

## FIVE ELEMENTS SPA



 **510,000 points**

Gift code: FE01

### Bamboo Massage

Bamboo massage is an innovative way to provide Swedish or deep tissue massage using heated bamboo to roll and knead the tissue to create an extreme sensation of relaxation and well-being. Bamboo massage is also used as a powerful preventive therapy against modern-day stress and to aid relief from many physical and emotional problems.

Duration: **90 minutes**



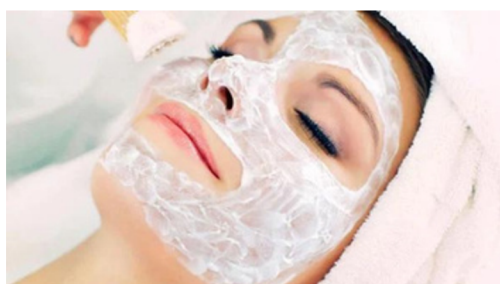
 **360,000 points**

Gift code: FE02

### Detox Massage

A stimulating massage using firming and toning oils to reduce the appearance of cellulite, uneven skin tone and fluid retention. Silicone cups are used to drain toxins and stagnation out of the body, boosting circulation and the flow of energy.

Duration: **60 minutes**



 **480,000 points**

Gift code: FE03

### Signature Facial

Skin solution facials designed to address specific skin problems and re-balance the complexion. Designed with client well-being as a priority, all Gatineau Essential Facials feature an opening and closing ritual and a relaxing massage to the face, shoulder and hands.

Duration: **60 minutes**

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### Shiro Head Massage

Continuous pouring of lukewarm oil on your forehead induces deep relaxation. This treatment is good against insomnia, stress and headache.

Duration: **30 minutes**

 **270,000 points**

Gift code: FE07



### Pinda Massage

Warmed aromatic, healing muslin herbal poultice penetrate into sore and aching muscles, increasing lymphatic drainage, soothing muscular tension and relieving stiffness. Keep the unique herbal poultice to use for home care.

Duration: **60 minutes**

 **380,000 points**

Gift code: FE06



### Pedicure at Five Elements Spa

The pedicure treatment addresses concerns of dry rough heels, calluses or just maintenance to achieve soft, well-groomed and invigorated feet.

Duration: **60 minutes**

 **215,000 points**

Gift code: FE05

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 **580,000 points**

Gift code: FE08

### **Shiro and Abhyanga (ShiroAbhyanga) Massage**

A symphony of Ayurvedic rituals. Emerge and relax both body and mind. This experience aids in sleepness, stress and anxiety. An ancient therapy of pouring lukewarm oil on the forehead, continuously and rhythmically, letting flow through the scalp and onto the hair, is followed by the classic full-body Ayurvedic Massage using herbs and oil. It is designed to help balance and pacify all the subtle energies of the body (doshas) – Vata, Pitta, and Kapha.

Duration: **90 minutes**



 **215,000 points**

Gift code: FE04

### **Manicure at Five Elements Spa**

Warmed aromatic, healing muslin herbal poultrice penetrate into sore and aching muscles, increasing lymphatic drainage, soothing muscular tension and relieving stiffness. Keep the unique herbal poultrice to use for home care.

Duration: **60 minutes**

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 **750,000 points**

Gift code: FE09

### Hydrating Body Rituals

- Chocolate Scrub: Gently exfoliates and hydrates the skin, leaving it smooth and radiant.
- Chocolate Wrap: Nourishes and revitalizes the skin, providing deep hydration and a soothing experience.
- 30-Minute Massage: Relieves tension and enhances overall well-being



 **750,000 points**

Gift code: FE10

### Slimming Body Rituals

- Tea Scrub: Exfoliates and improves circulation, promoting a slimmer appearance.
- Tea Wrap: Detoxifies and tones the skin, leaving you refreshed and revitalized.
- 30-Minute Massage: Reduces muscle tension and enhances overall well-being.



 **750,000 points**

Gift code: FE11

### Detox Body Rituals

- Coffee Scrub: Exfoliates and detoxifies, leaving the skin smooth and invigorated.
- Coffee Wrap: Purifies and rejuvenates the skin, providing deep hydration.
- 30-Minute Massage: Reduces tension and enhances overall well-being.