

body blitz® spa

HEALTH BY WATER

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
- complimentary use of towels, robes and sandals within the spa
- 2.5 hour recommended maximum visit

ENTRANCE FEE

Wednesday through Monday	\$60
Tuesday	\$50

No reservations are required for the therapeutic waters

THERAPEUTIC WATERS CARD

THERAPEUTIC WATERS CARD

Six visits and get the seventh for free! \$360

BODY SCRUBS

THE SAMPLER

body wash + body scrub | 25 min ~ \$100

BLITZ SCRUB

body wash + body scrub + body moisturizer | 60 min ~ \$150

THE WORKS

body wash + body scrub + scalp treatment + face mask + face serum + face moisturizer + body moisturizer + hair wash and conditioning | 90 min ~ \$210

BODY MUDS

BODY BAKE

body wash + body mud + body moisturizer | 60 min ~ \$150

BODY BAKE & BEYOND

body wash + body mud + scalp treatment + face mask + face serum + face moisturizer + body moisturizer + hair wash and conditioning | 90 min ~ \$210

Immerse yourself

in body blitz spa, a women only spa that puts a modern twist on ancient restorative water practices. Relax, detoxify and replenish in our therapeutic water circuit or sample one of our scrub, mud, body glow 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

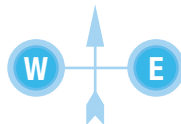
Now you can book any of our services or treatments online at bodyblitzspa.com

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

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HEALTH BY WATER

BODY GLOWS

SWEET GINGER & MILK GLOW

body wash + body scrub + warm milk treatment + grape seed body oil | **60 min ~ \$150**

MOROCCAN SPICE GLOW

body wash + mud polish + warm chamomile tea + argan and grape seed body oil | **60 min ~ \$150**

DELUXE SWEET GINGER GLOW

body wash + body scrub + warm milk treatment + grape seed body oil + scalp treatment + face mask + face serum + face moisturizer + hair wash and conditioning | **90 min ~ \$210**

DELUXE MOROCCAN SPICE GLOW

body wash + mud polish + warm chamomile tea + argan and grape seed body oil + scalp treatment + face mask + face serum + face moisturizer + hair wash and conditioning | **90 min ~ \$210**

FACE + SCALP

FACE + SCALP RENEWAL

argan oil scalp treatment and scalp massage + exfoliating face wash and mask + argan oil serum and face massage + hair wash and conditioning | **60 min ~ \$150**

MASSAGES

Therapeutic, Shiatsu or Aromatherapy* massage.

30 min	\$105
45 min	\$130
60 min	\$155
75 min	\$185
90 min	\$215

*Add \$5 more for aromatherapy massage.

SPA PACKAGES

PERFECT BLITZ

therapeutic waters + sampler scrub + 30 min massage
3 hrs ~ \$170

SIMPLY BLITZ

therapeutic waters + sampler scrub + 60 min massage
3.5 hrs ~ \$220

PURE BLITZ

therapeutic waters + 60 min mud, scrub, body glow or face renewal + 30 min massage
3.5 hrs ~ \$220

DOUBLE THE BLITZ

therapeutic waters + 60 min mud, scrub, body glow or face renewal x 2 people
3 hrs ~ \$300

BLITZ LUXE

therapeutic waters + 60 minute mud, scrub, body glow or face renewal + 60 minute aromatherapy massage
4 hrs ~ \$275

BLITZ ULTRALUXE

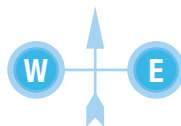
therapeutic waters + 90 minute mud, scrub or body glow + 90 min aromatherapy massage
5 hrs ~ \$395

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.

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