

## PEDICURES

**Mini Pedicure** (30 minutes)  
**50.00**

*Botanical soak, clip and file nails, cuticle push, & polish application.*

**Sports Pedicure** (45 minutes)  
**65.00**

*Conditioning botanical soak, clip and file nails, cuticle clean up, callus removal, stress relieving foot massage.*

**Spa Pedicure** (60 minutes)  
**75.00**

*Conditioning botanical soak, clip and file nails, cuticle clean up, callus removal, stress relieving leg & foot massage, polish application.*

Gel removal-with pedicure \$5  
alone \$15

Add french polish application to any pedicure \$10

Add nail art to any pedicure \$5-\$15

Add gel polish \$20 French \$25 (14 day wear)

## SPECIALTY PEDICURES

All of our specialty pedicures also include nail trimming, filing, cuticle clean up, callous work as well as polish application.

**Cherry Almond Pedicure**  
**85.00**

*Products incorporating Cherry blossom extract, babassu-nut, bamboo and sweet almond oil moisturize leave your skin soft and nourished.*

**Rosemary Mint Pedicure**  
**85.00**

*Stimulate you're tired legs and feet with this invigorating rosemary and peppermint infused pedicure. This pedicure will awaken your senses as well as restore your skins balance.*

**Stress Relief Pedicure**  
**85.00**

*Relieve stress not only from your feet but your entire body with this amazing stress fix pedicure! This treatment pedicure includes a mineral rich foot bath, leg and foot scrub as well as a hydrating leg and foot massage. Aromas from this treatment are sure to leave you with a feeling of reduced stress.*

**Elim Luxury MediHeel Pedicure** (75 min)  
**90.00**

*A medical grade pedicure treatment which uses state-of-the-art ingredients to remove hard skin and callouses from the feet healing cracked heels. Restore dry areas, cracked heels and nails with a callous peel, neutralization, antibacterial soak, enzymatic exfoliation, detox mask, massage and Gold Dust.*

## MANICURES

**Mini Manicure** (20 - 30 minutes)  
**42.00**

*Clip and file nails, cuticle push, and polish application*

**Sports Manicure** (30 - 45 minutes)  
**50.00**

*Cut and file nails, conditioning hand soak, cuticle clean up, and hand massage, no polish*

**Spa Manicure** (45 - 60 minutes)  
**55.00**

*Cut and file nails, conditioning hand soak, cuticle clean up, stress relieving hand and arm massage, and polish application*

**Ultimate Manicure** (60 - 75 minutes)  
**70.00**

*Cut and file nails, conditioning hand soak, cuticle clean up, revitalizing mineral hand and arm exfoliation, stress relieving hand and arm massage, moisturizing hand mask, and polish application*

Gel removal-with manicure \$5  
alone \$15

Add french polish to any manicure \$10

Add nail art to any manicure \$5-\$15

Add gel polish \$15 French \$20 (14 day wear)

## GEL NAILS

Full Set \$90+

Fill \$75+

Nail Art \$5 - \$15

*Thank you for choosing*

*Tranquil  
Moments*  
DAY SPA

AVEDA

*We look forward to seeing  
you soon.*

*Please allow 24 hours notice  
for cancellations*

*Please advise your stylist or esthetician  
of any allergies that you may have*

*In consideration of others please turn your  
cell phones to silent*

*Gratuities not included in prices*

*Prices subject to change without notice*

*All spa times are approximate*

WELCOME  
to

*Tranquil  
Moments*  
DAY SPA

*Located on beautiful Resort Drive,*

*Tranquil Moments has become one of Parksville's  
favorite neighborhood spas. We provide quality  
treatments in a warm and inviting environment.*

*Our friendly knowledgeable staff are expertly trained  
to ensure long lasting results while educating you  
on how to maintain your healthiest skin.*

**Tel: 250.947.9887**

**Fax: 250.947.9886**

101D - 1080 Resort Drive, Parksville, BC V9P 2E3

[www.tranquilmomentsspa.ca](http://www.tranquilmomentsspa.ca)

AVEDA

## WAXING SERVICE

<i>Lip, chin or cheeks</i>	13.00
<i>Eyebrows</i>	25.00
<i>Hair Line</i>	17.00
<i>Full Face</i>	45.00
<i>Underarm</i>	25.00
<i>Half Arm</i>	32.00
<i>Full Arm</i>	42.00
<i>Back or Chest</i>	47.00
<i>Back and Chest</i>	67.00
<i>Basic Bikini</i>	30.00
<i>3/4 Brazilian</i>	45.00
<i>Full Brazilian</i>	60.00+
<i>Half Leg</i>	38.00
<i>Full Leg</i>	52.00
<i>Half Leg and Basic Bikini</i>	62.00
<i>Full Leg and Basic Bikini</i>	77.00
<i>Toe &amp; Foot</i>	20.00

## EYE CARE

<i>Brow Design (tint and wax) (30 min)</i>	35.00
<i>Brow Tint (15 min)</i>	20.00
<i>Brow Lamination</i>	57.00
<i>Brow Lamination &amp; Tint</i>	77.00
<i>Henna Eyebrow Tint</i>	37.00
<i>Lash Tint (30 min)</i>	28.00
<i>Lash and Brow Tint (45 min)</i>	40.00
<i>Lash Lift</i>	57.00
<i>Lash Lift &amp; Tint</i>	77.00

## EYE TREATMENTS

Can be added to any massage or facial treatment.

### Energizing eye treatment

*This treatment helps reduce the appearance of under-eye circles and puffiness and energize the look of the skin around the eyes.*  
\$25

### Restorative eye treatment

*This eye treatment features Tulasara brightening sleeping eye mask and the Marma eye massage to renew and firm the look of skin around the eyes.*  
\$25

### Smoothing Eye Peel

*Specifically contoured to treat the under eye area and crows feet, this concentrated treatment patch exfoliates and hydrates leaving the eye area brighter and smoother.*  
\$35

## MASSAGE

*Customized with your choice of an Aveda essential oil blend this massage is a smooth, gentle treatment that relieves muscular tension, increases circulation, and promotes a general sense of relaxation.*

<i>30 minute Relaxation Massage</i>	75.00
<i>45 minute Relaxation Massage</i>	95.00
<i>60 minute Relaxation Massage</i>	120.00
<i>75 minute Relaxation Massage</i>	155.00
<i>90 minute Relaxation Massage</i>	190.00
<i>Add Hot Stones to any massage</i>	45.00

### Registered Massage Therapy

*A treatment in which the soft tissues of the body are kneaded, rubbed, tapped, and stroked. Massage therapy helps promote relaxation, relieve stress and pain, lower blood pressure, and improve circulation. Deep tissue massage should be booked with our RMT.*

<i>30 minute</i>	85.00
<i>45 minute</i>	105.00
<i>60 minute</i>	130.00
<i>75 minute</i>	165.00
<i>90 minute</i>	200.00

## BODY TREATMENTS

### Aveda Aroma Body Polish Treatment (60 min)

Completely customized to achieve smoother, softer and more hydrated skin. This treatment polishes the skin to a soft glow while providing hydration and nourishment. After a thorough consultation, your spa body therapist will provide you with the best combinations of products, personalized aromas and techniques.  
\$120

### Purifying Back Facial (45 min)

Take a load off with our back treatment designed to rid your muscles of stress and your skin of impurities. A deep cleansing scrub is followed by extractions and then an aromatherapy massage for your backs most stressed – out parts.  
\$100

### Fresh Mint Cocoon Wrap (75 min)

The Fresh Mint Cocoon Wrap envelopes the body in a soothing and cooling sensation, rejuvenating tired skin while promoting relaxation. This detoxifying treatment not only reduces the look of cellulite but also hydrates the skin, leaving it supple, toned and revitalized.  
\$165

### Detoxifying Cocoon Wrap (75 min)

The Detoxifying Cocoon Wrap utilizes a unique blend of 3 teas, green tea extract, red tea, and white and mint tea, to provide a refreshing and vitalizing treatment. This natural complex helps remove toxins, while also soothing and purifying the skin for a truly rejuvenating experience.  
\$165

## SPA PACKAGES

**A little time for me package** (3 1/2 hours)  
**305.00**  
*30 minute relaxation massage, botanical essential facial, spa manicure and spa pedicure*

**Relax me package** (2 hours)  
**185.00**

*One hour relaxation massage and spa pedicure*

### Fingers and Toes

**150.00**  
*Ultimate Manicure and Specialty Pedicure*

## EYEBROW THREADING

*Eyebrow threading is the process of removing eyebrow hair using a piece of thread. The thread is typically made of cotton and is relatively thin to allow a stronger hold on each strand. This is a great alternative from waxing for people with sensitive skin.*

<i>Eyebrows</i>	25.00
<i>Upper Lip</i>	15.00

## FACIALS

### Pure Focus Facial (30 min)

*A quick and effective service featuring Aveda's innovative products for flawless skin. Ideal for a special event, seasonal skin maintenance or a quick pick me up.*  
\$75

### Botanical Essential Facial (60 min)

*This Aveda facial treatment begins with a thorough consultation. Your skin therapist will provide a customized experience combining high performance products personalized aromas and holistic application techniques.*  
\$135

### Tulasara Treatment Facial (90 min)

*Choose from Calm/Brightening/Firm*  
*Visibly transform your skin with clinically prove, high performance facial treatments powered by botanical technology and therapeutic techniques that balance the skin and reveal its natural beauty in just one treatment.*  
\$170

### Dual Exfoliation Peel (60 min)

*The dual exfoliation peel is aveda's latest advancement in non-invasive, skin-renewing treatments. Using innovative techniques, this treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliation. The treatment delivers immediate, visible results to improve skin texture and radiance; smooth appearance of fine, dry lines; and refined pores, revealing fresher, younger looking skin.*  
\$135

### Mens Skin Treatment (45 min)

*We'll start your treatment with deep cleansing, followed by smoothing exfoliation and extractions. Tension is released with a hand, foot or shoulder massage while your skin rehydrates with a customized treatment mask.*  
\$99

### Teen Facial (45 min)

*A facial designed to introduce teens to proper healthy skin care. Cleansing, exfoliation, mask and protective day cream are included in this facial.*  
\$85

## DERMAPLANING

*A manual exfoliation technique that removes surface debris, with a custom Dermaplaning blade. This treatment immediately diminishes the appearance of fine lines and wrinkles, creates a healthier and more radiant appearance as well as increases the absorption of all topical products.*

**Dermaplaning Treatment 30-45min 90.00**

**Dermaplaning Facial 60-75 min 155.00**

*A customized facial with the addition of our Dermaplaning exfoliation treatment. This is the perfect facial treatment before any big event!!*