

# Treat your Sweet to...

**Full Body Relaxation Massage**

**Hot Stone Massage**

**Couples Massage**

**Reiki Treatment**

**Acupuncture**

**Reflexology**

**Yoga Class**

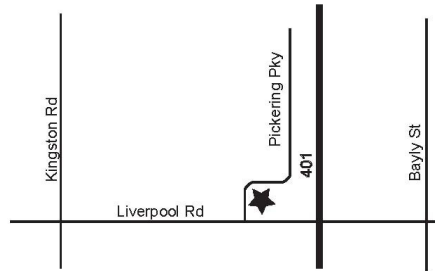


Call **905.250.1322**  
& book your appointment today

**Santé Gift Certificates Available**

## Santé Clinic Hours

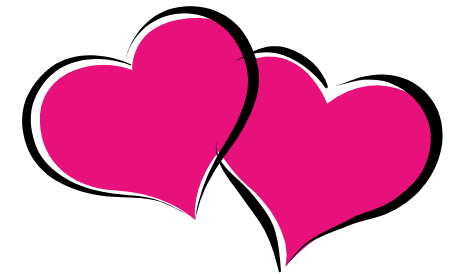
Monday	9:30AM-7:30PM
Tuesday	9:00AM-8:30PM
Wednesday	9:30AM- 4:30PM
Thursday	9:00 AM—9:00 PM
Friday	8:30 AM—2:30PM
Saturday	8:30AM—4:30 PM
Sunday	10:00 AM—2:00 PM



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# Pamper Your Special Valentine



Treat your Sweet On  
**Valentines Day!!**

Treat your Sweet ...



...this Valentine's

## Hot Stone Massage Therapy

Give her what she's been waiting for...

Decadent, Luxurious, Pampering



Indulge in the decadent pampering of Hot Stone Massage therapy.

Heated massage tables to pamper your beloved. This wonderful massage therapy has its roots as far back as the ancient world. Today, hot stone massage therapy is becoming widely known for its therapeutic and deeply relaxing benefits. The technique involves placing water-heated smooth stones of various sizes on key points on the body or face. The resulting deep massage and sensation of warmth and comfort are not to be missed. The hot stone experience can relieve pain; promote harmony and balance within the body. The therapy is all about you and the restorative benefits it has to offer. Relax and enjoy the wonderful sense of stillness.

**60 mins @ \$100**  
**90 mins @ \$140**

## Reflexology

A Natural Healing Art

Janiece Henderson— RMT, RM, CR  
Certified Reflexologist



Reflexology is a natural and drugless healing art. It is based on the principle that there are zones and reflexes in the hands and feet which correspond to every gland, organ and part of the body. Massaging these reflex areas on the feet promotes health in the corresponding organs and stimulates natural energy, causing it to flow more freely throughout the body.

**Reflexology (1 Hour) @ \$75**  
**Reiki/Reflexology/Massage (1 Hour) Combo @ \$85**

## Acupuncture

Give your Love the Gift of Health & Wellness

Brian Phillips- D.Ac., C. Ht.



Acupuncture is a safe and effective natural therapy that is used to heal illness, prevent disease, and improve well-being. Acupuncture has long been used in Far Eastern medicine to balance the motional, physical and spiritual aspects of the human body. Progressively more health care practitioners, both holistic and traditional are discovering the importance of acupuncture in maintaining and regaining good health.

**Initial 90 minute treatment @ \$110**  
**Follow-up 60 minute treatment @ \$ 85**

## Cosmetic Acupuncture & Cellulite Acupuncture

The Natural Alternative to Plastic Surgery



Dr. Michelle Peters BHSc, ND

Cosmetic Acupuncture, known as a "Non-Surgical Facelift" is a natural, customized rejuvenation treatment for the face and neck that is designed for patients to look and feel younger. Cosmetic acupuncture is a virtually painless, non-surgical alternative to reduce signs of aging such as wrinkles, sagging skin, and dark circles under the eyes.

**Cosmetic Acupuncture (60mins) \$126**  
**Cosmetic Acupuncture 10 Session Pack @ \$1050**  
**Cellulite Acupuncture (60mins) \$84**

## Reiki

Healing Energy

Janiece Henderson— Reiki Master



Originating from Japan, Reiki is a popular yet ancient method of healing. The word Reiki means 'Universal Life Force Energy'. A trained practitioner, through the laying on of hands, activates and directs the Reiki energy. The energy healing art of Reiki improves the body's ability to cope with illness and discomfort, encourages the body's natural healing ability, and allows for relaxation, stress reduction, pain management, helping to balance the physical, emotional and spiritual wellbeing.

**Reiki (1 Hour) @ \$75**  
**Reiki/Reflexology/Massage (1 Hour) Combo @ \$85**

## Yoga

Melt the Stress Away

Sue Coleman- RYT



Would you like to have more energy? Feel less stressed at the office? Yoga alleviates stress and enhances relaxation. It promotes a sense of serenity, gets rid of mind chatter and can help relieve **insomnia**. Sitting in front of a computer all day can cause back pain from tightness and spinal compression. Yoga improves body alignment, which helps to prevent tension and stress on your body. We'll gently release tension from your back, shoulders, arms, hands, hips and neck. Increase flexibility, improve posture and still your mind with Yoga, the practice of postures for strength, lengthening and vitality.

**Group Class: Thursday Evenings 7PM-8PM**  
**\$12/Class for 8 weeks -or- \$15/Class Pay-as-you-go**  
**Private Class: Wed. 11am-12pm or 1pm-2pm**  
**Thursday 6pm-7pm**  
**\$33 ea. Private Class**

## Full Body Relaxation Massage

Melt Away the Stress



RMT

Relaxation Massage is one of the most indulgent massages you can have. Relaxing you is the aim. This is the massage to choose if you just want to melt, be pampered and spoiled.

A smooth flowing style combining various techniques to promote general relaxation, improve circulation, range of motion, relieve stress and muscular tension. Full body relaxation massage gently manipulates your muscles, eases muscle aches and tension, increases flexibility and enhances circulation. Massage therapy calms the nervous system to provide mind and body balance.

**60 mins @ \$85**  
**90 mins @ \$120**

## Romantic Couples Massage

Love is in the air.....  
Pampering for Two with Romantic Gift



RMT

**Relaxing & Restorative Massage for Sweet Hearts**

Treat yourself and your beloved to a relaxing, candlelit, Romantic Couples Massage performed in the same room by our Registered Massage Therapists.

Expert hands will soothe and alleviate stress and muscle soreness, and deeply relax areas of tension while you enjoy being pampered with that special someone.

Our special gift of rich Belgian chocolates and luxurious imported bubbly, the ultimate aphrodisiacs, await you at the romantic conclusion of your pampering massage for two.

**Appointment Times:**  
**Thursday Evenings and Sunday by appointment only.**

**60 mins @ \$200 total**  
**90 mins @ \$270 total**

