

Located along Nova Scotia's fabulous South Shore, Aqua Spa offers guests an opportunity to balance and restore the mind, body and spirit.

The specially trained professionals at our seaside spa offer a full range of soothing services that will re-awaken your sense of well-being and re-energize your sense of self.

Immerse yourself in the serenity of the Aqua Spa and experience the ultimate escape amid the stunning surroundings of the Oak Island Resort and Conference Centre.



AQUA SPA

OAK ISLAND

Menu

Relax • Unwind
Rejuvenate

OAKISLANDRESORT.CA

Coupled For You



Couples Therapy 297+

Allow 2 hours and 30 minutes

Both of you will enjoy a Sea Salt Exfoliation and Whirlpool Bath, followed by a Signature Massage.

The Love Nest 339+

Allow 3 hours

Together, enjoy the pleasures of a Sea Salt Exfoliation, a Shea Butter and Vanilla Wrap and Whirlpool Bath, followed by a Signature Massage.

Customized For You

Looking for a spa package that may be bit different than the ones we offer? No problem! Let us know which services would suit your needs best and we can help customize a perfect spa day just for you!

Looking to bring a friend, or a few friends too? We can help build a package that will fulfill your group's needs. Just let us know the number of people you have, the services each person desires and we will build a day just for you!

Phone (902) 627-2188

*The number of people we can accommodate may vary. Call for details.

Packages To Pamper

The Ultimate Day 335+

Allow 6 hours

A pampering for a special someone in your life. Their day away will consist of a Premium Spa Manicure, Premium Spa Pedicure, Sea Salt Exfoliation and Body Wrap, a Signature Massage, and a Signature Facial. Also included is lunch from LaVista Restaurant served in the seclusion of the spa.

Simply Spa-tastic 150+

Allow 2 hours and 15 minutes

Express Massage, Signature Facial, and Spa Manicure.

Seaside Getaway 195+

Allow 2 hours and 30 minutes

Sea Salt Exfoliation, Whirlpool Bath, Shea Butter and Vanilla Wrap, followed by a Signature Massage.

Oceanside Refresher 197+

Allow 3 hours

Whirlpool Bath, Ocean Stone Massage and Signature Facial.

Island View Retreat 242+

Allow 4 hours

Signature Facial, Signature Massage, Spa Manicure and a Spa Pedicure.

Teen Escape 125+

Allow 2 hours

For ages 12-17; Spa Manicure, Teen Facial, Skin Care Advice and Make-up Application.



Aqua Spa is pleased to offer reward dollars to our guests.

Spend \$40 on any treatment and receive \$2 in reward dollars.

Spend \$25 on any retail item and receive \$1 in reward dollars.

Buy an Aveda product and double your points!

After earning \$10 you can redeem your points towards service or product!

OAK ISLAND

Resort & Conference Centre

Direct: (902) 627-2188

Toll-Free: 1-800-565-5075 Option 2

E-mail: spa@oakislandresort.ca

36 Treasure Drive, Western Shore
Nova Scotia B0J 3M0

Hand and Foot Care

Signature Spa Manicure \$40+
 Allow 45 minutes
 Enjoy a soothing, warm hand soak, nail trim, buff and file, cuticle nourishment, a relaxing hand and arm massage, followed by a perfect polish application with CND Vinylux polish.

Premium Spa Manicure \$55+
 Allow 60 minutes
 A luxurious treatment for your hands and nails. Includes everything our Signature service has with the addition of an exfoliation and soothing paraffin wax treatment.

Signature Spa Pedicure \$57+
 Allow 60 minutes
 Sit back and enjoy our spa pedicure, where first your feet are immersed in a soothing warm foot soak, nails are trimmed, buffed and filed, calluses are groomed and cuticles are nourished. Then you will be treated to an invigorating foot and lower leg massage, followed by a perfect polish application with CND Vinylux.

Premium Spa Pedicure \$72+
 Allow 75 minutes
 Includes everything our Signature service has with the addition of an exfoliation and deep moisturizing foot treatment.

Enhancements!

French Polish \$7+ **Shellac Removal** \$15+
Shellac Polish \$10+ **Paraffin Wax** \$12+



Skin Care

All of our facials are customized based on your skin's specific needs. Whether you have dry or dehydrated, sensitive or oily and congested skin, this will be a truly personalized treatment for your skin.

Express Facial \$45+
 Allow 30 minutes

Signature Facial \$80+
 Allow 60 minutes

Premium Facial \$100+
 Allow 90 minutes

Back Facial \$85+
 Allow approx. 45 minutes
 Designed to bring purity and balance to the skin on the back, along with a relaxing back massage and masque therapy, this treatment focuses on cleansing, toning and exfoliating. Perfect if you are having skin challenges on your back, or are suffering from seasonal skin changes.

Body Bliss

Sea Salt Exfoliation \$55+
 Allow approx. 25 minutes
 Dead Sea Salt will remove any dead skin cells, and will soften and nourish your skin, leaving it feeling silky smooth.

Shea Butter Wrap \$95+
 Allow approx. 60 minutes
 We start with a Sea Salt Exfoliation, followed by a refreshing shower to rinse off, making your skin feel soft and conditioned. We then apply a moisturizing custom blended Shea Butter masque and wrap you up in very warm and inviting blankets. Allow yourself to drift away as your therapist treats you to a face and scalp massage.
 Seasonal body wraps may be available. Be sure to ask guest services. Not recommended for pregnant clients.

The Mermaid Treatment \$125+
 Allow approx. 90min
 A deeply rejuvenating treatment with all of the benefits from the sea. We begin with a full body exfoliation with sea salt followed by a lush seaweed mud wrap. Then relax into a soothing application of hydrating lotion with your choice of essential oil.

*Pricing subject to tax and gratuity.

Aesthetics



Lash Tint \$22+
 Allow 30 minutes

Brow Tint \$15+
 Allow 15 minutes

Brow & Lash Tint \$30+
 Allow 30 minutes

Waxing services

Eyebrow \$15+
Lip \$15+
Brow & Lip \$25+
Chin \$10+
Neck \$15+
Bikini \$30+
Brow/Lip/Chin \$35+
Arm-full \$35+
Arm-half \$30+
Leg-full \$60+
Leg-half \$38+
Full leg/Bikini \$80+
Half leg/Bikini \$55+
Underarm \$18+



Massage Therapy

We have registered therapists who specialize in Swedish, Thai Stem, MLD, Pre/Post Natal and Aromatherapy massages.

Premium Massage \$105+
 90 minutes

Signature Massage \$80+
 60 minutes

Interlude Massage \$69+
 45 minutes

Express Massage \$45+
 30 minutes

Reflexology \$45+
 30 minutes (\$80 for 60 minutes)
 This treatment helps to promote relaxation and well-being by applying pressure to points on the feet. With no turning on the table and no need to undress anything but the feet, it is a great option for those with contraindications to systemic massage. Not recommended for pregnant clients.

Ocean Stone Therapy \$120+
 90 minutes (\$95 for 60 minutes)
 Heated flat, smooth stones are placed on key points on the body. The warmth of the hot stones improves circulation and calms the nervous system. The heat relaxes muscles, allowing the therapist to work the muscles without using deep pressure. Not recommended for pregnant clients.

Thai Stem Massage \$120+
 90 minutes
 Thai Stem Massage combines traditional massage techniques with the therapeutic herbs and essential oils bundled up in unbleached cotton stems. The stems are compressed and/or rolled onto the skin one area at a time. The stems help to release toxins, relieve muscle tension and joint pain and increase circulation to the body. Not recommended for pregnant clients.

Reiki \$70+
 60 minutes
 Reiki is a holistic therapy which brings about healing on physical, mental, emotional and spiritual levels.

*Please arrive 15 minutes early for appointments.