



# W/LD FLOWER

SERVICE MENU

[WILDFLOWERSPA.CA](http://WILDFLOWERSPA.CA)



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Wild Flower is an  
**ECO SPA** for  
**CURIOUS** minds and  
**CONSCIOUS** souls.

Specializing in  
**SKINCARE** services  
and **EDUCATION**,  
we focus on the  
**BETTERMENT**  
of all things –

Our **CLIENTS**,  
our **COMMUNITY**,  
and the **EARTH**.



*Every Wild Flower Facial includes in-depth intake, assessment and home care education. This is built into the times listed below.*



*Indicates a Wild Flower Fan Favourite.*

*For pricing please visit our online menu.*

## **LIVE VIRTUAL CONSULTATION**

If you are struggling with your daily skin or self-care ritual and tired of spending hundreds of dollars on product and not seeing a result, then this service is for you. Join your expertly trained Wild Flower Skin Therapist for a one on one 30-minute live video call so we can once and for solve your skins issues and come up with a clear and concise plan to improve it. Your call includes:

- Your live call
- Detailed personalized skin care routine
- Self-care, lifestyle, basic nutrition + topical skin care tips to combat acne
- organic and natural product recommendations

## **PERSONALIZED SKIN CARE ROUTINE**

Are you struggling with what products you should use and when?

Do you want to see more results out of your skin care?

The only way to get the help you need is by consulting a professional skin care therapist. In this 20 Minute in person or zoom session we will find out what products you need to reach your goals and the professional services best suited to you. This service can be done in person or over zoom. Please indicate which one you prefer in the booking notes.



## **THE SACRED WILDWOOD 90 MINUTES**

Reflective, Restorative and Radical (challenging the discourse that self care is selfish). This customized facial experience will expertly target your main skin concerns using locally harvested biodynamic, slow farmed, facial ingredients, while understanding that true skin health must include balance of the mind body and spirit.

Your treatment includes a clear crystal micro exfoliation, honey enzyme mask, steam and hot towels. Customized GUA SHA firming, lymph drainage massage OR pressure point massage and/or Ayurvedic kansa wand. Also includes moon powered hot stones. Other holistic rituals such as singing bowls, Thai massage and energy work will be utilized if needed to create balance from the inside out.

## **THE WILD FLOWER SLOW BEAUTY FACIAL 60 MINUTES**

A customized 60-minute highly intentioned facial treatment using farm to face, slow beauty, flower and herb-based skincare, formulated with impeccably sourced, highly vibrant whole plants picked at their peak for unmatched transparency, purity, and results. Your facial may include double cleanse, exfoliation, high potency masques, serums, eye creams, facial oils and balms.

Complete your journey with vital home care education and instruction. Customized to all skin types.



### **THE EMINENCE FACIAL 60 MINUTES**

A customized facial experience using Hungarian Eminence Organics that can include, double cleanse, detox, exfoliation, serums, multiple high potency masques, multiple facial massage modalities from Japan, India, Korea and Hungary naturally enhance your revitalized skin. Includes vital home care information and instruction. Customized to all skin types.

### **THE ALL-INCLUSIVE EMINENCE FACIAL 90 MINUTES**

A customized 90-minute facial treatment with detox, double cleanse, two exfoliations, and three treatment masques. Traditional facial massage modalities from Japan, India, Korea and Hungary naturally enhance your revitalized skin. Stem cell stimulation, Hot & Cold Pore Toning and Fine Line Erasing Massage complete the experience. Includes the Ultra Eye Lift & Lip Treatment. May also include: lip cupping, kansa wand, gua sha stone, crystals.

### **POST ACNE SCAR REDUCTION 75 MINUTES**

On the tail end of pustule and cystic acne? Ready to deal with scarring? This facial is great for when you've completed the Advanced Acne facial series. The powerful combination of surface renewing Dermaplaning, Bright Skin Peel & brightening hydro-jelly mask, will start the process of reducing the appearance of acne scars. This treatment when paired with specific home-care instruction, anti-acne lifestyle & topical product solutions will help you repair the skin and preventing further skin damage. For best results do in a series of three for only \$399



## **ADVANCED ANTI-ACNE FACIAL 60 MINUTES**

The Acne Advanced System by Eminence Organic Skin Care delivers proven results for clients who are seeking an effective natural treatment for their acne. Delivers potent results that significantly expedites healing. Includes extractions.

## **DERMAPLANING 60 MINUTES**

Dermaplaning uses an ultra-sharp surgical blade to gently scrape the outer layers of dead, dull skin cells and the very fine hair (peach fuzz). Improves skin texture, reduces the appearance of fine lines, brightens dull skin, reduces pigment irregularities and stimulates collagen production and skin tightness.

## **INTENSIVE SKIN REFINING PEEL**

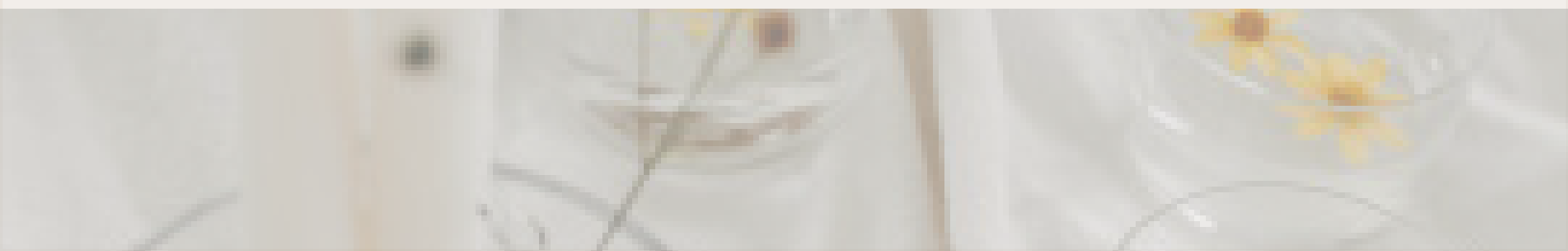
Effective botanical enzymatic and hydroxy acid dramatically reduce fine lines, while brightening and improving skin tone and texture. Ideal to treat acne scarring, pigmentation and wrinkles. For best results, perform in a series of six.

30 MINUTES

SERIES OF FOUR

SERIES OF SIX


ADD-ON TO FACIALS 60 MINUTES OR OVER





*Take your spa journey to the next level by adding on one of these targeted, result driven demi treatments to your facial.*

### **INDIAN SCALP AND HEAD MASSAGE**

Improve pro-aging results and feel absolute  amazing with this invigorating yet relaxing scalp massage.

### **ULTRA-EYE LIFT**

Target dark circles, puffiness, lack of hydration and wrinkles.  
Includes lymph drainage massage.

### **CORRECTIVE LIP TREATMENT**

Customized. Plump up thin lips, rehydrate dry ones & diminish mouth lines. Includes lip cupping.

15 MINUTES EACH | \$42

### **ORGANIC HOT COCONUT OIL WRAP**

For the hands or feet. Erase dry skin and sooth muscles and joint pain.

### **ORGANIC HOT COCONUT OIL & LAVENDER TREATMENT**

For the scalp and hair. Massage and hydrate the scalp for luxurious hair.

### **YAM & PUMPKIN 20% ENZYME PEEL**

For the hands. Treat dry skin, wrinkles, sunspots and prematurely aged skin.  
Exfoliate, hydrate & brighten

15 MINUTES EACH | \$29



## THE WILD FLOWER ELEMENTAL RESET

Completely escape into this gorgeous 90-minute elemental reset for mind, body and soul. If you are feeling high levels of stress, imbalance, scattered thoughts, emotional states or just need to disconnect to reconnect with yourself, this treatment is for you.

*An imbalance in one or some of the elements may result in a disruption of any of these things:*

EARTH: grounding, stability, contentment

FIRE: energy, creativity, digestion

AIR: space, breath, mental clarity

WATER: emotional stability, fluidity, compassion

Your Wild Flower Spa Therapist will rebalance the four Ayurveda elements of earth, fire, water and air, within the body using several holistic modalities. As each person experiences imbalance in different areas your treatment is complete customized. Your expertly crafted journey may include Thai yoga massage, reiki, hot stones, rose quartz gua sha stones, Ayurvedic kansa wand, pressure point massage, and holding space among others.

90 MINUTES





## **HEAVEN & EARTH 90 MINUTES**

Lie down in one of our super comfy facial beds, breath in relaxing aromatherapy and enjoy a 60-minute customized organic pedicures inclusive of a scrub and massage going all the way up to the knee. A cool compress for the eyes helps with eye strain and deeply relaxes you while you have your pedicure. Once your feet are treated, you will receive a mind blowing 30-minute massage on the arms, hands, shoulders, neck, and scalp - similar to that of our facials. You will truly feel stretched between heaven and earth, light and airy and happy to be alive.

## **ORGANIC STONE CROP & SUGAR BODY SCRUB**

Buff and polish your body to get smooth, glowing skin with our raw organic sugar scrub followed by luscious Eminence Organics lotion or body oil.

FULL BODY | 60 MINUTES

HALF BODY | 30 MINUTES





## TRADITIONAL SWEDISH MASSAGE

This massage is for relaxation purposes only and not for treating injury.  
Choose full body or a specific area.

90 MINUTES

60 MINUTES



## AYURVEDIC SCALP MASSAGE 45 MINUTES

Indulge yourself in a meditative conditioning hair and scalp treatment meant to nourish the mind and body using warm oils and massage. Ayurvedic Head Massage works to release blocked negative energy in the body while relieving emotional and mental stress.





*Each month we feature a corresponding plant that offers balancing properties for that month.*

### **RELAXATION WILD FLOWER PEDICURE 60 MINUTES**

\*This service is only available in the winter. Lie down in one of our super comfy facial beds, breath in relaxing aromatherapy and enjoy a 60-minute customized organic pedicures inclusive of a scrub and massage going all the way up to the knee. A cool compress for the eyes helps with eye strain and deeply relaxes you while you have your pedicure. Perfect for those who want optimal relaxation during their pedicure. Not ideal for those who need extra callous work or have ingrown toenails.

Add a reparative foot masque for only \$5.

### **MANICURE 45 MINUTES**

Includes nail shaping, cuticle work, lotion application and regular 10 free polish application.

### **WILD FLOWER MONTHLY MANICURE 60 MINUTES**

Includes. Nail. Shaping, cuticle work, hand scrub, hot towels, shea butter. Or oil. Massage with seasonal ingredients and regular ten free polish application.

### **PEDICURE 60 MINUTES**



Includes herbal foot soak, nail shaping, cuticle work, callous removal, seasonal scrub, and shea butter or oil massage and regular 10 free polish application.



### **THE 75 MINUTE PEDICURE 75 MINUTES**

Suggested for those with lots of callous to remove, ingrown nails, thick nails or for those wishing for longer massage or scrub. Includes herbal foot soak, nail shaping, cuticle work, callous removal, seasonal scrub, and shea butter or oil massage and regular ten free polish application

### **HOT OIL MANICURE OR PEDICURE**

Receive a full-service seasonal manicure or pedicure followed by nail buffing to a brilliant shine, organic volcanic stone up to the knee and hot coconut oil masque enveloped with warm booties or mitts - deeply penetrating the oil into the nail and skin.

HANDS 45 MINUTES

FEET 60 MINUTES

### **GEL POLISH MANICURE 45 MINUTES**

With organic lotion application.

### **GEL POLISH PEDICURE 75 MINUTES**

### **GEL POLISH REMOVAL 15 MINUTES**

Gel is gently soaked off, then buffed and a nourishing oil applied.



*Our waxing services are technique driven and impeccably executed. Body Waxing (excluding bikini and Brazilian) includes dry brush pre to ensure you receive a thorough wax and prevent ingrown hairs. Prices available on request.*

- Brow | Bum | Upper Lip | Neck & Chin | Full Face
- Under Arm | Full Leg | Lower Leg | Upper Leg
- Bikini | Brazilian
- Arm | Back & Shoulders





## THE “WORKS”

Brow shaping, trimming and tinting.

LASH TINT

BROW TINT

GREY BROW RESET





The term “reiki” comes from the Japanese words “rei,” meaning universal, and “ki,” which means vital life force energy that flows through all living things. Some practitioners describe reiki as acupuncture without the needles. Reiki is a complementary health approach in which practitioners place their hands on or just above different areas of the body. It’s based on an Eastern medicine belief that living beings have energy fields that support their health and vitality.

Energy blocks, on the other hand, impede innate flow of energy, causing not only health problems, but also negative life circumstances like financial troubles or relationship problems, according to belief. Energy blocks of any living being can be treated, according to belief, which is why some practitioners also work on animals and plants. Reiki practitioners focus on sensing energy blocks and moving the energy for the greatest good of the client.

Janal is a level one Reiki practitioner. She facilitates connection to one’s highest self. Her personalized sessions promote inner peace, health and wellbeing.

## **REIKI SESSIONS**

60 MIN

90 MIN



*Kim Ruzycki offers a new perspective on the plant-based lifestyle. Without the rules or restrictions of diet culture, she helps plant- curious people shift their outlook on eating, their bodies, and their lives.*

*Rooted in her personal experience witnessing the incredible power of food and love of all things plant-based, Kim's programs help individuals navigate food sensitivities, create and live a plant based lifestyle and dramatically improve their overall health. As a coach and speaker, Kim offers individuals inspiration and education to shift their daily habits in a way that results in more energy, productivity, and ease.*

## **PERSONAL 1-1 COACHING**

Plant Based Nutrition + Mindful Living

- Change your lifestyle without changing your life
- Have more energy, reduce inflammation, live better & feel better

1 Session | \$150.00

3 Sessions | \$425.00 (recommended)

*All sessions are done over the phone or video chat.*





**thank you**

Book a service or get in touch with us  
through **EMAIL** at [info@wildflowerspa.ca](mailto:info@wildflowerspa.ca)  
**INSTAGRAM** at [@wildflower.spa](https://www.instagram.com/wildflower.spa)  
or **WEB** at [www.wildflowerspa.ca](http://www.wildflowerspa.ca)



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Wild. Beautiful. Strange

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