




ISLANDCURRENTS
SPA AT SONORA



SPOIL YOURSELF *in an unspoiled environment*



Welcome to Island Currents Spa at Sonora Resort

As the ocean currents move around this secluded island – cleansing, renewing and purifying the waters – the treatments and specialty therapies at Island Currents Spa will likewise revitalize you using natural ingredients and products, where possible, that draw inspiration from nature.

Around the majestic and pristine setting of Sonora Island, the visible effects of the ocean currents are perpetually evident. Island Currents Spa has created a complimentary Water Journey, which starts with purification of the body and concludes with relaxation of the mind. Sonora Island's natural wilderness setting surrounds this therapeutic journey where the soothing sounds of island currents have a cathartic effect on the mind, body and spirit.



A WATER JOURNEY: The Therapeutic Channel

BEGIN



Shower



Sauna or Steam



Swiss Shower



Warm Mineral Pool



Swiss Shower



Hot Tub



Swiss Shower



Cool Mineral Pool



Rest



Body & Face Treatment or Massage



MASSAGE

Soothes the muscles and the soul

Island Currents Tension Relieving Massage

60 MIN \$135 90 MIN \$195

Inspired by the profound movement of local currents, this massage treatment helps to relieve stress and tension, release impurities, stimulate the circulation and boost the immune system. Choose the aromatherapy oil that most appeals to your personal senses.

Couples Massage

Unwind and share the tranquility of a Relaxation Massage with a friend or loved one – a perfect way to enhance your vacation together.

- Island Currents Tension Relieving Massage
60 MIN \$245 90 MIN \$350
- Warm Stone Massage
60 MIN \$300 90 MIN \$435

Canadian Balsam Oil Deep Tissue Massage

60 MIN \$155 90 MIN \$230

Canadian Balsam fir gum, first used by Canadian First Nations to treat a variety of illnesses and ailments, is utilized in this unique treatment. The balsam fir gum, distilled into an essential oil and blended with vitamin E, sunflower, avocado and argan oils and the essential oils of eucalyptus, India spearmint, tea tree and lavender, results in a restorative and deeply therapeutic massage.

Warm Stone Massage

60 MIN \$165 90 MIN \$240

A deeply grounding treatment excellent for stress relief and overall relaxation. The deep penetrating heat from the stones soothes sore muscles and relaxes the body.



BODY TREATMENTS

Treat your mind and spirit too

WAXING

Brow Shape	\$30
Upper Lip/Chin	\$20
Underarms	\$30
1/2 Arm	\$35
Full Arms	\$60
Bikini	
<i>Regular</i>	\$30
<i>French</i>	\$40
<i>Brazilian</i>	\$65
Upper Legs	\$60
Lower Legs	\$60
Full Legs	\$100
Full Legs with Bikini	\$115
Lower Legs with Bikini	\$80
Back or Chest	\$65
Abdomen	\$30

TINTING

Eye Brow Tinting	\$30
Eyelash Tinting	\$40

Detoxifying Soak & Wrap

90 MIN \$195

This treatment will help eliminate toxins with a sea salt soak in the hydrotherapy tub, followed by a purifying body wrap and light relaxing massage.

Mineral Exfoliating Wrap

75 MIN \$165

Infuse your body with vital trace elements and minerals from the sea; exfoliation is followed by an anti-oxidant mineral wrap and concludes with a light relaxing massage.

Sea Salt and Kelp Body Scrub

45 MIN \$145

This invigorating all over body scrub using wild rockweed and local sea kelp mixed with Pacific sea salt helps stimulate circulation and remove dead devitalized skin cells, maximizing the nourishing and skin conditioning benefits of this treatment.



HYDROTHERAPY

Stress relief borrowed from nature

Bouvier Hydrotherapy Tub

Indulge your senses with a rejuvenating treatment in our world-class hydrotherapy tub - the Bouvier Royal Atlantis. Allow its 252 jets to envelop you and relieve aches and tension from your back, hips, and legs. Your body will resonate, increasing your circulation and metabolism. Alleviate subconscious stress caused by over-exposure to fluorescent lighting with the tub's chromo (light) therapy. A variety of lights will work in unison with the relaxing melodies played from the tubs surround sound speakers to soothe your soul. This extraordinary treatment is the perfect complement to a massage or facial.



Sea to Cedar Body Renewal Hydrotherapy

2 HR 30 MIN \$295

This total full body experience harnesses the restorative power of water to renew in unison with the grounding effects of cedar wood, to help detoxify and rebalance the body and mind.

The body is immersed in our state of the art Bouvier Tub; a full hydro massage dissolves tension and prepares the skin to receive our wild rockweed exfoliation followed by a re-mineralising full body mask. The skin of the face, neck and shoulder area is treated to a purifying and hydrating mini facial followed by an invigorating shower. The experience finishes with a light cedar wood relaxation massage.

Island Currents signature treatment

Stress Relieving Soak

45 MIN \$85

Eliminate mind and body stress through this wonderfully relaxing treatment. Allow the calming sensations of the hydrotherapy tub and Sea Kelp Soak to ease tense muscles and help quiet the mind, improve sleep and the relaxation response. Followed by a hydrating and soothing massage cream.

Mini Stress Relieving Soak

20 MINS - \$65

A great add-on to any spa treatment.

ISLANDCURRENTS



RELAXATION FOR HIM

Because every man could use a little pampering

Gentlemen's Facial

60 MIN \$130

This deep cleansing, purifying facial is specifically designed for men to leave skin clean and refreshed, while helping to fortify the skin.

Sports Massage

60 MIN \$145

This massage helps to reduce common muscle imbalances and tensions from sports and daily activities, encouraging full range of motion and proper body alignment.

Gentlemen's Hand Care

45 MIN \$55

An exfoliating hand treatment followed by nail shaping, cuticle work and a stimulating massage of the hands and lower arms.

Gentlemen's Foot Care

60 MIN \$80

A hydrating foot bath, callus removal, cuticle work, nail shaping and a stimulating foot massage that will leave your feet feeling fresh and looking great.

Waxing

Back or Chest \$65

Abdomen \$30



FACIAL TREATMENTS

Island Currents Facial Treatment

60 MIN \$145

After a complete skin analysis, a customized facial begins with deep cleansing and purifying of the skin followed by a restorative massage of the face, neck and décolleté and concludes with a re-mineralizing mask and massage of the hands and scalp.

Also available for hyper-sensitive skin is the Multi Vitamin treatment.

Purifying Facial

60 MIN \$135

This treatment focuses on deep cleansing and purifying of the skin using medical skincare, leaving the skin feeling clean and refreshed. Ideal for breakouts and teen skin.

Regenerating Facial & Massage

90 MIN \$195

This luxurious facial begins with a relaxing back massage to ease tensions in the shoulders and neck. Includes a soothing and detoxifying skin cleansing followed by the application of organic sea extracts, or a powerful vitamin C skin regenerator. The treatment continues with a restorative face and neck massage to help stimulate circulation, skin oxygenation and nourishment, and concludes with a mask and protective cream application. Includes a scalp and hand massage.

Eye Contour Care

ADD ON TO ANY TREATMENT - \$25

This additional delight can be added to any facial treatment. Designed to gently nourish the eye contour area and helps to lessen the appearance of fine lines, puffiness and signs of fatigue.



HAND & FOOT CARE

Sonora Manicure

60 MIN \$65

This spa manicure will smooth and rejuvenate you with a stimulating exfoliation and moisturizing hand and nail treatment. Includes cuticle care, nail shaping and elegant polish finishing. Your full size OPI nail polish and file are yours to keep.

Paraffin Hand Treatment

\$20

Seals in moisture, improves circulation and alleviates joint pain – a great addition to any spa treatment.

Sonora Pedicure

75 MIN \$95

Give your feet the attention they need. We provide essential foot care with a range of treatments that include nail shaping, callous removal and our customizable Footlogix Pedicureals massage. Your full size OPI nail polish and file are yours to keep.

Paraffin Foot Treatment

\$30

Seals in moisture, improves circulation and alleviates joint pain – a great addition to any spa treatment.

French Polish

WHEN ADDED TO ANY MANICURE/PEDICURE. \$9



SPA CUISINE

Who knew the good life tasted this good?



The connection between mind-body wellness and good nutrition is increasingly important in overall health – Island Currents Spa is committed to providing the full spectrum of health and wellness from cleansing body treatments and fitness to nutritious food options. Our Spa Cuisine consists of light and healthy dishes featuring vegetable-driven cuisine, such as salads and nutritious soups. Methods of preparation are poaching, steaming or cooking sous vide, which cuts out the fat that is used in searing, pan-frying or roasting.

Bon Appetit!

*Terry Pichor
Executive Chef*



SPA PACKAGES

bliss starts here

The Island Currents Spa Retreat

HALF DAY - 4 HOURS 30 MIN \$365/PERSON

A Relaxation Massage and Facial, followed by our Sonora Manicure and Pedicure, transcends life's pace and enables total calmness to envelop your being.

~Includes a light Spa Lunch

Couples Package

2 HOURS \$480/COUPLE

A fireside Tension Relieving Massage and facial with a loved one or friend in our couples' treatment room. This gentle, uplifting experience is effective in improving your wellness while helping circulation, reducing stress and revitalizing your skin.



Mother - Daughter Package

3 HOURS \$360/PERSON

Escape together, on a journey to personal relaxation, with a Sea Salt and Kelp Body Scrub and Tension Relieving Massage, complemented by a Revitalizing Facial.

Girlfriend Getaway Package

3 HOURS 30 MIN \$250/PERSON

Our special girlfriend's package is created to maximize your enjoyment together while taking in some of the best natural surroundings that British Columbia has to offer. This package includes the Island Currents Facial and the Sonora Manicure and Pedicure.



Our Vision

Our vision is to create an extra-ordinary experience inspired by the rejuvenating power and synergy of water, surrounding nature and spa therapies - cultivated and designed to purify, restore and renew our Guests.

Our Mission

Our intent is to create a space where the body, mind and spirit can be revitalized in concert with nature and to deliver authentic, quality and professional treatments while consciously committing to preserving our natural resources.

Before Your Spa Therapy

Please arrive 15 minutes before your treatment to complete your Health History Form. If time allows, enhance your Island Currents Spa experience by arriving 45 minutes to 1 hour prior and enjoy the complimentary Water Journey, which starts with a purification of the body and concludes with the relaxation of the mind. If you are late, your treatment will be shortened or rescheduled, in order to honour the time reserved for our next guest. We recommend that you avoid the consumption of alcohol or large meals prior to any treatment. Please turn off your cellular phone when entering the spa.

During Your Spa Treatment

Please inform your practitioner of any preferences or requests prior to and throughout the treatment so we can tailor the experience to suit your needs.

Island Currents Spa Boutique

All of the same great products we use at the spa are here in our Spa Boutique. Now you can extend and maintain your Island Currents Spa experience at home; including sunscreen, skin and body care, spa lifestyle products, Canadian Balsam bath and massage oils and Footlogix Pedicenticals foot care. Ask our concierge for assistance in selecting the best products for you.



Spa Courtesies and Etiquette

A locker is provided for your personal effects while at Island Currents Spa. Please leave your valuables in the safe in your room and we suggest that you refrain from wearing your jewellery to the spa. Throughout each treatment you will be discreetly draped with linens and for multiple services, between treatments, you can relax in a spa robe and slippers. Our change rooms include showers, steam room, sauna and access to the Swiss Shower, mineral pools and hot tub, as part of the Water Journey. Alcohol is prohibited in the spa and mineral pools, with the exception of the upper deck and relaxation room.

Reservations and Cancellations

We recommend you book your spa treatment in advance in order to guarantee your preferred treatment choice and time. If you need to cancel your appointment we request 12 hours notice for spa services. Cancellations with less than the required notice or no-shows will be charged in full. We recommend you let your activity guides know of your spa appointments. Please double-check the expected return time of your excursions before booking appointments to avoid conflicts.

Spa guests under the age of 16 require a written parental consent to receive spa treatments.

Spa services and products are subject to 12% H.S.T. and may change without notice. Gratuities are not included.



Spa Hours 8:00am – 9:00pm
Fitness Centre and Water Journey Hours 5:30am – 10:00pm
(Times subject to change without notice)

For reservations and more information
1.888.576.6672 (604.272.8251) or spa@sonoraresort.com
sonoraresort.com



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