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# sweetgrass

Located in a beautifully restored 19th century loft building in Toronto's Historic Queen Street East district, **sweetgrass** is the most exciting luxury spa in Toronto.

Stylishly appointed in every detail, and architecturally designed to impart tranquility and relaxation in every curve of its flowing space, **sweetgrass** is a sanctuary of splendid escape.

Indulge yourself. Champagne, cocktails, a wide array of fruit juices and herbal teas are available in our lounge. We offer unmatched spa dining created by Executive Chef Lorenzo Loseto of George Restaurant - ranked as one of the finest restaurants in Toronto and exclusive to **sweetgrass**.

Each **sweetgrass** treatment incorporates premium products and innovative, state of the art techniques which nurture and soothe the tired spirit, and regenerate the mind and body. Inspired by nature, our full range of signature spa therapies and special packages will meet your every expectation, your every requirement.

# Signature sweetgrass Treatments

## **sweetgrass Massage**

A customized 90-minute **sweetgrass** massage soothes your senses with organic fragrant sweetgrass encouraging muscle release and relaxation. Your experience is further enhanced with heated booties and eye and neck pillows to achieve a heightened sense of calm.

90 minutes

## **Lomi Lomi**

**sweetgrass** stylized Hawaiian massage designed to treat the body and mind as one whole being. Lomi Lomi aka “Loving Hands” works gently yet deeply into the muscles with continuous, flowing strokes, totally nurturing and coaxing the body to relax, give in and simply be. This intuitive massage will leave you with a sense of peace, harmony and wellbeing.

60 or 90 minutes

## **sweetgrass Full Body Facial**

The ultimate indulgence for the body.

The Full Body Facial begins with a scrub of the entire body and a Swiss energy shower in peaceful solace leaving your skin polished and renewed. Release the muscle tension with a relaxation massage, scalp massage and soothing hand and foot compress wrap. This full body treatment is completed with the All About Organic Facial.

3 hours

# Massage Therapy

**sweetgrass'** registered massage therapists customize massage techniques to meet each individual's needs.

Ask about adding aromatherapy to enhance your massage experience.

## **Signature Swedish Massage**

A classic massage using deep tissue techniques to soothe muscle aches, the Signature Swedish Massage is designed to improve circulation, increase joint mobility and relieve tension.

60 or 90 minutes

## **Osteo Massage**

Osteopathy combines Swedish massage and Thai massage with hands-on bodywork to help the body repair itself.

This combination of working the muscles of the body and freeing up the movement of the bones and joints is a gentle method to 'coax' the body into a healthy state.

60 or 90 minutes

## **Warm Stone Therapy**

Combining the benefits of heat and massage therapy, this unique hydrothermal treatment will melt your tension away. Heated smooth Basalt stones and essential oils are used to massage the body with rhythmic movements promoting a deep state of relaxation.

60 minutes

### **Mommy-to-be Massage**

Customized Swedish massage techniques gently ease away the discomfort created by the changes in your body.

60 or 90 minutes

## sweetgrass Alternative Massage

### **BODYSONG™**

Come spiritually exfoliate with BodySong™. For those questioning what lies beyond the doorway of the intellect, this is the spiritual unraveling you have been waiting for. Free up inner space from which to view and navigate your world. Feed your mind, body, and spirit with the healing frequencies of BodySong™. Every BodySong™ session is uniquely tailored to the receiver's circumstance, blending massage, vocal sounding, intention setting and guided awareness practices. Enrich yourself with BodySong™, the latest in spa offerings and an exclusive to **sweetgrass**.

Loose clothing is recommended as no oils are used

60 or 90 minutes

### **Reiki**

This is a holistic form of energy healing – a gentle, non-invasive and calming treatment. The practitioner will lay their hands in a variety of positions to enable deep relaxation, tingling heat and the release of tension, toxins and emotions. Benefits are numerous including alleviation of pain, soothing of emotions, re-energizing, and balancing energy and chakras. Reiki helps release stress, insomnia and fatigue. We suggest loose, comfortable clothing. One treatment will promote a sense of well-being. We do suggest a series for a long lasting effect.

## **Reflexology**

An ancient healing art practiced around the world to promote harmony between the body's systems. The sense of well-being is achieved through the application of pressure to the reflexes in the feet and hands. Single treatments do have a beneficial result however we do recommend a series to promote a long lasting sense of harmony.  
30 or 60 minutes

60 minutes

## **Shiatsu**

Shiatsu therapy is a Japanese healing art that has been practiced for thousands of years. Vertical pressure is applied to the body along well-established pathways of life force energy called meridians. Shiatsu is best known for its ability to soothe, rejuvenate, and promote an overall sense of balance and well-being. Pressure varies according to the needs of each individual, ranging from feathery light touch to deep tissue releases.

Loose clothing is recommended as no oils are used.

60 or 90 minutes

## sweetgrass Pauses

Take time to pause with one of our suggested grouping of services. Leave **sweetgrass** with a renewed body, mind and spirit.

### The Orchid

Deep Cleaning Facial  
Buffed and Sun Kissed  
**sweetgrass** Spa Manicure  
**sweetgrass** Spa Pedicure  
3.45 hours

### The Rose

The Aromatherapy Facial  
60-minute Signature Massage  
**sweetgrass** Manicure  
**sweetgrass** Pedicure  
3.25 hours

### The Iris

Calm the Environment Facial  
Organic Body Glow  
60-minute Signature Massage  
3 hours

### The Angelica

Working Girl Express Facial  
30-minute Swedish Massage  
Working Girl Hand and Foot Express  
2.25 hours

## sweetgrass Journeys

### A Bride's Journey

**sweetgrass** wants every bride to have a special day. Our anticipation package allows you to focus on cleansing the body and calming the mind and spirit.

Three months prior:

Begin your journey with a 60-minute signature massage, lavender lush manicure and pedicure.

Two months prior:

Continue your journey with a Detoxifying Body Wrap and fabulous facial customized to meet your skin's needs.

One month prior:

Complete your journey with a 60-minute massage, **sweetgrass** Signature Facial, Spa Pedicure and Spa Manicure.

2 days prior:

Prepare for your day with a 60-minute Signature massage, Citrus squeeze Pedicure and Manicure.

### **Mommy-to-be Journey**

**sweetgrass** offers a variety of suggested treatments for the second and third trimester of pregnancy. Designed to ease discomfort, reduce stress and strengthen your body. Choose from the following options: Mommy-to-be Massage, Organic Body treatment, All About Organic Facial and **sweetgrass** Spa Manicure.

### **New Mommy Journey**

The new mommy journey begins after the cessation of breast feeding. Selected treatments are designed to assist the body's hydration, tone and firmness. Recommended options include Warm Stone Massage Therapy or The Power of Heat Body Treatment. Also, choose one of our Fabulous Facials, Spa Manicures and Spa Pedicures.

## Body Luxury

Our luxury spa body treatments promote a feeling of well-being restoring the body's natural rhythm. The Swiss energy shower cascades gently over your body leaving you revitalized with positive energies.

### **Spa Aromatique**

Our signature treatment promotes relaxation as well as lymphatic draining. Imagine a gentle exfoliation from head to toe, soothing away tension and regenerating the skin with essential lavender and marjoram oils. This treatment is completed by a decadent firming body mask.

60 minutes

### **Detoxify Relaxation Wrap**

This detoxifying and hydrating wrap eliminates toxins and tones the skin. Papaya extract leaves the skin smooth and ready for a hydrating skin booster designed to energize and stimulate. Included in this treatment is a 30 minute back and neck massage.

75 minutes

### **The Power of Heat**

Heat relaxes muscles, eliminates toxins, relieves pain and helps calm the psyche. Thermal body therapy allows for maximum penetration of essential nourishment to the skin.

Not recommended for women who are pregnant.

90 minutes

### **Vichy Therapy**

Experience Vichy - cascading waters over your body for the ultimate body polishing experience. Two options are available that will leave your skin feeling smooth and refreshed:

### **Organic Body Glow**

A precious scrub of mango and brown sugar exfoliates skin from head to toe. The treatment is completed with warm moisturizing butter applied to the full body. 60 minutes

### **Buff and Sun Kissed**

The quintessential body buff and sunglow gently exfoliates the body leaving the skin flawless and ready for a sun kissed look achieved with our expertly applied self-tanner. 60 minutes

## sweetgrass Facials

**sweetgrass** combines the finest skin care with technically advanced estheticians to provide all skin types with the most incredible spa facial experience. Our facials will pamper your skin leaving you feeling rejuvenated. We make sure you're taken care of when you leave us as you take a little bit of **sweetgrass** with you as our compliment.

### **Signature Facials**

#### **The Personalized Deep Cleansing Facial**

Often called CatioVital, **sweetgrass** recommends that you introduce your skin first to the "breathing" facial. You won't be disappointed by the sauna effect of a thermal mask. The thermal mask intensely cleans and purifies the skin. Followed by

the “ionization effect”, the skin is nourished with the deepest penetration of active ingredients. Immediately, your skin will be re-oxygenated revealing a healthy glow and radiance.

CatioVital Eyes targets fine lines, wrinkles and signs of fatigue. A lymphatic drainage massage leaves the eyes brighter, relaxed and soothed.

60 minutes

### **The Lifting Facial**

The CatioLift is a non-surgical lifting treatment designed as the ultimate treatment against ageing skin. An immediate lifting effect is achieved as a patented device performs specific movements to stimulate muscular tone. Immediately, skin is smoothed, wrinkles and fine lines are visibly minimized. Skin becomes firmer and more elastic.

For maximum lifting results we recommend that you to purchase a package of six treatments.

60 minutes

### **The Peel & Lift Facial**

Highly recommended by the **sweetgrass** team as an anti-ageing treatment to erase dull complexions, hyper-pigmentation, fine lines and wrinkles, dehydration and imperfections. Imagine your complexion smoother, firmer and radiant with improved elasticity.

We do recommend repeated treatments for the desired optimum glow always.

60 minutes

### **The Beaute Aromatherapy Facial**

A customized treatment designed to balance, moisturize, soothe and revitalize your skin leaving your complexion radiant and glowing with well-being. Tailor made massage blends 100% pure essential oils and plant extracts. An aromatic mask provides the necessary finishing touch to nourish and soothe your skin from the environment.

60 minutes

### **The Beauty Lifting Facial**

Thoroughly deep cleansing anti-wrinkle facial hydrates and lifts leaving the skin feeling refreshed and toned.

60 minutes

## Fabulous Facials

### **The Power Facial**

A combination of multi vitamins and hydroxyl acids exfoliate to minimize the signs of premature aging, sun damaged and dry skin allowing the skin to be nourished and rejuvenated. Energizing massage releases tension of the upper arm and shoulders while innovative facial massage moulds and contours the face. Contour mask, the ultimate in skin therapy masks, leaves the skin noticeably younger looking.

60 minutes

### **Calm the Environment Facial**

An incredibly soothing facial for environmentally stressed skin removes impurities with a gentle cleansing followed by calming botanicals, environmental control serum and calming oatmeal mask. Sensitive skin immediately feels calmer with a noticeable reduction in inflammation and redness.

60 minutes

### **Defy Your Age Facial**

Valmont's intense anti-aging facial reduces visible signs of ageing. Valmont skin care aids in the reversal of ageing by promoting cellular renewal, improved elasticity, restoring skin's youthful appearance. A deeply intense facial combining advanced skin care technology and intensive massage diminishes fine lines and wrinkles and promotes firmness.

75 minutes

### **All About Organic Facial**

Neal Yards' organic facial cleanses, exfoliates and nourishes the skin. An idyllic facial for environmentally stressed and ravaged skin. Enjoy an organic pampering as you receive a thorough treatment without any chemical additives.

60 minutes

### **Working Girl Express**

A facial dedicated to all the stresses of working girls. Customized to meet the challenges of your skin, the working girl facial provides deep cleansing and nourishment leaving your skin clean, radiant and stress-free.

45 minutes

## sweetgrass Pedicure Treatments

Our tailored treatments for the feet help you maintain healthy, beautiful feet. Combined hand and foot treatments leave both feeling pretty.

### **Working Girl**

Every working girl needs to look her best. A thorough manicure and pedicure and includes a quick polish. What a perfect way to spend a busy lunch hour.

60 minutes

### **Lavender Lush**

The lavender hand and foot treatment is a manicure and pedicure spa treatment complete with lavender soak, scrub, and hydrating massage with lavender for both hands and feet.... completely relaxing, smells delicious...topped off with polish.

Choice of citrus squeeze

75 minutes

### **The Power of Heat Pedicure**

Enjoy a foot treatment including nail and callous care followed by a stress relieving mud mask, massage and polish. This treatment is only available to a guest who is already receiving the Power of Heat Body treatment.

60 minutes

### **sweetgrass Pedicure**

Nail and callus care, massage, polish application.

45 minutes

### **sweetgrass Spa Pedicure**

Nail and callus care, glycolic scrub, paraffin, polish application.

60 minutes

French polish application may be added with additional charge.

## sweetgrass Manicures

Hand care tailed to your special needs for you to achieve and maintain beautiful nails.

### **Working Girl**

Every working girl needs to look her best. The manicure and pedicure express combines a thorough manicure and pedicure including a quick polish. Perfect for a busy woman's lunch hour.

60 minutes

### **sweetgrass Manicure**

Massage, polish application

30 minutes

### **sweetgrass Spa Manicure**

The use of a glycolic scrub brightens the hands and nails. Paraffin provides deep moisture. Beautiful skin and nails completed with polish.

45 minutes

French polish application may be added with additional charge.

## Spa Etiquette

Arriving early, 30-minutes prior to your treatment time, allows you to prepare for your spa treatments, relax, and enjoy the whirlpool and sauna. We recommend a relaxing shower for your comfort prior to a massage and/or whirlpool use. Lockers, luxurious robes and sandals are provided.

Our spa concierges are happy to assist you with the use of our amenities.

Should you arrive late, your precious appointment time may be shortened.

We are not responsible for lost or misplaced items.

In order to reserve your scheduled appointment, we require a valid credit card at the time of booking.

Please advise us of any health conditions, medications or pregnancy prior to your treatments.

To avoid cancellation or rescheduling charges please provide 24 hours. On multiple and group bookings, we require 72 hours notice. If ample notice is not provided, a 50% cancellation fee does apply.

**sweetgrass** Pauses require 72-hour cancellation notice to avoid a 50% cancellation fee.

All appointment changes and cancellations must be conducted during regular business hours.

Gratuities are graciously accepted, as they have not been included in our service fees. Envelopes are available from the spa concierge or gratuities may be added to your preferred method of payment.

In our continuing effort to maintain a pleasant and relaxed atmosphere, please be considerate by turning off your cell phones while in the spa.

## **Spa Concierge**

Our spa concierges are friendly and extremely accommodating to any special requests. Please call us at 416-368-6006 ext. 244.

**sweetgrass** awaits you.

**sweetgrass** is located at 111e Queen Street East in the Queen Richmond Centre just east of Church Street.

Parking is conveniently located across the street.

For more information, please call (416) 368-6006 x244 or visit [www.sweetgrassspa.ca](http://www.sweetgrassspa.ca).

## **Cancellation Policy**

In consideration of others and our professional time we require 24 hours notice of cancellation for individual services and 72 hours notice for the cancellation of groups and multiple services. A fee of 50% will be charged for insufficient notice. Late arrivals will result in a shortened service or the rescheduling of your appointment.

**sweetgrass** Pauses require 72-hour cancellation notice to avoid a 50% cancellation fee.

All appointment changes and cancellations must be conducted during regular business hours.

## **Appointments**

We kindly request you arrive 30 minutes prior to your appointment to prepare for your services. In order to reserve your appointment we require a valid credit card number at the time of booking.

**Product Return Policy**

We will gladly exchange or refund product within 30 days.

**Gift Certificates**

Gift certificates are available for all services and may be redeemed for service or product only. Gift certificates are not transferrable or refundable.

The Spa Concierge is available for booking appointments. Please call 416 368 5300.