

PILATES

Improve core body strength, flexibility and fitness. Enjoy quality Pilates sessions on the apparatus instructed by our friendly and highly qualified instructors.

We start with a series of four mandatory private sessions to assess your needs and physical ability, which allows us to create a custom Pilates workout catered to your requirements.

Continue with either semi-private group (maximum of four clients) or, for an additional charge, carry on with one on one private sessions. All sessions are one hour in length.

Our personalised approach enables you to workout from the age of 18 to 85 and beyond!

Our instructors are highly trained professionals, who have completed extensive training in Pilates. They are dedicated to the health and personal growth of our clients as well as their own professional development through ongoing training.

Private Sessions

Introductory private sessions	(4) \$150
Additional private sessions	(1) \$75
	(6) \$420
	(12) \$720

Semi Private Group Sessions

Pay as you go	(1) \$26
Bulk Semi private group	(8) \$192
	(12) \$264
	(24) \$480

We offer installment payment plans on the 12 and 24 session packages.

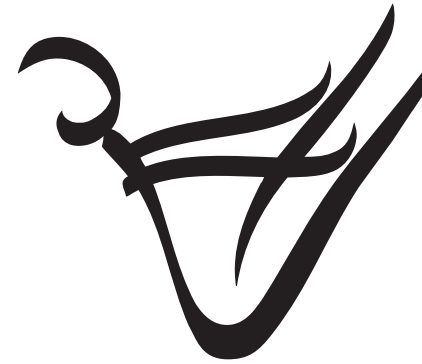
EMINENCE

Handmade Organic Skin Care of Hungary.

Eminence Organic Skin Care embodies half a century of herbal craftsmanship and experience, and several centuries of unsurpassed skin rejuvenation techniques unique to Hungary. All Products are handmade, using only the freshest ingredients known to nature without harming animals or using any harsh chemicals.

Eminence does not believe in mass production. Instead utilizing traditional craftsmanship and a deep knowledge of herbology, biochemistry and cosmetology. Eminence believes in using only natural ingredients, utilizing their full ripeness and potency to create high quality products. Furthermore, Eminence products are made with the highest ethical standards and never compromise the environment. Eminence products are never tested on animals and packaging is 100% recyclable.

We are very pleased and proud to use the Eminence product line in our aesthetic services. We are also proud to be an official retail distributor of the line as well.



Pilates for Every Body
Wellness Studio

27618 56th Ave
Aldergrove BC V4X 1J9

604-856-0008

www.pilatesforeverbody.ca

Gift Certificates available for
every occasion.

All services require 48 hour cancellation
notice or full charges for service will apply.

All prices are exclusive of applicable taxes
and are subject to change without notice.

Wellness and Spa Menu



PILATES FOR
EVERYBODY

WELLNESS STUDIO

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FACIALS

Express Facial 30 Min \$45

The express facial is perfect for the person on the go. A quick treat for the face to keep your complexion glowing.

Luxury Facial 70 Min \$85

When you have the extra time to give your skin the pampering it deserves. (Decolletage included.)

Eye & Lip Treatment 10 Min \$15

Add our four step eye treatment and three step lip treatment to truly enhance your experience.

The Express and the Luxury Facial are custom tailored for both women and men to suit each individual's skin type and needs. We choose from an array of luscious fruit, vegetable and herbal skincare products handcrafted by Eminence Organic Skin Care of Hungary. The organic ingredients have an incredibly fresh aroma, with natural pure vitamin infusions and high bioflavinoid content. The selection addresses a variety of skin concerns such as premature aging, sun damage, loss of vitality, tone and radiance.

All facials include eye cream to help reduce the appearance of dark circles and puffiness, and hot towel wraps during the steaming process to ensure optimum relaxation and comfort.

HANDS AND FEET

Express Manicure 30 Min \$25

The express manicure is designed for active persons on the go. Polish the look of your hands with removal of excess cuticles, buffing and filing, a light massage, and OPI polish.

Luxury Manicure 60 Min \$40

Reduce the signs of aging with a vigorous exfoliation, a moisturizing mask or paraffin dip. The manicure also includes excess cuticle removal, hand massage, nail shaping & buffing, and OPI polish.

Express Pedicure * 40 Min \$35

When time is of the essence. Enjoy a herbal foot soak, nail shaping & buffing, excess cuticle & callous removal, and OPI polish.

Luxury Pedicure * 70 Min \$55

Relax with a herbal foot soak in our luxurious foot spa. This service includes nail shaping & buffing, excess cuticle & callous removal, foot massage, paraffin dip or foot masque and OPI polish.

Blueberry Bliss Leg Treatment 20 Min \$20

Renew your legs with an invigorating leg treatment. Your legs will glow with an intense hydrating mask and a vigorous exfoliation. A massage will follow leaving your legs silky smooth.

Polish Change 15 Min \$18

French Polish or Nail Art ADD \$5

Paraffin Dip ADD \$10

*Includes take home kit.

HAIR REMOVAL

Electrolysis Prices on Request

Waxing

Brow Shape	\$12
Lip or Chin	\$10
Full Face	\$30
Underarm	\$15
Bikini	\$20+
French	\$30
Brazilian	\$40+
Half Leg	\$25
Full Leg	\$45
Full Leg and Bikini	\$65+
Half Arm	\$15
Arm	\$25
Back	\$40+
Chest	\$35+
Brow and Eyelash Tinting	\$25
Brow Shape and Tint	\$22
Brow Tint	\$12
Eyelash Tint	\$20

Waxing Information

Hair must be at least 1/4" long. Trim all hair before arriving to no longer than 1/2" length. This will help you avoid bruising and reduce discomfort. If trimming needs to be done there will be an additional charge. If you are concerned about reactions or discomfort, take an antihistamine 1/2 hour prior to your session to reduce adverse reactions to the procedure.

Hair grows in three stages; growing, resting, and dying. It may take up to five waxings to help regulate this cycle, so you may experience slight regrowth after your first waxings. Waxing year round reduces the regrowth and helps to regulate the three cycles. Broken hairs may occur on people with extremely dry skin.

Do Not Wax if you use steroids, Retin-A, retinols, AHA's, Accutane or other medication which may affect the integrity of the skin.

BODY CARE

Infrared Sauna Session \$10
Sessions sold in packages of 20

Enjoy a relaxing session in our spacious FAR infrared sauna. Detoxify the body and soul by sweating away the stress. Each session is 30 minutes long.

Deep Tissue Massage 30 Min \$35
60 Min \$60

Benefit from an invigorating therapeutic massage by our massage technician in a tranquil country atmosphere.

Relaxation Massage Neck and back 30 Min \$35
Whole body 60 Min \$60

Soothe those tired muscles with our relaxation massage.

ProEllixe WBV Session \$10
Sessions sold in packages of 20

ProEllixe Whole Body Vibration reduces the appearance of cellulite, assists with lymphatic drainage and muscle toning in only 10 minutes a session.

SPA PACKAGES

Bliss 100 Min \$95
Express Facial, Express Manicure and Express Pedicure.

Escape 190 Min \$185
Luxury Facial, 30 minute Relaxation Massage, Luxury Pedicure and Blueberry Bliss Leg Treatment.

Gentleman's Retreat 120 Min \$90
30 minute Relaxation Massage, Express Pedicure, Blueberry Bliss Leg Treatment and 30 minute Infrared Sauna treatment.

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