



ALBERTA MASSAGE AND SPA

SPA HOURS: Mon - Sat - 9:00am to 8:00pm Sun - Noon to 6:00pm Closed All Statutory Holidays

VOTED BEST SPA & BEST MASSAGE COMPANY

3 YEARS RUNNING!

403-580-3334 ALBERTAMASSAGEANDSPA.COM



OUR FACILITY

We are located in the four star, Medicine Hat Lodge. We house seven treatment rooms accommodating our massage and esthetic services. We also have eight pedicure/manicure chairs which allow us to accommodate group bookings and wedding parties. We have a Relaxation room and Swiss Showers, as well as rooms for simultaneous couple's massages. Food and wine orders are also available to clients, with their spa experience.

OUR STAFF

All therapists and estheticians at Alberta Massage and Spa are fully trained and registered. Our therapists are trained from a variety of backgrounds. We encourage our clients to book treatments with a variety of therapists, to experience different techniques. We are proud to be the largest spa in Medicine Hat & area, offering the most extensive menu of services.

SPA ETIQUETTE

As we are a busy spa, with many therapists and clients, please arrive 10 - 15 minutes prior to appointment time to ensure you are ready to start your treatment on time.

CANCELLATION POLICY

We require a minimum of 24 hours cancellation notice or 100% of the service price will be billed to you. For group bookings of 4 or more people we require a minimum of 72 hours cancellation notice. A credit card will be needed for ALL bookings.

MISSION STATEMENT

To provide you, our valued guest, with the most rejuvenating experience for your mind, your body and your spirit so your whole self is in balance.

GIFT CERTIFICATES

Perfect for birthdays, anniversaries, Mother's Day, Father's Day, Christmas or any special occasion. Available in any amount. Gift Certificates are available for purchase online or mailed out to you.

MASSAGE

Commit to care for yourself with massage, to boost your the emotional and physical resources that support you in doing all the things you want and need to do.

THERAPEUTIC MASSAGE

Focuses on soothing pain and dysfunction with a specific goal in mind. Ideal for chronic pain.

30 minute.....	\$52.00
45 minute.....	\$73.00
60 minute.....	\$89.00
90 minute.....	\$137.00

SWEDISH RELAXATION MASSAGE

Smooth flowing massage. Revitalizes tired muscles and increases circulation creating a profound feeling of relaxation.

30 minute.....	\$47.00
45 minute.....	\$68.00
60 minute.....	\$79.00
90 minute.....	\$127.00



THAI STEM MASSAGE DETOX

A traditional massage originating in Thailand. Combines moist heat with therapeutic herbs and oils to release toxins, increase circulation and relax muscles. Stems are kept for you to use at home. Excellent for detoxification.

60 minute.....	\$122.00
90 minute.....	\$162.00



REFLEXOLOGY

An alternative therapy based on the principle that zones of the body can correspond to certain areas on the feet and hands.

30 minute.....	\$47.00
45 minute.....	\$71.00

TMJ RELEASE

Massage that targets the muscles of the jaw, face and neck by utilizing techniques both inside and outside of the mouth.

30 minute.....	\$52.00
30 minute Relaxation Massage & 30 minute TMJ Release.....	\$102.00



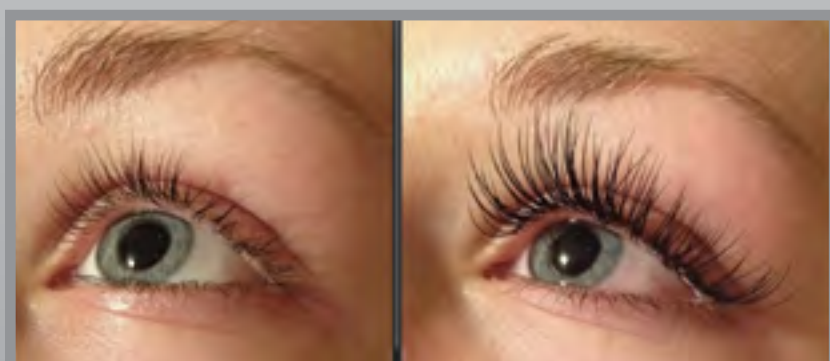
LYMPHATIC DRAINAGE

Using Swiss state of the art technology. This technique promotes increased circulation throughout the body and is delightfully relaxing. Excellent for detoxification. Tones muscle and makes skin look firm.

15 minute.....	\$32.00
30 minute.....	\$47.00
60 minute.....	\$87.00
Sinus Treatments (30 minutes).....	\$52.00

CHILDREN'S MASSAGE

30 minute - Relaxation massage for the little ones! (ages 4-12).....	\$37.00
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LAVISH LASHES

PROFESSIONAL EYELASH EXTENSIONS THAT LOOK, FEEL & WEAR LIKE YOUR OWN BEAUTIFUL LASHES

Semi-Permanent - Lasts several weeks - Water Resistant Shower and swim worry free - Comes in various lengths and thicknesses Great for special occasions and regular daily wear A relaxing procedure taking 45-120 minutes

LAVISH LASHES IS AN EXCITING NEW SERVICE FOR THICKER, LONGER, AND NATURALLY ABUNDANT EYELASHES.

Lashes are made thicker and longer through professional application of an individual synthetic eyelash directly to your own natural eyelash with a specially formulated bonding agent.

NATURAL LOOK

These luscious lashes are so natural that no one will ever know the difference. They have a natural curl so you can throw away your eyelash curler.

NATURAL FEEL

When professionally and properly applied, these lightweight lashes feel just like your own.

Natural Wear - Lavish Lashes are perfect for daily wear and active lifestyles. You can shower, swim, spa and sleep worry free because eyelash extensions are waterproof and durable. You can enjoy having long, beautiful and thicker lashes 24 hours a day and for weeks at a time without hassle, inconvenience or the need for mascara.

FULL SETS.....	\$202.00
FILL.....	\$72.00
MINI FILL.....	\$42.00

WAXING

EYEBROWS.....	\$20.00	FULL LEG.....	\$52.00
UPPER LIP.....	\$20.00	FULL LEG & BIKINI.....	\$92.00
FULL FACE.....	\$47.00	BRAZILIAN.....	\$77.00
UNDERARMS.....	\$37.00	CHEST.....	\$62.00
BIKINI.....	\$42.00	BACK.....	\$62.00
FULL ARM.....	\$42.00		
HALF LEG.....	\$42.00		



MAKE-UP

We specialize in Wedding Make Up. We have a trained esthetician that will provide professional make up services to the highest industry standards. The most beautiful cosmetic you can wear is a healthy skin. Alberta Massage and Spa proudly carries the multi award winning make up line, Jane Iredale. This mineral based makeup gives amazing creamy coverage with a light-as-air feeling. Our makeup artists are fueled by their passion for this line. Experience the Jane Iredale difference!

FULL MAKEUP APPLICATION (SPECIAL OCCASION MAKEUP).....	\$70.00	with trial.....	add \$32.00
EYELASH TINT.....	\$37.00		
EYEBROW TINT.....	\$27.00		
EYELASH/EYEBROW TINT COMBO.....	\$57.00		
EYELASH EXTENSIONS			
full set.....	\$200.00		
fill.....	\$70.00		
mini fill.....	\$40.00		

EMINENCE FACIALS



ULTIMATE SPA FACIAL	60 minutes - Hydrating and nourishing ultimate facial.....	\$117.00
CLEAR SKIN FACIAL	75 minutes - Targets oily and acne prone skin.....	\$127.00
CALM SKIN FACIAL	75 minutes - Targets sensitive skin and skin with rosacea.....	\$127.00
ANTI AGE FACIAL	90 minutes - Targets dry, mature skin.....	\$137.00

EMINENCE BODY TREATMENTS

ULTIMATE SPA BODY WRAP	A revitalizing and relaxing treatment. Helps replenish minerals & hydration.	75 minutes.....	\$122.00
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DETOXIFYING BODY WRAP	A detoxifying mask is applied to the body, to release toxins. Full body exfoliation and hydration.	75 minutes.....	\$122.00
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FIRMING BODY WRAP	The body is exfoliated, saturated with a firming mask. Skin is fully hydrated.	75 minutes.....	\$132.00
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JAPANESE SOK TUB TREATMENT	with exfoliation and 30 minute Japanese Hot Stone Massage	90 minutes.....	\$122.00
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DETOXIFYING JAPANESE HOT STONE BODY WRAP	A detoxifying mask is applied to the body to release toxins. Full body exfoliation and hydration. Includes 60 minutes of Japanese Hot Stone Massage.	120 minutes.....	\$162.00
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CELLULITE TREATMENT JAPANESE HOT STONE BODY WRAP	A full body exfoliation and a specially formulated cellulite treatment mask is applied to the body. Includes 60 minutes of Japanese Hot Stone Massage.	120 minutes.....	\$162.00
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FIRMING LEG TREATMENT JAPANESE HOT STONE BODY WRAP	The legs are exfoliated and saturated with a firming mask. Skin is fully hydrated. Includes 60 minutes of Japanese Hot Stone Massage.	120 minutes.....	\$162.00
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JAPANESE HOT STONE DETOX TREATMENT WITH EXFOLIATION	Full body exfoliation and hydration. Includes 30 minutes of Japanese Hot Stone Massage.	60 minutes.....	\$87.00
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CARA CHEMICAL PEELS

A chemical peel is a procedure that accelerates skin turnover. It speeds up the pigment reduction resulting in healthier skin and a more uniform complexion. Peels are a quick way to remove dead skin cells, fine lines, small sores, freckles, dark spots and/or skin imperfections caused by aging and hormones. Peels take away dead skin cells which force new fresh skin to surface. The skin will then appear tighter, brighter, have smaller pores, also reduce the appearance of wrinkles, and have even skin tone.

GRAPE ENZYME PEEL (For all Skin Types)	30 minutes.....	\$102.00
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SALICYLIC PEEL (For Oily, Acne Prone Skin Types)	30 minutes.....	\$102.00
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GLYCOLACTIC PEEL (For Sun Damaged, Mature, Hyper-pigmentation)	30 minutes.....	\$102.00
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ACNE TREATMENT	30 minutes.....	\$60.00
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BLACKHEAD TREATMENT	30 minutes.....	\$60.00
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ECZEMA TREATMENT	30 minutes.....	\$60.00
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ROSACEA TREATMENT	30 minutes.....	\$60.00
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SENSITIVE SKIN TREATMENT	30 minutes.....	\$60.00
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SUN DAMAGE TREATMENT	30 minutes.....	\$60.00
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CARA MICRODERMABRASION TREATMENTS

Deep exfoliation treatment using a diamond encrusted tip. Good for all skin types including those concerned with dehydration, acne scarring, fine lines, wrinkles and pigmentation.

60 MINUTE TREATMENT	\$152.00
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MICRO FLASH TREATMENT	45 minutes.....	\$52.00
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MICRO ADD ON (can be added to any facial).....	\$52.00
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CARA SIGNATURE FACIAL	The perfect complement to your microdermabrasion treatment. This hydrating and nourishing facial features a mask as well as soothing exfoliation, and your choice of Cara Touch finishing toner.	60 minutes.....	\$102.00
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HAND TREATMENTS

THE ULTIMATE SPA MANICURE	Exfoliation, paraffin wax, hot stone massage, intense moisturizing and polish all make this the ultimate reward for well worked hands.	60 minutes.....	\$72.00
75 minutes with gelish add on.....	\$87.00

MEN'S MANICURE	Specially designed for men.....	\$62.00
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CHILDREN'S MANICURE	A mini version of the Ultimate Manicure for children under 12.....	\$47.00
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POLISH APPLICATION.....	\$32.00
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GELISH APPLICATION.....	\$37.00
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GELISH REMOVAL.....	\$17.00
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SILK GLOVE HAND TREATMENT.....	\$42.00
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SILK GLOVE HAND & FOOT TREATMENT.....	\$77.00
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FOOT TREATMENTS

THE ULTIMATE SPA PEDICURE An Alberta Massage and Spa specialty! Healthy exfoliation, cuticle cleanup, paraffin wax, hot stone massage and polish are included in this decadent treatment.

75 minutes.....	\$77.00
90 minutes with gelish add on.....	\$92.00

DELUXE SPA PEDICURE	All of the features of our Ultimate Spa Pedicure, with the added luxury of a restorative hydration mask.	90 minutes.....	\$82.00
105 minutes with gelish add on.....	\$97.00

THERAPEUTIC PEDICURE	Special treatment for feet with calluses, or ingrown toe nails.	90 minutes (includes fungus treatment).....	\$92.00
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MINI SPA PEDICURE	45 minutes - Foot soak / nail shaping / cuticle clean up / paraffin / polish.....	\$62.00
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CHILDREN'S PEDICURE	A mini version of the Ultimate Pedicure for children under 12.....	\$52.00
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MEN'S PEDICURE	Specially designed for men.....	\$67.00
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FOOT TREATMENT ADD-ONS			
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POLISH APPLICATION.....	\$32.00
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GELISH APPLICATION.....	\$37.00
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GELISH REMOVAL.....	\$17.00
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SPA PACKAGES

All packages include lunch and a beverage.

VALENTINE'S DAY \$476.00

60 minute Japanese Hot Stone Massage for two
75 minute Deluxe Spa Pedicure for two
60 minute Ultimate Spa Manicure for two

CHRISTMAS \$428.00

120 minute Detoxifying Japanese Hot Stone Body Wrap
60 minute Ultimate Spa Facial
60 minute Ultimate Spa Manicure
75 minute Ultimate Spa Pedicure

MOTHER'S DAY \$461.00

90 minute Anti Age Facial
75 minute Ultimate Spa Pedicure - with Gelish Polish
120 minute Detoxifying Japanese Hot Stone Body Wrap
Make Up application

FATHER'S DAY \$351.00

90 minute Therapeutic Massage
90 minute Therapeutic Pedicure
75 minute Detoxifying Wrap

BRIDAL \$381.00

75 minute Calm Skin Facial
75 minute Ultimate Spa Pedicure - with Gelish Polish
120 minute Detoxifying Japanese Hot Stone Body Wrap
Complimentary Eyebrow Waxing

BOOK OUR SPA!

Our Spa is available to book for private parties and special occasions. In addition to our amazing treatments, we can also offer a fine dining menu, drinks and a relaxation room for you & your guests to enjoy.

PERFECT FOR:

BRIDAL SHOWERS · GROUP BOOKINGS · STAGETTES
CORPORATE RETREATS · COUPLES GETAWAYS
GIRLS' NIGHT OUT · COUPLES GETAWAYS · PRIVATE PARTIES



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