

SIGNATURE SPA PACKAGES

Fox Harb'r Interlude 5.5 hrs/ \$680

Our ultimate spa day - with 90 min Healing Hands massage, a Signature Facial, a Body Polish and Deluxe Spa Manicure and Pedicure.

A Warm Summer's Eve 3.5 hrs/ \$426

All things warm - a 60 min Hot Stone Massage, Body Polish, Detoxifying Marine Mud Therapy, Quick Time Manicure and Quick Time Pedicure.

Me, Myself and I 4 hrs/ \$442

Just for you - a 60 min Relaxing Essential Massage, personalized Spa Facial, Deluxe Spa Manicure and Pedicure.

Moroccan Experience 2.75 hours/ \$360

Walk away feeling wonderful - complete body exfoliation, Moroccan Head to Toe body treatment and a 60 min Relaxing Essential Massage.



GRATUITIES & INSURANCE RECEIPTS

An automatic 17% gratuity is added to your Dol-ás Spa services bill. Receipts are available on request for individual therapeutic (RMT) massage services which are being paid for by the guest, for reimbursement under many benefit plans. If the charges go to a master bill, insurance receipts will not be issued as per resort and MTANS member policy.

Please Note: Relaxation massage is not covered by extended health insurance.

SPA BOOKING IS SIMPLE

Just give us a call or send an email with your group's name, event dates and a general idea of what you would like to arrange, like companion program appointments or some TLC for a VIP guest. We'll connect with you directly to take care of all the details. Spa Hours are 10am-6pm 7 days a week.

**Please note that Fox Harb'r operates from May through October annually, with weekday office hours for the Spa outside of that timeframe.*

Dol-ás
— SPA —

Dol-ás Spa will create an escape, as its meaning intended, into a stress free milieu. Capture the individual experience of quietude and the ambiance at Dol-ás-Spa.

Let us reach your body , mind and spirit.

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Fox Harb'r Resort
— Nova Scotia —

1337 Fox Harbour Road
Wallace, Nova Scotia, Canada B0K 1Y0
902.257.4307 | spa@foxharbr.com
www.foxharbr.com/spa

Dol-ás
— SPA —



MASSAGES

Guest Yoga 60 min / \$15

Mon & Thurs at 8:30 AM at the pool mezzanine (book at guest services or at the spa)

Reflexology 30min/\$85

Add to any massage or body treatment that is performed by an RMT or as a single treatment. This reflexology experience helps to balance the nervous system and stimulates the release of endorphins that help to reduce pain and stress.

Indian Head Massage 15 min/\$35, 30 min/\$65

Enjoy this Holistic approach to massage therapy that helps in dissipating mental tiredness, stress and improves relaxation and rejuvenation of the mind body & soul.

Healing Hands, Signature 90 min/ \$178

Fox Harb'r signature massage combines soothing warm sea stones and therapeutic techniques to provide a supreme body healing therapy.

Therapeutic Massage (RMT)

30 min/ \$80, 60 min/ \$158, 90 min/ \$178

Rest assured our Registered Massage Therapist will release those stress induced targets or injuries to ensure a level of relaxation to erase life's tensions.

GolFORE's Massage (RMT) 30 min/ \$92, 60 min/ \$168

A deigned sports massage for the avid golfer. Focusing on the golfer's most stressed areas, releasing throughout the hands, forearms, and lower back.

Deep Tissue Massage (RMT) 30 min/ \$87, 60 min/ \$163

Deep tissue massage for those chronic injuries... this therapy will work fascia, connective tissue, and realigning deeper layers of muscle.

Relaxing Essential Massage 30 min/ \$75, 60 min/ \$140

Allow yourself to drift away in a world of relaxation. A combination of effleurage and tissue manipulation to improve circulation, relieve minor muscle pain and promote general total body relaxation.

Sea Stone Massage 60 min/ \$173

Relax with the therapeutic warmth of a natural sea stone massage. Combined techniques from essential massage and warm sea stones; this will relax tired stressed muscles. Not available in couples sessions.

Perfect Pregnancy (RMT) 30 min/ \$80, 60 min/ \$158

During this exciting time treat yourself. Our pregnancy massage will increase circulation, reduce fatigue and helps alleviate stress on joints.

Couples Massages are available in Therapeutic or Relaxation

BODY TREATMENTS

Renewing Body Polish 30 min/ \$67

A complete body exfoliation to renew your skin from the seasonal elements, followed by a nourishing moisturizer leaving your skin feeling transformed, smooth and refreshed.

Ultimate Body Experience 90 min/ \$190

Deep nourishment, hydration and revitalization are achieved in this luxurious body shaping treatment and massage. This multiphase treatment in combination with shaping massage techniques will give a sense of rebalancing and youthful invigoration.

Moroccan Head to Toe 75 min/ \$170

Experience the Mediterranean oil journey: embrace the sea, the sand and scents. A complete body buff enriched with vitamin E, antioxidants and intense hydrating treatment. Natural replenishing botanicals to rejuvenate dry skin. Finished with rich antioxidant arganoil body butter. A luxurious treatment for the entire body.

Moroccan Oil Hair Add-on 15 min/ \$27

Warming Seaweed Mud Therapy 90min/\$185

Your body will welcome this warm smoothing detoxifying organic kelp body treatment. An invigorating body polish to scrub away the old and encourage the new, the warming sensation of the seaweed formula masque will leave you feeling relaxed & renewed.

FACIALS

Cellcosmet Signature 105 min/ \$305

Experience the science of staying youthful. Designed exclusively for Dol-ás- Spa by leaders at CELLCOSMET, our therapists utilize a new generation of Swiss Cellular and Phyto-Cosmeceutical advanced therapies. Accompanied by our micro current treatment, NuFace, this lavish antiaging facial will tone and firm providing dramatic results in just one clinical treatment.

Anti-Aging 75 min/ \$175

Through the technology of cellular therapy, balanced active ingredients and a new generation of clinical cellular properties, this anti-aging facial revitalizes skin and protects against aging. It diminishes tell tale fine lines around the eyes, lips and forehead areas while redefining your skin for a youthful appearance.

Age Smart 60 min/ \$160

Fight the aging process and renew your skin, reduce fine lines and wrinkles, improve your skin texture and stimulate cell renewal & collagen reproduction to bring back a more vibrant appearance.

Well-Being Facial 60 min/ \$165

Enjoy this 6 step relaxing facial with products developed from our own Maritime neighbor PEI. Your skin will be nourished with Hyaluronic (Pure) Hydrating Serum, iQ firming gel using highly targeted peptide technologies that will reduce the look of fine lines, wrinkles, puffiness and dark circles under the eye. Your skin won't regret it.

Personalized Facial 60 min/ \$155

Pearl essence Facial

Brighten your glow with this facial designed for hyper pigmentation. While brightening you will hydrate, renew and firm your skin.

Ultra Calming

Alleviates redness while calming stressed and reactive skin. Prescribed for skin with rosacea and dilated capillaries.

Glycolic Facial Therapy 30 min/ \$65

Anti-Aging clinical grade unbuffered exfoliating peels that will renew, rehydrate, and heal your skin to its natural youthful glow.

Revitalizing Eye Treatment 15 min/\$45

Nu-Face Add-on, any facial 15 min/ \$60



NAIL CARE

Deluxe Spa Manicure 60 min/ \$77

This luxurious hand and nail treatment will blend argan oil, vitamin E and nourishing avocado. You will experience a relaxing soak, a gentle exfoliation and a soothing massage with warm sea stones, a hydrating mask full of antioxidants leaving skin noticeably healthier... completed with your choice of nail varnish.

Deluxe Spa Pedicure 60 min/ \$92

A soothing water therapy soak, a salt exfoliation to prepare the skin for a rich hydrating mask to revitalize your skins natural appearance. It will leave your legs and feet feeling and looking like perfection. Your service is finished with your choice of varnish.

Quick Time Mani 30 min/ \$55

Quick Time Pedi 40 min/ \$72

Fox Harb'r Foot Ritual 20 min/ \$40

Relax and revive your tired feet. Warm salt soak, soothing foot balm, cuticle & nail repair application and a stress relieving massage. (polish not included)

A LA CARTE NAIL SERVICES

Regular Polish Change \$15

French Add-on \$12

Gel Colour Polish/Removal \$20

* If you have gel colour/ Shellac on or require it as a part of your service, this requires more time and must be booked accordingly with your appointment. If you do not advise us in advance, we may not be able to complete your service in the time allotted.

INDULGE

Lash Lift + Tint 80 min/ \$110

Make-up Application 45 min/ \$63

Waxing Eyebrow \$20

Lip \$17

Chin \$17

Bikini \$45

Half-Leg \$35

Underarms \$20

MADE FOR MEN

Sports Pedicure 45 min/ \$82

The sports pedicure for the active man provides a relaxing water therapy followed by complete lower leg and foot exfoliation and massage. This foot ritual concludes with a hydrating mask and moisturizer.

MAN-icure 45 min/ \$60

Hand care for men... hand and arm massage, nail and cuticle care that will leave your hands feeling polished.

Men's Deep Cleansing Facial 60 min/ \$140

Relax into a deep cleansing facial that will leave your skin refreshed, rejuvenated and hydrated. Exfoliation will rid the skin of dead skin cells and improve texture. A massage will increase circulation and cell renewal. A toning masque will improve the overall firmness and finishing with a moisturizer for hydration.

Full Executive Experience 150 min/ \$243

Make it a true Executive Experience and receive all 3 services on our menu at a great package rate.