

For the ultimate mind, body
and wellness experience...

AMBA DAY SPA

*Indulge in a few hours or an entire day of relaxation.
We suggest you invite a friend or spouse and pamper
yourselves to pure luxury.*

PURE BALANCE

Express Facial, Heated Peach Wax
Hand & Foot Treatment with Relaxing Pressure
Point Massage, Aromatherapy, Hot Towels,
Invigorating Back Scrub
& Hot Rocks Back Massage

2 HOURS - \$ 195

RETREAT TO NATURE

Hot Rocks Foot Treatment and Deluxe Pedicure,
Express Facial, Aromatherapy Hot Towels with
Body Polish and European-Rose Body Mud Wrap,
Massage Incorporating Swedish and Hot Rocks Massage

3 HOURS - \$295

ULTIMATE SPA SENSATION

Spa Facial, Invigorating Scalp Treatment with Massage,
Aromatherapy Hot Towels, Your Choice of Body
Wrap including Invigorating Body Polish,
Deluxe Pedicure and Manicure
(Polish included with treatment)
& Swedish Full Body Massage

5 HOURS - \$465

AMBA

For your convenience, a 15% gratuity will be added at time of payment.
If RMT is required, please state when making appointment.
\$25 upgrade to RMT
50% cancellation fee, if not notified within 24 hours.

*Enhance your stay
at the resort
with a visit to...*

AMBA HEALTH & BEAUTY SPA

SHIZEN SPA at DEERHURST RESORT
1235 Deerhurst Drive
Huntsville, ON P1H 2E8
(705) 789-7113, Ext. 4488

WINDERMERE HOUSE
2508 Windermere Road
Windermere, ON POB 1PO
(888) 946-3376 • (705) 769-3611, Ext. 617

ROCKY CREST RESORT
Homer Bay Rd., RR#1
Mactier, ON POC 1HO
(705) 375-2240, Ext. 318

SHERWOOD RESORT
1090 Sherwood Road
Port Carling, ON POB 110
(705) 765-3131, Ext. 414

AMBA HEALTH & BEAUTY SPA

*The perfect oasis
to rejuvenate and revitalize
your mind and body*



**HYDRADERMIE
THE STAR OF FACIAL TREATMENTS**

Your skin is already more beautiful at the end of the treatment!

Once the Hydradermie treatment is completed, try the mirror test. Your face appears remarkably rested and serene. Designed to restore your skins natural beauty, the treatment is customized to meet your skins individual needs, whether normal, oily, or dry. Recommended as a course of three treatments or as a maintenance treatment every month, Hydradermie is the most effective deep-cleansing and hydrating treatment for your face.

50 MIN - \$125 REGULAR

90 MIN - \$185 PLUS

(INCLUDES EYE & NECK TREATMENT)

LIFTOSOME - THE "LIFTING" EFFECT

For instant lifting and firming!

Liftosome was developed specifically to treat the problems associated with mature skin. During the time that the thermal mask is left on, it shapes the facial features and diffuses energizing concentrates of orange (vitamin C) and ginseng. These active ingredients combined with the warming effect, fill the skin with new energy, restored its elasticity and regenerate new cells.

50 MIN - \$125

**BEAUTÈ NEUVE
A "PEELING" AND RADIANCE EFFECT**

The peeling effect restores radiance and allows the skin to breathe!

Tiredness, stress or passing time can contribute to loss of radiance. The epidermis get "clogged" with dehydrated cells, cellular renewal slows and the complexion appears dull and congested. One Beaute` Neuve treatment or even better, a course of three, will remove these superfluous cells and help the skin to breathe again.

Cellular renewal is accelerated and you will discover a fresh complexion, more beautiful, more radiant.

50 MIN - \$125

**AROMATIC
THE MAGIC OF PLANTS**

The power of plants to make your skin more beautiful!

Lose yourself in a tantalizing world of fragrant herbs, plants and flowers and relaxing massage. When you enter the treatment room, the welcoming fragrance of the essential oils beckons you on a wonderful voyage. Find tranquil beauty with this unique method that combines the benefits of essential oils with de-stressing and tension reducing massage techniques and mask tailor made to your beauty requirements. Aromatic is recommended as a "quick pick-me-up" or as a course of three treatments.

50 MIN - \$125

MEN SPA FACIAL

This treatment is specially designed to suit the needs of men's skin. It will leave your face feeling clean, toned and fresh. Deep cleansing and nourishing products combined with a luxurious facial massage makes this a perfect facial for him.

50 MIN - \$125

EXPRESS FACIAL

This hydrating, cleansing and moisturizing treatment will leave your skin feeling refreshed, healthy and soft.

30 MIN - \$70

BACK TREATMENT

A 'facial' for your back, which includes deep cleansing, hot towels back scrub and a customized masque followed by a massage with a deeply hydrating moisturizer.

30 MIN - \$65

ADD TO ANY FACIAL

PARAFFIN WAX TREATMENT FOR

THE HANDS OR FEET \$20

SCALP TREATMENT \$20

EYE TREATMENT \$20

NECK TREATMENT \$25

RMT MASSAGE

A therapeutic massage that helps relieve muscular tension, soreness and stress.

25 MIN - \$70 / 50 MIN - \$135 / 80 MIN - \$185

GOLF MASSAGE

A specially designed therapeutic massage that targets the areas of the body most affected by the game.

50 MIN - \$135

HOT STONE MASSAGE

Warm Lava rocks are placed to relax the muscles and stimulate the circulation.

50 MIN - \$155 / 80 MIN - \$195

RELAXATION MASSAGE

Escape from the stress and strain of life with this relaxation massage using pure essential oils.

25 MIN - \$60 / 50 MIN - \$110 / 80 MIN - \$160

REFLEXOLOGY

This massage concentrates on alleviating stress and discomfort by using pressure points on your feet. Massaging these pressure points helps balance the body's energy.

50 MIN - \$110

DELUXE SPA MANICURE

Relax tired hands with our Spa Manicure. This session includes our standard manicure treatment but also includes an exfoliating scrub, hydrating mask and paraffin wax treatment.

50 MIN - \$60

DELUXE SPA PEDICURE

Includes our standard pedicure but also incorporates a refreshing foot scrub, stimulating foot mask & heated paraffin treatment. Followed by a relaxing massage and to finish toenails are reshaped and polished.

50 MIN - \$70

EXPRESS MANICURE

This session includes cuticle trimming, nail shaping, a moisturizing hand massage and polish application.

30 MIN - \$40

EXPRESS PEDICURE

This soothing treatment includes soak, a foot file, cuticle trimming, nail shaping and polish application.

30 MIN \$45

FRENCH MANICURE/PEDICURE

Add to any manicure/pedicure, using French Polish

15 MIN - \$10

MEN'S MANICURE

Includes the trimming and tiding of cuticles & nails, a hand scrub, and hydrating massage.

30 MIN - \$40

MEN'S THERAPEUTIC FOOT TREATMENT

Includes nail filing, cuticle trimming, foot file to remove calluses, a heated paraffin wax treatment and foot massage.

50 MIN - \$70

BODY WRAPS

Our Body Wraps include a gentle exfoliation, product application and a soothing scalp massage while enveloped in a heated linen cocoon. After a hot shower, enjoy a soothing aromatic moisturizing application.

1 HOUR - \$125

(Add Exfoliating Facial to any wrap - \$60)

ACTI-SEA BODY MUD

Our most effective treatment for smoothing, stimulating, and detoxifying skin and body. Acti-Sea Body Mud contains a potent mix of five French seaweeds. Submerging the body in pure marine actives to stimulate, firm and moisturize. Also included are the nourishing, protecting, and softening oils of Jojoba, Avocado, Peach and Sunflower.

EUROPEAN-ROSE BODY MUD

Breathe in the aromatic fragrance of the French countryside as you surround the skin in a richly hydrating cocoon. This remarkable mud contains soothing Rose Clay extracted from the Provence region of France. Carefully sun-dried to retain its purity, this treatment is the ultimate for skin refining and extreme hydration, perfectly suited for dry, delicate, weathered or aged skin. Also included are nourishing, protecting, and softening oils of Jojoba, Avocado, Peach and Sunflower.

BLACK BALTIC BODY MUD

Free skin of environmental stress and toxins with a centuries old "Curative". Our unique black mud improves skin texture and extracts pore-clogging impurities that damage and weaken skin. This intricate mix of elements enhances cell turnover while deeply hydrating skin and promoting cell oxygenation. Regular use imparts freshness, firmness and uniformity to the skin.