



VIDA

spa



philosophy

Vida revitalizes your external sense of well-being while restoring your internal sense of vitality and energy. Each treatment is as unique as your needs so your body, mind and spirit can all be brought into perfect harmony. Live well. Live long.

# Vida Ayurvedic Treatments

Many of our treatments are based on the principles of Ayurveda, a 5,000-year old system of holistic Indian medicine. According to this philosophy, the key to a long and healthy life is achieving a balance between body, mind and spirit. Ayurvedic treatments work from the inside out to bring your dosha (personality) into perfect harmony so you can enjoy perfect health.

Discover your dosha: complete the quiz at the back of this brochure.

60 mins / \$140  
90 mins / \$195  
120 mins / \$245

**AYURVEDIC MASSAGE – *Nourish and Revitalize.*** A unique massage method that applies generous amounts of warm oil over the body with extra attention to the head, neck and scalp. This technique optimizes the body's systems, mobilizes joints and enhances tissue suppleness. Experience a sensation of profound relaxation that will stay with you for days.

*For a more intense Ayurvedic massage experience consider:*

60 mins / \$280  
90 mins / \$390

**ABHYANGA MASSAGE –** Two therapists performing synchronized Ayurvedic Massage, described above.

90 mins / \$195  
120 mins / \$245  
(includes ayurvedic  
massage)

**SWEDANA – *Detoxify and Cleanse.*** After an Ayurvedic massage, you are cocooned in our west coast cedar steam cabinet. A deeply aromatic sensation enhanced by herbs customized to your dosha cleanses and detoxifies your system. A herbal powder brushing of entire body stimulates and exfoliates your skin to prevent re-entry of toxins.

*Intensify your Swedana treatment with:*

90 mins / \$350

**ABHYANGA SWEDANA –** Two therapists perform synchronized Ayurvedic Massage followed by the Swedana steam cabinet treatment listed above.

90 mins / \$195  
120 mins / \$245  
(includes ayurvedic  
massage)

**SHIRODHARA – *Calm and Focus.*** After an Ayurvedic massage, a steady stream of warm oil flows over your third eye (forehead). This experience awakens the senses, bringing increased mental clarity. The slow, rhythmic sensation of the oil is a unique sensory experience that creates a state of profound relaxation.

60 mins / \$140

**SHIRODHARA HEAD AND SCALP MASSAGE –** After a head and scalp massage a steady stream of warm oil flows over your third eye (forehead). Extend the benefits of this treatment by leaving the nourishing oil on your scalp for the evening.

\$475

**AYURVEDIC JOURNEY –** A combination of Ayurvedic treatments create the ultimate Vida experience: Swedana - 90 mins / Shirodhara Head Massage - 60 mins / Sole Revival Reflexology - 60 mins / Dosha balancing lunch (3.5 hours - 4.5 hours with lunch).

## Body Therapies

Every need is unique. That's why we offer a range of body therapies, each offering a unique way to help restore your sense of energy and well-being.

For best results, we suggest 90-minute treatments. Vida therapists are exceptionally qualified and are regarded as the best in the business.

60 mins / \$120  
90 mins / \$175  
120 mins / \$230

**RESTORATIVE AND RELAXING CLASSIC MASSAGE** – Using classic Swedish technique, long rhythmic strokes progress in pressure to target tight sore muscles and promote complete relaxation.

*For a more intense experience consider these variations on the classic massage:*

60 mins / \$130  
90 mins / \$185  
120 mins / \$245

**DEEP TISSUE MASSAGE\*** – Uses stronger, more localized movements to target deeper muscle tension.

60 mins / \$130  
90 mins / \$185  
120 mins / \$245

**HOT STONE MASSAGE** – Heated basalt stones radiate heat deep into your muscles to alleviate tension and increase circulation.

*Contraindicated for those with heart conditions, high blood pressure and those who are pregnant.*

60 mins / \$125  
90 mins / \$180  
120 mins / \$235

**MOTHER-TO-BE MASSAGE\*** – A specialized and relaxing technique performed while the guest is on their side. This treatment will assist with the removal of toxins, while carrying healthy nutrients throughout the body. Helps to relieve headaches, tension, swelling and stress.

60 mins / \$125  
90 mins / \$180  
120 mins / \$235

**BOTANICAL AROMATHERAPY MASSAGE** – Performed with a lighter touch than our classic massage, this aromatherapy treatment uses the healing and soothing properties of custom blended essential oils to treat specific conditions.

60 mins / \$130  
90 mins / \$185

**ANCIENT THAI MASSAGE** – Therapists use their body weight to gently rock, manipulate and stretch your body to increase your flexibility and release muscle tension. Guests are asked to wear comfortable, loose fitting attire.

60 mins / \$135  
90 mins / \$190  
120 mins / \$245

**RMT SWEDISH MASSAGE** – A more therapeutic massage for guests who claim service through medical plans.

*\*All therapies noted throughout the brochure may be available with a Registered Massage Therapist for an additional \$15 administrative fee. Not all therapies requesting to be booked with an RMT will be covered by your insurance companies. RMT applies to Vida's Canadian locations.*

## Body Wraps and Exfoliations

Our exfoliations use warm sugar and a customized blend of oil to remove dry skin and improve circulation. Body wraps begin with an exfoliation and are followed by a full-body shea butter application and then a relaxing scalp massage. After a warm shower you have the option of a cream application to seal in moisture and nutrients or a classic massage.

60 mins / \$140  
(includes cream application)

**BODY WRAP** (includes exfoliation)

**INDIVIDUAL DOSHA** – Consult your therapist to create the blend of oils that matches your personal dosha. Discover your dosha: complete the quiz at the back of this brochure.

90 mins / \$195  
(includes 45 min massage)

**IMMUNITY** – Helps to eliminate congestion and cold-like symptoms.

120 mins / \$245  
(includes 75 min massage)

**MUSCLE EASE** – Helps to alleviate tension or aches and pains of overworked muscles.

**DETOXIFYING** – Helps to eliminate toxins and moisturizes.

**HYDRATING** – Soothing and nourishing.

**BODY EXFOLIATION** – Choose from the oil blends listed above.

30 mins / \$70  
(incl. cream application)

60 mins / \$135  
(incl. 30 min massage)

90 mins / \$190  
(incl. 60 min massage)

120 mins / \$245  
(incl. 90 min massage)

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## De-stress Express Treatments

Vida has developed three treatments specifically designed to fit your budget and your schedule. Each treatment targets a different area of the body and incorporates a stress-busting massage.

\*30 mins / \$55

**TENSION TARGET MASSAGE\*** – Focus on your specific areas of tension. Choose 2 areas for your therapist to target and feel the relief.

\*30 mins / \$55

**FOOT THERAPY** – Choose from a gentle foot buff and massage or nail file, massage and polish.

\*30 mins / \$55

**EXPRESS FACIAL** – De-compress while your face gets a healthy glow. Your facial is combined with a massage and your choice of exfoliation or mask.

\* Not valid in conjunction with any other offer.

# Vida Alternative Treatments

The following alternative therapies are now available  
at select Vida locations.

60 mins / \$125  
90 mins / \$180

**DEEP FLOW** – Deep flow is a process in which your therapist will combine swedish, deep tissue, joint release and aromatherapy. This multidimensional massage combines motion, rhythm and flow for complete balance.

60 mins / \$130  
\*90 mins / \$185  
\*includes initial  
consultation

**TRADITIONAL ACUPUNCTURE FOR THE BODY†** – A holistic approach to pain management and mood stabilizing. Acupuncture has been known to treat anything from a simple headache to insomnia, allergies, anxiety, gastrointestinal, and more.

60 mins / \$125  
90 mins / \$180  
120 mins / \$235

**TRADITIONAL ACUPRESSURE / SHIATSU FOR THE BODY†** – A press-and-release massage technique that relaxes muscle tension, stimulates and frees energy pathways through the body. Can be performed through clothing without the application of oil.

90 mins / \$185

**FACIAL REJUVENATION ACUPUNCTURE†** – By increasing blood, fluid and energy to the face, Facial Rejuvenation Acupuncture will lead to an increase of collagen production. Your skin appears vibrant and rested while your body is restored in energy.

60 mins / \$125

**REIKI THERAPY** – Reiki therapy combines homeopathy, naturopathy, aromatherapy, meditation and the transferring of energy. Effects include regained balance of mind and body, stress reduction, relaxation, detoxification and enhancement of energy.

60 mins / \$120  
90 mins / \$175

**SOLE REVIVAL REFLEXOLOGY MASSAGE†** – A gentle press-and-release movement on pressure points on your feet that correspond to your specific body parts. Reflexology can reduce fatigue, induce relaxation and cause toxin release.

Upgrade your  
massage for an  
additional \$15

**INFRARED THERAPY** – At select Vida locations, infra red panels are installed throughout the treatment room. Infrared is known to assist with helping a variety of circulatory problems and skin conditions.

*†Registered numbers may be provided and must be requested at time of booking. Vida is not responsible for medical coverage. It is the responsibility of each guest to research if these alternative therapies are covered by their medical plans.*

# Facials

Our facial treatments and the products we use are customized to your specific needs. Each treatment includes a deep cleanse, exfoliation, extractions, massage and therapeutic mask. All Vida facials include a face, neck, shoulder, hand, foot and scalp massage while your facial steam, exfoliation and mask are activating.

60 mins / \$115  
90 mins / \$165

**CLASSIC BALANCING FACIAL OR MEN'S HOT TOWEL FACIAL** – Excellent for combination skin. Deep cleanse, exfoliation, extractions, massage and therapeutic mask.

60 mins / \$120  
90 mins / \$170

**AYURVEDIC FACIAL** – Customized to your skin type. Revitalizes and brightens. Discover your dosha: complete the quiz at the back of this brochure.

90 mins / \$185

**FACIAL REJUVENATION ACUPUNCTURE†** – By increasing blood, fluid and energy to the face, Facial Rejuvenation Acupuncture will lead to an increase of collagen production. Your skin appears vibrant and rested while your body is restored in energy.

60 mins / \$120  
90 mins / \$170

**SOOTHING FACIAL** – Calms and soothes.

60 mins / \$130  
90 mins / \$185

**HYDRATING FACIAL** – Hydrates and heals.

60 mins / \$130  
90 mins / \$185

**ANTI-AGING FACIAL** – Vitamins and antioxidants strengthen and firm.

60 mins / \$110  
90 mins / \$160

**TEEN FACIAL** – Cleanses and calms.

90 mins / \$275

**COLLAGEN FACIAL** – 100% pure collagen sheets hydrate and tighten.

30 mins / \$65

**COLLAGEN EYE TREATMENT** – Hydrates and tightens.

*If you have not had a facial recently, we recommend you add a more intensive exfoliation for an additional \$15. This intensive exfoliation will remove a deeper layer of dead skin, allow for deeper product penetration and ensure the best results.*

## Additional Vida Experiences

30 mins / \$50  
45 mins / \$75  
(with French polish  
or nourishing mask)  
Polish change \$20

**MANICURE THERAPY** – Manicure therapy is a manicure and more. It includes a massage that focuses on pressure points on the hand that create relaxation throughout the body.

60 mins / \$80  
75 mins / \$100  
(with French polish  
or nourishing mask)

**PEDICURE THERAPY** – A Vida pedicure is more than a quick fix, it's a full experience. After your toes and feet are thoroughly groomed, our estheticians will focus the remaining time massaging the muscles in your lower legs and feet. A total of 30 muscles are pampered and relaxed.

**EYELASH & EYEBROW TINT** – Your eyelashes or eyebrows will be delicately dyed with a safe and natural tint. The result, a luscious and darker appearance.

15 mins / \$25 **EYEBROW**

30 mins / \$35 **EYELASH**

30 mins / \$45 **EYELASH AND EYEBROW COMBINED**

**WAXING** – Waxing is a natural and effective method of removing unwanted hair. Results last between 6 and 8 weeks.

\$20 **UPPER LIP / CHIN WAX**

\$65+ **BRAZILIAN / FULL BIKINI WAX**

\$25 **NOSE, EAR OR CENTRE  
BROW WAX**

\$45 **FULL ARM WAX**

\$25 **BROW WAX**

\$65 / \$75 with bikini **FULL LEG WAX**

\$25 **UNDERARM WAX**

\$45 / \$55 with bikini **HALF LEG WAX**

\$35+ **BIKINI WAX**

\$40+ **SHOULDER WAX**

\$45+ **BACK OR CHEST WAX**



What's your  
dosha?

Ayurvedic theory is based upon a tri-dosha system. Everyone is typically dominant in one of the three doshas (Vata, Pitta or Kapha). Ayurveda works to bring your dosha into harmony so you can enjoy perfect health. Each person's journey to this destination of harmony is different. That's why it's important that you determine what your dominant dosha is, so you can gain the most from your Vida experience. Just complete the following quiz:

Please circle the statements  
that best describe you:

I like to keep busy and hate being bored (V)  
I am well organized and detail oriented (P)  
I proceed methodically and like to do things at my own pace (K)

I am creative and imaginative (V)  
I am efficient, and disciplined (P)  
I am calm, caring and patient (K)

My appetite varies - sometimes I'm hungry at mealtime, sometimes I'm not (V)  
If I don't eat regularly I get irritable (P)  
I enjoy food but can easily skip a meal (K)

My weight can easily fluctuate - I can lose weight easily (V)  
My weight is fairly consistent (P)  
I gain weight easily and find it hard to lose (K)

I have a small frame and am lean with prominent bones (V)  
I am athletic and muscular with a medium build (P)  
I am large framed with wide hips and shoulders (K)

My skin tends to be dry (V)  
My skin tends to be sensitive (P)  
My skin tends to be oily (K)


My skin can sometimes be rough or flaky in certain areas (V)  
My skin reddens easily from heat and tends to have freckles and moles (P)  
My skin is resilient and tends to retain water at times (K)

If you had mostly Ks you are **Kapha**  
Mostly Ps you are a **Pitta**  
Mostly Vs you are **Vata**  
K, P and V equally you are **Tri-dosha**

Make the most of your Vida treatments,  
by using your dosha to guide your choices.



Pitta



Kapha



Vata



Tri Dosha

*Steady and Soothing*

Thai massage  
Hydrating body wrap  
Soothing facial

*Invigorate and Energize*

Muscle ease exfoliation  
and wrap  
Shiatsu / Accupressure  
Ayurvedic facial

*Grounding and Calming*

Ayurvedic massage  
Customized shea wrap  
Hydrating facial

*Detoxify and Restore*

Immunity exfoliation  
and wrap  
Classic balancing facial

Vida's Corporate Rental Packages include full use of the spa space and all Vida Therapists for treatments at your discretion.

Vida offers corporate groups a unique urban retreat that is an escape from their everyday routine.

## **CORPORATE CLIENT FEEDBACK**

“Thank you very much for arranging our group treatments for Saturday! I just wanted to let you know that I continue to be overwhelmed and impressed with the level and quality of service that Vida’s therapists and staff provide at both the Wall Centre and Sutton Place locations. My husband and I frequent both spas on a regular basis for massages, and have always been happy. This is all without mentioning how courteous and friendly everyone is at the spas, and how easy you made it for me to book the treatments. We all thank you very much.”

*Armstrong Simpson, Barristers & Solicitors*

“Anna and I just wanted to send you all a note to say thank you so much for making Chatelaine’s Girlfriend’s Getaway contest so fabulous! I have to tell you that our entire group had the most incredible time. I am still receiving letters from the women raving about their overall experience. Most of our winners had never been to Whistler before, never had massages, nor had they ever had the opportunity to stay in a hotel like the Château Whistler. They were all completely blown away and truly felt like princesses... which is exactly what we had wished for. A purely decadent experience!!!”

*Marketing Director, Chatelaine Magazine*

“Hands down the best spa in town is Vida. Not only is the setting gorgeous and the therapists first rate, but the attention to detail and friendly service truly go above and beyond. We organize several employee “outings” every year. They range from attending a baseball game together to chartering a boat, etc. Nothing ensures 100% participating like when we book a spa day at Vida. Thank you for always taking such wonderful care of our employees and our guests.”

*Director of Sales & Marketing, Sheraton Seattle Hotel*

“Vida Spa helped me throw a fabulous client appreciation party. Luxurious ambiance, amazing therapists, and the incredibly helpful staff made sure that every detail was perfect. As a Real Estate professional part of my success is showing my gratitude towards my clients. It was definitely a huge success! Everyone loved it and I am looking forward to planning my next event. Thanks Vida!”

*Dwellings Seattle Real Estate and Property Management*

Vida the way you want it,  
where you want it

Most Vida treatments can be enjoyed in our side-by-side private couples room. Many therapies can also be brought to the comfort of your hotel room, to your home, to your office or to another local hotel. Contact your Vida representative for details.

## Vida Rewards Card for Guest Loyalty

With every 7 Facials or Massages or combination of,  
**your 8th is FREE.\***

With every 5 Pedicures or Manicures,  
**your 6th is FREE.\***

\* Not valid on discounted services.

Canada: 1.800.401.4018

US: 1.888.865.2630

# vidaspas.com

CHECK OUR WEBSITE FOR SEASONAL PACKAGES AND SPECIAL OFFERS

Canada: 1.800.401.4018  
US: 1.888.865.2630



**Mixed Sources**

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**SHERATON VANCOUVER WALL CENTRE HOTEL • SUTTON PLACE HOTEL, VANCOUVER  
FAIRMONT CHATEAU WHISTLER • PAN PACIFIC HOTEL, SEATTLE  
WESTIN BAYSHORE HOTEL, VANCOUVER**

Prices do not include taxes or gratuities. Prices subject to change without notice. Prices vary by location. Prices apply to Vancouver and Seattle locations only. Please arrive 15 minutes before your appointment. This provides time to change and fill out a health history form. Late arrival may result in a shortened treatment time. 24-hour cancellation notice is required or guests will be charged in full for all services booked.