

SPA PACKAGES

PERFECT BLITZ | 2.5 hr ~ \$195
Therapeutic Waters + 25 min Sampler or Hair
Rescue + 30 min Massage

SIMPLY BLITZ | 3 hr ~ \$250
Therapeutic Waters + 25 min Sampler or Hair
Rescue + 60 min Massage

PURE BLITZ | 3 hr ~ \$265
Therapeutic Waters + 60 min Face or Body
Treatment + 30 min Massage

DOUBLE THE BLITZ | 2.5 hr ~ \$370
(2 guests) Therapeutic Waters + 60 min Face or
Body Treatment

BLITZ LUXE | 3.5 hr ~ \$320
Therapeutic Waters + 60 min Face or Body
Treatment + 60 min Massage

BLITZ ULTRALUXE | 4.5 hr ~ \$440
Therapeutic Waters + 90 min Body Treatment
+ 90 min Massage

SPA POLICY

- Women only.
- Children under the age of 13 not permitted.
- Children aged 13-17 must be accompanied by a guardian/parent.
- Guests are required to wear a bathing suit bottom while in the spa.
- See website FAQ for cancellation policy and general information.
- 2 hour recommended maximum visit.

BODYBLITZSPA.COM
416.364.0400



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

HOURS OF OPERATION

10am - 8pm Monday to Thursday | **10am - 9pm** Friday
9am - 8pm Saturday | **9am - 6pm** Sunday

VISIT OUR WEBSITE FOR SEASONAL HOURS AND CLOSURES.

Blitz Facial Bar and **Body Blitz Skin Care** are natural extensions of Body Blitz Spa. To book a facial, visit blitzfacialbar.com. To purchase skin care products, visit bodyblitzspa.com



BODY BLITZ®
skin care



body blitz® spa
HEALTH BY WATER

RELAX. REPLENISH. REJUVENATE.

BODY BLITZ SPA PRESERVES THE CENTURIES-OLD EUROPEAN TRADITION OF "TAKING THE WATERS" TO PROMOTE HEALTH AND WELL-BEING THROUGH THERAPEUTIC WATERS, WATER-BASED BODY TREATMENTS, AND MESSAGES.

THERAPEUTIC WATERS

- Warm Dead Sea Salt Pool (98° F / 36.6° C)
- Cold Plunge Pool (66° F / 18.9° C)
- Hot Epsom Salt Pool (104° F / 40° C)
- Infrared Sauna
- Eucalyptus Steam Room
- Use of Body Blitz Spa robe, towels, slippers
- Use of showers, lockers, vanity, shampoo, conditioner, and Body Blitz Mint Lime Wash and Lotion

Wednesday through Monday \$78
Tuesday \$68

Therapeutic Waters are included with all treatments and massages. Using the waters prior helps set up the body for a more relaxed and effective treatment.

WATERS CARD

Purchase six Therapeutic Waters visits and receive a complimentary seventh visit. Use for yourself, share the card with someone, or give as a gift. Waters Cards never expire and can be used at either spa.

GIFT CARDS

Choose a dollar amount or a service. Purchase a paper generated card online, or physical card at either spa. Gift Cards never expire and can be used at either spa.

BODY SCRUBS

EXFOLIATE, BRIGHTEN + NOURISH

THE SAMPLER | 25 min ~ \$115
 Body Wash + Body Scrub

BLITZ SCRUB | 60 min ~ \$185
 Body Wash + Body Scrub + Gentle Hydrating Massage

COFFEE SCRUB | 60 min ~ \$185
 Dry Brush + Body Wash + Coffee Scrub + Gentle Lymphatic Massage

THE WORKS | 90 min ~ \$245
 Blitz Scrub + Scalp Treatment + Mini Facial

DELUXE COFFEE SCRUB | 90 min ~ \$245
 Coffee Scrub + Scalp Treatment + Mini Facial

BODY GLOWS

TIGHTEN, SOOTHE + CONDITION

SWEET GINGER & MILK BODY GLOW | 60 min ~ \$185
 Body Wash + Body Scrub + Warm Milk Treatment + Gentle Massage with Sweet Orange Oil

MOROCCAN SPICE BODY GLOW | 60 min ~ \$185
 Body Wash + Body Polish + Warm Chamomile Tea Treatment + Gentle Massage with Argan Oil

DELUXE SWEET GINGER & MILK BODY GLOW | 90 min ~ \$245
 Sweet Ginger & Milk Body Glow + Scalp Treatment + Mini Facial

DELUXE MOROCCAN SPICE BODY GLOW | 90 min ~ \$245
 Moroccan Spice Body Glow + Scalp Treatment + Mini Facial

BODY MUDS

REVITALIZE, SOOTHE + REPLENISH

BODY BAKE | 60 min ~ \$185
 Body Wash + Body Mud + Gentle Hydrating Massage
Winter Warming Mud ~ sluggish skin, arthritis, and poor circulation
Oceanic Clay ~ sensitive, dehydrated, and eczema-prone skin

BODY BAKE & BEYOND | 90 min ~ \$245
 Body Bake + Scalp Treatment + Mini Facial

BACK FACIAL CLEANSE, REFINE + PURIFY
60 min ~ \$185 | Cleanse + Exfoliation + Steam + Extractions + Mud + Gentle Massage + Hydration

THE FACIAL BRIGHTEN, HYDRATE + REVITALIZE
60 min ~ \$185 | Cleanse + Exfoliation + Steam + Extractions + Mask + Scalp Massage + Hydration for face, neck & décollete

FACE + SCALP RENEWAL CLEANSE, NOURISH + HYDRATE
60 min ~ \$185 | Scalp Treatment + Mini Facial + Hand & Foot Massage + Hair Wash

HAIR RESCUE CLEANSE, HYDRATE + CONDITION
25 min ~ \$115 | Hair Wash + Hair Mask + Foot Massage

MASSAGE

Therapeutic, Deep Pressure, Aromatherapy, Shiatsu, and Prenatal. All massages, with the exception of Shiatsu, are performed by Registered Massage Therapists (RMT).

30 min	\$115	75 min	\$200
45 min	\$140	90 min	\$230
60 min	\$170		

ADD-ONS

Body Blitz Sheet Mask | \$15
 Vitamin C, Radiance, or Plumping Collagen. Made from all natural silk infused with serums and antioxidant essences.

Hair Wash | \$20
 Hair Wash + Conditioner ~ 10 min