

*Wellspring Spa*  
*at* **Hastings House**



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The logo for Relais & Châteaux, featuring a stylized orange fleur-de-lis above the text "RELAIS & CHATEAUX" in a small, sans-serif font.

Situated on 22 verdant acres of oceanfront property near the heart of Ganges, Hastings House is Salt Spring Island's finest full service hotel. The old-world charm of our 18 distinctive guestrooms, suites, & cottages are complemented with renowned fine dining & relaxing treatments provided by the professional services provided at Wellspring Spa.

In a cedar-clad barn and nestled among the lovingly nurtured gardens of our enchanting country estate, we welcome you to experience exceptional service from our professional spa therapists. The relaxing and healthful offerings at our spa include a variety of massages, facials & body treatments.

## Massage Treatments

The curative benefits of massage extend beyond mere relaxation and have been known and practiced by innumerable cultures since time immemorial. The fundamental goal of massage therapy has always been to promote the body's natural ability to heal itself.

Ancient cultures understood that healthy circulation is essential for a comfortable life, free from sickness and disease. Thus, massage was used as an important means of prevention as well as cure.

Modern research has validated the value of these traditions and we have seen that regular massage can boost the circulatory and immune systems which normalizes blood pressure, improves muscle tone and digestion, and promotes healthy, lustrous skin.



## Timeless Classics

### Hastings House Classic

Our very popular Signature Treatment uses natural Jojoba and Aloe oils and aromatic hot towels to provide a soothing massage. Your therapist will employ light to medium pressure to promote profound relaxation.

60 min: \$125 • 75 min: \$150 • 90 min: \$175

### Deep Tissue Massage

This therapeutic massage employs slower movements with deeper pressure as the therapist focuses on specific problem areas to relieve muscular aches, pain and tension. Pressure is adjusted to suit your personal comfort level. This massage treatment may be full body or focus on any specific areas of discomfort, according to your preference.

60 min: \$135 • 75 min: \$160 • 90 min: \$185

### Pacific Seaweed Salt Glow

Enjoy purification from head to toe. This luxurious body scrub treatment helps remove impurities and stimulates the immune system. After the scrub, there is a relaxing 10-minute steam treatment to open the pores and permit the skin to absorb the natural minerals and oils.

60 min: \$125

### Lower Leg & Foot

Transform your day with a relaxing foot massage that concentrates on the feet and ankles where tension and fatigue are stored. Incorporates a special foot soak, scrub, and massage to relieve stress and tension.

60 min: \$125

### Body & Sole

Combines an Ocean Elements foot soak with a scrub followed by a full body massage for complete relaxation.

120 min: \$225

## Treatment Fusions

### Ocean Elements Massage

Combining gentle exfoliation with massage, this unique treatment promotes a healthful balance of mind & body. Natural oils infused with Canadian glacial clay, rich in minerals, is applied and then followed with the application of natural elements from the oceans, including seaweed fronds abundant in vitamins and minerals.

120 min: \$225

### Spa Sublime

Classic Swedish massage is combined with an exquisite Signature Facial treatment to restore natural lustre and glow to the skin. The perfect combination to look and feel your very best.

120 min: \$225

### Postural Integration

Postural Integration is a gentle, non-invasive therapy that employs body repositioning to encourage muscular relaxation and promote better postural alignment. The treatment is calming, relaxing, and can be performed while fully clothed, although loose clothing is recommended.

60 min: \$125

### Spa Renewal

Mineral foot bath and exfoliating foot treatment, body polish, and full body massage. Your treatment finishes with a relaxing aromatic steam.

90 min: \$185

### Restorative Power

Mineral foot bath and exfoliating foot treatment, body polish, massage, warm aromatic towels, express facial & aromatic steam.

120 min: \$225

## **Add pure essential oils to bring extra benefits to your massage treatment \$5**

- Lavender: To relieve stress and pain
- Grapefruit: Stimulates the immune system
- Eucalyptus: Assists in respiratory problems
- Rose: Antimicrobial
- Lemon: Stimulates lymph drainage
- Peppermint: Helps relieve headaches & relax tight muscles

## **Facial Treatments**

All facials include a personal consultation to ensure you receive the optimal treatment for your skin type and incorporate a hand, neck, and foot massage.

### **Signature Facial**

Promotes the body's natural functions to regenerate, stimulate repair and restore balance to the skin.

60 min: \$125

### **Re-Hydration**

Re-balances oil, water and pH levels while offering deep re-hydration leaving the skin purified and rejuvenated.

60 min: \$125

### **Signature Facial Plus**

Begin your treatment with a 30 minute neck & back massage, followed by our signature facial.

90 min: \$175

### **Collagen Firming**

Firms the skin, helps rebuild ageing skin cells and replenishes moisture for a radiant complexion.

60 min: \$125

## Treatment Enhancements

*Available only as add-ons to other treatments*

### **Reconnective Healing®**

A hands-off form of energy interaction to bring healing frequencies to the client and promote self-healing mechanisms.

10 min: \$25 • 20 min: \$50

### **Indian Spice Oil**

The Green Tea Indian Spice serum has been created with stimulating & warming actives to help target inflammation, muscle pain, and fluid retention. Ideal for those suffering from circulation issues, and sore muscles or joints.

Add to Massage: \$10

### **Seaweed Eye Revitalizer**

Detoxifies, refreshes and re-mineralizes the sensitive tissues around the eyes.

5 min: \$20

### **Aromatic Steam Shower**

Opens the pores, relaxes and soothes muscles; aids in detoxification and promotes better absorption of therapeutic oils.

20 min: \$25

### **Express Facial**

When you're in a hurry but want to look your best! Includes cleansing, exfoliation, mask and moisturizing.

20 min: \$45

### **Moroccan Hydration Treatment**

To deeply hydrate and revitalize dry skin, we supplement your massage oil with whipped Moroccan Argan Oil combined with Shea butter.

Add to Massage: \$15

### **Back Scrub**

An exfoliating salt scrub with Canadian glacial clay to cleanse, detoxify, and re-mineralize.

10 min: \$25

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## **Spa Etiquette & Policies**

Please try to arrive a few minutes early, as treatments may need to be shortened if arriving after the scheduled appointment time. Kindly speak softly and switch off mobile phones. It is not encouraged for parents to bring their children.

Missed treatments, or cancellations made within 24 hours of the appointment time, will be charged at full treatment price. There is no charge for cancellations or changes made more than 24 hours in advance of treatment.

**250 537-2362 / 800 661-9255**

**[www.hastingshouse.com](http://www.hastingshouse.com)**