



# Spa

WINDSOR ARMS

WELCOME TO  
THE SPA BY WINDSOR ARMS:  
A PRIVATE, LUXURIOUS ESCAPE FOR  
TOTAL BODY HEALTH & WELLNESS.

The Spa by Windsor Arms are full service health, wellness and beauty spas located within diverse settings of luxury hotels. Experience individualized Eastern and Western treatments, featuring organic and pure serums, oils and applications. Enjoy a calming and relaxing atmosphere, with trained therapists, in the luscious surroundings of our spas.

#### Windsor Arms Hotel

Located within the Bloor-Yorkville area of Toronto, the Windsor Arms Hotel offers its guests unparalleled accommodations and services. We welcome you to enjoy:

- Our Bromine salts indoor pool & traditional sauna
- Cryotherapy chamber & Halotherapy "Healing Salt Cave"
- Our roof top terrace
- Spa dining and beverage menu, incl. vegan & juicing options
- Full health, beauty and wellness services and Fitness Centre

#### Caesars Windsor Hotel & Resort

Located within the gaming and entertainment world of Caesars Windsor, the Spa by Windsor Arms features:

- Spa dining and beverage menu, incl. vegan & juicing options
- Full health, beauty and wellness services and Fitness Centre
- Indoor pool
- Boutique featuring unique gifts and accessories, including a selection of the renown Windsor Arms Teas

#### Eganridge Inn, Country Club & Spa

Located in Fenelon Falls, Ontario, less than 2 hours north-east of Toronto, Eganridge is situated on 1,000 feet of Sturgeon Lake shorelines. An award winning 9-hole golf course and extensive meeting and dining facilities are a perfect setting for The Spa by Windsor Arms featuring:

- Outdoor pool overlooking Sturgeon Lake
- Spa dining and beverage menu, incl. vegan & juicing options
- Full health, beauty and wellness services and Fitness Centre

For more information, please visit our website at  
[www.thespabywindsorarms.com](http://www.thespabywindsorarms.com)

CRYOTHERAPY & HALOTHERAPY

# SALT CAVE



## Available Exclusively at the Windsor Arms Hotel in Toronto

**Cryotherapy Treatment** – "Kryos" is Greek for cold. Whole-body Cryotherapy exposes the body to low temperatures of  $-110^{\circ}$  to  $-190^{\circ}$  C between one to three mins max, per session via liquefied nitrogen gas. The dry cold temperature cools the outer most layers of your skin triggering your body's defense mechanisms. Your brain sends signals to your peripheral blood vessels to constrict & redirect blood flow to the body's core. Upon completion of the treatment and exit from the chamber, the blood flows vigorously back throughout the entire body, releasing the "feel-good hormones" called Endorphins. Due to the amplified blood circulation, oxygen and nutrients are flushed through your system resulting in revitalization & a burst of energy.

*Clinical studies have shown that regular treatments may improve the following conditions: Rheumatic joint diseases, Arthritis, Fibromyalgia & Multiple Sclerosis, chronic headaches & migraines, skin conditions & blemishes (incl. cellulite, dermatitis, eczema & psoriasis), reduces inflammation & pain of personal & sport-related injuries alike, speed up muscle regeneration and increase muscle performance & strength, rehabilitation of acute/chronic athletic injuries, enhance metabolism and stimulate your immune system, improve insomnia, depression and other stress-related disorders, reduce anxiety and fatigue as well as boost your body's rejuvenation process and prevention of aging.*

**Halotherapy Treatment** – "Halos" means salt in Greek, and Halotherapy is just that; "salt" therapy. Speleotherapy is the treatment use of caves. Both of these forms of therapy have been practiced for centuries. Halotherapy uses Speleotherapy as the main healing factor via the natural benefits of the salt caves microclimate. Our treatment room is darkened with ambient lighting – allowing for relaxation while inhaling the salt & negative ions in the air – designed to resemble the natural salt caves you would find in Europe. Step inside, sit back & relax enjoying the serenity of meditative music or the gentle rhythmic sounds of your own breath. Take it all in; breathe, relax and rejuvenate.

*Studies have shown that regular treatments may improve the following conditions: Respiratory ailments & lung function (incl. bronchitis, emphysema & asthma), skin conditions (incl. psoriasis, eczema & acne), allergies, sinusitis & ear infections, Cystic Fibrosis, improve blood circulation & lower blood pressure, strengthen immune system & protect against respiratory viruses (incl. the common cold and flu) as well as reduce stress.*

**\*Please Note: Clients are advised to seek the approval of their medical professional prior to commencing either of these treatments.**

\$75  
single  
session  
  
\$300  
five  
sessions  
  
\$550  
ten  
sessions

\$45  
single  
45 min  
session  
  
\$200  
five  
sessions  
  
\$350  
ten  
sessions

HANDS & FEET



HANDS  
& FEET

{ *Hands* }

Classic Manicure \$40

Spa Manicure  
includes paraffin  
treatment \$60

French Manicure \$45

Sport Manicure  
(without polish) \$30

Shellac Manicure \$55

{ *Feet* }

Classic Pedicure \$60

Spa Pedicure  
includes paraffin  
treatment \$75

French Pedicure \$65

Sport Pedicure  
(without polish) \$50

Shellac Pedicure \$75

{ *Waxing* }

Chin \$15

Upper Lip \$15

Eye Brows \$20

Underarm \$25

Full Leg & Bikini \$80

Bikini & Thigh \$60

Bikini Brazilian Wax \$60

Full Leg \$70

Thigh \$40

Full Arm \$40

Lower Leg \$35

Back & Shoulders \$60

Chest \$30

Stomach \$30

{ *Tinting* }

Lash Tint \$25

Brow Tint \$15

# BODY

*M*assage Therapy offers a variety of important health benefits including improved blood and lymphatic circulation, decreased fatigue, muscle tension and soreness, increased joint flexibility and range of motion, as well as improved wellness, health and nourishment of skin.

## Windsor Arms De-Stress Massage\*

55 min	\$120
85 min	\$160

## Deep Tissue Massage\*

55 min	\$135
85 min	\$190

## Couples Massage\*

55 min	\$250
85 min	\$360

## Reflexology

55 min	\$110
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## Hot Stone Massage

55 min	\$145
85 min	\$220

## Windsor Arms Pregnancy Massage

55 min	\$140
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## Stay Dressed Back, Neck and Shoulder

25 min	\$60
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*\*Incorporates Swedish technique to effectively soothe muscles, improve range of motion and increase mobility.*

# { For The Body }

<p><b>Back Facial</b> – Perfect preparation for a backless evening dress, or to control pesky back-blemishes. This treatment includes deep cleansing and exfoliation, warm steam and extractions, concluding with a clarifying back mask.</p>	40 min	\$100
<p><b>Firming Seaweed Body Wrap</b> - Detoxifying and slimming, this seaweed based wrap leaves the body feeling lighter and the skin smoother. Complete with a full body exfoliation and facial massage, this treatment is unlike any other for total body rejuvenation.</p>	55 min	\$125
<p><b>Vitamin C Body Wrap</b> - For skin lacking tone and elasticity, this Vitamin C body treatment helps restore and tighten skin naturally. Features full body exfoliation, mask and wrap, along with a facial cleanse and massage.</p>	55 min	\$150
<p><b>Chocolate and Coffee Body Wrap</b> - The antioxidant properties of cocoa combined with the firming properties in caffeine make this body wrap a superior choice prior to special occasions. Includes full body exfoliation, leaving skin looking radiant and toned.</p>	55 min	\$125
<p><b>Aromatherapy Salt Glow</b> – Combines a luxurious blend of natural sea salts, organic grape seed oil and your choice of Lavender, Eucalyptus or Lemongrass essential oil. This relaxing scrub removes dead skin cells and impurities, leaving your entire body feeling super-smooth.</p>	25 min	\$70
<p><b>Face &amp; Body Airbrush Tanning</b> – The best way to achieve a healthy, bronzed body and face. Experience a personal tan application applied by a Spa technician to ensure even colour and coverage. Be sure to bring dark clothing to change into following, and allow up to 6-8 hours before showering.</p>		\$50



FOR THE FACE

FACE

## { For The Face }

**Anti-Aging Rejuvenation Facial** – This peel restores skin's optimal appearance without down time. Specifically targeting fine lines, lax skin or dull appearance. Improve skin texture and tone while having a positive influence on your collagen and elastin.

\$225  
85 min

**Windsor Arms Signature Facial** – Using the highest-grade SkinCeuticals formulas, we have combined the perfect treatment for all skin types. This innovative facial includes microdermabrasion, alpha-hydroxy acids and a vitamin C firming mask. Restoring your skin to a more youthful, radiant glow.

\$195  
55 min

**Organic Oxygen Infusion Facial** – Like a face lift without the surgery, this highly effective treatment is considered a favourite among Hollywood elite and top Beauty Editors. Pure oxygen is infused into the skin with complimentary serums and gels resulting in firmer, more radiant skin.

\$195  
55 min

**Salt Microdermabrasion Facial** - This all natural sea salt micro-dermabrasion facial will refine your skin, reduce the appearance of fine lines, wrinkles, pores and pigmentation. After one treatment your skin will feel soft to touch and leave you with a healthy glow.

\$175  
55 min

**The Custom Facial** - The custom facial starts with a full skin analysis so we can customize each facial to your skin's specific needs; hydrating, revitalizing, detoxifying or sensitive skin. This custom facial treatment is recommended for both men and women.

\$150  
55 min

**Oxyglow Facial** - This is a three-step process used to increase blood flow and oxygenation to help remove toxins and pollutants from the skin. It provides antioxidants, enzymes and botanicals that leave the skin purified, glowing and radiant. It is beneficial for all skin types including acne-prone skin, pregnant and lactating women. It is an excellent choice for those who desire luminescent skin prior to a big event.

\$150  
55 min

**Gentleman's Facial** – The ultimate facial just for men. Skin is gently cleansed, exfoliated and massaged. A specialized mask is then applied, along with the appropriate serum and moisturizer, leaving his skin looking healthier, youthful and handsomely radiant.

\$125  
55 min

# SPECIAL PACKAGE OFFERS



## { *Bridal* }

### **Bride-to-Be - \$380**

For perfect pampering from head to toe, relax and enjoy hours of luxury in the most tranquil and relaxing of environments.

Includes:

- 55-minute Massage
- OxyGlow Facial
- Classic Manicure
- Classic Pedicure
- Spa Lunch
- Glass of Sparkling Wine

### **Bride-to-Be, plus her BFFs - \$250 (per person)**

Just like a bridal shower should be: Intimate and fun, relaxing and delicious - with no details to plan or worry about (that's our job).

- Classic Manicure
- Afternoon Tea  
(in Spa Salon or Outdoor Terrace)
- Classic Pedicure
- OxyGlow Facial

### **Groom-to-Be - \$350**

- 55-minute Massage
- Sport Manicure
- Spa Lunch
- Gentleman's Facial
- Sport Pedicure
- Glass of Sparkling Wine

### **Day of Wellness at the Windsor Arms Hotel - \$350**

Treat your mind, body & soul to a day of wellness. Detox, refresh and rejuvenate from head to toe; from inside out - Via our state of the art & holistic services, as well as select freshly pressed detoxifying juices & elixirs.

Includes:

- Cryotherapy Session
- 55-minute Massage (w/ essential oils)
- Detox Juices & Elixirs
- Salt Cave Session
- Detox Facial

### **Morning Glory - \$370**

Talk about an ideal way to spend one's morning. This package features our signature services, ending with a delicious Spa lunch.

Includes:

- 55-minute Massage
- Classic Manicure
- A selection of Smoothies & Juices
- Custom Facial
- Classic Pedicure

### **Windsor Arms VIP - \$475**

For glowing skin, a relaxed body and perfectly polished toes – the Windsor Arms VIP package offers all the right treatments for the person who deserves it the most.

Includes:

- Salt Glow Body Treatment
- Windsor Arms Signature Facial
- Classic Pedicure
- 55-minute Massage
- Classic Manicure
- Spa Lunch

### **Couples Retreat at the Windsor Arms Hotel - \$440**

Enjoy a city-escape for two, in the most relaxing, private setting. When finished, continue your retreat in our **The Living Room** restaurant for cocktails and intimate dinner (not included). Vegan, Kosher, and gluten-free options available.

Includes:

- 55-minute Couples Massage
- Sparkling Wine for Two
- Salt Cave session for Two
- Manicure for Two
- Pedicure for Two



*The Spa*  
By  
WINDSOR ARMS

# SPA INFORMATION

## Arrival Notes

Please arrive 15 minutes prior to your appointment to begin your treatment feeling relaxed and on-time. Late arrivals may require a reduction in appointment times and/or rescheduling in order to accommodate subsequent clients.

## Cancellation Policy

We require 48 hours notice for the cancellation on Spa packages or bookings of 3 or more services. Single services require a minimum of 24 hours notice, with 100% of the total service fee charged otherwise.

## Spa Service Hours

All of our Spas are open every day of the week. Hours can vary seasonally and between our Spas. Please contact our Spas directly for service hours details.

## Gift Certificates

The Windsor Arms Gift Certificates may be purchased online and at any of our Spa locations. They make an ideal gift; be it birthdays, anniversaries or corporate appreciations and may be used at any of our Spa locations as well as at the Windsor Arms Hotel and Eganridge Inn, Country Club & Spa. Enjoy our spas, accommodations, and dining options.



WINDSOR ARMS

Windsor Arms Hotel  
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WINDSOR

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