



Spa at Digby Pines merges art, science and beauty to create an unforgettable wellness experience designed personally for you where your memories are our magic. Our Aveda Concept Salon and Spa combines high-performing, plant-based skin and body care products with high-touch techniques to offer a menu of facial, massage, body, hair, nail and waxing treatments that can be customized to meet your specific needs.

Your experience begins with Aveda's signature Elemental Nature Questionnaire to determine the products and treatments that are right for you. The result is a holistic spa experience that promotes wellness, creates balances and stimulates mind and body recovery through aroma, breath and touch.

Facial Treatments

Dry, oily, aging, uneven, sensitive and acneic skin conditions and eye concerns can all be addressed with a customized Aveda facial treatment. After a thorough consultation, your skin therapist will provide the best combination of Aveda skin care products, personalized Aveda aromas and techniques and design a customized treatment that will move your skin toward balance and reveal its natural beauty.

Facial treatments are recommended on a weekly, monthly and seasonal basis to achieve and maintain optimal results. Your skin therapist will develop a comprehensive treatment plan designed to meet your individual needs and expectations.

90 minutes/\$118

Customized facial with 30 minutes of intensive work on one area of focus or additional work on a second focus

60 minutes/\$102

Customized facial with 20 minutes of intensive work on one area of focus

30 minutes/\$73

Customized facial with work on one area of focus; most effective in a treatment series

Facial and Spa Enhancements

Botanical Kinetics™ Energizing Eye Treatment

See your eyes come alive with the vital energy of plants and massage movements inspired by ancient healing. Botanical Kinetics™ Energizing Eye Creme revitalizes eyes by helping reduce the appearance of under-eye circle and puffiness with licorice root and coffee bean extracts. Gentle activation of specific energizing pressure points helps energize the look of skin around the eyes.

30 minute Treatment/\$52

Add-On Treatment/\$31

Botanical Skin Resurfacing Treatment

Go beyond microdermabrasion, and energize the look of your skin with a professional facial treatment that helps smooth skin texture and reduce the appearance of lines and wrinkles and pore size while significantly increasing radiance - all with less visible redness and irritation than a microdermabrasion procedure.

60 minutes/\$104

Series of four treatments (recommended)/\$365

Perfecting Plant Peel™

Advancing the science of chemical peels, this professional facial treatment helps retexturize skin; smooth fine, dry lines; refine the look of pores; and restore radiance. Safe for acneic skin conditions, the Perfecting Plant Peel™ can be performed as a standalone treatment or added to any other facial treatment any time skin needs the exfoliation and radiance benefits of a 30% glycolic peel procedure with less of the associated redness and irritation.

30 minutes/\$31

Series of four treatments (recommended)/\$104

Apple Blossom Facial

Apple Blossom Facial Signature special it is good for increasing blood flow, aids in detoxifying and increasing circulation leaving your skin glowing, toned and smooth. Using apples enhances water absorption which helps soften the skin. They add apple puree in the face masque; they infuse the lotion with vanilla. You almost smell like grandma's apple pie.

60 minutes/\$102

Aveda Aroma Massage

Stress, muscle tension and lack of energy can all be addressed with a customized massage treatment. After a thorough consultation, your massage therapist will provide you with the best combination of products, personalized Aveda aromas and massage techniques, which can include Swedish/relaxation, deep tissue, foot reflexology, chakra techniques, subtle energy work, pregnancy massage or hot stone - the possibilities are limitless.

Massage treatments are recommended on a weekly, monthly or quarterly basis to achieve and maintain optimal results. Your massage therapist will develop a comprehensive treatment plan designed to meet your individual needs and expectations.

RMT MASSAGE (on request- not all therapists are Registered Massage Therapist, if claiming for insurance purposes please request RMT)

90 minutes/\$130

60 minutes/\$115

30minutes/\$84

RELAXATION MASSAGE (performed by spa therapists- estheticians)

60 minutes/\$102

Customized full-body massage or customized massage with intensive work on 1-2 areas of focus

30 minutes/\$68

Customized massage with intensive work on one area of focus

Stress-Fix™Body Massage

The Stress-Fix™ Body Massage combines Swedish massage, deep tissue massage, foot reflexology and acupressure techniques with a guided meditation to help the recovery process. The treatment features the Stress-Fix™ aroma of lavender, lavandin and clary sage, which is proven to relieve feelings of stress.

60 minutes/ \$112

Chakra™ Balancing Massage

The Chakra™Balancing Massage is an innovative treatment that incorporates Aveda's Chakra™Balancing Blend Aromas and focuses on the seven chakra centers in the body using a variety of massage techniques, including deep tissue, foot reflexology and energy work. The

massage concludes with a guided meditation to help enhance the benefits of stress-relief, decreased muscular tension and increased energy.

60 minutes/ \$112

Aveda Body Treatments

Smoother, softer skin texture, body detoxification and hydrated skin can all be achieved with a customized body treatment where you determine the focus. After a thorough consultation, your spa body therapist will provide you with the best combination of products and personalized Aveda aromas while performing the techniques needed to achieve your chosen focus.

Aveda Aroma Body Polish

The Aveda Aroma Body Polish Treatment is an exfoliating body treatment featuring customized Aveda body care products and aromas. The treatment includes an exfoliation and full-body massage, including scalp and foot reflexology techniques.

75 minutes/\$112

Aveda Aroma Body Wrap

The Aveda Aroma Body Wrap is a warming, detoxifying seaweed body wrap treatment customized with Aveda body care products and aromas. The treatment includes a dry exfoliation, seaweed body masque, scalp and face massage and foot reflexology techniques.

75 minutes/\$125

Back Treatment

A customized treatment that focuses on cleansing, exfoliating, extracting (if desired) and massaging the back.

60 minutes/\$102

Polished Apple Body Treatment

Your full body is exfoliated using our Signature Apple Pie Scrub. Using raw sugar, cinnamon, apple extracts and natural oils to hydrate the skin. You are then cocooned in thermal blankets at which time you receive a balancing scalp massage. There is a light touch massage as your therapist applies a hydrating lotions which is infused with vanilla. You will smell like "Grandma's apple pie" and your skin will be left silky smooth.

90 minutes/\$235

Massage and Body Treatment Enhancements

Aveda Aroma Scalp Massage

Many guests say the scalp massage is their favourite part of a spa treatment. This 15-minute scalp massage customized with an Aveda aroma made from pure flower and plant essences is a perfect enhancement to any massage, facial or body treatment. Leave the product in your hair for added benefits or schedule a shampoo and blow dry service immediately following your scalp massage experience.

15 minute Add-On Treatment/\$16

Aveda Aroma Massage

Stress, muscle tension and lack of energy can all be addressed with a customized massage treatment. After a thorough consultation, your massage therapist will provide you with the best combination of products, personalized Aveda aromas and massage techniques, which can include Swedish/relaxation, deep tissue, chakra techniques, and subtle energy work- the possibilities are limitless.

30 minute Add-On Treatment/\$47

Botanical Kinetics™ Energizing Eye Treatment

See your eyes come alive with the vital energy of plants and massage movements inspired by ancient healing. Botanical Kinetics™ Energizing Eye Creme revitalizes eyes by helping reduce the appearance of under-eye circle and puffiness with licorice root and coffee bean extracts. Gentle activation of specific energizing pressure points helps energize the look of skin around the eyes.

30 minute Add-On Treatment/\$31

Aveda Nail Treatments

Aveda Aroma Manicure

Aveda pedicures are customized treatments that care for the feet, specifically addressing dry, aging skin; rough cuticles; and nail health. Our nail therapists will consult with you to help you determine the body care products and aromas that best meet your needs.

45 minutes/\$50

Aveda Aroma Pedicure

Aveda pedicures are customized treatments that care for the feet, specifically addressing dry, aging skin; rough cuticles; and nail health. Our nail therapists will consult with you to help you determine the body care products and aromas that best meet your needs

60 minutes/\$68

Apple Polisher Pedicure

Your feet are treated first to a milk and honey foot soak. Exfoliation of the feet uses actual apples and brown sugar-which helps the skin to absorb the lotion which is infused with vanilla and cinnamon. You will receive a wonderfully relaxing foot and leg pressure point massage. There is also nail, cuticle and buffing of the soles of the feet. Finishing off with a polish of your choice. Your feet will smell like Grandma's apple pie!

60 minutes/\$79

Sea Spa Pedicure

Indulge your feet in this relaxing and therapeutic 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 a warm seaweed mask and wrapped in warm towels ending with a polish color of your choice.

75 minutes/\$85

Manicure and Pedicure Enhancements

Shellac Removal

15 minutes Add-On Treatment/\$12 and up

French Manicure and Pedicure

This unique treatment makes hands beautiful and younger looking by incorporating nail care, cuticle minimizing and massage utilizing the AVEDA exclusive flower and plant essences. Finishing with a French Polish-leaving the nails bright and healthy.

Manicure Add-On Treatment/\$18

Pedicure Add-On Treatment/\$22

Waxing and Tinting Treatments

Aveda waxing treatments ensure that the skin is properly cared for both before and after hair removal. Our waxing therapists will consult with you to determine the skin and body care products to cleanse, exfoliate and hydrate your skin, providing best result with the highest level of comfort.

Eyebrows*/\$22

Eyebrows and Tint*/\$31

Lash Tint/\$16

Eyebrows and Lash Tint*/\$31

Upper Lip/Chin/Cheeks/\$ 16 each

Whole Face/\$52

Underarm/\$27

Half Leg/\$ 47

Full Leg/\$70
Bikini/\$38
Half Arm/\$39
Full Arm/\$ 49
Back/Chest/\$ 49

*Discuss maintenance waxing with your spa therapist.

Aveda Makeup Applications and Enhancements

Aveda Makeup

Aveda makeup is 100% natural and from plant-derived ingredients that help care for your skin, all of which is formulated without parabens, talc or mineral oil. Makeup applications include skin cleansing and removal of previous makeup. Please stop by to see us for all of your makeup inquiries.

Makeup Application

30 minutes/\$38

Bridal Makeup Application

Includes consultation trial/\$55

Brow Wax (Recommended day prior to makeup application)/\$22

Eyebrows and Tint/\$31

Lash Tint/\$16

Eyebrows and Lash Tint/\$31

Spa at Digby Pines Salon

Women's Cut
\$51

Shampoo/Blow Dry
\$39

Men's Cut
\$34

Gala Up-Do
\$73

Semi- Permanent/Permanent Hair Colour
\$84 & above

Full Head Foil Highlights
\$124 & above

Partial Head Foil Highlights
\$84 & above

Sun Kissed Head Foils Highlights
\$57 & above

Body Perm
\$94 & above

Botanical Therapy Hair Treatment

A holistic approach to keeping the scalp and hair in balance. Each treatment combines the power of touch and aroma therapeutic essential oils and can be customized to rejuvenate the scalp, hair and senses. Prices are determined by your stylist, during the consultation and may vary for a variety of reasons: the experience level of your stylist, the length and thickness of your hair, and the time and product required to complete your service.

15 minutes Add-On Treatment/\$21-\$26

Spa at Digby Pines Signature Packages

Elements of Indulgence - Prepare to be spoiled all day long

Head to toe pampering is included in our indulgence package

- 60 minute Customized Aveda Facial
- 60 minute Customized Aveda Aroma Massage
- Aveda Aroma Manicure
- Aveda Aroma Pedicure

3 hours and 45minutes/\$238

Elements of Relaxation - Prepare for total relaxation

Experience our Signature Special treatments included in our Relaxation package

- 60 minute Aveda Aroma Massage
- 60 minute Apple Blossom Facial
- 45 minute Aveda Aroma Manicure
- 60 minute Aveda Polisher Pedicure

3 hours and 45 minutes/\$252

Elements of Focus - For a lasting spa experience

Enjoy a taste of our Aveda Spa

- 30 minute Customized Aveda Facial
- 45 minute Aveda Aroma Manicure
- 60 minute Aveda Aroma Pedicure

2 hours and 15 minutes/\$182

Elements for Him

Tailored for Men

- 60 minute Customized Aveda Aroma Massage
- 30 minute Men's Customized Aveda Facial
- 60 minute Aveda Aroma Pedicure
- 45 minute Aveda Aroma Manicure

3 hours and 15 minutes/\$192

The Spa Day Escape

Enjoy a day at the spa with a spa lunch

- 60 minute Customized Aveda Aroma Massage
- 30 minute Customized Aveda Facial
- 30 minute Express Manicure or Express Pedicure
- Aveda Makeup Finishing Touch Up
- Free Aveda Mini Sample
- Spa Lunch

2 hours and 30 minutes/\$234

Special Occasion/Bridal Package

Preparing for your big day!

- 30 minute Botanical Kinetics™ Energizing Eye Treatment
- 45 minutes Aveda Aroma Manicure
- 60 minute Aveda Aroma Pedicure
- 30 minute Aveda Makeup Application
- 60 minute Gala Hair Style

3 hours and 45 minutes/\$260