



Woodland Echoes Resort

P.O.E. Box 59, 3 Victoria St.,
Magnetawan, Ontario
POA 1P0
1-888-661-3669

Spa Services in the privacy and comfort of your cottage

AROMATHERAPY MASSAGE

Aromatherapy is the enhancement of body, mind and spirit using essential oils extracted from leaves, stems, fruits, woods, resins, and flowers of plants and trees in a way that can positively affect emotional, mental and physical health.

Aromatherapy, combined with massage, benefits the whole body. Some of these benefits include freedom from: stress, aches and pains, insomnia, headaches, PMS, menopause, mild depression, and lethargy.

The best reason to have an aromatherapy massage is relaxation! The pleasant scents will leave you feeling refreshed and your spirit soothed - you will be both relaxed and energized.

Total treatment time 1 hour AROMATHERAPY MASSAGE: \$75.00

FOOT SPA

Combined with therapeutic aromatherapy, a natural foot scrub and soak the foot spa can soften, revitalize and deodorize. As the heels and rough spots are exfoliated, the skin is soothed and improved by the pure essential oils, infused with natural organic herbs.

Total treatment time: 1 hour \$75.00

HOLISTIC FACIAL

*An excellent method of tension release, the **Holistic Facial Massage** works to make the skin more supple and flexible. This is a special gentle massage technique to, improve skin tone and texture, de-stress the mind and body, create a feeling of well-being and happiness, increase vitality by unblocking energy channels, slow down the visible effects of aging.*

Facial massage is a unique combination of therapeutic touches including facial pressure points, rhythmic contouring and sculpting strokes. Facial massage helps to relax, uplift and tone facial muscles.

Beverly's luxurious treatment combines a cleanse with massage technique, followed by a Hungarian wellness mud mask application. While this world class mud nourishes your skin, float away with a massage to the shoulders, arms and hands. The Holistic Facial Massage is always followed by a mini-Reflexology session.

Total treatment time: 1 hour \$75.00

CRANIOSACRAL THERAPY

Gentle, noninvasive, light-touch Craniosacral Therapy (CST) works with the craniosacral system. It extends from the bones of the skull, face and mouth, which makes up the cranium, down to the sacrum.

CST helps the body's natural healing mechanisms dissipate the negative effects of stress on the central nervous system. CST encourages the body to release restrictions that inhibit the body's normal, self-correcting tendencies. Using a very light touch, skilled practitioners can monitor the rhythm of the CS system at key body points to pinpoint the source of an obstruction or stress. Assisting the natural movement of the fluid and related soft tissue can help the body to heal itself of pain and illnesses.

Additional benefits: increased sense of relaxation, improvement of target symptoms, improvement of untargeted health problems, change in behaviour patterns - leading to an improvement in relationships with friends, family, colleagues, greater capacity to manage life in general, reduced stress, improvement of psychological issues. Most of all, CST gives an improved sense of well-being. Get your batteries recharged!

Total treatment time: 60 min. treatment..... \$75.00

REFLEXOLOGY

The ancient healing art of foot massage, reflexology, works the reflex points on the feet and hands. These points correspond to every gland, organ and part of the body. Reflexology is the application of pressure, stretch and movement to the feet and hands to effect corresponding parts of the body. By applying technique, a reflexologist can break up patterns of stress in other parts of the body. Reflexology is a wonderfully simple form of natural, complimentary, and holistic healing. _One of Beverly's main treatments, reflexology is often combined with her foot spa treatment. During the reflexology treatment you may experience a relaxation response and improved circulation. Beverly can perform the treatment on the feet, on the hands, or both. It's an excellent preventative health measure

Total treatment time:

Reflexology 1 - 60 min..... \$50.00

Reflexology 2 - 90 min. treatment (hands and feet)..... \$75.00

ALEXANDRIA PROFESSIONAL HUNGARIAN WELLNESS MUD

This special mineral mud has been used in medicinal spas in Hungary since the 1860s. In fact, this treatment is currently being prescribed by physicians in Hungary. What can the mud do for you? It is deeply cleansing, delivers mineral nourishment to the skin. This amazing mud, collected at Hungarian mineral springs, has anti-inflammatory properties, and retains heat. We offer mud treatments to the face and neck, back and feet.

Treatment times vary . .

ALEXANDRIA PROFESSIONAL

Hungarian wellness mud facial, 60 min. treatment..... \$75.00

Hungarian wellness mud back facial (salt glow scrub & mud), 40 min. treatment..... \$60.00

Ultra back facial (back massage using natural essential oils, sea salt scrub, Hungarian wellness mud application) 60 min. treatment..... \$80.00

THERAPEUTIC TOUCH

TT's official description is a contemporary interpretation of several ancient healing practices, a consciously directed process of energy exchange during which the practitioner uses the hands as a focus for facilitating healing. The therapist is only a conduit for the healing energy. Beverly often incorporates TT/Quantum Touch/Reiki in her treatments (with the client's consent).

QUANTUM TOUCH

With intention, the practitioner holds a high vibrational field of life-force energy around an affected area. Through a process of resonance and entrainment, the client naturally matches the vibration of the practitioner, allowing the client's own biological intelligence to do whatever healing it deems necessary.

Treatment time: TT/QUANTUM HEALING/REIKI: 30 min. treatment..... \$55.00

PAMPER YOUR PARTNER

Hot Stone Reflexology: Begins with a 10 minute foot and calf warm-up, followed by a hot stone application between the toes and on the plantar surfaces of the feet. The feet are then wrapped and now you can enjoy the warmth and tingly sensation for 15 minutes. The same application follows with your partner. A complete 20 minute reflexology treatment then follows.

Total duration 1 hour: (30 minutes each)..... \$65.00 each

Hot Stone Back Massage:

Begins with a back massage, followed by a hot stone application. While you enjoy the warmth of the stones and feel your muscles relax, your partner can enjoy the same treatment. The session ends with a hot stone massage.

Total duration 1 hour: (30 minutes each)\$50.00 each

EXPECTANT MOTHERS and FATHERS

Spa Babymoon Package: Moms to be can enjoy a relaxing and rejuvenating facial, using Hungarian Wellness Mud. The treatment consists of a face, neck and shoulder massage followed by a cleanse and application of the mud. While this is setting, your partner can enjoy an Ultra Back Treatment. He will enjoy this massage to the back and shoulders, followed by a sea salt scrub and then a final application of Hungarian Wellness Mud. While this is setting, the new mom will enjoy a further massage to shoulders, arms and hands and then receive a Reflexology Refresher. The mud will then be removed and an all natural skin cream will be applied.

Total duration 2 hours and 20 minutes:\$95.00 each

PACKAGES of SERVICES

Option A for a "women's only" getaway:

40 min. sampler combo: Relaxing back massage, mini facial, reflexology refresher.....**\$45.00** minimum 2 persons

Option B:

90 min. combo: craniosacral therapy and reflexology.**\$95.00**

Option C:

90 min. combo: aromatherapy massage and reflexology.....**\$95.00**

Option D:

90 min. combo: aromatherapy foot spa (sea salt scrub and Hungarian wellness mud) and reflexology..... **\$95.00**

Option E:

90 min. combo: holistic facial and reflexology.....**\$95.00**

Option F:

60 min. combo: Hungarian wellness mud back mask, complete back massage.....**\$95.00**

Beverly Abbott A brief Bio...

Registered as both a reflexologist and a medical nurse, Beverly Abbott is certified as an aroma therapist and qualified as a therapeutic touch practitioner. She has worked extensively with craniosacral healing, muscle relaxation, aromatherapy, reflexology, in addition to therapeutic touch, reiki (level II) and quantum light healing.

Beverly's healing journey began in the early 90s when she was introduced to therapeutic touch. Since that time, she has studied many other healing modalities. Her thirst for knowledge is insatiable. This is an exciting journey for her -- and for her clients!

In her aroma therapeutic treatments, she uses only 100% essential oils and safe, natural products. She operates her business with attentive care, hygiene and respect for the wishes of the individual client.

Beverly is a member of the Registered Nurses' Association of Ontario. She brings a professional attitude and service which will ensure your spa experience is as relaxing as can be.....

Please reserve your Spa Treatments before you arrive
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