

The Spa at Digby Pines

1.800.667.4637

The Spa at Keltic

1.800.565.0444



what renews your
sense of well-being?

THE NURTURING TOUCH OF
AVEDA SPA THERAPISTS

AVEDA
www.signatureresorts.com

restore balance.

As living beings, we are in a constant state of flux as we strive for equilibrium to combat stresses that affect our balance and well-being each day. Naturally, these stresses have an effect on our skin, body and emotions.

At AVEDA, our goal is to design treatments to bring you back into balance, using nurturing high-touch approaches and unique Sensory Experiences.

The root of AVEDA's holistic spa philosophy, Elemental Nature™, is based on the five elements found in nature (and within each of us): Infinity, Air, Fire, Water and Earth.

Before each service we ask our guests to complete the AVEDA Elemental Nature™ questionnaire which allows our therapists to create personalized treatments and self-care rituals based on our Elemental Nature, to bring you back into balance.

Spa Hours: 9am - 6pm, 7 days / week
Hours subject to change

Not all treatments may be available at each location

Men's Exclusive

Our goal is to ensure you completely enjoy your time with us. The following tips will help you make the most of your time at our spa.

Upon scheduling an appointment, we require a credit card to reserve your time. Your credit card will not be charged until your service.

For your first visit, arrive 15 minutes prior. This will allow enough time for a spa tour, changing into spa attire, and a consultation. If you desire extra time to relax and unwind, please come in 20 minutes prior to your first visit and enjoy some AVEDA Comforting Tea as you settle in.

Your privacy and comfort are of the utmost importance to us. Spa treatments require various levels of undress and your therapists are trained in appropriate methods of draping. Although your therapist will discuss a complete overview of the treatment you will experience, please feel free to ask any questions or make special requests to ensure your own comfort level.

We understand that sometimes you need to change your schedule. We kindly ask that you give us 24 hours notice if you must cancel an appointment. If no notice is given, a 25% cancellation fee may be charged to your credit card.

For your relaxation, our spa is an adult-oriented experience. Parents please note: it is essential to make child care arrangements prior to your spa appointment so that you may enjoy it to the fullest.

Ask about our AVEDA Treatment Enhancements to further your spa experience with us.

Our highly skilled professionals are well trained in client safety and comfort and take the utmost care in providing you with the best spa experience.

We thank you in advance for allowing us the privilege of taking care of you.

-The AVEDA Spa at Keltic and Digby Pines

If you have enjoyed your experience with us and want to share it with others, we offer AVEDA Gift Certificates and Group Bookings. If you are interested in booking a group, please contact the spa manager at Keltic: 1.800.565.0444 or at Digby Pines: 1.800.667.4637 to create the perfect spa day for you and yours.

We accept the following forms of payment: cash, debit and all major credit cards.

Massage

Professional Golf Massage (60 minutes)

For the avid golfer, your massage therapist will target the areas of the body impacted most by your golf game helping to ease and soothe any muscle soreness.

Skin

Men's Facial (30-60-90 minutes)

A classic facial that meets the needs of men, like dryness from shaving, stress and problem areas to help address in-grown hairs as well as razor burn. Incorporates deep cleaning, steam, exfoliation, detoxification masque, neck and face massage.

Back Wax (45 minutes)

Keeps you cool and leaves you smooth.

Manicure (40 minutes)

This mini nail service includes a brief file and nail buff for a clean, professional look. Everyone likes a man with nice hands.

Foot Renewal (60 minutes)

A great way to treat your feet after an exhilarating day of golf, or anytime your feet need a lift. In addition to a relaxing pedicure and foot massage, self-heating mud is applied to re-energize and stimulate the feet.

Back Treatment (60 minutes)

A facial for your back! This treatment will focus on cleansing, skin exfoliation and back massage. Perfect if you are having challenges on your back.

Hair

Camouflage (60 minutes)

Cover grey completely or blend with your natural color. Liven up your hair color with highlights.

Eyebrow Grooming (15 minutes)

Get those eyebrows in sync with the rest of your well-groomed appearance.

Rejuvenating Body Treatments

Himalayan Rejuvenation Treatment *(120 minutes)*

This purifying yet nurturing treatment is based in the science of Ayurveda, the ancient healing art on India. Experience a series of innovative exfoliation and massage techniques to relax the body, calm the mind and relieve tension. Your body will then be warmed using a special aroma blend in a Plant Pure-Fume™ Steam Bath and finally, a deep relaxation is created by a warm plant-based product called Tranquillescence™, which is directed in a continuous stream onto the forehead. A great mind and body experience.

Caribbean Therapy™ Body Treatment *(60 minutes)*

A rejuvenating and nurturing body treatment that uses the healing touch and plant ingredients of the Caribbean to create inner calm and renew the body and senses. Treatment begins with a dry exfoliation, followed by a warm seaweed back and foot masque to smooth and detoxify. A restorative scalp, face and body massage completes this island-inspired experience.

Rosemary Mint Awakening Body Wrap *(60 minutes)*

Renew body and mind with this stimulating and nurturing dry wrap. Your body is exfoliated, smoothed, softened and wrapped. Essences of rosemary and peppermint will awaken your senses while a scalp and foot massage balance the whole body.

Back Treatment *(60 minutes)*

Designed to bring purity and balance to the skin on the back, this treatment will focus on cleansing, skin exfoliation, back massage and mask therapy. Perfect if you are having skin challenges on your back, seasonal changes or for a special occasion.

Aqua Polish *(60 minutes)*

A full body exfoliation and refinement of your skin using the therapeutic benefits of marine elements such as Dead Sea salts along with skin conditioning oils. Enhanced with personalized Plant Pure-Fume™ Steam Bath. The result is conditioned, soft, polished skin.

* Add on a shampoo and style to any body treatment to leave feeling fresh and rejuvenated.

Marine Algae Seaweed Treatments

The Cape Breton Highlands, with its rugged beauty and soaring vistas, always had a unique relationship with the sea. Surrounded by water, the ocean has long been a source of both inspiration and nourishment for visitors and area residents alike. Drawing from this inspiration, our Marine Sea Algae Treatments not only hydrate the skin with minerals and enzymes, they stimulate blood circulation and invigorate the skin tissue to improve elasticity. Sea algae is renowned for its detoxification and healing properties.

Seaweed Body Wrap *(90 minutes)*

Experience The Keltic Lodge's signature seaweed body treatment designed to detoxify and purify your skin with algae and mineral salts. Begin with a full body exfoliation to eliminate surface impurities, followed with an application of our self-warming seaweed masque formula to the entire body. Before you are comfortably cocooned hot stones are placed on the body to add warmth and balance. While wrapped you will experience the Shirodara, a blend of warm botanical oils that flow on your third eye chakra putting you in a deep state of relaxation. After a balancing scalp massage the masque is removed and your entire body is treated to a hydrating formula application. Your skin is left looking and feeling incredibly smooth, rejuvenated, vibrant and toned.

Sea Spa Pedicure *(60 minutes)*

Indulge your feet in this relaxing & therapeutic Keltic signature foot treatment. A warm eucalyptus soak prepares your feet and legs for a stimulating glacier salt rub combined with warm botanical oils. A eucalyptus scented cream hydrates your skin and is followed by a hot stone massage to your legs and feet. Your feet are then treated to warm seaweed mask and wrapped in warm towels. A polish color of choice ends this wonderful experience.

Marine Algae Revitalizing Treatment *(75 minutes)*

Designed to increase circulation and nourish the skin, this facial is excellent for lackluster complexions. Using only marine algae derived ingredients, it will give you a fresh, radiant, dewy glow.

Massage & Treatment Enhancements

Elemental Nature™ Massage (30-60-90 minutes)

A personalized massage experience based upon the Aveda Elemental Nature™ philosophy and your favorite Aveda aromas. Depending upon your needs, a variety of massage techniques will be utilized.

AVEDA Hydrotherm™ Massage (30-60-90 minutes)

Discover a new dimension to the nurturing art of massage: warm, water-filled cushions cradle your body, easing strain on muscles as your spa therapist reaches deeply stressed areas. All of the benefits of traditional massage, without the normal challenges: no turning over, no uncomfortable face cradles, just uninterrupted relaxation. An Aveda exclusive, Hydrotherm changes your perception of massage.

Fusion Stone Massage™ (30-60-90 minutes)

Experience the aromatic power of traditional North American plants fused with the sensation of smooth stone massage. Sage, cedar and sweet-grass encompass the senses and enhance skin hydration. Opposing sensations of warm and cool stones fused with massage techniques balance, soothe and invigorate your body.

Treatment Enhancements

Ask your therapist how you can personalize your facial, massage, or spa body treatment by adding on a mini-treatment with distinct benefits. Be sure to schedule your treatment enhancement when you make your spa appointment.

Brightening Treatment Enhancement (15-30 minutes)

This treatment will result in a lightening of hyperpigmentation, even skin tone and improved circulation. See longer lasting results due to *Japanese-inspired massage techniques and home-care.*

Revitalizing Eye Treatment (15 minutes)

Focus on diminishing fine lines, puffiness and dark circles in the delicate eye area.

Face and Décolleté Finish (15 minutes)

Vitamin therapy for luminous skin.

Neti Massage (30 minutes)

Aromatic steam inhalation combined with facial massage techniques relieves facial pressure.

Tranquillescence™ (15 minutes)

Based on Ayurvedic Shirodhara, a warmed botanical concentrate streams between your brows and flows gently off the back of your head for profound relaxation.

Plant Pure-Fume Steam Bath™ (30 minutes)

A purifying aromatic steam envelops your body for relaxation and detoxification.

Floating Facial Option

Nurture yourself with the addition of our warm water filled hydrotherm cushions. Your body will be cradled from head to toe as you experience the sensation of floating in a tropical sea.

Signature Specialties

The Spa at Keltic and The Spa at Digby Pines have created these Signature Specialties to reflect the traditional characteristics of the geographic regions of each resort. We invite you to indulge in these uniquely designed Nova Scotia Signature Resort specialties.

A Bushel of Apples Spa Treatments

"An apple a day keeps the doctor away." Famous for its apple harvest and beautiful orchards, the Annapolis Valley was the inspiration for our signature Apple Spa Treatments. Apples have been used for centuries for their skin healing powers. They are high in potassium and vitamins A and C and contain malic acid, a natural exfoliating enzyme. Indulge in the goodness of apples with our Bushel of Apples Spa Treatments.

Polished Apple Body Treatment (90 minutes)

Experience our signature "Polished Apple" treatment which begins with our Apple Pie Scrub on the entire body for exfoliation and complete hydration using raw sugar, cinnamon, apple extract and natural oils. Next you'll be enveloped in a warm aromatic steam wrap to allow absorption of the nourishing scrub. Finally, your skin receives a healthy serving of Vanilla Ice Body Cream massaged into your skin leaving it with a "Polished Apple" glow.

Apple Blossom Facial (60 minutes)

Apples and their extracts are full of natural AHAs that when applied exfoliate the skin and enhance water absorption which softens the skin. This exfoliating, stimulating facial uses the natural AHAs found in apples to remove dry dead skin and clear clogged pores. Our Apple Blossom Facial will increase blood flow to the skin, aiding in detoxifying and increasing cellular renewal leaving the skin glowing, toned and smooth. This facial is recommended for skin types ranging from dry / mature to acneic / congested.

Apple Polisher Pedicure (60 minutes)

Your treatment begins with our milk & honey soak, to which we've added apples and cinnamon. Sit back and enjoy fresh apple cider, hot or cold, while we exfoliate your feet with our signature Apple Pie Scrub. Complete your treatment with a perfect polish from our POI nail collection.

Spa Packages

Elements of Indulgence (360 minutes)

- Elemental Nature Facial (60 minutes)
- Elemental Nature Massage (60 minutes)
- Caribbean Therapy Hand Treatment
- Caribbean Therapy Foot Treatment
- Shampoo and Style
- Wellness Lunch

Elements of Renewal (350 minutes)

- Fusion Stone Massage (60 minutes)
- Marine Algae Seaweed Treatment
- Marine Algae Revitalizing Facial
- Sea Spa Pedicure
- Shampoo and Style
- Wellness Lunch

Elements of Relaxation (225 minutes)

- Hydrotherm Massage (60 minutes)
- Apple Blossom Facial
- Hand Relieving Treatment
- Apple Polish Pedicure

Elements of Focus (130 minutes)

- Elemental Nature Facial (30 minutes)
- Hand Relieving Treatment
- Foot Relieving Treatment

Elements for Him (160 Minutes)

- Professional Golf Massage (60 minutes)
- Men's Facial (30 minutes)
- Foot Renewal
- Hand Detailing
- Hair Maintenance

Special Occasion/Bridal Package * (200 minutes)

- Revitalizing Eye Treatment
- Hand Relieving Treatment
- Foot Relieving Treatment
- Make-up Application
- Gala Hair Styling **
- Lip color

*All package components do not have to be administered on the same day for the special occasion/bridal package.

**Length of time for entire package treatments can vary due to desired look for hair styling.

Keltic Lodge
Signature Package

Digby Pines
Signature Package

Hair Care & Waxing

Hair Care

Our salon specialists listen carefully to your personal needs and preferences to create a hairstyle that is versatile, unique to your own style and easy to maintain. Your service begins with a consultation, followed by a mini stress relieving and cleansing scalp massage.

Damage Remedy Hair and Scalp Renewal (45 minutes)

This treatment will help moisturize and nurture dry and sensitive scalp conditions, along with strengthening and hydrating weak and dry hair. A must for the summer season.

Purescription Treatment (20 minutes)

A nourishing blend of essential oils are applied to the hair and scalp leaving the hair moisturized and shiny. This treatment is for dry or chemically treated hair.

Sapross Treatment (20 minutes)

A nourishing treatment that moisturizes and deep conditions dry hair.

Styling

Blow-dry / Flat Iron

Gala hairstyling

Hair color

- Semi-permanent and permanent
- Foil highlights

Perm

AVEDA Plant Wax Hair Removal

AVEDA's Natural Plant Wax Program is a process that incorporates natural plant-based waxes, essential oils and soothing ingredients to give you the best hair removal results. Our Relaxing Waxing Rituals allow the most comfort, as well as being effective. Using two different types of wax allows us to customize for the area of hair removal. Make sure to let us know if you're using doctor-prescribed skin care products or taking any medications, so we can check for contra-indications.

Facial Hair Removal

- Brow design
- Brow maintenance
- Upper lip
- Chin or cheeks
- Men's brow grooming

Arms

- ½ and full arm

Legs

- ½ and full leg

Underarms

Bikini

- Bikini
- Maintenance

Back and Chest

Skin Care

AVEDA Elemental Nature™ Facials (30-60-90 minutes)

The skin is the largest organ of perception and elimination. It is a dynamic living organ that continually responds to life, the seasons and to physical and emotional changes. So it naturally reveals all traces of stress, imbalance and toxicity. At AVEDA, we have effective products to treat all your topical skin care concerns, but we are also interested in helping you find out about the underlying causes which will lead to a much healthier you. The AVEDA Elemental Nature facials create balance for the skin by helping guests to determine their true nature. We will help you discover your elemental nature and then design a treatment to restore skin to its true potential. Through our many sensory experiences, AVEDA will help you integrate mind and body and will inevitably unite your outer appearance with your inner sense of well-being.

Make-up Application

Let us help you look your best in AVEDA's pure plant tints.

Bridal Make-up Application

Let our make-up artists help design that special look for your big day. Photography make-up will achieve your flawless look. Includes an initial trial application.

Manicures & Pedicures

Caribbean Therapy™ Hand Treatment (60 minutes)

A rejuvenating and nurturing hand treatment that uses the healing touch and ingredients of the Caribbean to improve the condition of nails, cuticles and hands. A special exfoliating paste and warm seaweed mask combine with Caribbean massage techniques to smooth and soften, relax and renew.

Hand Relieving Treatment (40 minutes)

This unique treatment makes hands beautiful and younger-looking by incorporating cuticle minimizing, exfoliation and reflex hand and arm pressure point massage utilizes AVEDA's exclusive flower and plant essences. Hands are visibly softer and smoother.

* Add a French Manicure or Pedicure (15 minutes)

Caribbean Therapy™ Foot Treatment (60 minutes)

A rejuvenating and nurturing foot treatment that uses the healing touch and ingredients of the Caribbean to improve condition of nails, cuticles and feet. A special exfoliating paste and warm seaweed mask combine with Caribbean massage techniques to smooth and soften, relax and renew.

Foot Relieving Treatment (45 minutes)

Indulge yourself in this tension-releasing treatment. The feet are thoroughly pampered and groomed followed by a foot and leg pressure point massage utilizing AVEDA's pure flower and plant essences.