

Tel: 604-983-8103

“Let The Healing Begin”

Wellness Studio Services

Reimbursed by most Medical Benefit Programs

Senior RMT Services - are at a Higher Rate

Registered Massage Therapist Service

30 Min	\$60	90 Min.	\$170
45 Min.	\$83	120 Min.	\$255
60 Min.	\$110		

Craniosacral Therapy	Visceral Therapy & Massage
Myofascial Release	Sports Massage
Deep Tissue	Joint Mobilization
Lymph Drainage	Pain Management
Injury Rehabilitation	Remedial Exercise Program

Please Book Your Appointments Ahead.

Physiotherapy - Registered & License Services \$95.00

Sports Injuries, Acute and Chronic pain relief

Acupuncture - Registered & License Services \$95.00

The Spa Services:

Relaxation Massage	\$95.00 / Hour
Deep Tissue	Lymphatic Drainage & More
Sport Massage	Aromatherapy Massage

Esthetician

Facial Treatments - All Services

(prices vary by Time and Products Used)

Pedicure \$65 Manicure \$35

Hair removal - determined by time

Brazilian	\$75 and under	Leg Full	\$55
Brow	\$20	Leg Half	\$40
French	\$49 plus	Lip & Chin	\$19
Bikini	\$27	Underarm	\$20
Back	\$60 plus	Arm Full	\$49
Chest	\$60	Arm Half	\$23

Far Infrared Sauna (Burn 900-2400 Calories)

30 Min \$25 60 Min \$45.00

(F.W. club members: 10% discount)

Sauna For Sale - (FW member:-25% off)

Benefit: Pain Relief, Decrease Joint Stiffness Circulation, Eczema, Psoriasis, Acne, Detoxification, Weight Control

Enjoy a 1 hr. Session Served with Frozen Grapes, Antioxidant Water. A time to Heal

Add this to your 1 hour massage & see the difference

Thermal Therapeutic Massage Table

\$1.00/min based on Package Selected

Full Service: 45 minutes for \$45.00

(F.W. club members - 10% discount)

Table For Sale (FW members - 25% off)

Benefits: This Patented Jade Roller table is superior to any on the market. It is designed to support & align the human body while emitting Far Infrared Rays to a depth of over 1.5 inches to relieve pain. (Skeletal Alignment)

“WOW-IT WORKS” - By the Science of “Thermogenics”

“Every so often a product comes along that makes you say WOW! If you would like to loose inches off your tummy, arms, thighs or tighten facial & neck skin, enjoy a better quality of sleep, increase your energy level, and improve your appearance-in other words become healthier, look & feel better & enjoy a higher quality of life, you must investigate these patented and powerful products at The Spa. **Pain Free Alternative to Surgery:** Loose inches in 60 minutes and continue it for 3 days using the Body Applicator and Defining Gel at home. 1st day you loose inches in 1 hour & continue losing for 72 hours.

The Ultimate Applicator allows you to pick where you want to shrink the trouble spots. **Spa Treatment - 60 Minutes \$50** Come to The Spa for a full demonstration of the body, chin and neck or face applicator. In addition, there is a full range of products. **LOSE INCHES, TONES, TIGHTENS & FIRMS SKIN - USED BY MEN & WOMEN.**

Couples Ambiance \$199 Limited Special (reg. \$240)

Two of Our Best Massages after a Bubbly Romantic Spa Bath, Served with Flowers, Choc, Fruit, & Antioxidant Water. The Most Popular Service! Give a Gift for Two! Ideal Treatment for You and Your Loved One!

Golden Body Glow \$115 1 hr.

A full body Exfoliation, Improving Circulation while eliminating your body's dead skin cells. We will Re-Hydrate your smooth skin with an Aromatherapy Massage made just for your body.

Detox or Re-Mineralizing Soak \$50 20 Min.

Stimulate the immune system and release stored energy into the body's circulatory system.

Body Wraps \$115 1hr.

Add \$45 for Exfoliation

Five Day Weight Loss & Detox Package \$485

Custom made programs involving:

Fitness Exercises-Designed for you

Relaxing Massage

Far Infrared Sauna

Spa Mud Bath

Lymphatic Drainage Massages

Spa Snacks, Enjoy it all!

SPA HOURS

Monday to Friday 10 AM to 8 PM

Saturday 10 AM to 6 PM

Sunday by Appointment

Located inside North Vancouver Fitness World
Lower Level, Pool Side

1989 Marine Drive, North Vancouver, BC V7P 3N5

Email: fwdayspa@telus.net / www.fwdayspa.ca

Non FW Members are Welcome & have Complimentary Use of Pools, Wt. Rooms, Steam/Sauna. Child minding available.