



THERE IS ONLY ONE YOU.

OUR PASSION IS TO LISTEN TO YOUR STORY AND  
PROVIDE SERVICES TAILORED SPECIFICALLY FOR YOU.

YOU KNOW THAT FEELING WHEN EVERYTHING FALLS  
INTO PLACE AND YOU FEEL BALANCED AND WHOLE?

THAT'S THE FEELING WE'RE AFTER.

YOUR PLACE OF BALANCE ISN'T ACHIEVED BY GOING  
THROUGH THE SAME MOTIONS THAT SOMEONE ELSE  
WENT THROUGH, YOU'RE ON YOUR OWN PATH.

WE ARE HERE TO SUPPORT YOU ON THAT PATH.



**ONE WELLNESS**

SOLARA RESORT & SPA CANMORE

## BODYWORK

We know a thing or two about living full and active lives. We understand the tug of war—chasing children, meeting deadlines, keeping fit and playing hard. Busy lives take a toll on healthy bodies and minds. No problem, we help you take care of you.

WE LISTEN, NOTICE WHERE YOU HOLD TENSION, OBSERVE YOUR BREATHING AND ASSESS YOUR SKIN AND MUSCULAR CUES. WE WORK WITH YOU AND YOUR BODY TO RELEASE TENSION, ADDRESS IMBALANCES, AND RESTORE YOU TO A STATE OF HARMONY AND BALANCE. ONE.

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### ONE WELLNESS PERSONALIZED MASSAGE

Personalized means we honour the uniqueness of you. We use an assortment of tension relieving techniques such as deep tissue, Swedish massage, trigger point therapy, aromatherapy and heated compresses to help bring mind and body in sync. Just had a baby or maybe you've got a little one on the way? We'll tailor an experience to meet these special needs.

60 minutes • \$135  
90 minutes • \$195

### STONE MASSAGE

Our river rocks warmed to the perfect temperature and skillfully applied become the catalyst for a powerful tension relieving experience and the nurturing restoration that your muscles crave.

90 minutes • \$225

### IN-SUITE MASSAGE

Feel like staying in? No problem, we'll come to you. Enjoy your One Wellness Personalized Massage alone or with a loved one, in the privacy of your suite, or out on your terrace in the fresh mountain air. Relax in a private hot milk bath afterwards with a cup o' hot tea.

per person 60 minutes • \$175  
90 minutes • \$235

## SKINCARE

Beauty is more than skin deep. When you're madly in love, when you're laughing uncontrollably, when you're overcome by beauty — these are the moments when you glow from the inside out.

Let us inspire that healthy, radiant you.

WE LOOK AT SKIN IN A THERAPEUTIC LIGHT, WHICH MEANS WE USE NATURAL, GOOD-FOR-YOU PRODUCTS. OUR FACIALS INCLUDE MULTI-STAGE CLEANSING, EXTRACTIONS, A PRESCRIPTIVE PEEL, A MASK AND HAND AND FOOT MASSAGE WITH WARM COMPRESSES. OUR 90-MINUTE SERVICE INCLUDES CUSTOMIZED ATTENTION TO CLEANSING AND THE ADDITION OF A NECK AND SCALP MASSAGE.

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### ONE WELLNESS PERSONALIZED FACIAL

We nourish and reveal your unique beauty by promoting your skin's natural health and radiance. We'll get to know your skin to find out what its craving and customize the right experience just for you.

60 minutes • \$165  
90 minutes • \$215

### SKIN FITNESS FACIAL

We love the sun, but sometimes it loves us back a little too much. Revitalize environmentally damaged skin and address premature aging with this specially formulated facial.

60 minutes • \$165  
90 minutes • \$215

### MOISTURE DRENCH FACIAL

Healthy skin begins at the cellular level. We restore and love those cells by drenching skin in rich moisture. Renew and nurture your skin's elasticity and it will repay you with a rosy glow.

60 minutes • \$165  
90 minutes • \$215

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### NAIL CARE

We treat your hands and feet with the same loving attention that we put into our facials. We exfoliate to reveal fresh new skin, nurture with a corrective serum, a mask, and paraffin treatment and stimulate circulation with massage. We'll shape, groom, polish, and buff until your hands and feet are naturally gorgeous and as colourful and bewitching as you like.

Spa Manicure – 45 minutes • \$65  
Spa Pedicure – 60 minutes • \$85  
Polish Change – 15 minutes • \$25



## SCRUBS AND WRAPS

Feeling transformed can be as simple as revealing what's *just below the surface*. Our warming wraps and scrubs slough away dry surface skin to unveil, nourish, and restore skin's health and elasticity.

PREPARE FOR DELICIOUS AROMAS AND TEXTURES. OUR SCRUBS AND WRAPS ARE NOT JUST A TREATMENT FOR YOUR SKIN, THEY'RE A MULTI-SENSORY EXPERIENCE. OUR 90-MINUTE SERVICE INCLUDES A LONGER SPECIALIZED MASSAGE.

### LEMONGRASS MIMOSA BODY SCRUB

Micronized walnut shells and bamboo powder gently remove dry, flaky skin. We follow this reveal with a delectable vanilla body lotion to improve circulation, soften skin and nurture your newly found glow.

60 minutes • \$145

90 minutes • \$195

### NATURE'S HYDRATION BODY POLISH AND WRAP

Gentle buffing grains scrub the skin before we wrap you in warm jojoba, shea butter and oat polish. The body is then massaged with a deeply moisturizing body lotion including a high concentration of aloe to nourish and hydrate the skin.

60 minutes • \$145

90 minutes • \$195

## WAXING

Let us know what you're looking for and we'll set you on the road to smooth, baby soft skin.

## PRODUCTS

We've chosen Naturopathica products because ...well, it's simple...we are confident in their products. We feel great using them because they're certified by one of the largest and oldest independent natural and organic certification bodies- ECOCERT. Our goals are pretty similar; we inspire healthy lifestyles and promote the body's inclination to be whole and balanced.



## HOW TO FIND US

While we're under construction you'll find our Spa Suite in the Chinook wing of the resort. In order to relax and get the paperwork out of the way before your treatment, please check in at reception 15 minutes early and enjoy a cup of herbal tea or cleansing citrus water.

## CANCELLATION POLICY

Stuff happens, if you have to cancel for any reason, please do so at least 24 hours in advance to avoid being charged. If you'd like to make a change, that's ok too, just let us know 24 hours before your service so we can shuffle things 'round.

If you've got a group booking for 6 or more people and need to cancel please let us know at least 10 days before the first booking so we can give another group an opportunity to book in.

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