



(403) 309-9474
www.milestonesspa.com



WHAT MILESTONES SPA IS ALL ABOUT

Milestones Spa began as a dream; after 7 years as a Massage Therapist, Marissa Willard decided to make that dream a reality. Her vision for Milestones Spa was to exude passion and professionalism through all levels of its staffing and to give quality treatments in an effort to dramatically exceed her clients' expectations each and every day. As one of Red Deer's premier spa's, Milestones reinforces this vision by providing clients with exceptional customer care, a variety of unique massage therapy and esthetic services, advanced skin care products, and a quiet, calm atmosphere for complete relaxation. The minute you walk into Milestones Spa, you know you are in some place special.

A FEW REMINDERS

To ensure that you and those around you reap the full benefits of Milestones Spa, please note the following spa tips:

BOOK IN ADVANCE

When possible, please try to book at least 1 week in advance for services and 2-3 weeks in advance for packages. This will help to ensure you get the time that works best for you.

CANCELLATION/CHANGE POLICY

A 24-hour cancellation or change notice is required to avoid being charged 50% of the scheduled service. A credit card or gift certificate number will be required when reserving your appointment.

ARRIVAL

To enjoy the fullest pleasure of your spa experience, please arrive 15 minutes in advance. Arriving late is a breach of etiquette and will deprive you of precious minutes of your treatment.

RESPECT OTHER GUESTS

The spa environment is one of tranquility and relaxation; please respect our guest's right to privacy and quiet. Ensure all cell phones are turned off, speak in hushed tones, and please leave children in the care of someone else.

MASSAGE THERAPY

LaStone Therapy: The Original Hot and Cold Stone Massage™

In this unique massage, smooth, heated Basalt stones and cool Marble stones are used as an extension of the Therapist's hands. The Geo-Thermo effects of the stones provide a powerful sense of relaxation, grounding and balance.

60 minute	\$80
90 Minute	\$100

Therapeutic and Relaxation Massage

Our Certified Massage Therapists offer therapeutic and relaxation massage custom made to suit your needs and to ensure a positive and rewarding experience.

30 minute	\$40
45 minute	\$55
60 minute	\$70
90 minute	\$90

Pregnancy Massage (Based on Service Provider Availability; pricing as above)

The benefits of massage for Moms-To-Be are a reduction in stress, relief of muscle tension, increase in blood and lymph circulation, and alleviation of stress on weight bearing joints.

JAMU Massage

A meditative massage combining Hindu, Chinese and European influences to create a relaxing, rhythmic and energizing experience. The Asian techniques of acupressure, skin-rolling, and percussion invigorate the muscles, significantly increasing blood circulation.

60 minutes	\$80
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Reflexology (Based on Service Provider Availability)

Pressure is applied to the reflexes of the feet that correspond to the body's organs and systems to bring the body back into balance.

30 minutes	\$40
45 minutes	\$55

CranioSacral Therapy (One hour session, based on Service Provider Availability)

In this session, a light touch is applied to monitor the rhythm of the craniosacral system to detect potential restrictions and imbalances. Then delicate manual techniques are applied to release problem areas and relieve undue pressure on the brain and spinal chord.

60 minutes	\$65
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FACE, BACK AND BODY TREATMENTS WITH DERMALOGICA



Your skin is as unique as you are. At Milestones Spa, we are proud to carry the Dermalogica Skin Care line researched and developed by The International Dermal Institute. Using only the finest ingredients available, all products are non-comedogenic and contain no occlusive mineral oil or lanolin, no irritating artificial colors or fragrance and no drying S.D. alcohol or formaldehyde.

Our dedicated team of skin care professionals will provide you with a customized treatment for your Face, Back and Body based on an in-depth consultation. By targeting your skin's individual needs you will see unsurpassed results, guaranteed.

FACE, BACK AND BODY TREATMENTS: PRICING

Dermalogica Custom Facial Treatment Including Face Mapping™

75 minutes \$80

Teen Treatment Facial \$70

Dermalogica Express Facial Treatment Including Face Mapping™

30 minutes \$45

Dermalogica Custom Back Treatment
45 minutes \$55

Dermalogica Custom Body Treatment
Including Exfoliation and Body Wrap
75 minutes \$120

HAND AND FOOT TREATMENTS

PEDICURES

Mini Pedicure: It's all about the nails!

Your Esthetician will trim, file, and buff your nails then polish them with the OPI color of your choice.

30 minutes

\$25

Mini Pedicure: It's all about Sole!

Enjoy a Gehwol foot soak followed by callus removal and hydrating Paraffin application.

30 minutes

\$35

Milestones Signature Pedicure

Our Signature Pedicure will soften and hydrate your dry cracked feet. After a relaxing foot soak with foot and leg exfoliation, you can lie back and relax while your Esthetician brings your soles and toes back to life. Treatment also includes cuticle and nail care, callus removal and massage. Lastly, choose your favorite OPI polish for the final touch to perfect feet.

60 minutes

\$55

Milestones Spa Pedicure

Enjoy all the healing benefits from our Signature Pedicure with the added hydration you can only get from a paraffin mask.

75 minutes

\$65

MANICURES

Mini Manicure: It's all about the nails!

Your Esthetician will trim, file, and buff your nails then polish them with the OPI color of your choice.

30 minutes

\$25

Milestones Spa Manicure

This is a luxurious manicure using only the best products to bring your hands back to life. Your treatment will begin with a hydrating hand soak followed by cuticle and nail care, hand exfoliation and massage, paraffin mask and the OPI polish of your choice.

60 minutes

\$45

Gentlemen's Hand and Foot Treatments

Using the healing properties of Gehwol we have developed hand and foot treatments specific to his needs. Both treatments begin with a rosemary mint soak and exfoliation followed by callus removal, nail care and massage. The perfect solution to dry, cracked skin.

Hand Treatment

30 minutes

\$30

Foot Treatment

45 minutes

\$40

Add Hydrating Paraffin

15 minutes

\$10

If you are booking for two people and wish to receive your manicures or pedicures in the same room, please advise receptionist when booking.

TINTING

Eye Package: Includes Eyelash and Eyebrow Tint as well as Eyebrow Shaping	\$38
Eyelash Tint	\$17
Eyebrow Tint	\$12

WAXING

Brow	\$15
Lip	\$10
Chin	\$10
Cheeks	\$12
Face (Brow, Lip, Chin and Cheeks)	\$40
Underarms	\$15
Forearm	\$20
Bikini	\$25
Half Leg	\$30
Full Leg	\$55
Full Leg and Bikini	\$65
Back	\$45
Chest	\$35

PACKAGES

Sanctuary For Your Soul II

Enjoy a full day at the spa from one exceptional experience to the other. Your day will begin with a relaxing one-hour LaStone Therapy Treatment and Dermalogica Custom Body Treatment followed by a light lunch and tea. Then, continue the rejuvenation process with a Dermalogica Custom Facial, Milestones Spa Pedicure and Manicure.

Allow 6 hours \$379

Earthly Delights

Fresh from Mother Nature's harvest! Enjoy a one-hour LaStone Therapy Treatment followed by a Dermalogica Custom Body Treatment with exfoliation and body wrap.

Allow 2.5 hours \$190

Peace of Mind

Let us take care of things for a while! Indulge in a relaxing Dermalogica Custom Facial followed by a Milestones Spa Pedicure and Manicure.

Allow up to 3.5 hours \$180

Date Night at the Spa

Can't decide what to do for your anniversary, birthday or special evening out? We've got the answer! Begin with relaxing 30 minute massage on your back and neck and then meet up in our couples room for one of the following:

For Him

Gentleman's Hand Treatment with paraffin
Gentleman's Foot Treatment with paraffin
45 minute Reflexology Treatment

Allow up to 2 hours \$190

For Her

Milestones Spa Manicure
Milestones Spa Pedicure

Ladies Night (Or Afternoon!) Out

Catch up with your best girlfriend at Milestones Spa. You will each receive a Milestones Spa Pedicure in the same room so that you can chat in private.

Allow 1.5 hours \$125

Please book packages 2-3 weeks in advance to ensure you get the time that works best for you.



SPA PRODUCTS

To continue your Spa regimen at home, our Spa products are available to purchase.

GIFT CERTIFICATES

Gift Certificates may be purchased for any services and/or packages. Phone orders available. Gift Certificates are non-refundable but transferable and must be presented at time of payment.

GRATUITIES AND TAXES

Gratuities and taxes are not included. Prices are subject to change without notice.

MASSAGE BENEFITS

Many company benefit packages are now covering Massage Therapy. Check your benefit plan to find out if you are eligible for free massages.

HOURS OF OPERATION

Monday and Friday

9:00 - 6:00

Saturday

9:00 - 5:00

Tuesday, Wednesday and Thursday

9:00 - 9:00

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