

**Guinot Hydradermie Lift** – *The facial Lifting Treatment with visible results to lift, tone, and firm your face.*

This amazing facial stimulates the facial muscles to regain tone and firmness and provides an immediate face lifting effect while minimizing lines and wrinkles. With the use of gentle micro current, toxins are eliminated and drained; the underlying facial muscles are toned and stimulated to smooth your facial features. The overall effect makes your skin look visibly younger.

~ 75 minutes, \$115

**Beaute Neauve Facial Treatment** – *The Double Peeling facial treatment with Fruit Acids and pure Vitamin C*

This gentle peeling facial treatment provides an instant revitalization treatment for your skin. The Dual- Effect of this treatment removes dead skin cells to help regenerate new skin; Rich nourishing regenerating serum nourishes the skin, while a brightening and anti-pigmentation Vitamin C Mask completes the treatment to reveal a more even and radiant complexion.

~ 60 minutes, \$90

**Aromatic Visage Facial Treatment** – *Beautifies the skin with essential oils and Plant Concentrates*

This Aromatic Facial is a soothing treatment that uses specialty blended essential oils specially chosen to enhance your skin type and relax your mind. Your skin absorbs rich active ingredients during the relaxing facial massage movements and stress relieving pressure points massage. The beautiful aromatic scents promote relaxation, balance and well-being. A nutrient filled cooling peel off mask helps to calm your skin and leave a glowing complexion.

~ 75 minutes, \$95

**Hydradermie Lift Eye Treatment** – *An eye contour lifting treatment*

This treatment helps to eliminate puffiness, dark circles, fine lines, shadows and bags around the delicate eye area by using a mild muscle stimulation current and specific eye products for immediate improvement and long-lasting results. The eye area will appear significantly younger and smoother in three treatments.

~ 30 minutes, \$45

**Express Facial** – *a Mini facial treatment to treat your skin*

This refreshing treatment will help your skin to be cleaner, smoother and balanced. A gentle cleanse is followed by a exfoliating gommage treatment to prepare your skin for a refreshing massage and mask to leave your skin with a healthy glow.

~ 30 minutes, \$45



## Balance Spa Packages

### The Express Spa Package:

Express Manicure, Express Pedicure and Express Facial

~ 1 hour and 30 minutes, \$90

### The Relaxation Spa Package:

Regular Pedicure and Manicure and a Aromatic Visage Relaxing Facial Treatment

~ 3 hours, \$180

### The Deluxe Manicure and Pedicure Spa Package:

Balance Spa Manicure & Balance Spa Pedicure

~ 2 hours and 15 minutes, \$115

*Please note: All Spa packages must be purchased at time of booking service and cannot be separated to provide individual treatments*



## Hours of Operation

Monday	9:00 am - 5:30 pm
Tuesday	9:00 am - 8:00 pm
Wednesday	9:00 am - 5:30 pm
Thursday	9:00 am - 8:00 pm
Friday	9:00 am - 5:30 pm
Saturday	10:00 am - 4:00 pm
Sunday	Upon Request



## Appointments

**Balance Esthetics & Spa requires a booked appointment to provide you with a service.**

Online Booking is Available ~24 hr instant real time  
[www.balancespa.ca](http://www.balancespa.ca)

We request a minimum of 24 hours notice for any cancellations or appointment change. If the space cannot be booked you may be charged a late cancellation fee. If you are running behind we will do our best to accommodate your scheduled appointment in the time remaining.

We recommend that you take the time to book your next appointment so that your booked time balances with your needs.

# Balance

Esthetics & Spa

Enhance your natural beauty;  
Discover your inner balance.

**Michell McLean**

Licensed Esthetician  
& Spa Therapist

**250.714.3909**

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[www.balancespa.ca](http://www.balancespa.ca)

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Nanaimo, BC  
V9V 1S4







## Manicures

**Manicure** – Treat your hands to a Manicure complete with a refreshing hand soak, cuticle treatment and removal, nail buff and shape, a relaxing hand and arm massage, and finish with your choice of coloured polish.

~ 60 minutes, \$45

### OPI Gel Colour Manicure

A complete Manicure that also includes your favorite OPI Gel Colour Polish that lasts 2+ weeks. This polish also dries immediately so you continue with you day without smudging your nails.

~ 60 minutes, \$55

### Balance Spa Manicure

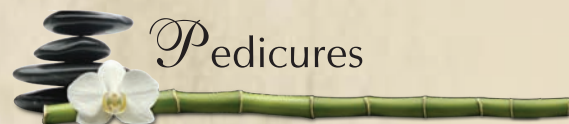
This luxurious Manicure also includes a gentle hand and arm exfoliation treatment, a relaxing arm and hand massage followed by a warm paraffin moisturizing treatment leaving your skin nourished and smooth. Nails are polished with your choice of coloured polish.

~ 70 minutes, \$65

### Express Manicure

A mini treatment for your fingernails. Nails are shaped, buffed, and fresh polish is applied in your choice of coloured polish.

~ 30 minutes, \$25



## Pedicures

### Pedicure

Relax as you enjoy this treatment for your feet. Feet are soaked in a warm herbal bath; calluses and rough skin are removed and toenails are trimmed and filed. Cuticles are pushed back and clipped. Any thickening of toenails will be buffed down followed by a relaxing foot and leg massage and finish with your choice of coloured polish.

~ 60 minutes, \$55

### OPI Gel Colour Pedicure

A complete Pedicure that also includes your favorite OPI Gel Colour Polish that lasts 2+ weeks. This polish also dries immediately so you can put your shoes back on immediately and not worry about smudging your polish

~ 60 minutes, \$60

### Balance Spa Pedicure

This deluxe relaxing Pedicure also includes a soothing foot and leg exfoliation treatment, a hydrating foot mask followed by a soothing foot and leg massage and your choice of coloured polish.

~ 75 minutes, \$70

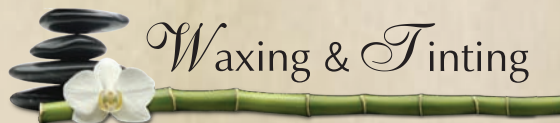
### Express Pedicure

This mini pedicure is perfect for those who want a quick clean up of their toes completed with your choice of coloured polish. (Please note this does not include any callus work)

~ 30 minutes, \$35

## Add-ons for Manicures & Pedicures

French Polish	~ 15 minutes, \$10
Hydrating Paraffin Wax Treatment	~ 15 min, \$15
Disposable pedi-slippers	~ \$2.50



## Waxing & Tinting

Eye Brow wax	~ \$15
Lip or Chin	~ \$10
Full Face	~ \$35+
Eyelash Tint	~ \$25
Eyebrow Tint	~ \$15
Eyebrow and Eyelash Tint	~ \$35
Eyebrow Wax and Eyebrow Tint	~ \$30
Eyebrow Wax Eyebrow and Eyelash Tint	~ \$45
Underarms	~ \$15
Fore Arms	~ \$30
Full Arms	~ \$40
Bikini Line	~ \$25
French Bikini	~ \$35
Brazilian Bikini	~ \$45
Lower Leg	~ \$30
Upper Leg	~ \$35
Full Leg	~ \$55

## Add-ons

Add a bikini line wax to any leg wax	~ \$15
Add an underarm to any leg or arm wax	~ \$10

- All facial waxing includes tweezing of minor facial hairs.

- Please advise esthetician if you are taking any medication.



## Relaxation Massage

**Woman's Relaxation Massage** – Massage provides many important health benefits such as helping you to maintain physical, mental and emotional wellbeing especially when it is part of your regular wellness routine.

<b>Jade Stone Massage Therapy</b> – Let the warmth of smooth jade stones relax and balance your body	
<b>Back and Neck</b>	~ 30 minutes, \$50
<b>Full Body</b>	~ 60 minutes, \$75

<b>Swedish Massage Treatment</b> – A classic massage that promotes relaxation	
<b>Back and Neck</b>	~ 30 minutes, \$45
<b>Full Body</b>	~ 60 minutes, \$70

<b>Aromatherapy Massage</b> – Essential oils derived from plants enhance your wellbeing	
<b>Back and Neck</b>	~ 30 minutes, \$50
<b>Full Body</b>	~ 60 minutes, \$75



## Facial Treatments

**Facial Treatments** – Featuring Guinot Professional Products and Treatments

Guinot Facials and Products focus on using scientific advances coupled with natural compounds to provide a wide range of beauty treatments and home care products that deliver exceptional results.

**Guinot Hydradermie Facial** – The facial Star Treatment that beautifies all skin types.

This exclusive and spectacular facial has an international reputation to provide visible and lasting results for all skin types. Your skin will recover a new, radiant beauty with the individually prescribed products that penetrate deeper into your skin with the use of delicate galvanic currents.

With monthly maintenance treatments, your skin will look smoother and rested with healthier a natural glow all year long.

~ 75 minutes, \$115