



# Woodland Echoes Resort

P.O.E. Box 59, 3 Victoria St.,  
Magnetawan, Ontario  
P0A 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: ..... \$95.00**

## **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: 45 minutes ..... \$95.00**

## **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 ..... \$95.00**

## **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..... \$95.00**

**Hungarian wellness mud back facial (salt glow scrub & mud), 40 min. treatment. .... \$75.00**

**Ultra back facial (back massage using natural essential oils, sea salt scrub, Hungarian wellness mud application) 60 min. treatment. .... \$95.00**

### **Sharin Mills A brief Bio...**

*Sharin Mills is certified as an aroma therapist and began her career in 2004 in an office location in Muskoka. In 2006, she took her business mobile as she learned that her clientele were more comfortable to remain in their own homes and cottages for their massage treatments.*

*In her aroma therapeutic treatments, she uses only 100% essential oils that are used across Europe and all over the world for alternative healing. Aromatherapy massage is relaxing, and can be very therapeutic and beneficial giving the clients an all around relaxed feeling following a massage.*

**Please reserve your Spa Treatments before you arrive**

**Ahmic Lake - Woodland Echoes Resort**

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**info@woodlandechoes.on.ca**