe and relax.

Esthederm Absolute Firm & Hydrate Wrap | 80 Min $175

A light body scrub using Jojoba beads that work to slough off dead skin cells, a cream body mask is then applied using fasciatherapy inspired movements. While you’re cocooned in the wrap an express facial is performed. This extra firming and hydrating treatment will leave your skin toned and silky to the touch.
MEN’S TREATMENTS

Vital Active Facial | 50 Min $125 | 80 Min $160

Cleansing, clarifying and boosting energy will be at the forefront of this facial. Customized to the needs of male skin and their daily rituals, this treatment provides vitality and enhanced energy while soothing irritation from shaving and moisturizing the skin for long-lasting results.

Sports Pedicure | 50 Min $70
Sports, work shoes, long days; energize your entire body when you take care of your feet.

Power Pedicure | 80 Min $85
This totally rejuvenating treatment is excellent for tired and overworked feet. This soothing pedicure includes a relaxing salt scrub, extended foot massage and warm foot wrap.

Executive Manicure | 50 Min $55
As a friendly gesture or sealing the deal, a handsome handshake says a lot. Includes cuticle work and hand massage.
HANDS AND FEET

Classic Manicure | 55 Min $55
Artistic Nails | 55 Min $65
A traditional manicure that leaves hands feeling softer and smoother than ever.
The Gel Lacquer Manicure finishes with a gel lacquer.

Spa Manicure | 85 Min $75
Experience the benefits of a full manicure, including exfoliation and masque using locally harvested botanicals.

Slow Beauty Manicure | 85 Min $95
This manicure begins with an opening breathing ritual with a scent of your choice. Experience deep exfoliation followed by a signature massage and serum application. Nails are perfectly polished and finely groomed.

Nail Detail | 25 Min $45
The perfect “touch up” service when time is of the essence.
An express treatment to shape and polish.

Gel Soak Off | 25 Min $15
Please advise at the time of booking if gel soak off is required.

Classic Pedicure | 55 Min $70
Restore beauty and suppleness to your feet with exquisite pampering.

Spa Pedicure | 85 Min $90
A totally rejuvenating treatment for tired feet and toes, including exfoliation and masque using locally harvested botanicals.

Slow Beauty Pedicure | 85 Min $105
This pedicure begins with an opening breathing ritual with a scent of your choice. The signature scent will allow you to travel through an aroma journey while ultra luxe exfoliating and masque treatments will renew and restore hydration and youthful glow. Experience the Signature Slow Beauty massage as it melts away tension and stress. Nails are finely groomed and perfectly polished.

French Polish can be added to any Manicure or Pedicure for an additional $10.
Please arrive with natural nails free from shellac, gel or acrylic to avoid soak off service & fee.

HANDS AND FEET
MASSAGE AND HOLISTIC

**Therapeutic Massage**
- 25 Min: $87.50
- 50 Min: $135
- 80 Min: $175

**Deep Tissue Massage**
- 25 Min: $97.50
- 50 Min: $150
- 80 Min: $245

**Aromatherapy Massage**
- 25 Min: $95
- 50 Min: $140
- 80 Min: $185

Not recommended during pregnancy.

**Vintage Stone Massage**
- 45 Min: $150
- 75 Min: $195

Couples Massage Suite: Add $10 per couple.

**Reflexology**
- 25 Min: $70 (Feet Only)
- 50 Min: $105

Ancient hands-on method of stimulating reflexes on the feet, head and hands to effectively reduce tension in the body. May not be recommended during pregnancy.

**Aromaflex**
- 50 Min: $130

Combines reflexology and aromatherapy techniques skillfully applied to the face, neck, shoulders and feet to reduce stress, enhance circulation and bring balance to body and mind.

**Weekender**
- 50 Min: $140

Rejuvenating shea butter creamy body wrap, plus head and foot reflexology.

**Nature’s Gift**
- 50 Min: $130

Hair and scalp treatment, enhanced with warmed oils combined with soothing foot reflexology.

**Head and Scalp Massage**
- 25 Min: $75

**Vintage Hot Stem Massage**
- 75 Min: $195

Vintage Hot Stem Massage is a unique spa treatment incorporating massage and stretching. The application of the warm herbal stems provides moist heat that will reduce inflammation, improve circulation and provide the body with a deep sense of relaxation.

(Required Garden Spa Only)

All of our Massage Practitioners are registered with the CMTO. Reflexologists are registered with the RRCO. Receipt for insurance submission is available upon request. Our team consists of male and female therapists. Although we try to accommodate requests we cannot guarantee preferences. Receipt will not be issued for missed or cancelled appointments or when using a gift card as method of payment for service.
Youth Services
Youth Services are available for ages 12 years and under.

Fabulous Facial | 25 Min $60
Radiant complexion and perfectly balanced skin is the result of this gentle treatment.

Sole Joy Pedicure | 25 Min $35
Get spoiled for life with a gentle pedicure for tiny toes.

Little Ms. Manicure | 25 Min $35
A gentle manicure with shape and polish of the nails.

Glamour Party
Ask us about hosting your child’s next birthday or special event with a Glamour Party.
MAKEUP AT 100 FOUNTAIN SPA

Our mineral makeup is formulated using powerful pharmaceutical grade antioxidants, natural, high-pigment minerals and broad spectrum UV protection. These products are designed to deliver a flawless complexion while improving the health and appearance of the skin and protecting it from the outside in.

Makeup Application | 45 Min $85
Whether you’re seeking a whole new look or primping for a special evening out, a professional application will enhance your features while protecting your skin.
You may use $15 of the application fee toward your makeup purchase.

Makeup Touch-Up | 25 Min $45
Provides a natural glow for the girl on the go.

Bridal Makeup Application | 2 - 60 Min Sessions $195
To ensure you look your absolute best. Includes one makeup application prior to the wedding day and one on the wedding day.
You may use $25 of the application fee toward your makeup purchase.

Makeup Lesson | 80 Min $135
Designed to teach you how to apply your makeup in a natural and easy to follow method for everyday wear. An ideal way to update your look.
You may use $25 of the application fee toward your makeup purchase.
SPA PACKAGES AND WELLNESS OFFERINGS

Spa Day Packages
The Couples Paradise  | 50 Min $145 per person
Relaxation Massage (25 Min) & Reflexology (25 Min)

The Essentials  | 220 Min $265
Personalized Facial, Spa Manicure & Spa Pedicure

The Awakening  | 75 Min $190 w/Massage $170 w/Reflexology
Select Relaxation Massage (25 Min) or Reflexology (25 Min), Face Express & Nail Detail

The Deluxe  | 265 Min $480
Relaxation Massage (50 Min), Collagen Facial, Body Scrub & Spa Pedicure
Includes your choice of Fruit or Cheese plate.
Cell Phones
Cell phone use is not permitted in the spa treatment areas. We ask that you leave these devices in your private locker. The spa is not responsible for lost or stolen items.

Spa Amenities & Day Passes
Pillar & Post’s Hot Springs are open daily from 7am-10pm. Day passes may be purchased for a rate of $55 plus tax on a first come, first serve basis. Guests who have services totaling under $100 may use the facilities with the purchase of a $35 day pass. Day passes are valid Sunday – Friday ONLY (excluding Saturdays and holiday weekends). Guests must be 16 and older to use the Hot Springs.

Groups
Celebrate a special occasion or reward your team with our unique spa facilities and services. Our dedicated, friendly staff are experts at creating memorable experiences no matter what the occasion. Our spacious manicure and pedicure salon has 6 chairs featuring built-in massage, hand-blown glass bowls, plus 6 manicure stations to accommodate groups up to 12. We have the perfect set up for a corporate retreat, a bridal party, girls’ getaway, graduations or as unique baby shower. Contact your spa representative for details.

Niagara-on-the-Lake Memberships
Why join a gym when you can join a spa! Enjoy the serenity of our facilities while maintaining your fitness regime. Become a member to have full access to the Fitness Centre, Yoga and Spin Studio, Sauna, Heated Indoor Saltwater Pool, Hot Springs, Spa Lounge and a wide variety of Group Classes. Members receive special discounts on spa services and retail products. Enquire for details.

Spa Cuisine
We are pleased to offer our guests a selection of spa cuisine. We recommend pre-ordering lunch at check in.

Gift Certificates
Give the gift of relaxation and well-being! Gift certificates are available in person, by phone, email or can be purchased online.

What to Bring
You will be provided with a robe and a secure space to store your belongings upon arrival. Please make sure you bring your bathing suit and slippers. A pair of reusable slippers can be provided. It is also recommended to bring a reusable water bottle to stay hydrated throughout the day. You are advised to leave your valuables at home as the spa cannot assume responsibility for lost or misplaced items.
For spa reservations please call: 1-888-669-5566
Email: spares@vintage-hotels.com
www.vintage-hotels.com