

FIVE ELEMENTS SPA



 **340,000 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**



 **255,000 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**



 **323,000 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**

FIVE ELEMENTS SPA



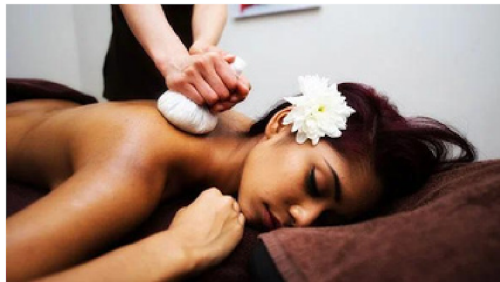
 **188,000 points**

Gift code: FE07

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**



 **255,000 points**

Gift code: FE06

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**



 **153,000 points**

Gift code: FE05

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**

FIVE ELEMENTS SPA



 **460,000 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**



 **153,000 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**