

Who can guide me in choosing my treatments? Our Spa Team will help you plan the perfect spa experience: everything from helping you decide what treatments are right for you to making sure that your treatments are scheduled in the proper order.

What if I have special health considerations? Please notify us before booking your treatments if you have high blood pressure, allergies, any physical ailments or disabilities, or if you are pregnant. For any health-related queries, please let us know. If at any time during any of your services you experience discomfort, please alert your therapist immediately.

When should I arrive? For your utmost comfort and serenity, we suggest that you arrive 30 minutes before your scheduled treatment. This will allow you to relax in our saunas, steam room or hot tubs. If you have more time to spare, make sure to bring your workout gear and take advantage of the club's extensive fitness facilities, including aerobics, yoga, pilates, spinning and swimming, or dine at the Mcafé. Information on classes is available at the main entrance to the club. These exclusive facilities are also available to non-members; please contact us for further details.

What should I wear during my treatment? Most body treatments are enjoyed without clothing; however, please wear whatever is comfortable for you. During all treatments, the body is fully draped, except for the area being worked on. As a complimentary service, robes and slippers are provided at the Spa during check-in. Please return them when checking out.

What if I am late for my appointment? Arriving late will simply limit your time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time, so that the next guest will not be delayed. You will be charged for the full value of your treatment.

What about gratuities? Gratuities are completely at your discretion, 15-20% is the usual amount of a gratuity on the part of a client who has had the Ultimate Spa Experience.

What is the cancellation policy? If you must reschedule or cancel your appointment, please notify us at least twelve (12) hours in advance of your scheduled appointment to avoid being charged the full service fee. Cancellations of packages or private parties require 24 hours notice. A credit card is required for non-members at the time they book their treatments. As a reminder service, we will call you 2 days before your scheduled appointment.

What if I am pregnant? There are a few services to be avoided during pregnancy; however, there are many beneficial treatments that can be enjoyed. Please advise us of your status when you make your appointments. We will guide you on the best choices for you during this special time.

Are gift cards available from the Spa? Of course! You may purchase a Midtown Sanctuaire Gift Card for a specific dollar amount or for particular services. The Midtown Sanctuaire Gift Card can be used towards services or purchases in our Spa Boutique.

We ask that you be mindful of others enjoying their treatment. **Please turn off your cell phone** and if socializing, try to keep the volume of your conversation to a minimum.

We thank you in advance



M O N T R E A L

Le Spa Midtown
6105 Ave du Boisé
Montréal, Québec H3S 2V9
T: 514.737.5555
www.midtown.com/montreal

opening hours
Monday – Friday
10am – 9pm
Saturday – Sunday
10am – 6pm

Prices and services are subject to change

Prices: Member/No Member

MASSAGE

Therapeutic Massage/ Pre- or Post Natal Massage:

	M	NM
- 30 minutes	68,00\$	78,00\$
- 45 minutes	78,00\$	89,00\$
- 60 minutes	98,00\$	113,00\$
- 75 minutes	119,00\$	136,00\$
- 90 minutes	137,00\$	156,00\$

Relaxation Massage:

	M	NM
- 30 minutes	58,00\$	66,00\$
- 45 minutes	68,00\$	77,00\$
- 60 minutes	88,00\$	100,00\$
- 75 minutes	109,00\$	124,00\$
- 90 minutes	127,00\$	144,00\$

Reflexology:

	M	NM
- 45 minutes	73,00\$	93,00\$
- 60 minutes	86,00\$	98,00\$

Shiatsu Massage:

	M	NM
- 75 minutes	119,00\$	136,00\$

Lymphatic Drainage:

	M	NM
- 75 minutes	103,00\$	118,00\$

Lava Shell Massage

	M	NM
	105,00\$	118,00\$

Thai Massage

	M	NM
75 minutes	116,00\$	133,00\$

Massage Packages:

	M
- 5 Therapeutic Massage (60 min)	460,00\$
- 10 Therapeutic Massage (60 min)	890,00\$
- 5 Therapeutic Massage (90 min)	635,00\$
- 10 Therapeutic Massage (90 min)	1240,00\$
- Relaxation Massage (5x60 min)	405,00\$
- Relaxation Massage (10x60 min)	790,00\$
- Relaxation Massage (5x90 min)	585,00\$
- Relaxation Massage (10x90 min)	1140,00\$

SKIN CARE

	M	NM
Éminence Signature Facial 75 minutes	90,00\$	103,00\$

	M	NM
Age Corrective Facial with Pineapple Pro Enzyme Peel 75 minutes	105,00\$	120,00\$

	M	NM
Arctic Berry Illuminating Facial Compleat 75 minutes Express 45 minutes	120,00\$ 72,00\$	138,00\$ 82,00\$

	M	NM
Hydrolifting Facial 60 minutes	99,00\$	113,00\$

	M	NM
Algomask Facial 60 minutes	105,00\$	120,00\$

	M	NM
Botinol Facial 75 minutes	165,00\$	189,00\$

	M	NM
Collagene Facial 75 minutes	145,00\$	165,00\$

	M	NM
Puracne Oxygen Facial 60 minutes	105,00\$	120,00\$

	M	NM
Facial Gentleman 60 minutes	77,00\$	87,00\$

	M	NM
See-C-Spa Facial 75 minutes	140,00\$	160,00\$

	M	NM
The Chemical Peel by G.M. Collin	68,00\$	77,00\$

DERMAPOD

REJUVENATION SERVICES

	M	NM
microdermabrasion - 60 minutes	115\$	132\$
- Cure of 8 sessions	800\$	920\$
- Add on to any facial	35\$	40\$

	M	NM
KINELIFT - 60 minutes	140\$	160\$
- Cure of 12 treatments	1475\$	1695\$

HAIR REMOVAL

	M	NM
Electrolysis - 15 minute session	18,00\$	20,00\$
- Package 180 minutes	192,00\$	—\$

	M	NM
Waxing - Eyebrow Touch-up	15,00\$	17,00\$
- Eyebrow Shaping	19,00\$	21,00\$
- Lip	13,00\$	14,00\$
- Lip & Chin	21,00\$	24,00\$
- Bikini	23,00\$	26,00\$
- Brazilian Bikini	38,00\$	43,00\$
- Lower Leg	27,00\$	30,00\$
- Upper Leg	34,00\$	38,00\$
- Upper Leg Bikini	51,00\$	57,00\$
- Full leg (includes bikini)	65,00\$	74,00\$
- Underarm	16,00\$	18,00\$
- Arm	24,00\$	27,00\$
- Eyebrow/Eyelash Tint	36,00\$	41,00\$

	M	NM
For him - Shoulder	18,00\$	20,00\$
- Back	36,00\$	41,00\$
- Chest	36,00\$	41,00\$

* Please inform us before waxing if you are using retin-a accutane, glycolic, AHA, or any derivative of these products.

	M	NM
Purelight - 60 minutes	80\$	92\$
- Cure of 12 treatments	840\$	960\$
- Add on to any facial	35\$	40\$

	M	NM
Microdermabrasion with KINELIFT - 90 minutes	200\$	230\$
- Cure of 8 treatments	1200\$	1380\$

	M	NM
Microdermabrasion with PURELIGHT - 75 minutes	175\$	200\$
- Cure of 8 treatments	800\$	920\$

HAND AND FOOT CARE

	M	NM
Hand Care - Classic Manicure	26,00\$	30,00\$
- Classic Manicure No Polish	22,00\$	25,00\$
- French Manicure	30,00\$	34,00\$
- Polish Change	17,00\$	20,00\$
- Manucure with Paraffin	37,00\$	42,00\$
- Gel Nail Polish Manicure	40,00\$	46,00\$
- Gel Nail Polish Application	30,00\$	34,00\$
- Gel Nail Polish Removal	15,00\$	17,00\$

	M	NM
Foot Care - Spa Pedicure	63,00\$	72,00\$
- Spa Pedicure no Polish	58,00\$	66,00\$
- Spa Pedicure with Gel	70,00\$	80,00\$
- French Pedicure	67,00\$	77,00\$
- Spa Pedicure with Paraffin	76,00\$	87,00\$
- Express Pedicure	49,00\$	56,00\$
- Polish Application	26,00\$	29,00\$
- Express Pedicure and gel polish	56,00\$	64,00\$

	M	NM
For him - Manlycure	22,00\$	25,00\$
- Manly Pedicure	58,00\$	66,00\$