

THERAPEUTIC WATERS

Access to therapeutic waters includes:

- warm Dead Sea salt pool
- hot Epsom Salt pool
- cold plunge pool
- eucalyptus steam room
- infrared sauna
- showers
- lockers
- use of towels, robes, sandals and vanity
- 2.5 hour recommended maximum visit

ENTRANCE FEE

Wednesday through Monday	\$68
Tuesday	\$58

No reservations are required for the therapeutic waters

THERAPEUTIC WATERS CARD

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Six visits and get the seventh for free! \$408

BODY SCRUBS

THE SAMPLER | 25 min ~ \$115

body wash + body scrub

BLITZ SCRUB | 60 min ~ \$175

body wash + body scrub + body moisturizer

COFFEE SCRUB | 60 min ~ \$175 | Series of 3 ~ \$480

dry brush + body wash + coffee scrub + gentle body massage

THE WORKS | 90 min ~ \$235

body wash + body scrub + body moisturizer + scalp treatment + face mask, serum, moisturizer + hair wash and conditioning

DELUXE COFFEE SCRUB | 90 min ~ \$235

dry brush + body wash + coffee scrub + gentle body massage + scalp treatment + face mask, serum, moisturizer + hair wash and conditioning

BODY MUDS

BODY BAKE | 60 min ~ \$175

body wash + body mud + body moisturizer

BODY BAKE & BEYOND | 90 min ~ \$235

body wash + body mud + body moisturizer + scalp treatment + face mask, serum, moisturizer + hair wash and conditioning

Immerse yourself

in Body Blitz Spa, a women-only spa that puts a modern twist on ancient restorative waters therapy. Relax, detoxify and replenish in our therapeutic waters circuit or sample one of our scrubs, muds, body glows or massage treatments.

TREATMENTS

All treatments include access to therapeutic waters. Please arrive 90 minutes prior to your scheduled treatment to enjoy the waters.

BOOK ONLINE

Book any treatments or service online at bodyblitzspa.com

GIFT CARDS

Gift cards are available for purchase at the spa, or online at bodyblitzspa.com

bodyblitzspa.com

Body Blitz West

471 Adelaide St. West
(east of Portland St.)
Toronto, Ontario

Body Blitz East

497 King St. East
(east of Sackville St.)
Toronto, Ontario

416.364.0400

body blitz[®]spa

HEALTH BY WATER

BODY GLOWS

SWEET GINGER & MILK GLOW | 60 min ~ \$175
body wash + body scrub + warm milk treatment + sweet orange body oil

MOROCCAN SPICE GLOW | 60 min ~ \$175
body wash + mud polish + warm chamomile tea treatment + argan body oil

DELUXE SWEET GINGER GLOW | 90 min ~ \$235
body wash + body scrub + warm milk treatment + sweet orange body oil + scalp treatment + face mask, serum, moisturizer + hair wash and conditioning

DELUXE MOROCCAN SPICE GLOW | 90 min ~ \$235
body wash + mud polish + warm chamomile tea treatment + argan body oil + scalp treatment + face mask, serum, moisturizer + hair wash and conditioning

FACE + SCALP

HAIR RESCUE | 25 min ~ \$115
hair wash + deep nourishing hair mask + scalp massage + foot massage

FACE + SCALP RENEWAL | 60 min ~ \$175
argan oil scalp treatment and scalp massage + gentle cleanser and clay mask + argan serum and face massage + hair wash and conditioning

ADD-ONS (excluding massage)

SHEET MASK | \$15
choose from radiance, vitamin c, plumping collagen

HAIR WASH AND CONDITIONING | 10 min ~ \$20
add to your spa treatment

MASSAGES

Therapeutic, Deep Pressure, Pre-natal, or Shiatsu:

30 min	\$115	All massages except shiatsu are performed by a Registered Massage Therapist (RMT).
45 min	\$140	
60 min	\$165	
75 min	\$195	
90 min	\$225	

\$5 extra charge to add aromatherapy or tension balm to your therapeutic or deep pressure massage.

SPA PACKAGES

PERFECT BLITZ | 3 hrs ~ \$195
therapeutic waters + sampler scrub or hair rescue + 30 min massage

SIMPLY BLITZ | 3.5 hrs ~ \$245
therapeutic waters + sampler scrub or hair rescue + 60 min massage

PURE BLITZ | 3.5 hrs ~ \$255
therapeutic waters + 60 min mud, scrub, body glow or face renewal + 30 min massage

DOUBLE THE BLITZ | 3 hrs ~ \$350
therapeutic waters + 60 min mud, scrub, body glow or face renewal x 2 people

BLITZ LUXE | 4 hrs ~ \$310
therapeutic waters + 60 min mud, scrub, body glow or face renewal + 60 min massage with aroma

BLITZ ULTRALUXE | 5 hrs ~ \$430
therapeutic waters + 90 min mud, scrub or body glow + 90 min massage with aroma

SPA POLICY

- Women only
- Children under 13 not permitted
- Children 13-17 accompanied by a guardian are permitted
- Credit card required for all reservations
- Bathing suits are optional
- We require 24 hours notice to cancel any appointment and 48 hours for groups of 3 or more persons. Without this notification, you will be charged 50% of your scheduled treatment.
- We are a gratuity-free spa.

bodyblitzspa.com

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