



## SPA PACKAGES

### European Signature 5h - \$ 290

European Classic facial, Spa manicure, Spa pedicure, 60 min relaxation/therapeutic massage. Spa Luncheon.

### Parisian Lady 4h 45 min - \$ 280

Sothys Hydrooptimale facial, French manicure, French Pedicure, 60 min relaxation/therapeutic massage. Spa Luncheon.

### The New You 1h 30 min - \$120

Sothys Oxyliance facial & Neck and décolletage treatment.

### Matinée Miracle 2h30 min - \$220

Sothys Seasonal facial, Active Eye Contour, and Parrafin application for hands and feet, 60 minute Hot Stone massage.

### For Brides 5h - \$ 390

Sothys [W] Lightening facial, eyebrow shaping and upper lip wax, Slimming Body Wrap, French Manicure, French pedicure and 60 min relaxation/therapeutic massage. Spa Luncheon.

### For Men 4h - \$ 265

Classic facial for men, Vital Leg pedicure and gentlemen's manicure, 60 min relaxation/therapeutic massage. Spa Luncheon

### Romance for two 4h - \$ 475

European Classic facial and spa pedicure, Classic facial for men and Vital leg pedicure, 60 minute relaxation/therapeutic massage. Spa Luncheon.

### Lift your spirit 3h - \$ 180

Sothys [C] Collagene Hyaluronique TM Intensive Treatment, Classic Manicure, Classic Pedicure.

### Totally spoiled 4h - \$ 299

Body wrap, Sothys seasonal facial, Classic pedicure, 60 minute relaxation/therapeutic massage. Spa Luncheon.

### On the go 2h - \$ 100

Classic manicure, eyebrow shaping & Sothys seasonal facial.

### Lushly 1h 45 min - \$ 140

60 minutes relaxation/ therapeutic massage & Body polish salt glow.



# The European

## Beauty and Wellness

## Le MENU

### REGISTERED MASSAGE THERAPY

Therapeutic Swedish Massage  
Deep Tissue, Sports Massage, Craniosacral  
& Hot Stone Massage Therapy

#### Massage Therapy

30 min ~ \$ 50  
45 min ~ \$ 65  
60 min ~ \$ 80  
90 min ~ \$ 110

#### Hot Stone Massage

60 min ~ \$ 95  
75 min ~ \$ 120  
90 min ~ \$ 140

Insurance receipts are provided. Some insurance plans require a doctor's referral.

#### Anti-Cellulite Massage (non-insured)

30 min - \$ 50 45 min - \$ 65

### BODY THERAPY - WRAPS

Tighten and tone your body using all-natural mineral body wraps. Diminish the appearance of cellulite! Detoxify. A body wrap is an ideal way to loose some inches prior to a big event. You'll see the difference on your very first visit (Dead Sea Mud. Cranberry. Algae. or Chocolate Fondue)

All wraps are 60 min

\$ 90

### FACIALS

|                              |        |       |
|------------------------------|--------|-------|
| European Classic Facial      | 75 min | \$ 85 |
| Classic Men's Facial         | 60 min | \$ 80 |
| Neck & Décolletage treatment | 40 min | \$ 45 |
| Acne Facial                  | 1 hour | \$ 50 |

195 Kent Street (at Laurier), Ottawa

613-482-1211

Book Online: [www.TheEuropean.ca](http://www.TheEuropean.ca)

[info@TheEuropean.ca](mailto:info@TheEuropean.ca)

## Authentic European Day Spa in downtown Ottawa

*Professionals in the European tradition of individual care, The European Boutique Spa team offers an exceptional range of healing, energizing treatments in elegant surroundings and an atmosphere of quiet comfort. Our goal for each visitor is to create an oasis of rejuvenating care and comfort, through a personalized experience that reflects their unique needs and preferences.*

### MANICURES - PEDICURES

|                                 |        |       |
|---------------------------------|--------|-------|
| Classic Manicure                | 50 min | \$ 37 |
| Gentleman's Manicure            | 40 min | \$ 32 |
| Spa Manicure                    | 60 min | \$ 55 |
| Classic Pedicure                | 60 min | \$ 55 |
| Gentleman's Pedicure            | 50 min | \$ 50 |
| Spa Pedicure                    | 75 min | \$ 70 |
| Vital Leg pedicure              | 60 min | \$ 70 |
| Add French Tip to any mani/pedi |        | \$ 5  |
| Paraffin                        |        | \$ 10 |

### SOTHYS Specialized Facial Treatments:

|  |               |        |
|--|---------------|--------|
| Active Eye Contour 30 min (add to facial for \$ 25)      |               | \$ 40  |
| Blanc Perfect - Professional skin peeling 30 min         |               | \$ 50  |
| Seasonal Facial  | 1 hour        | \$ 70  |
| Hydroptimale TH13  | 1 hour 15 min | \$ 98. |
| Series of 3 for \$ 250                                   |               |        |
| Oxyliance Institute Treatment Programme                  | 1 hour 15 min | \$ 90  |
| Series of 3 for \$ 230                                   |               |        |
| Sothys [C] Collagene Hyaluronique TM Intensive Treatment | 1 hour 15 min | \$ 100 |
| Series of 3 for \$ 290                                   |               |        |
| Series of 6 for \$ 580                                   |               |        |
| Sothys (W) Lightening Institute treatment                | 1 h15 min     | \$ 98  |

### BODY Extras

|                              |       |
|------------------------------|-------|
| Body Polish Salt Glow 45 Min | \$ 65 |
| Beautiful Back 1 hour        | \$ 70 |

### Anti-Cellulite & Fast Slimming

|  |       |
|--|-------|
| Anti- Cellulite Treatment 1 h 20 minutes | \$ 80 |
| Body Firming Treatment 1 h               | \$ 80 |



### EYES

|   |       |
|---|-------|
| Eye Grooming (Eyebrow Shaping, Tint & Eyelash Tint) | \$ 45 |
| Eyebrow shaping                                     | \$ 15 |
| Eyelash Tint  | \$ 20 |
| Eyebrow Tint  | \$ 15 |

### PERMANENT MAKE-UP

By Beauty Matters, art of permanent make-up

|                               |                  |
|-------------------------------|------------------|
| Consultation with Aleksandra  | FREE             |
| Eyebrows – Partial            | \$ 150           |
| Eyebrows                      | Starts \$ 400    |
| Eyeliner (top or bottom pair) | Starts at \$ 175 |
| Lipliner (upper or lower)     | Starts at \$ 350 |

Referral Program, receive \$50 credit for every client you refer who books one or more procedures. Offer, only for permanent make-up.

### WAXING

|                                       |        |
|---------------------------------------|--------|
| Upper lip                             | \$ 10  |
| Chin                                  | \$ 8   |
| Cheeks                                | \$ 12  |
| Underarms                             | \$ 18  |
| Arms (half or full)                   | \$ 35  |
| Shoulders & Back                      | \$ 45  |
| Bikini                                | \$ 26  |
| Upper legs                            | \$ 40  |
| Lower Legs                            | \$ 30  |
| Upper and bikini                      | \$ 50  |
| Lower legs and bikini                 | \$ 50  |
| Full legs (including bikini)          | \$ 60  |
| Chest                                 | \$ 40  |
| Chest & back                          | \$ 70  |
| Arms and underarms                    | \$ 48  |
| Arms, underarms, full legs and bikini | \$ 125 |

### Get Slim Programs

|  |          |
|--|----------|
| 15 Euroshape + 15 Anti-Cellulite Treatment | \$ 1,500 |
| 12 Euroshape + 12 Body Firming Treatments  | \$ 1,300 |

EuroShape is electro muscle stimulation for body toning, inch loss and reduction of the appearance of cellulite. The same technology used by hospitals for muscle building. Depending on the areas you wish to work on, the sessions last between 20-40 minutes.

|                          |         |
|--------------------------|---------|
| 1 sessions 20-40 minutes | \$ 50   |
| 15 session               | \$ 599  |
| 20 sessions              | \$ 799  |
| 50 sessions              | \$1,599 |



Plus 5% GST on services. Prices subject to change at any time. Visit [www.TheEuropean.ca](http://www.TheEuropean.ca) for current prices. Taxes and gratuities are not included.