W/LD FLOWER

FACIAL & BODY TREATMENTS
SERVICE MENU

WILDFLOWERSPA.CA

wild flower FACE

Every Wild Flower Treatment includes in-depth intake, assessment and home care education. This is built into the times listed below.

Indicates a Wild Flower Signature Service

PERSONALIZED SKIN CARE ROUTINE 20 MINUTES | $35

Are you struggling with what products you should use and when? Do you want to see more results out of your skin care? Consult with one of our skin care therapist to create a plan that best fits you! In this 20 Minute in person session we will find out what products you need to reach your goals and the professional services best suited to you. If you book a facial after your consult, 50% of the consult fee will be deducted from your facial appointment. *Facial may be booked on another day to ensure you are having the perfect facial for you!*

GLOW AND GO 45 MINUTES | $92

Target a specific concern or get your glow on in this 45min treatment. Includes a cleanse, exfoliation, facial and body massage, potent mask application, and moisturizer. Includes vital home care information and instructions. *When booking this treatment make sure to write your concerns in the appointment notes so your therapist can be fully prepared!*

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ESTIE KNOWS BEST 60 MINUTES | $145

Our introductory facial, perfect for new clients, fill out your in-depth facial form to help your Estie curate a completely customized facial to your exact concerns. Indulge in a ritual that blends Eminence Organics Skincare with expert techniques: gentle cleanse, detoxifying exfoliation, potent serums, and intensive masques. Experience the rejuvenating touch of facial massage inspired by modalities from Japan, India, Korea and Hungary that naturally enhance and revitalize your skin. A hand, arm, neck and shoulder massage complete this experience. Includes vital home care information and instruction.

THE HOLY GRAIL 90 MINUTES | $199

When we say *Holy Grail* we mean it! This indulgent 90-minute experience is designed to address your unique concerns while cocooning you in pure relaxation. Using Eminence Organics Skincare enjoy a cleanse, deep exfoliation, detox and traditional facial massage modalities from Japan, India, Korea and Hungary that naturally lift, restore and illuminate the skin. Advanced enhancements such as hot and cold pore toning and fine line erasing massage bring visible rejuvenation. Your personalized journey may also include: kansa wand, gua sha, jelly mask, LED light therapy and facial cupping. Completing the ritual, a soothing hand, arm, neck and shoulder and scalp massage leave you in a state of complete renewal. Includes vital home care information and instruction.

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PURE FOREST FACIAL 60 MINUTES | $145

Step into a sanctuary of calm, where mind, body and skin unite. The adaptogen-rich ritual featuring tulsi, ashwagandha, and reishi melts away stress while replenishing hydration and fortifying the skin against daily stressors. Earthy aromas and luxurious textures envelop your senses, leaving you radiant, resilient and at peace. Complete with neck, shoulder and kansa wand massage. Includes vital homecare information and instruction.

ILLUMINATE 60 MINUTES | $165

Illuminate from within with this pigment reducing, hydrating facial. Even out skin tone and lighten hyperpigmentation using enzymes from pumpkin, papaya and yam. This facial includes the Eminence Organics Yam & Pumpkin 20% Enzyme Peel, as well as a blissful hand, arm, neck and shoulder massage. Perfect for anyone with acne scars, sun damage and melasma. Includes vital home care information and instruction.

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HEALTHY AGING 75 MINUTES | $175

Aging is a privilege—let it be beautiful. This 75-minute treatment is thoughtfully designed to support the skin with grace, strength, and vitality. Harnessing the power of Eminence Organics botanical hyaluronic acid, vitamin C, marine peptides, and natural retinol, this facial helps rebuild collagen, improve elasticity, and restore a radiant glow. Also included is our Arctic Berry Peel to gently exfoliate and support pro-aging concerns. Enjoy sculpting and lifting massage techniques paired with relaxing hand and arm massage for complete rejuvenation. LED light therapy is incorporated to further support collagen production, skin healing, and overall skin vitality. Perfect for anyone looking to embrace pro-aging with intention and care. Includes personalized home care recommendations.

GLOWING GUA SHA TREATMENT 45 MINUTES | $87

Experience the versatility of the Chinese Gua Sha tool in this 45min customized facial. Lift and firm the skin for our pro-aging clients, detox for acne or congested skin and increase circulation for a decadent glow on all skin types. This treatment includes a cleanse, gentle exfoliation, rich single ingredient oil for gua sha massage, and moisturizer. Includes vital home care instructions and recommendations

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DERMAPLANING

Improve skin texture, reduce the appearance of fine lines, brighten dull skin, reduce pigment and stimulate collagen production and skin tightness in this 60min dermaplaning treatment. Using a surgical blade to gently remove the outer layer of dead, dull skin cells and peach fuzz to reveal glowing skin. Includes vital home care information and instruction.

FIRST TIME CLIENT 75 MINUTES | $172
RETURNING CLIENT 60 MINUTES| $157

GLOWING GODDESS DERMAPLANING FACIAL 90 MINUTES | $199

Revitalize and brighten your complexion with Eminence Organics. This deep exfoliating dermaplaning facial harness' the natural power of vitamin c + e, pineapple and stimulating oxygenation to improve the appearance of your skin and give you the goddess GLOW! Includes hand and arm massage. Perfect for dull skin, acne scarring, sun damage and upcoming events! Includes vital home care information and instruction.

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CLARIFYING FACIAL 75 MINUTES | $165

This 75-minute facial is designed for clients seeking an effective natural treatment for acne-prone skin. Target congestion, reduce breakouts, and help control excess oil with this results-driven treatment. Includes a double cleanse, exfoliation, detox, extractions, and high frequency to deeply purify and calm the skin. Enjoy a deeply relaxing hand, arm, neck, shoulder, and scalp massage to create a restorative experience while supporting overall wellness and relaxation. Includes vital home care recommendations and personalized instruction to help maintain your results.

SCULPT & RELEASE FACIAL MASSAGE by Janal

A sculptural facial ritual designed to release facial tension, support lymphatic flow, and restore natural lift. Through intentional, rhythmic touch, this treatment works with the muscles and fascia to soften deeply held patterns that influence the skin’s structure. Rooted in nervous-system regulation, it invites the body into a state of calm where true radiance can emerge. The result is skin that appears more defined, luminous, and alive

60 MINUTES| $125
75 MINUTES| $145

EMINENCE ORGANICS YAM & PUMPKIN ENZYME PEEL

30 MINUTES | $105

A gentle yet effective exfoliating treatment designed to brighten, smooth, and renew the skin. Rich in natural enzymes, vitamins, and antioxidants, this peel works to remove buildup, reduce pigmentation and refine texture while deeply nourishing the skin. Includes vital home care instructions and recommendations

For best results, perform in a series of four or six

SERIES OF FOUR | $357

SERIES OF SIX | $535

EMINENCE ORGANICS ARCTIC BERRY PEPTIDE PEEL

45 MINUTES | $115

Powered by advanced botanical ingredients and natural exfoliants, the Eminence Organics Arctic Berry Peel is a results-driven treatment designed to brighten skin tone, and reduce the appearance of inflammation, redness and fine lines. Includes vital home care instructions and recommendations

For best results, perform in a series of four or six

SERIES OF FOUR | $390

SERIES OF SIX | $586

wild flower ENHANCE + ENRICH

Take your spa journey to the next level by adding on one of these targeted, result driven demi treatments to your service

AYURVEDIC SCALP AND HEAD MASSAGE 15 MINUTES | $44

Experience this mini version of our signature scalp massage. Improve pro-aging results and feel absolutely amazing with this invigorating yet relaxing scalp massage

ADDITIONAL MASSAGE TIME 15 MINUTES | $32

Elongate the massage portion of any treatment 30 mins or longer to be able to completely zen out.

ADDITIONAL EXTRACTIONS 15 MINUTES | $18

Have lots of congestion and would like extra clarity? Add this on so your therapist has the allotted time needed to help clear your skin. Includes high frequency

HYDROJELLY MASK 15 MINUTES | $32

Customized to your concerns, our jelly masks work by creating a suction like effect to immediately soothe and hydrate the skin.

LED LIGHT THERAPY 15 MINUTES | $32

Using specific wavelengths of light to penetrate into the skin. Target all skin concerns such as stimulating collagen production, reduce redness, aid in healing, target acne and calm inflammation.

SKIN REFINING PEEL ADD ON 15 MINUTES | $52

Experience a deeper exfoliation with effective botanical enzymatic and hydroxy acids to dramatically reduce fine lines, while brightening and improving skin tone and texture.

SCRUB AND HOT OIL ON HANDS OR FEET 15 MINUTES | $32

Ease dry skin with this warming oil wrap treatment. Hands or feet will be exfoliated and then massaged with warm oils and placed into our heated mitts or boots.

ULTRA NECK LIFTING TREATMENT 10 MINUTES | $42

Reduce loss of elasticity, drain stagnant lymph fluid, rejuvenate and tighten with this hydrating lifting neck treatment. May include gua sha, cupping and Eminence Organics Age Defence Ultra Products

ULTRA EYE LIFT 10 MINUTES | $42

Target dark under eye circles, decrease puffiness, add hydration and help diminish fine lines. May include gua sha, cupping and Eminence Organics Age Defence Ultra Products

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SIGNATURE

THE WILD FLOWER ELEMENTAL RESET

Completely escape into this gorgeous 90-minute full body treatment for mind, body and soul. If you are feeling high levels of stress, imbalance, scattered thoughts, emotional states or just need to disconnect to reconnect with yourself, this treatment is for you.

An imbalance in one or some of the elements may result in a disruption of any of these things:
EARTH: grounding, stability, contentment
FIRE: energy, creativity, digestion
AIR: space, breath, mental clarity
WATER: emotional stability, fluidity, compassion

Your Wild Flower Spa Therapist will rebalance the four Ayurveda elements of earth, fire, water and air, within the body using several holistic modalities. As each person experiences imbalance in different areas your treatment is complete customized. Your expertly crafted journey may include Thai yoga massage, hot stones, rose quartz gua sha stones, Ayurvedic kansa wand, pressure point massage, and holding space among others.

90 MINUTES | $172

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SIGNATURE

THE SKIN TO SOUL EXPERIENCE

More than a facial, this is a ritual for the spirit. The sister treatment to our Elemental Reset the Skin to Soul Experience blends crystal healing, sound therapy, and intuitive touch to realign your chakras and restore inner harmony.

Using the Eminence Organics Gemstone & Pure Forest Collections- infused with Citrine, Zeolite, Pink Tourmaline & Ashwagandha - negative energy is released, leaving space for positivity and radiant renewal.

This holistic journey continues with a deeply restorative facial, scuplting gua sha massage and a tension melting scalp massage enhanced with our jade comb. A transformative experience that nurtures not only the skin, but the soul- leaving you feeling radiant, grounded and fully aligned from the inside out.

90 MINUTES | $177

wild flower BODY

HEAVEN & EARTH 90 MINUTES | $164

Lie down in one of our comfy facial beds, breathe in relaxing aromatherapy and enjoy a 60-minute hot oil pedicure inclusive of a scrub and massage going all the way up to the knee. A weighted compress for the eyes helps with eye strain and deeply relaxes you while you have your pedicure. Once your feet are treated, you will receive a 30-minute massage on the arms, hands, shoulders, neck, and scalp - similar to that of our facials. You will truly feel stretched between heaven and earth, light and airy and happy to be alive. *This does not include polish on the toes*

ORGANIC BODY SCRUB

Buff and polish your body to get smooth, glowing skin with our raw organic sugar scrub followed by luscious Eminence Organics lotion or body oil.

Choose from our two experiences:

Stone Crop

Coconut Yuzu

FULL BODY | 60 MINUTES $120

HALF BODY | 30 MINUTES $80

BACK FACIAL 60 MINUTES | $145

Do you get breakouts on your back? Not able to fully each there in the shower? This back facial is clarifying and hydrating to help you reach the hard to get spots and help clear acne! Leave feeling refreshed and incredibly relaxed! Includes cleanse, exfoliation, extractions, treatment mask and moisturizer.

TRADITIONAL SWEDISH MASSAGE

This massage is for relaxation purposes only and not for treating injury as this is performed by Estheticians not RMT's. Choose full body or a specific area.

90 MINUTES | $125

60 MINUTES | $102

30 MINUTES | $63

JASMINE & LAVENDER BODY ESSENCE 90 MINUTES | $180

Begin your relaxation with the use of dry brushing, an ancient practice helping to exfoliate and drain lymph fluid. Float off into the blissfulness of body and scalp massage while experiencing the sensations of warm avocado & grapeseed butter which will hydrate and soften while the scents of jasmine and lavender soothe your mind. *Please be aware this massage is of light pressure, effleurages and sweeping motions, if you are looking for deeper pressure we recommend booking our Traditional Swedish Massage*

AYURVEDIC SCALP MASSAGE 45 MINUTES | $103

Indulge yourself in a meditative conditioning hair and scalp treatment meant to nourish the mind and body using warm oils and massage. Ayurvedic Head Massage works to release blocked negative energy in the body while relieving emotional and mental stress.

wild flower MLD

Manual Lymphatic Drainage (MLD) is a gentle technique focused on supporting the lymphatic system. It is not the same as Brazilian lymphatic massage, which is more vigorous and focused on immediate contouring. Service is performed by a certified MLD therapist NOT RMT

DRIFT + DEFINE 60 MINUTES | $139

Indulge in a soothing face & neck lymphatic drainage massage designed to reduce puffiness, refine contour and revive your natural glow. As tension melts away, you'll drift into a state of softness, leaving skin lifted and beautifully refreshed.

CLOUD 9 90 MINUTES | $179

A deeply restorative, full-body lymphatic experience designed to support circulation, fluid regulation, and enhance the body's natural detoxification process. This treatment activates the superficial lymphatic flow with slow, rhythmic, and intentional movements that encourage drainage, sculpting, and total-body balance. By stimulating the parasympathetic nervous system, it promotes deep relaxation while supporting overall wellness from within.

More then just de-puffing,

Cloud 9 is a full nervous system reset - leaving you feeling lighter, refined, and effortlessly renewed.

wild flower BLD

Brazilian Lymphatic Massage (BLD) , is a more vigorous massage focused on immediate contouring. Compared to Manual Lymphatic Drainage (MLD) which is a gentle technique focused on supporting the lymphatic system. Service is performed by a certified BLD therapist NOT RMT

BRAZILIAN LYMPHATIC DRAINAGE (SCULPTING) 60 MINUTES | $150

A results-driven manual lymphatic drainage technique developed in Brazil, trained under Josie Rushing. This treatment uses firm, rhythmic manipulation to move fluid, reduce puffiness, and support the body's natural detoxification pathways, while visibly sculpting and contouring the treated area. Expect a lifted, de-bloated finish with improved circulation and skin texture over a series of sessions.