



W/LD FLOWER

SERVICE MENU

WILDFLOWERSPA.CA

wild flower FACE



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.

PERSONALIZED SKIN CARE ROUTINE | \$33

Are you struggling with what products you should use and when? Do you want to see more results out of your skin care? Consult with one of our skin care therapist to create a plan that best fits you! In this 20 Minute in person session we will find out what products you need to reach your goals and the professional services best suited to you. If you book a facial after your consult, 50% of the consult fee will be deducted from your facial appointment. Facial may be booked on another day to ensure you are having the perfect facial for you!

GLOW AND GO 30 MINUTES | \$83

Target a specific concern or get your glow on in this 30min treatment. Includes a cleanse, exfoliation, potent mask application, and moisturizer. Includes vital home care information and instructions. *When booking this treatment make sure to write your concerns in the appointment notes so your therapist can be fully prepared!*





ESTIE KNOWS BEST 60 MINUTES | \$135



Not sure which facial you need? Then this is the perfect one for you! Fill out your in-depth facial form to help your Estie curate a completely customized facial to your exact concerns. Enjoy 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. As well enjoy a hand, arm, neck and shoulder massage in this treatment. Includes vital home care information and instruction.

THE HOLY GRAIL 90 MINUTES | \$190



When we say holy grail we mean it! This treatment is great for anyone looking to treat their specific skin concerns while indulging in a full 90 minutes of relaxation. Experience this 90 min fully customized facial using Eminence Organics skin care. Enjoy a double cleanse, deep exfoliation, detox, jelly mask, and facial massage. Fall into deep relaxation with traditional facial massage modalities from Japan, India, Korea and Hungary that will naturally enhance and revitalize your skin, as well as a hand, arm, neck and shoulder and scalp massage. Stem cell stimulation, hot and cold pore toning and fine line erasing massage complete the experience. May include: kansa wand, gua sha, and facial cupping. Includes vital home care information and instruction.

wild flower FACE



RESTORE AND SOOTHE 60 MINUTES | \$135



Experience the relaxing benefits of lymphatic drainage in this 60min Facial using Eminence Organics skin care to help reduce redness, inflammation and restore the skin's microbiome. Fall deep into relaxation with the rhythmic moves of Gua Sha and/or Kansa Wand, as well as enjoy a beautiful hand and arm massage. Perfect for rosacea, sensitive skin, cystic acne and damaged skin barriers. Includes vital home care information and instruction.

THIRST QUENCHED 60 MINUTES | \$135

Enjoy a Eminence Organics facial to replenish dehydrated skin with botanical hyaluronic acid, and snow mushrooms in this blissful 60min treatment. Intense hydration and powerful antioxidants will give your skin the tall glass of water it needs, as well as enjoy a relaxing hand and arm massage. Perfect for dry, dehydrated or oily skin. Includes vital home care information and instruction.

ILLUMINATE 60 MINUTES | \$155

Illuminate from within with this pigment reducing and hydrating facial. Even out skin tone and lighten hyperpigmentation using enzymes from pumpkin, papaya and yam. This facial includes the Eminence Organics Yam & Pumpkin 20% Enzyme Peel, as well as a blissful hand, arm, neck and shoulder massage. Perfect for anyone with acne scars, sun damage and melasma.

Includes vital home care information and instruction.

HEALTHY AGING 60 MINUTES | \$142



Age with vitality; aging is a beautiful and normal thing. We want to help you do it in a healthy way. Using Eminence Organics botanical hyaluronic acid, vitamin c, marine peptides and natural retinol we will help to rebuild the collagen protein and reduce elasticity in the skin. Experience sculpting and lifting massage techniques as well as a relaxing hand and arm massage. Perfect for anyone looking to aid in pro-aging. Includes vital home care information and instruction.



DERMAPLANING 60 MINUTES | \$ 147

Improve skin texture, reduce the appearance of fine lines, brighten dull skin, reduce pigment and stimulate collagen production and skin tightness in this 60min dermaplaning treatment. Using a surgical blade to gently remove the outer layer of dead, dull skin cells and peach fuzz to reveal glowing skin. Includes vital home care information and instruction.

GLOWING GODDESS 90 MINUTES | \$189



Revitalize and brighten your complexion with Eminence Organics. This deep exfoliating dermaplaning facial harness' the natural power of vitamin c + e, pineapple and stimulating oxygenation to improve the appearance of your skin and give you the goddess GLOW! Includes hand and arm massage. Perfect for dull skin, acne scarring, sun damage and upcoming events! Includes vital home care information and instruction.

CLARIFYING FACIAL 60 MINUTES | \$149

This 60min facial is for clients who are seeking an effective natural treatment for their acne. Target congestion, reduce breakouts and control oil with the Eminence Organics 15% Salicylic Acid Peel. Includes double cleanse, exfoliation, detox, extractions and high frequency. Includes vital home care information and instruction.

POST-CLARIFYING SCAR REDUCING FACIAL 75 MINUTES | \$ 175

On the tail end of pustule and cystic acne? Ready to deal with scarring? Then this is the facial for you! The powerful combination of surface renewing Dermaplaning, and Eminence Organics Yam & Pumpkin 20% Enzyme Peel, will start the process of reducing the appearance of acne scars. Includes vital home care instructions and recommendations.



GLOWING GUA SHA TREATMENT 45 MINUTES | \$77



Experience the versatility of the Chinese Gua Sha tool in this 45min customized facial. Lift and firm the skin for our pro-aging clients, detox for acne or congested skin and increase circulation for a decadent glow on all skin types. This treatment includes a cleanse, gentle exfoliation, rich single ingredient oil for gua sha massage, and moisturizer. Includes vital home care instructions and recommendations

Illuminating Jelly Mask Facial 45 MINUTES | \$103

Get your glow on with our customized Jelly Mask Facial. Amazing for all skin types to increase hydration, reduce pigmentation, calm inflammation, as well as reduce the look of fine lines and wrinkles. Your esthi will curate a fully customized facial that includes a cleanse, deep exfoliation, multiple masks as well as a hydro-jelly mask specifically picked to target your concerns. Choose from Egyptian Rose, Hyaluronic Acid, Intensive Aftercare, and Bakuchiol Retinol Alternative.

24K GOLD REVITALIZATION FACIAL 60MINUTES | \$189

Our deluxe skin treatment is specifically designed to give your skin a healthy, luminous and radiant glow by harnessing the power of gold. Gold has been scientifically proven to activate the basal cells of the skin, leading to improve elasticity, reduce wrinkles and tighten skin. Gold also has remarkable anti-inflammatory properties, making it effective in reducing redness, and swelling. This treatment is perfect for anyone looking to fully rejuvenate there skin and glow to the gods!

wild flower PEELS



INTENSIVE SKIN REFINING EMINENCE PEEL 30 MINUTES | \$93



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. Includes vital home care instructions and recommendations

For best results, perform in a series of four or six

SERIES OF FOUR | \$299

SERIES OF SIX | \$465

SORELLA MAINTENANCE PEEL 45 MINUTES | \$115

This treatment is the perfect pick me up for your skin! Lactic and Kojic Acid deeply exfoliate the skin to reveal hydrated, smooth and brightened skin. Target pigmentation, texture, hydration, and fine lines and wrinkles.

SORELLA BRIGHTENING PEEL 45 MINUTES | \$115

Even out texture, reduce pigmentation and inflammation to reveal smooth, glowing skin! Lactic, Kojic and Salicylic Acid target sun damage, hyperpigmentation, acne scars, and acne to give you the perfect glow!

SORELLA THE BOOST 5 MINUTES | \$60

Enhance your peel treatment with this 4% Retinol Boost. Encourage healthy skin turnover to visibly reduce the signs of aging and pigmentation. *This can only be added to the Sorella Brightening or Maintenance Peel, this cannot be done as a stand alone service *

wild flower ENHANCE + ENRICH



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

AYURVEDIC SCALP AND HEAD MASSAGE 15 MINUTES | \$42



Experience this mini version of our signature scalp massage. Improve pro-aging results and feel absolutely amazing with this invigorating yet relaxing scalp massage

ADDITIONAL MASSAGE TIME 15 MINUTES | \$29

Elongate the massage portion of any treatment 30 mins or longer to be able to completely zen out.

ADDITIONAL EXTRACTIONS 15 MINUTES | \$16

Have lots of congestion and would like extra clarity? Add this on so your therapist has the allotted time needed to help clear your skin.

HYDROJELLY MASK 15 MINUTES | \$29

Customized to your concerns, our jelly masks work by creating a suction like effect to immediately soothe and hydrate the skin. Choose from Hydrating Egyptian Rose, Intensive Aftercare or Bakchiol Retinol Alternative.

SKIN REFINING PEEL ADD ON 15 MINUTES | \$50



Experience a deeper exfoliation with effective botanical enzymatic and hydroxy acids to dramatically reduce fine lines, while brightening and improving skin tone and texture.

SCRUB AND HOT OIL ON HANDS OR FEET 15 MINUTES | \$29

Ease dry skin with this warming oil wrap treatment. Hands or feet will be exfoliated and then massaged with warm oils and placed into our heated mitts or boots.

ULTRA NECK LIFTING TREATMENT 10 MINUTES | \$39

Reduce loss of elasticity, drain stagnant lymph fluid, rejuvenate and tighten with this hydrating lifting neck treatment. May include gua sha, cupping and Eminence Organics Age Defence Ultra Products

ULTRA EYE LIFT 10 MINUTES | \$39

Target dark under eye circles, decrease puffiness, add hydration and help diminish fine lines. May include gua sha, cupping and Eminence Organics Age Defence Ultra Products



THE WILD FLOWER ELEMENTAL RESET

Completely escape into this gorgeous 90-minute full body treatment 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 | \$162



HEAVEN & EARTH 90 MINUTES | \$154 

Lie down in one of our super comfy facial beds, breath in relaxing aromatherapy and enjoy a 60-minute hot oil pedicure inclusive of a scrub and massage going all the way up to the knee. A weighted 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. *This does not include polish on the toes*

ORGANIC 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.

Choose from our two experience:

Stone Crop

Coconut Yuzu

FULL BODY | 60 MINUTES \$109

HALF BODY | 30 MINUTES \$69

BACK FACIAL 60 MINUTES | \$135

Do you get breakouts on your back? Not able to fully reach there in the shower? This back facial is clarifying and hydrating to help you reach the hard to get spots and help clear acne! Leave feeling refreshed and incredibly relaxed! Includes cleanse, exfoliation, extractions, treatment mask and moisturizer.



TRADITIONAL SWEDISH MASSAGE

This massage is for relaxation purposes only and not for treating injury as this is performed by Estheticians not RMT's. Choose full body or a specific area.

90 MINUTES | \$115

60 MINUTES | \$92

30 MINUTES | \$53

JASMINE & LAVENDER BODY ESSENCE 90 MINUTES | \$169

Begin your relaxation with the use of dry brushing, an ancient practice helping to exfoliate and drain lymph fluid. Float off into the blissfulness of body and scalp massage while experiencing the sensations of warm shea & grapeseed butter which will hydrate and soften while the scents of jasmine and lavender soothe your mind. *Please be aware this massage is of light pressure, effleurages and sweeping motions, if you are looking for deeper pressure we recommend booking our Traditional Swedish Massage*

AYURVEDIC SCALP MASSAGE 30 MINUTES | \$87

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 scent that offers balancing properties that is showcased in our lotions & scrubs

Book a full Manicure and Pedicure together and receive 15% off your package

SIGNATURE MANICURE 60 MINUTES | \$67

Heaven for the hands. Includes full nail and cuticle work. As well as our seasonal organic hand scrub and shea butter massage. Finish off with our regular ten free Zoya polish application or heated mitts.

Add gel to the hands for \$16

MANICURE 45 MINUTES | \$49

Includes nail shaping, cuticle work, lotion application and regular 10 free polish application or warm heated mitts.

MINI MANICURE 30 MINUTES | \$32

Includes nail shaping, and cuticle care with your choice of massage using our organic shea butter lotion or regular polish application.

SHAPE AND POLISH 15 MINUTES | \$20

In a rush or need a quick fix than this is for you. Includes nail shaping and regular polish application. *Does not include any cuticle work*



GEL POLISH MANICURE 45 MINUTES | \$57

Includes nail shaping, cuticle work, OPI gel polish application and organic lotion application.

GEL POLISH CHANGE 30 MINUTES \$47

Looking for a change in polish? This treatment includes removal of existing polish and reapplication. *Does not include any nail shaping or cuticle work*

GEL SHAPE AND POLISH 30 MINUTES | \$37

Do you get manicures regularly and just need some shaping and a polish application, this is the service for you! Includes nail filing, buff and gel polish application * Does not include any cuticle work*

GEL POLISH REMOVAL HANDS 15 MINUTES

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

Gel Polish done at Wildflower | \$8

Gel Polish not done at Wildflower | \$16





SIGNATURE PEDICURE 60 MINUTES | \$73 

Treat yourself with our Signature Pedicure. Soak in our hydrating coconut milk bath with soothing magnesium salts and our signature scent of the month. Includes nail filing, cuticle and callus care, our in house made scrub and warming body butter as well as our fan favorite hot stone massage. Finish off your relaxation with your choice of polish or heated boots.

PEDICURE 60 MINUTES | \$66

Slide your feet into our herbal foot soak, and receive a full pedicure. Includes nail filing, cuticle and callus care. After your feet will be expertly scrubbed and massaged with our in house made organic products. Finish off with your choice of Zoya 10 free polish or heated booties.

MINI TOPS PEDICURE 30 MINUTES | \$49

Don't need a full pedi but want your toes cleaned up. This is the pedi for you. Includes full nail & cuticle care with the choice of polish or heated booties.

MINI BOTTOMS PEDICURE 30 MINUTES | \$49

Clean up the bottoms up your feet in this quick 30 min pedi! Includes complete callus care, a scrub up to the knees and a relaxing massage!



THE 75 MINUTE PEDICURE 75 MINUTES | \$83

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

GEL POLISH PEDICURE 75 MINUTES | \$83

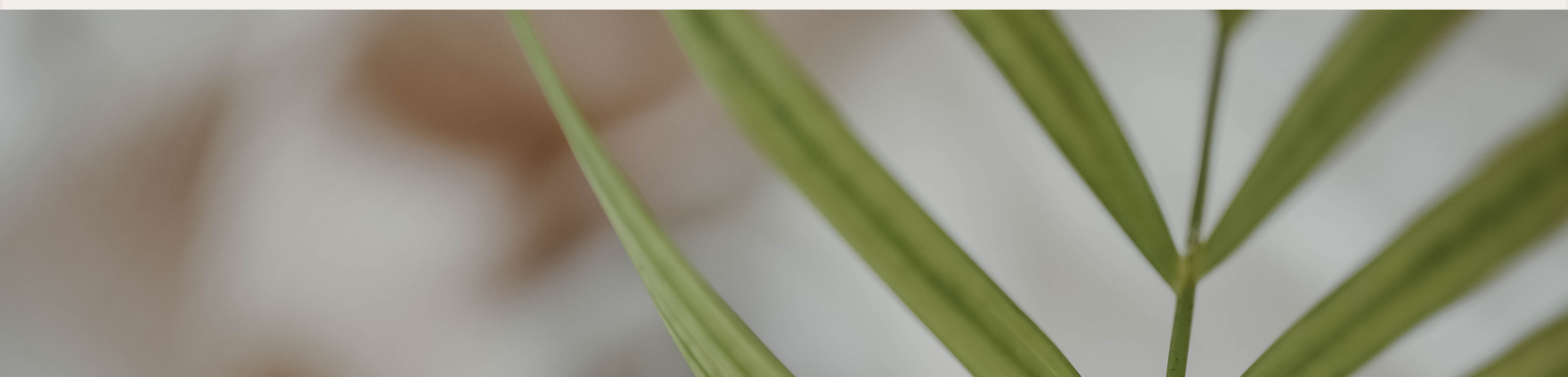
Slide your feet into our herbal foot soak, includes nail filing, cuticle and callus care, after your feet will be expertly scrubbed and massaged with our in house made organic products. Finish off with your choice of OPI gel polish.

GEL POLISH REMOVAL TOES 15 MINUTES

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

Gel Polish done at Wildflower | \$10

Gel Polish not done at Wildflower | \$20



wild flower WAX



BROW WAX 15 MINUTES | \$23

UPPER LIP WAX 10 MINUTES | \$20

NECK/CHIN WAX 15 MINUTES | \$26

FULL FACE WAX 30 MINUTES | \$48

CHEST WAX 15 MINUTES | \$30

BACK/ SHOULDER WAX 45 MINUTES | \$60

UNDERARM WAX 15 MINUTES | \$28

UPPER ARM WAX 15 MINUTES | \$28

LOWER ARM WAX 15 MINUTES | \$28

FULL ARM WAX 30 MINUTES | \$49

UPPER LEG WAX 30 MINUTES | \$53

LOWER LEG WAX 30 MINUTES | \$48

FULL LEG WAX 60 MINUTES | \$76

BIKINI WAX 15 MINUTES | \$35

TINY BIKINI WAX 20 MINUTES | \$42

BRAZILIAN WAX 30 MINUTES | \$59

BUM WAX 15 MINUTES | \$30

wild flower TINT



THE WORKS 30 MINUTES | \$43

Includes brow wax, and tint

EYELASH TINT 30 MINUTES | \$34

EYEBROW TINT 15 MINUTES | \$27



wild flower HOLISTIC NUTRITION

Meet Kim - Certified Nutrition & Health Coach

As someone who spent years suffering from severe cystic acne, I was tired of spending so much time, money and energy on short term fixes that were masking my symptoms but not healing the root of the problem.

Changing the way I ate was the only thing that truly cured my acne for good and reduced my inflammation. As amazed as I was by the power of food, I was also overwhelmed by all the online information and endless aisles at health foods stores. This inspired me to go back to school to study nutrition and today I've helped hundreds of clients cut through the clutter and dramatically improve their overall health with a clear plan.

I look forward to supporting you with a personalized plan to heal your skin from within through nutrition and mindful living that works in your real life.

Benefits of Holistic Skin Nutrition Coaching:

Comprehensive Approach - Working beyond topical treatments, Kim will look at your diet, lifestyle, stress levels, sleep patterns, and emotional state to understand the root cause of your skin issues.

Personalized Guidance - Through one on one sessions, Kim will create a customized plan completely tailored to you and your skin health goals.

Long Term Solutions - We'll focus on long-term solutions rather than quick fixes. By addressing underlying imbalances and making sustainable lifestyle changes, you can achieve lasting improvements in your skin health instead of just temporary relief from symptoms.

Book a free 15 minute call with Kim to learn more about how you can work together to transform your skin. Please email the spa at info@wildflowerspa.ca to be sent the link to book!





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thank you

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

Specializing in
SKINCARE services
and **EDUCATION**.

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



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